

# **CONTRAINDICATIONS FOR RIDING or DRIVING WITH RDANSW**

## **Conditions for which clients MUST NOT ride :**

- Severe osteoporosis
- Uncontrolled seizures
- Open pressure sores, open wounds
- Unstable spine, including subluxation of cervical spine
- Atlanto-Axial dislocation (ADC) or significant subluxation in Down Syndrome
- Advanced multiple sclerosis and muscular dystrophy
- Acute herniated disc
- Excessive weight/obesity

## **Conditions for which Horse Riding or Carriage Driving MAY NOT be recommended :**

- Very poor endurance
- Excessive pain resulting from riding or driving
- Excessive structural scoliosis, until permission is given by an orthopaedic Specialist
- Spinal fusion (eg. Harrington – or CD Rods), until permission is given by an orthopaedic specialist.
- Significant allergies to horse hair, dust, grain, grass, hay or hay fever
- Recent surgery until permission is given by surgeon
- Serious heart condition
- Dislocation or dysplasia of hip if excessive pain is caused
- Haemophilia
- Disruptive or unreliable behaviour which is unacceptable to the coaches and other participants in the lesson
- Moderate agitation with severe confusion
- Drug dosage resulting in physical states inappropriate to the riding environment
- Paralysis
- High level of spinal chord paralysis or significant asymmetry of muscles paralysis
- Plaster casts