

*Thera-Paw, Inc. presents:*  
**Practical Approaches to Rehabilitative Medicine:  
Advanced Techniques in Physical Therapies**

**Date:** April 30<sup>th</sup> – May 1<sup>st</sup>, 2011

**Location:** Hamilton Park Hotel and Conference Center, Florham Park, New Jersey

**Target Audience:** Veterinarians, veterinary technicians, physical therapists, and other rehabilitation practitioners. Workshops with (\*) are advanced-level courses, and are reserved for canine rehabilitation professionals with two or more years experience in canine rehabilitation and physical therapy.

**Educational Credits:** 3.5 total contact hours per workshop. Certificates of attendance will be awarded.

### **WORKSHOP DESCRIPTIONS & OUTLINES**

*(each workshop is 3.5 hours)*

#### **\* Manual Techniques and Treatment Plans for Sports-Related Injuries**

**Instructors:** *Ria Acciani, MPT, PT and David Acciani, PT*

**Workshop Description:** *Manual Techniques and Treatment Plans for Sports-Related Injuries* is intended to provide participants with a working knowledge of evaluation skills to assess 2 sports related injuries, specifically, medial shoulder instability (MSI) and iliopsoas strain. The focus will also include the ability to utilize manual techniques to effectively treat clinical objective findings that stem from these soft tissue and sports related injuries. The development of treatment plans and return to sporting activities will also be highlighted.

#### **Learning Objectives:**

- Understanding of the functional anatomy of the shoulder and hip
- Conduct a subjective and physical exam of the shoulder and hip needed to determine sports related injuries, specifically for, medial shoulder instability and iliopsoas strain
- Understanding of common areas of muscular restriction, and joint hyper/hypomobility that can be associated with MSI and iliopsoas strain
- Understanding and proper execution of advanced manual techniques to effectively treat objective findings associated with soft tissue injuries
- Participants will better understand the development and progression of treatment plans for these injuries

#### **Course Outline:**

**Lecture:** Evaluation/Assessment of the shoulder and hip

- Quick review of anatomy of shoulder and hip
- Review of joint mechanics and gait abnormalities
- Outline pathology and mechanism of injury of MSI and iliopsoas strain
- Discuss special tests and goniometric measurements
- Outline possible objective findings and present common subjective complaints
- Describe assessment of soft tissue and common findings associated with MSI and iliopsoas strain
- Treatment plan development, progression, and return to sporting activities

**Lab:** Special tests and goniometric measurements for assessment of soft tissue injury of the shoulder and hip

- Demonstrate special tests for MSI and iliopsoas strain
- Demonstrate goniometric measurements of shoulder for MSI

**Lab:** Physical assessment techniques for identifying soft tissue injury in the shoulder and hip

- Demonstrate soft tissue palpation of hip and shoulder, identify joint hypo/hypermobility
- Palpation techniques to identify medial shoulder instability
- Palpation techniques to identify iliopsoas strain

**Lab:** Advanced Manual Techniques

- Demonstrate specific manual techniques emphasizing proper hand placement, direction of force and proper grade applied to achieve desired results

## \* Application of Proprioceptive Neuromuscular Facilitation (PNF) in Canine Orthopaedic Rehabilitation

**Instructor:** Amie Lamoreaux Hesbach, MSPT, CCRP, CCRT

**Workshop Description:** *Application of PNF in Canine Orthopaedic Rehabilitation* is intended to provide the participant with therapeutic strategies, derived from Proprioceptive Neuromuscular Facilitation, to address neuro-musculoskeletal impairments in the canine patient. Included will be instruction in manual techniques, facilitated therapeutic exercises, and functional activities to improve muscle length, balance, coordination, and strength in peripheral and axial muscles for safe and efficient return to function, whether work or play.

