

HORSEPOWER

Gaining independence

Enhancing personal well-being

HORSEPOWER provides equestrian programs/therapies for individuals with physical, emotional, and/or cognitive challenges in a quest for personal independence, accomplishment, self-pride, and well-being.



GROUND WORK

The act of grooming and bonding with a horse can provide physical, emotional and cognitive stimulation. These clients are supervised and led through activities by staff and volunteers.

[learn more >](#)

HIPPOTHERAPY

Licensed Occupational or Physical Therapists use the various rhythms and propulsions of the therapy horses' natural three-dimensional movement to enhance therapy or rehabilitation goals for clients.

[learn more >](#)

THERAPUTIC RIDING

Therapy goals are established by staff for each riding client. Lessons are designed to achieve these therapy goals while clients experience personal growth exercising skills riding a horse—usually with leaders and sidewalkers.

[learn more >](#)

HORSEPOWER

26659 Blue Sage Lane Suite 100
Sioux Falls, SD 57106
Ph: 605. 251.1685



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PROGRAM OFFERINGS

Our programs are set up in five 8-week sessions. Riders’ eligibility is determined by a HorsePower assessment and a doctor’s permission form. All forms need to be filled out prior to the assessment, and all participants must have a physician’s signature prior to riding. Forms can be found [here](#).



THERAPUTIC RIDING

These sessions are designed to help each rider achieve therapy goals set by staff members. Meeting these goals helps riders experience personal growth while developing horsemanship skills, usually with the assistance of leaders or sidewalkers. Some advanced riders are able to ride independently under close supervision. Therapy goals include physical, emotional and/or cognitive progression. We see progress towards these goals during each session. So often people tell us, “My loved one has never experienced such progress in any other therapy.”

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HIPPOTHERAPY

These one-on-one sessions with a licensed occupational or physical therapist use specially trained therapy horses with two or more volunteers and/or staff to aid the therapist. n Riders can be stimulated with a variety of riding positions that are far beyond the traditional forward-facing sitting position of standard horsemanship. The various rhythms and propulsions of the horse’s natural three-dimensional movement aid therapy and/or rehabilitation goals for riders. Sessions are a one-on-one Therapist-to-Client ratio, with at least two or more additional volunteers and/or staff to aid the therapist.

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GROUND WORK

These sessions are designed to help each rider achieve therapy goals set by staff members. Meeting these goals helps riders experience personal growth while developing horsemanship skills, usually with the assistance of leaders or sidewalkers. Some advanced riders are able to ride independently under close supervision. Therapy goals include physical, emotional and/or cognitive progression. We see progress towards these goals during each session. So often people tell us, “My loved one has never experienced such progress in any other therapy.”

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KONOMI

Japanese for “choice”, is a faith-based mentoring program for youth (ages 10-18). Developing self-esteem and becoming more responsible happens one step at a time, and when youth willingly spend time at Konomi they will develop these characteristics and much more. Part of their time is spent doing barn chores, but the majority is with a mentor and a special horse. This program is designed to help youth open new doors of hope and healing and discover strengths in themselves they never knew they had.

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ABOUT HORSEPOWER



HorsePower is a 501(c)3 Non-Profit organization dedicated to helping individuals with challenges in the Sioux Empire. We provide equestrian programs/therapies for individuals with physical, emotional, and/or cognitive challenges in a quest for personal independence, accomplishment, self-pride, and well-being.

HorsePower is a therapy, but the effect on our riders is pure magic. We are treated to a most wonderful gift. The joy of our riders is totally contagious. Amazing things happen right before our eyes. Rider's stiff legs seem to melt into the warm sides of horses. Cramped muscles relax and what is rigid becomes supple. Slumped postures morph into erect backbones, proudly showing off riding skills. Children who have never spoken become verbal. Souls are touched. This is our reward, and the only pay our utterly amazing volunteers get for their commitment of time and love. This is the reason we seek just the right horses, and give them the best feed and care we can, because of the joy and freedom they give unconditionally to our riders.

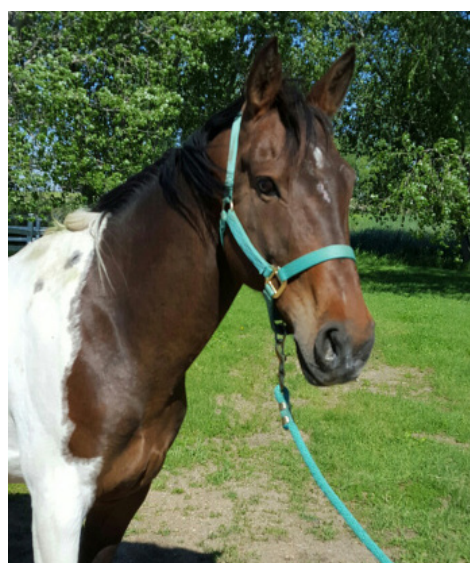
2010 marked the 25th anniversary of opening our program to the Sioux Empire. 2010 was the year that we finally achieved our greatest dream - to heat and insulate our riding facility so we could expand our small summer program to a year-round fully functioning therapeutic riding facility, with scholarship funding available. In Fall of 2011 we decided to switch our name to HorsePower. Yet people still know us by both names!



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