

Abstract

The aim of my thesis was to consider the interconnection of the professions of hippotherapy and occupational therapy, to judge in what ways the effects of hippotherapy are beneficial for occupational therapy and perhaps even suggest how an occupational therapist can apply its effects in practice. Another goal was to point out that hippotherapy can become a valuable part of the system of comprehensive rehabilitation of patients with a brain damage.

In the research part I drew from observations from my occupational therapy practice included in my studies and from observations and subjective views of three hippotherapy patients. With two of them I used a semi-structured interview, with the third one a questionnaire.

The results showed that the mentioned professions can be interconnected on the basis of chosen activities and that their positive effects can be used in occupational therapy practice. From the communication with the respondents I concluded that they themselves could see the benefits of hippotherapy, that they felt active, that hippotherapy was becoming their hobby. Only from the latest fact alone we can conclude that even mere inclusion of hippotherapy in the comprehensive rehabilitation the quality of the patients' lives can be improved and thus the basic idea and aim of rehabilitation fulfilled.

Key words: Brain damage, horse, hippotherapy, occupational therapy, rehabilitation