

## **Abstract**

- Title:** Influence of horse breed and type of terrain on activation of the abdominal muscles in hippotherapy.
- Purposes:** The aim of the study is to find out if horse breed and type of terrain approaches muscle activation in the position of unassisted sitting
- Methods:** The study is of intraindividual character and includes theoretical and practical part. The activation of abdominal muscles was measured by using surface electromyography and kinematic analysis.
- Results:** There was difference between muscle activation with a different type of terrain. Horse breed does not influence a muscle activation but the individual biomechanic of each horse.
- Key words:** hippotherapy, hipporehabilitation, horse breed, activation of abdominal muscles, unassisted seat, therapeutic horseback riding, electromyography