

How can animal-assisted therapy help?



MOTOR

Helps to increase:

- Range of motion
- Strength
- Endurance
- Hand-eye coordination
- Trunk control

Helps improve:

- Walking (ambulation)
- Ability to reach for things across the body (crossing midline)
- Balance and postural control



SENSORY

Helps to increase:

- Attention to task, helps with hyperactivity
- Motivation to complete tasks
- Relaxation

Helps improve:

- Following directions
- Knowing where body parts are in space (proprioception)
- Balancing (vestibular)
- Tracking objects with eyes



SOCIAL-
EMOTIONAL

Helps to increase:

- Independence
- Sense of purpose
- Self-esteem
- Safety-awareness

Helps improve:

- Expressing emotions and feelings
- Confidence
- Decision-making
- Social relationships
- Anxiety levels

Animal Assisted Therapy Techniques And Exercises For Dog Assisted Interventions

R Sandford



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