Rehabilitation for Equine Back & Sacroiliac Conditions – A 2-Day Practical Course

COURSE DATE: Fri 1 - Sat 2 Feb, 2019  COURSE VENUE: TRIFECTA Equine Athletic Center, Bonsall, CA

SPEAKERS/INSTRUCTORS:

Sharon Classen  PT, ATC, CERP
Equine Physical Therapist
Serenity Physical Therapy, Elkhorn, NE, USA

Steve Adair, III  MS, DVM, Dipl.ACVS, Dipl.ACVSMR, CERP
American Specialist in Equine Surgery & in Equine Sports Medicine/Rehabilitation
Assoc. Professor Equine Surgery, Univ. of Tennessee, Knoxville, TN, USA

Robyn Wyzinski  PT, DPT, CERP, HPCS
Equine Physical Therapist
CORE Equine Physical Therapy, San Diego, CA, USA

PROGRAM:

DAY 1

7:30 – 8:00  Registration & Welcome Breakfast
8:00 – 8:10  Course Introduction  Course Administrator
8:10 – 8:40  The Physical Therapist’s Approach to Back & Sacroiliac Conditions  Sharon Classen
8:40 – 9:10  Physical Therapist’s Evaluation of the Equine Back & Pelvis  Sharon Classen
10:10 – 10:20  Questions
10:20 – 10:40  PulseVet Coffee Break
10:40 – 11:10  Therapeutic Modalities for Back & SI Problems – Electrical Stimulation & Rapid Release Technology  Steve Adair
11:10 – 11:40  Rider & Horse Interaction  Sharon Classen
11:40 – 12:20  Therapeutic Exercise for Back & Sacroiliac Problems  Robyn Wyzinski
12:20 – 1:00  Development of Treatment Plans for Back & SI Conditions
•  Acute Conditions  Steve Adair
•  Chronic Conditions  Sharon Classen
1:00 – 1:10  Questions
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DAY 1 (continued)

1:10 – 2:20  Lunch & Transfer to Wetlab Location

2:20 – 2:40  Introduction of Therapeutic Modality Devices  
Equipment Providers

2:40 – 6:00  Practical Small-Group Sessions on live horses (60min/Station)  
- Physical Therapist’s Evaluation of Back & Sacroiliac Problems  
  Sharon Classen  
- Therapeutic Exercises for Back & SI Problems – Stretching, Strengthening & Improving Proprioception  
  Robyn Wysinski  
- Therapeutic Modalities for Back & SI Problems –  
  Radiofrequency Tx, Therapeutic Laser, Electrical Stimulation & Extracorporeal Shockwave Therapy  
  Steve Adair

4:25 – 4:40  Indiba Coffee Break

6:30 – ……  Dechra Dinner

DAY 2

7:30 – 8:00  Rapid Release Breakfast

8:00 – 8:30  Underwater Treadmill  
  Steve Adair

8:30 – 9:00  Therapeutic Monitoring of Back & SI Conditions  
  Steve Adair

9:00 – 9:30  Return to Sport – The Progression incl. Management Changes  
  Sharon Classen

9:30 – 10:10  Home Exercise Programs for your Clients  
  Robyn Wysinski

10:10 – 10:20  Questions

10:20 – 10:50  Multi Radiance Medical Coffee Break

10:50 – 11:30  Injury Prevention & Maintenance  
  Robyn Wysinski

11:30 – 12:20  Conditioning & Performance Enhancement  
  Sharon Classen

12:20 – 12:50  How to charge for Rehabilitation Services  
  Sharon Classen

12:50 – 1:00  Questions

1:00 – 2:10  Lunch & Transfer to Wetlab Location

2:10 – 2:30  Introduction of Therapeutic Modality Devices  
  Equipment Providers

2:30 – 5:50  Practical Small-Group Sessions on live horses (60min/Station):  
  • Biomechanical Interplay of Horse & Rider  
    Sharon Classen  
  • Development of Home Exercise Programs for your Clients  
    Robyn Wysinski  
  • Therapeutic Modalities for Back & SI Problems – Aquatic Therapy, Pulsed Electromagnetic Field Therapy & Rapid Release Technology  
    Steve Adair

4:25 – 4:40  Magnus Magnetica Coffee Break

5:50 – 6:00  Questions, Discussions & Final Remarks