



## Welcome to a new experience! Program 2022/23

### Applied Biomechanics and Rehabilitation Course Series

This course series focusses on functional biomechanics and rehabilitation presented in theoretical lectures and intensive hands on practical sessions in small groups.

It consists of four equine and four canine modules and provides thorough insight into modern rehabilitation science and techniques as well as state of the art tools and techniques to use in your daily practice!

All modules are self-contained and can be booked individually. However taking all modules enables you to qualify as ‚ABnR certified Rehabilitation Practitioner‘ for either equine, canine or both!

To give you the best possible learning experience we invite experts from all over the world to teach along with us. Amongst others the following topics will be presented to you:

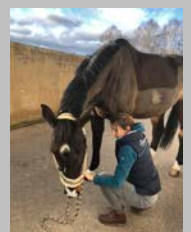
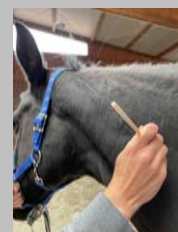
#### Module 1: Applied Biomechanics

A thorough understanding of a patients biomechanics is essential for correct treatment decisions. Functional asymmetry versus lameness - where do we draw the line? We will introduce technical devices we can utilize for an objective evaluation and discuss common compensatory patterns and their influence on the musculoskeletal system.

- Equine and canine biomechanics, clinical implications and case reports
- Subjective and objective gait analysis in theory and practice.
- Functional lameness examination and interconnection between school medicine and integrative therapy
- Common orthopedic diseases connected to functional disorders in sports dogs and equine athletes

#### Module 2: Physiology and Training

To provide optimal care for our patients a ‚big picture‘ holistic approach is required. Not only trainings physiology and routines need to be understood, but follow up training, specific nutrition as well as training equipment to enable core strengthening and proprioceptive improvement for our four- and two-legged athletes!





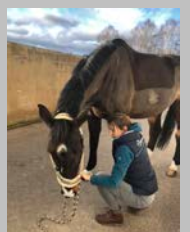
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- The physiology of training: training with stimuli, interval training, rest periods, nutrition and supplements
- Muscle physiology, development and performance
- Riding is the most common training method for horses: how can we optimize?
- What do we have to consider? Biomechanics, self-carriage, engagement and proprioception, muscle health and strength and functional stabilization in our patients.
- Lunging can support other forms of rehabilitation and training: what are the pros and cons of specific lunging programs such as Equikinetic® or Schiefentherapie®?
- Pole work, lunging equipment, side reins, therabands, stabilization trainers, proprioceptive mats, vibration therapy
- Agility training and foot work, training routines for different conditions, breeds and disciplines in dogs.
- Canine training equipment for dogs, balance pads and parcours, treadmill and weight training.
- General equipment evaluation in theory and practice: focussing on key points of a well fitting saddle and bridle respectively collar and harness.

### Module 3: Electro and Physical Therapy

Physical and electro therapy in animals is a huge and rapidly growing sector and it can be difficult to decide which treatment is the best for the individual patient or which device to chose for your practice. This module provides a thorough overview of available tools and options as well as a comparison of pros and cons:

- Transcutaneous/Percutaneous electrical nerve stimulation (TENS/PENS), Neuromuscular electrical stimulation (NMES), Functional electrical stimulation (FES), Microcurrent electrical nerve stimulation (MENS), Pulsed electromagnetic field (PEMF), Electromagnetic field therapy (EMF), Molecular biophysical stimulation (MBST), Transcranial magnetic stimulation (TMS), FasciaRelease (Neurostim®), Extrazell®, RollArt®, Rapid Release® and others)
- Laser, Therapeutic Ultrasound, Shockwave, Percussion and Vibration therapy
- Use various systems on appropriate tissues and learn how to optimally include them in your every day work in practical sessions.





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### Module 4: Integrative Rehabilitation

Various factors play a role for the health and wellbeing of animals and should not be overseen in rehabilitation concepts! In this module we will add some important aspects and bring them together with the knowledge and skills we learned in the previous modules:

- Equine and canine nutrition: ration calculation, supplements and adaptations for specific conditions
- Sleep deprivation in horses - a still underrated factor contributing to many diseases
- Orthobiologics - how do they work and how can we integrate them into our treatment protocols?
- Understanding the neurological background of manipulation therapy and physical and electro therapy devices
- Fascia: Myofascial Pain Syndrome, diagnostics and treatment options.
- Tissue responses to immobilization and mobilization.

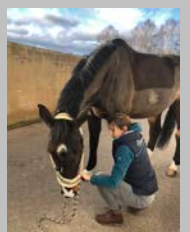
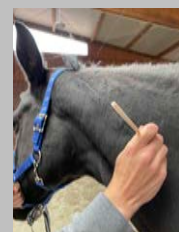
Upcoming Course Dates: Add some skills and knowledge to your daily routine!

### Applied Biomechanics and Rehabilitation Course Series:

23.-25.09.2022	Module I & II Canine
25.-27.11.2022	Module I Equine
21.-23.04.2023	Module II Equine
22.-23.09.2023	Module III & IV Canine
24.-26.11.2023	Module III Equine
26.-28.04.2024	Module IV Equine

..and we also offer these exciting courses:

Date coming soon	The Art and Science of Spinal Manipulation Therapy for the Advanced Practitioner (course location Germany)
June 2023	Myofascial Trigger Point Course: Dry Needling & Pain Release





## Registration

Title: \_\_\_\_\_

Surname: \_\_\_\_\_

Name: \_\_\_\_\_

Practice / Clinic: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

- 23.-25.09.2022 Module I & II Canine
- 25.-27.11.2022 Module I Equine
- 21.-23.04.2023 Module II Equine
- 22.-23.09.2023 Module III & IV Canine
- 24.-26.11.2023 Module III Equine
- 26.-28.04.2024 Module IV Equine
- June 2023 Myofascial Trigger Point Course: Dry Needling & Pain Release

Course fees: 850,00 Euro / Course

For a binding registration please send this form to [mail@abnr.info](mailto:mail@abnr.info) and transfer the total amount of your course fees to our bank account:

IBAN: DE94 2806 4179 0111 0586 00 Volksbank Vechta, BIC: GENODEF1VEC

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(Date, Signature)