### Learning Objectives:

- Participants will utilize observational analysis of functional mobility to assess for deficits in muscle length, balance, coordination, and strength
- Participants will incorporate PNF manual techniques to alter muscle length, balance, coordination, and strength
- Participants will merge traditional therapeutic exercises and activities with PNF techniques of rhythmic stabilization and stabilizing reversals for more efficient progression of therapy and more expedient return to function

### Course Outline:

**Lecture:** Introduction

- Motor Control Terminology as it applies to Orthopaedic Rehabilitation
- Rehabilitation Goals and Functional Mobility
- Observational Analysis of Functional Mobility

**Lab:** Observational Analysis of Functional Mobility

- Postural Analysis
- Concentric and Eccentric Movement Analysis
- Manual Manipulation/Facilitation during Functional Activities (i.e. Manual Contacts)

**Lecture:** PNF

- Rhythmic Stabilization and Stabilizing Reversals
- Contract Relax Techniques
- Pectoral and Pelvic Clock

**Lab:** Rhythmic Stabilization and Stabilizing Reversals

**Lab:** Contract Relax Techniques

**Lab:** Pectoral and Pelvic Clock

- With Strain-Counterstrain (SCS)

**Lecture:** Treatment Planning and Progression

- Home Exercises
- Treatment Planning

**Lab:** Case Studies and Patient Demonstration

## Myofascial Trigger Point Examination and Therapy

Instructor: Rick Wall, DVM, CCRP, DAAPM, Certified Myofascial Trigger Point Therapist

**Workshop Description:** *Myofascial Trigger Point Examination and Therapy* is intended to provide participants with an understanding of examination techniques to localized myofascial trigger points (MTrPs). The course will also cover non-invasive and invasive therapies for the treatment of MTrPs. No prerequisites are required for this course however the participants should have a good understanding anatomy (muscles and joints), chronic pain and common canine orthopedic conditions.

### Learning Objectives:

- Participants will be instructed in the examination of muscles and localization of muscle pain
- Gain better understanding of muscle dysfunction and its relationship to articular dysfunction
- Participants will be instructed in treatment of myofascial pain

### Course Outline:

**Lecture:** Define MTrPs and discuss science and hypothesis for their formation

- Discuss “integrated hypothesis” regarding the etiology of MTrPs
- Discuss clinical aspects of MTrPs
- Discuss examination techniques and localization of “taut bands” and MTrPs
- Treatment – invasive and non-invasive

**Lab:** Muscle examination techniques

- Participants will select partners and examine each other for taut bands and MTrPs. This process provides the participant with immediate feed back via the partner method of learning.

**Lab:** Application of muscle examination techniques on dogs

- Participants will examine dogs for taut bands and MTrPs
- Participants will gain understanding of the patient reaction called the “jump sign” and how it relates to localization of MTrPs
- Discussion of clinical presentation of myofascial pain in dogs

**Lab:** MTrP treatment

- Participants will gain an understanding of non-invasive MTrP therapies – what really works?
  1. Laser therapies
  2. Electrotherapies
  3. Physical/Manual therapies
- Participants will gain an understanding of invasive MTrP therapies
  1. Trigger point dry needling (TrP-DN) or Intramuscular Manual Therapy
  2. Intramuscular Electrical Stimulation (IES)

## **Building the Canine Athlete: Core Strengthening and Proprioceptive Techniques**

**Instructor:** Jody Chiquoine, RN, MSN, FNP, CCRT

**Workshop Description:** *Building the Canine Athlete: Core Strengthening and Proprioceptive Techniques* is intended to provide participants with an understanding of basic and advanced techniques to a) build core body muscles in active dogs and b) improve proprioception to perfect coordination and athletic performance as well as help prevent injuries. Decision-making algorithms for use of these skills for rehabilitation of specific injuries and degenerative conditions will be highlighted.

### **Learning Objectives:**

- Participants will learn the indications for core body and proprioceptive exercises for rehabilitation and athletic strengthening
- Participants will be instructed in and will practice teaching dogs to perform these exercises at the novice through advanced skill levels
- Participants will learn the conditions for which core body and proprioceptive exercises are contraindicated
- Participants will learn how to monitor success of patients and how to modify the exercises for dogs with special needs

### **Course Outline:**

#### **Lecture:**

- Anatomy and function of core body muscles
- Core strengthening and proprioceptive exercises to improve athletic performance
- Athletic injuries and degenerative conditions that benefit from core muscle strengthening and proprioceptive training as a component of rehabilitation
- Monitoring improvement in core strength

#### **Lab:**

- Assessment of spinal and abdominal musculature
- Exercises to strengthen abdominal muscles
- Techniques to stretch and strengthen spinal musculature
- Progressively more intense exercises for proprioception