Manual Rehabilitation Techniques: A Hands-on Course

March 25-26, 2023

Date and Time	Topic	Description	Location
Saturday, March 25 8-8:30	Breakfast		Breakfast Nook
8:30-9:00	Opening and Welcome		Classroom
9:00-10:00	Lecture: What can rehabilitation do for your patients	Rehabilitation medicine not only helps pets regain function after surgery, but can assist with recovery from soft tissue injuries, improve overall condition, and assist in weight loss. Rehabilitation through manual therapies and modalities can be instrumental in pain management for the young, geriatric, handicapped, or athletic pets.	Classroom
10:00-11:00	Lecture: Overview of rehab modalities: Part 1	Rehabilitation offers numerous modalities to round out a multimodal therapy approach to pain management. Participants will be able to identify and choose from a variety of options to address pain in a non -pharmacologic manner. Part 1 will focus primarily on massage therapy and manual therapies, cryotherapy, and thermotherapy.	Classroom
11:00-11:30	Break		
11:30-1:00	Lab 1: Review Massage, cryotherapy, Thermotherapy	Lab will review and allow hands on practice of massage techniques, cryotherapy, and thermotherapy.	Classroom
1:00-2:30	Lecture: Overview of rehab modalities: Part 2	Part 2 of rehabilitation modalities will discuss the indications for and how to perform a variety of rehabilitation modalities including TENS, Laser, Ultrasound, and other manual therapies.	Classroom
3:00-3:30	Break		
3:30-5:00	Lab 2: Review TENS, Laser, U/S, Assisi, and shockwave Review joint compressions, PROM, trigger points	Lab will review laser, TENS, PEMF therapy as well as manual therapies as well as utilizing these on patients.	Classroom
Sunday, March 26 8:00-8:30	Breakfast		Breakfast Nook

8:30-9:30	Lecture: Setting rehabilitation goals and developing a treatment plan	Success with rehabilitation patients is in part based on understanding the clients' goals for their pets and making sure that these are attainable and reasonable. As we begin to formulate treatment plans, knowing the goals will help to choose exercises and modalities.	Classroom
9:30-10:30	Lecture: Muscles and the exercises to strengthen them	Knowledge of the anatomy of the musculature is a key component of supporting joints and improving function. We will focus on musculature more frequently focused on with common rehabilitation presentations. Specific exercises to target these muscles will be reviewed.	Classroom
10:30-11:00	Break		
11:00-12:30	Lab 3: Review of therapeutic exercises	This lab will focus on common rehabilitation exercises, how to perform them with proper form and how to teach pets to perform.	Classroom
12:30-2:00	Lunch		
2:00-3:00	Lecture: Neurologic patients – the road to walking	The management of post operative and medically managed neurologic patients has many facets. Paresis or paralysis, incoordination, pain, and compensatory muscle discomfort are all common. Urinary issues, skin trauma, pressure sores, and poor gastrointestinal motility can also be affected. This lecture will provide techniques and exercises to improved sensation, coordination, and strength.	Classroom
3:00-3:30	Break		
3:30-5:00	Lab 4: Case studies and treatment plan development	Common rehabilitation cases will be reviewed, and participants will develop treatment plans based on goals and clinical findings.	Classroom
5:00-5:30	Closing		Classroom