

Lake District Retreat: Equine CPD/CE & Mental Wellbeing with Breathtaking Views

Speakers / Instructors:



Wade Tenney
BS, DVM, Dipl.ACVSMR
 American Specialist in Equine Sports Medicine & Rehabilitation
 Tufts University, USA



David Stack
MVB, MSc, DVMS, FHEA, Dipl.ECVS, MRCVS
 European Specialist in Equine Surgery
 Philip Leverhulme Equine Hospital, University of Liverpool, UK



Laura Woodward
MVB, CertVR, CertSAS, DipCouns, DipPsych, MRCVS
 Laura Woodward Counselling, UK



Programme:

On-demand Online Learning to be completed in Advance through the VetPD Online Learning Center

Duration	Title	Speaker
55 min	<u>Maximise the Use of Your Ultrasound Machine to Optimise Imaging of the Musculoskeletal System</u>	Roger Smith
50 min	<u>Principles of Ultrasound-Guidance</u>	David Stack
65 min	<u>Ultrasound-Guided Upper Limb Joint Injections</u>	David Stack
35 min	<u>Ultrasound-Guided Cervical Facet Joint Injections</u>	Jonathan Anderson
35 min	<u>Ultrasound-Guided Back Injections (Articular Process Joints)</u>	Jonathan Anderson
60 min	<u>Ultrasound-Guided Lumbosacral & Sacroiliac Injection Techniques</u>	David Stack

Thursday, 8th October 2026:

Check-In & Welcome

6:30PM - 7:30PM



Opening Keynote Lecture:
Thriving in Veterinary
Medicine: Resilience, Optimism
& Self-Compassion

7:30PM+

Welcome Dinner

Friday, 9th October 2026

7AM - 9AM

Breakfast

7:30AM - 8:30AM



Guided Mindfulness: Using
Nature to Enhance our Wellbeing

9AM - 9:15AM

Housekeeping

9:15AM - 10AM



Ultrasonographic Evaluation
of the Digital Flexor Tendons &
Check Ligament

10AM - 10:45AM



Ultrasonography of the Foot &
Pastern Region

10:45AM - 11AM

Questions

11AM - 11:15AM

Coffee Break

11:15AM - 12PM



Diagnostic Techniques for
Back Conditions

12PM - 12:45PM



Pain Localised to the Pelvis &
Hip: Approach to Imaging

12:45PM - 1PM

Questions

1PM - 2PM

Lunch

2PM - 6PM

Local activity time

6PM - 7:30PM



Coping with Complications & Failure

7:30PM+

Dinner

Saturday, 10th October 2026

7AM - 9AM

Breakfast

7:30AM - 8:30AM



Guided Mindfulness: Mini
Meditations to Use Throughout
the Working Day

9AM - 9:15AM

Housekeeping

9:15AM - 10:45AM



Ultrasound-guided Injection
Techniques Workshop:
Cervical Facets (Neck) &
Coxofemoral Joint (Hip)

10:45AM - 11AM

Questions

11AM - 11:15AM

Coffee Break

11:15AM - 12:45PM



Ultrasound-guided Injection
Techniques Workshop:
Sacroiliac Joints and
Lumbar Facets

12:45PM - 1PM

Questions

1PM - 2PM

Lunch

2PM - 6PM

Local activity time

6PM - 7:30PM



How our Demeanour Effects
Change in Others

7:30PM+

Dinner

Sunday, 11th October 2026

7AM - 9AM

Breakfast

7:30AM - 8:30AM



Guided Mindfulness: Mental
Wellbeing Habits to Take Away

9AM - 10AM



Ultrasound for
Thrombophlebitis, Choke,
Sialoadenitis & Other Conditions

10AM - 11AM



The Use of Ultrasound to
Evaluate Wounds

11AM - 11:10AM

Questions

11:10AM - 11:20AM

**Final Comments, Farewells &
Take-away Light Lunch**