



**Hey kids can
you help me?**

Can you please help us?

Hi ... my name is Janie and I am a student at the University. I would love it if you could help me with my studies. All you need to do is ride your horse just like you normally do. Me and some nice people from the University will watch you having your horse riding session. It's not a test or anything so there's no need to worry about anything, just enjoy your session like normal.

Thanks a lot for your time and keep on enjoying your horse riding and once you're finished why not colour in the nice picture on the back for fun.



Stuff for the grown ups

Can horse riding reduce the effects of spasticity in the limbs of children with cerebral palsy?

Hello, my name is Janie, and I am a BSc student at the University of Dundee and was hoping you can help me by letting your child take part in my research study? This involves measuring the pressure changes before, during and after horse riding in CP children. Nothing will change in terms of what is expected from your child as they will turn up as a normal and have their usual horse riding session. Your child will sit on a pressure mat on the horse and later the same pressure mat will be inserted under their wheelchair seat.

This study aims to see if there is a change in pressure distribution in children with Cerebral Palsy. This will correlate to any changes in spasticity and hopefully see if spasticity is reduced thus seeing if pressure sores can be avoided. I will be carrying the battery that goes with the pressure mat so **your child will not be required to do anything differently** but sit on the horse and enjoy their normal riding session.

Participation in this research would benefit physiotherapists that help with the sessions as well as yourselves. Hopefully this will have a positive effect and even lead to a change in the view of hippotherapy (therapeutic horse riding) within the NHS.

The study will not require any more of your time than your usual horse riding sessions. It will take place in the Brae stables and you will not need to travel anywhere else. It will take place over a six-month period and will include all of your child's normal sessions within this period.

If you would like further more detailed information I will be happy to answer any questions or clarify any concerns that you or your child may have. For a full Information Sheet please email me at j.a.giraudon@dundee.ac.uk or call [01382 383513](tel:01382383513) and ask about the CP horse-riding study.

This study has been reviewed and approved by the University of Dundee Research Ethics Committee. You may decide to stop being a part of this research study at any time without providing any explanation.

Colour me in for fun

