

## 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.ACVS MR**  
*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

**Third Instructor tbc**

### **PROGRAM:**

#### **DAY 1**

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

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### DAY 1 (continued)

<b>2:00 – 4:00</b>	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>Development of Treatment Plans &amp; Therapeutic Monitoring</b></li> </ul>	Emily Rose Steve Adair
<b>4:00 – 4:20</b>	<i>Coffee Break</i>	
<b>4:20 – 5:40</b>	Small-Group Case-based Discussions (40min / station)	
	<ul style="list-style-type: none"> <li>• <b>Extracorporeal Shockwave Therapy</b></li> <li>• <b>Laser Therapy</b></li> </ul>	Steve Adair ER & tbc
<b>5:40 – 5:50</b>	Questions & Discussion	
<b>5:50 – 7:00</b>	<i>Wine &amp; Cheese Reception</i>	

### DAY 2

<b>8:00 – 8:30</b>	Whole Body Vibration	Steve Adair
<b>8:30 – 9:00</b>	Therapeutic Ultrasound	Steve Adair
<b>9:00 – 9:50</b>	Aquatic Therapy – Underwater Treadmill & Swimming	Steve Adair
<b>9:50 – 10:10</b>	Questions	
<b>10:10 – 10:40</b>	<i>Dechra Coffee Break</i>	
<b>10:40 – 11:20</b>	Strengthening Exercises	Emily Rose
<b>11:20 – 11:50</b>	Radiofrequency Therapy	Steve Adair
<b>11:50 – 12:20</b>	Pulsed Electromagnetic Therapy	Steve Adair
<b>12:20 – 12:50</b>	Cold & Hot Therapy	Emily Rose
<b>12:50 – 1:00</b>	Questions	
<b>1:00 – 1:45</b>	<i>Lunch</i>	
<b>1:45 – 3:45</b>	Practical Small-Group Sessions on live horses (40min / 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>Radiofrequency Therapy</b></li> </ul>	Steve Adair Emily Rose tbc
<b>3:45 – 4:00</b>	<i>Coffee Break</i>	
<b>4:00 – 5:30</b>	Panel Case-Discussions	SA, ER
<b>5:30 – 5:45</b>	Questions, Discussions & Final Remarks	