

## **History of hippotherapy**

The article deals with physiotherapy, based on neurophysiology, using horse and horse riding, ie, "Hippotherapy". In essence, hippotherapy is nothing less than a form of physiotherapy (physical therapy), where as a tool for rehabilitation are the horse, the process of riding and exercise, a person takes during riding. Therapeutic riding has a complex effect on the body: it improves the physical condition, normalizes the activity of the nervous system, strengthens self-confidence and helps to improve posture, relieve retardation and abnormal movement disorders, alleviating normal automatic reactions and improve the sensory-motor susceptibility.

**Keywords:** hippotherapy, the reaction, the physical condition, etc.