

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

COURSE DATE: Fri 27 – Sat 28 Sept, 2019

COURSE VENUE: von Ballmoos Reha- & Leistungszentrum,
near Zurich, Switzerland

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

07:30 – 08:00	<i>Registration & Welcome Coffee</i>	
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	
10:20 – 10:30	Questions	
10:30 – 10:50	<i>Audevard Coffee Break</i>	
10:50 – 11:30	Introduction to Therapeutic Exercise, incl. Physiotherapy	Lee Clark
11:30 – 12:10	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"> • Exercises to improve Proprioception – focus on Upper Limb & Back/SI • Radiofrequency Therapy • Development of Treatment Plans & Therapeutic Monitoring 	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 & 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"> • Aquatic Therapy • Strengthening Exercises – focus on Upper Limb & Back/SI • Whole Body Vibration & Hyperbaric Oxygen Therapy 	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	