



MAJESTIC HILLS RANCH

Majestic Hills Ranch was founded in 1997 to offer equine-assisted services to children with special needs.

In 2010, we started our "Heroes on Horseback" program serving our injured Armed Forces personnel, active duty and veterans in rehabilitation, in the Minneapolis/St. Paul seven county metro area, free of charge.

They face challenges such as neuromuscular disorders, traumatic brain injuries, post traumatic stress disorder, cognitive limitations, and emotional difficulties. With the horse, exercise becomes a joy rather than a chore. The horse provides riders an overall improvement in their quality of life.

CONTACT US

612-669-8846

24580 Dakota Avenue
Lakeville, MN 55044

LJohnson@
MajesticHillsRanch.com

MajesticHillsRanch.org



MAJESTIC HILLS RANCH Heroes on Horseback



Provides *FREE*
Equine-Assisted Services
(Adaptive Riding) Sessions
to Injured Military
Personnel, Active Duty &
Veterans in Rehabilitation

HOW DO VETERANS BENEFIT FROM EQUINE-ASSISTED SERVICES?

Heroes On Horseback is a program provided by Majestic Hills Ranch, a 501(c)3 non-profit foundation. This program offers equine-assisted services, **pro-bono**, to injured armed forces personnel, active duty and veterans in rehabilitation who have sustained a wide variety of physical injuries and/or psychological trauma including, but not limited to, PTSD.

Our Goal is to engage injured veterans and active military personnel in a variety of equine-assisted activities designed to achieve measurable physical, behavioral, cognitive, psychological and communicative goals.

We believe that equine assisted services, as described by PATH, Intl. (Professional Association of Therapeutic Horsemanship, Intl.) contributes significantly to the lives of people with physical, emotional, and mental impairment.

We know that horses heal. The gentle and rhythmic motion of a horse's walking gait increases the riders muscle strength while improving coordination, balance, and flexibility. The special relationship formed with a horse can lead to increased self-confidence, enhanced self-esteem, improved decision-making skills, personal insight, a strong sense of achievement, increased recognition of boundary issues, and social skills that include increased patience.



The horse and human bond and its healing power has been known since antiquity. The horse's non-judgmental acceptance and tolerance helps veterans with disabilities to be motivated to learn, grow, and realize their fullest potential.

With the help of specially chosen and trained horses, our knowledgeable instructors, and trained volunteers, our veterans with disabilities and injured active duty personnel are taught horseback riding and horsemanship skills appropriate to their level of ability. Physical, occupational, recreational therapists, speech language pathologists, and primary caregivers are invited to work with our instructors to develop individualized riding plans with mental and physical goals.

Equine-Assisted Services can provide significant benefits to individuals challenged with:

- Amputation
- Traumatic Brain Injury
- Hearing Impairment
- Visual Impairment
- Substance Dependence
- Behavior Disability
- Emotional Disability
- Post Traumatic Stress Disorder

...to name a few.

For individuals with physical disabilities: The rhythmic and rocking walking gait of the horse transfers a gentle three-dimensional movement to the rider that relaxes muscles, and improves muscle tone, flexibility, balance, and their spatial awareness. With greater freedom of movement comes an increase in self-esteem, confidence, personal mobility, and independence.

For individuals with cognitive disabilities: Horseback riding offers an opportunity to improve their concentration, attention span, memory, and language / communication skills.

For individuals with behavioral and emotional challenges: The positive horse-human interaction can result in a greater understanding of teamwork, responsibility, and communication in relationships. As the bond develops, so does the person's ability and willingness to regain knowledge and skills necessary in their everyday lives.

To participate, contact us by phone or visit our website for an application.

Want to help us? Help these gallant men and women who have sacrificed so much to keep us safe and free. You'll find information regarding volunteering and/or providing much needed financial support to our program on our website.

MajesticHillsRanch.org

Heroes on Horseback provides FREE equine-assisted services to injured veterans.