

RDA CENTRES:

RDA State Office:	215 Portrush Road, MAYLANDS SA 5069 Phone: 8331 1833 Email: admin@rdasa.org.au
RDA Barossa & Light:	Barossa Pony Club Grounds, Angaston-Nuriootpa Road PO Box 212, GREENOCK SA 5360
RDA Blackwood:	Majors Road, O'HALLORAN HILL Phone: 0466 987 433 (Tues, Wed, Fri)
RDA Jennibrook Farm:	72 Pine Road, WOODCROFT SA 5162 Phone: 8322 4244 Email: rdajbf@tpg.com.au
RDA Mount Barker:	Cnr Daniels and Wellington Roads, WISTOW Phone: 0434 379 277
RDA Mount Gambier:	Sunnybrae Centre, Sunnybrae Road, MOUNT GAMBIER Phone: 8723 0123 Email: rda@hotkey.net.au
RDA Murray Bridge:	1 Coolibah Drive, MURRAY BRIDGE Phone: 8532 3408
RDA Northern Area:	Cnr Ryans & Whites Roads, GLOBE DERBY PARK Phone: 0403 862 438
RDA Port Lincoln:	Ravendale Pony Club, Proper Bay Road, PORT LINCOLN Phone: 8682 4544
RDA Port Pirie:	Anzac Road, PORT PIRIE Phone: 8633 1646
RDA Riverland:	Berri Racecourse, Moritz Road, BERRI Email: riverland@rdasa.org.au
RDA Victor Harbor:	Victor Harbor Riding Club Grounds, Bacchus Road PO Box 914 VICTOR HARBOR SA 5211
RDA Whyalla:	Racecourse Road, WHYALLA NORRIE Phone: 8644 1310 Email: rdawhyalla@hotkey.net.au
RDA Yorke Peninsula:	Kadina Equestrian Centre, Wallaroo Road, KADINA PO Box 589 KADINA SA 5554



CEREBRAL PALSYP

RDA SA DISABILITY FACT SHEET

• What is Cerebral Palsy?

- Cerebral Palsy (CP) is most commonly caused by a lack of oxygen just before, during or after birth. It can also be caused by premature birth, exposure to infections and accidents such as near drowning, and so on, generally up to two years of age.
- CP refers to weakness, paralysis or lack of muscle control originating in the brain. It is a disorder of muscle control resulting in weakness, stiffness, awkwardness, slowness, shakiness and difficulty with balance ranging from mild to severe forms.
- There are three main types of CP:
 - Spastic
 - Athetoid
 - Ataxic

RDA State Office: 215 Portrush Road MAYLANDS SA 5069
Phone: 8331 1833
Email: admin@rdasa.org.au

SYMPTOM	RDA BENEFIT
Weakness, paralysis or lack of muscle control	Muscles are strengthened by increased use involved in riding.
Poor balance	The three-dimensional rhythmic movement of the horse is similar to the motion of walking, teaching rhythmical patterns to the muscles of the legs and trunk. Placing the client in different positions on the horse works different sets of muscles.
Poor coordination	Riding a horse requires a great deal of coordination in order to get the desired response from the horse. Repetition of patterned movements required in controlling a horse quickens reflexes and aids in motor planning. Eye and hand coordination is taught in grooming and preparing the horse, among other activities.
Easily fatigued	Even though riding is exercise, it is perceived as enjoyment, therefore the rider has increased tolerance and motivation to lengthen the period of exercise.
High muscle tone	The warmth of the horse and the gentle movement of riding relaxes tight muscles and allows for stretching.
Concentration	Programs include educational concepts, learning numbers, colours, shapes, patterns and sequencing. Memory and concentration can be improved through playing games.
Social isolation	Group lessons provide riders with the opportunity to join in with their peers and develop friendships.
Psychological benefits	Adaptive equipment helps riders to participate in a sport to the best of their ability. This includes competition opportunities. Learning to control the horse and other skills provide riders with a sense of achievement.

Version 1 August 2011

Gage's Story

RDA volunteers gently help young Gage ride safely at Victor Harbor.

One volunteer holds the pony, two volunteers support Gage and a fourth volunteer holds the umbrella!

This is a normal horse riding lesson for Gage, who can barely sit up unaided, due to his severe Cerebral Palsy.

When he first came to RDA all he could do was lie on his back on the pony. He had to be shaded by an umbrella to keep the sun out of his eyes.

Now he sits up. He can't wear a hat, so he still needs an extra volunteer to carry an umbrella for him. He places his right hand across his left breast when he wants to say "happy".

