



CARLISLE ACADEMY  
INTEGRATIVE EQUINE  
THERAPY & SPORTS

## CARLISLE ACADEMY INTEGRATIVE EQUINE THERAPY & SPORTS ADDS NEW PHYSICAL THERAPIST TO STAFF

JANET SMALDONE JOINS THE CARLISLE TEAM  
SPECIALIZING IN EQUINE FACILITATED THERAPY

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LYMAN, Maine January 3, 2012— Carlisle Academy Integrative Equine Therapy & Sports, a PATH International (Professional Association for Therapeutic Horsemanship) Premier Accredited Center offering comprehensive equestrian educational services, has added Janet Smaldone, PT, a physical therapist specializing in equine facilitated therapy, to their team.

Smaldone, of Exeter, New Hampshire, is a licensed physical therapist in four states, including Maine. A graduate of the University of Massachusetts in Lowell with a BS degree in physical therapy, Smaldone not only has 25 years of experience primarily in pediatrics in a variety of settings, but also spent 10 years at the National Center for Equine Facilitated Therapy in California. In addition, she is trained in pediatric and Baby Neurodevelopmental Treatment (NDT); Craniosacral Therapy Level I and II; and recently achieved Level II certification in hippotherapy from AHA (American Hippotherapy Association).

AHA defines hippotherapy as: “the use of the movement of the horse as a tool by physical therapists, occupational therapists, and speech-language pathologists.” Hippotherapy represents more than 45 percent of all Carlisle’s programming. With dedicated staff resources and expertise, it is the largest and most reputable hippotherapy program in northern New England. As hippotherapy continues to emerge as a respected and beneficial medical treatment, Carlisle is working to get insurance reimbursement to offset the cost of tuition.

“Equine facilitated therapies are well documented for physical, intellectual and emotional benefits both here and abroad, and we incorporated that into our program early on,” Sarah Armentrout, Head of School at Carlisle Academy Integrative Equine Therapy & Sports, said. “It has always been our goal at Carlisle to offer our students the greatest advantage in therapeutic programming through our highly credentialed instructors and specialists.”

Smaldone is also active in yoga and horseback riding (dressage) and incorporates her yoga training courses and equestrian experiences into her work.

“Her background was a natural fit for our diversified programs and we are delighted to have her here with us as a part of our team with her extensive experience,” Armentrout said.

Under a new business model Carlisle focuses on delivering high quality services to the riding community in three key areas: therapy and adaptive riding; sports and education; and training and leadership. The Equest Foundation, an independent non-profit organization, was created to raise scholarships for students in need who participate in programming at Carlisle Academy: a win-win for participants.

For more information on Carlisle Academy Integrative Equine Therapy & Sports please visit us at [www.carlisleacademymaine.com](http://www.carlisleacademymaine.com), or on Facebook; call 207-985-0374; or email us at [info@carlisleacademymaine.com](mailto:info@carlisleacademymaine.com).