

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

COURSE DATE: Fri 14 – Sat 15 Feb, 2025

COURSE VENUE: Pioneer Equine Hospital & Premier
Equine Center, CA

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



Emily Rose, PT, DPT, CERP
Physical Therapist, Equine Rehabilitation Practitioner
Reaching Strides Equine Rehabilitation, Brooklyn, WI, USA

PROGRAM:

DAY 1

7:30 – 8:00	<i>Registration & Welcome Coffee</i>	
8:00 – 8:10	Course Introduction	Course Administrator
8:10 – 8:40	Legalities of Equine Rehabilitation & Responsibilities	Steve Adair
8:40 – 9:10	Development of Treatment Plans & Therapeutic Monitoring	Emily Rose
9:10 – 9:40	Laser Therapy	Steve Adair
9:40 – 10:20	Myofascial Therapy	Emily Rose
10:20 – 10:30	Questions	
10:30 – 10:50	<i>ArthramidVet Coffee Break</i>	
10:50 – 11:30	Introduction to Therapeutic Exercise, incl. Physiotherapy	Emily Rose
11:30 – 12:10	Exercises to Improve Proprioception	Emily Rose
12:10 – 12:50	Extracorporeal Shockwave Therapy	Steve Adair
12:50 – 1:00	Questions	
1:00 – 2:00	<i>Lunch</i>	
2:00 – 4:00	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 • Development of Treatment Plans & Therapeutic Monitoring 	Emily Rose Steve Adair

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DAY 1 (continued)

4:00 – 4:20	<i>Coffee Break</i>	
4:20 – 5:40	Small-Group Case-based Discussions (40min / station)	
	<ul style="list-style-type: none"> • Extracorporeal Shockwave Therapy • Laser Therapy 	Steve Adair ER
5:40 – 5:50	Questions & Discussion	
6:30...	Course Dinner Courtesy of our Sponsors ArthramidVet & Dechra	

DAY 2

8:00 – 8:30	Whole Body Vibration	Steve Adair
8:30 – 9:00	Therapeutic Ultrasound	Steve Adair
9:00 – 9:50	Aquatic Therapy – Underwater Treadmill & Swimming	Steve Adair
9:50 – 10:10	Questions	
10:10 – 10:40	<i>Dechra Coffee Break</i>	
10:40 – 11:20	Strengthening Exercises	Emily Rose
11:20 – 11:50	Radiofrequency Therapy	Steve Adair
11:50 – 12:20	Pulsed Electromagnetic Therapy	Steve Adair
12:20 – 12:50	Cold & Hot Therapy	Emily Rose
12:50 – 1:00	Questions	
1:00 – 1:45	<i>Lunch</i>	
1:45 – 3:45	Practical Small-Group Sessions on live horses (40min / station):	
	<ul style="list-style-type: none"> • Aquatic Therapy • Strengthening Exercises – focus on Upper Limb & Back/SI • Radiofrequency Therapy 	Steve Adair Emily Rose tbc
3:45 – 4:00	<i>Coffee Break</i>	
4:00 – 5:30	Panel Case-Discussions	SA, ER
5:30 – 5:45	Questions, Discussions & Final Remarks	