

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

**COURSE DATE:** Tues 19 – Wed 20 Mar, 2019

**COURSE VENUE:** Sanakena, near Hamburg, Germany

### **SPEAKERS/INSTRUCTORS:**



**Steve Adair, III, MS, DVM, Dipl.ACVS, Dipl.ACVSMR**  
*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

### **PROGRAM:**

#### **DAY 1**

<b>07:30 – 08:00</b>	<i>Registration &amp; Welcome Coffee</i>	
<b>08:00 – 08:10</b>	Course Introduction	
<b>08:10 – 08:40</b>	Introduction to Rehabilitation of the Horse – Legalities of Rehabilitation, responsibilities, who can do it etc.	Steve Adair
<b>08:40 – 09:10</b>	Development of Treatment Plans & Therapeutic Monitoring	Andris Kaneps
<b>09:10 – 09:40</b>	Cold & Hot Therapy	Andris Kaneps
<b>09:40 – 10:20</b>	Radiofrequency Therapy	
<b>10:20 – 10:30</b>	Questions	
<b>10:30 – 10:50</b>	<i>Audevard Coffee Break</i>	
<b>10:50 – 11:30</b>	Introduction to Therapeutic Exercise, incl. Physiotherapy	Lee Clark
<b>11:30 – 12:10</b>	Exercises to Improve Proprioception	Lee Clark

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### DAY 1 (continued)

12:10 – 12:50	Strengthening Exercises	Lee Clark
12:50 – 13:00	Questions	
13:00 – 14:15	<i>Lunch</i>	
14:15 – 17:45	Practical Small-Group Sessions on live horses & Case-based Discussions (60min / station)	
	<ul style="list-style-type: none"> <li>• <b>Exercises to improve Proprioception</b> – focus on Upper Limb &amp; Back/SI</li> <li>• <b>Radiofrequency Therapy</b></li> <li>• <b>Development of Treatment Plans &amp; Therapeutic Monitoring</b></li> </ul>	Lee Clark Steve Adair Andris Kaneps
16:30 – 16:45	<i>Coffee Break</i>	
17:45 – 18:00	Questions & Discussions	
18:00 – 19:30	<i>Wine &amp; Cheese Reception</i>	

### 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	<i>Coffee Break</i>	
10:40 – 11:20	Extracorporeal Shock Wave Therapy	Andris Kaneps
11:20 – 11:50	Laser Therapy	Lee Clark
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	<i>Lunch</i>	
14:15 – 16:00	Practical Small-Group Sessions on live horses (35min / station):	
	<ul style="list-style-type: none"> <li>• <b>Aquatic Therapy</b></li> <li>• <b>Strengthening Exercises</b> – focus on Upper Limb &amp; Back/SI</li> <li>• <b>Laser Therapy &amp; Whole Body Vibration</b></li> </ul>	Steve Adair Lee Clark Andris Kaneps
16:00 – 16:15	<i>Coffee Break</i>	
16:15 – 17:30	Panel Case-Discussions	SA, AK & LC
17:30 – 17:45	Questions, Discussions & Final Remarks	