

Hipotherapy is a complex therapy, broadened and recently very sought after rehabilitation method, which is being more and more recognized by experts for its broadened scene. It is a complex therapy thanks to involving medicine, psychology, pedagogy and also a social sphere. That's why is this method indicated at many different levels of disablement. It's being used with patients with children's cerebral palsy, diverse level of cerebral dysfunction and multiple sclerosis. And it's the therapy's effect on multiple sclerosis that this thesis paper discusses. It also applies to brain and spinal traumas, scoliosis, back pain, orthopedic defects, cardiovascular disease, degenerative muscle disease, obesity, as well as it provides help at emotional and mental aspect, e.g. children with behavioral disorders and many others.

At hipotherapy is being used a three dimensional (multidimensional) horse motion. Horse's spine moves up – down, forward – backward, right – left. Imitating a mechanisms of human walking, which leads to relaxation of spasticity. Impulses are transmitted onto back which brings interaction of impeller and back muscles, stand up pose, and posture interference. All this brings a walking improvements, movements coordination, balance and consolidation of a flabby muscles.

Each horse has a different nature and its characteristic move, of which intensity differs. Those qualities is then an experienced therapist able to use for his client. That's why a right choice of horse is very important, in order to avoid a negative interference to the patients.

Hipotherapy is not limited by age, nor by level of mental or physical disability and is in a certain aspects irreplaceable rehabilitative method.