Orthopaedic Rehabilitation of the Equine Athlete – A 2-Day Practical Course

COURSE DATE:  Tues 19 – Wed 20 Mar, 2019
COURSE VENUE:  Sanakena Rehab Center, near Hamburg, Germany

SPEAKERS/INSTRUCTORS:

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

Andris J. Kaneps  DVM, PhD, Dipl.ACVS, Dipl.ACVSMR
American Specialist in Equine Surgery & in Equine Sports Medicine/Rehabilitation
Practitioner in Sports Medicine, Lameness Diagnostics & Rehabilitation, Beverly, MA, USA

Lee Clark  BSc, MCSP, SRP, ACPAT
Chartered Physiotherapist and Veterinary Physiotherapist
Darlington, County Durham, England

Niklas Drumm  Dr.Med.Vet, Dipl.ACVS, Dipl.ECVS
American and European Specialist in Equine Surgery, Fachtierarzt für Pferde
Senior Partner, Tierklinik Lüsche, Germany

Mathilde Pluim  DVM
Tierklinik Lüsche, Germany

Marina Rodríguez Alonso  DVM
Technical Sales Manager, INDIBA® Animal Health
PROGRAM:

DAY 1

07:30 – 08:00  Registration & Welcome Coffee
08:00 – 08:10  Course Introduction
08:10 – 08:40  Introduction to Rehabilitation of the Horse – Legalities of Rehabilitation, responsibilities, who can do it etc.  Steve Adair
08:40 – 09:10  Development of Treatment Plans & Therapeutic Monitoring  Andris Kaneps
09:10 – 09:40  Cold & Hot Therapy  Andris Kaneps
09:40 – 10:20  Radiofrequency Therapy  Marina Rodriguez Alonso
10:20 – 10:30  Questions
10:30 – 10:50  Audevard Coffee Break
10:50 – 11:30  Introduction to Therapeutic Exercise, incl. Physiotherapy  Lee Clark
11:30 – 12:10  Exercises to Improve Proprioception  Lee Clark
12:10 – 12:50  Strengthening Exercises  Lee Clark
12:50 – 13:00  Questions
13:00 – 14:15  Lunch
14:15 – 17:45  Practical Small-Group Sessions on live horses & Case-based Discussions (60min/station)
   •  Exercises to improve Proprioception – focus on Upper Limb, Back & Sacroiliac Region  Lee Clark
   •  Radiofrequency Therapy Demonstration  Steve Adair
   •  Development of Treatment Plans & Therapeutic Monitoring  Andris Kaneps
16:30 – 16:45  Indiba Coffee Break
17:45 – 18:00  Questions & Discussions
18:00 – 19:30  Sound Wine & Cheese Reception

DAY 2

08:00 – 08:30  Whole Body Vibration  Andris Kaneps
08:30 – 09:00  Hyperbaric Oxygen Therapy  Steve Adair
09:00 – 09:50  Aquatic Therapy – Underwater Treadmill & Swimming  Steve Adair
09:50 – 10:10  Questions
10:10 – 10:40  Orthokine® Vet irap Coffee Break
10:40 – 11:20  Extracorporeal Shock Wave Therapy  Andris Kaneps
11:20 – 11:50  Laser Therapy  M Pluim/ N Drumm
11:50 – 12:20  Therapeutic Ultrasound  Andris Kaneps
12:20 – 12:50  Pulsed Electromagnetic Therapy  Steve Adair
12:50 – 13:00  Questions
13:00 – 14:15  Lunch
14:15 – 16:00  Practical Small-Group Sessions on live horses (35min/station):
   •  Aquatic Therapy Demonstration  Steve Adair
   •  Strengthening Exercises – focus on Upper Limb & Back/SI  Lee Clark
   •  Laser Therapy & Extracorporeal Shockwave Therapy  Kaneps/ Drumm/ Pluim
16:00 – 16:15  Dechra Coffee Break
16:15 – 17:30  Panel Case-Discussions  SA, AK & LC
17:30 – 17:45  Questions, Discussions & Final Remarks