



**Information Pack Anatomy, Function and Biomechanics CPD.**

**Date: 29<sup>th</sup> and 30<sup>th</sup> August 2020.**

**Venue: Whitesands Equestrian. Dunbar. East Lothian EH42 1RU**

**Delivered by: Dr Susan Kempson and Catherine Marshall.**

**Costs: £100 NAVP members. £120 non-members. £80 all students.**

This two-day course will include:

- A mix of theory and practical teaching.
- A review of anatomy.
- Practical hands-on sessions for participants on the Sunday. Catherine will teach in hand and lunging techniques.

*Aim of the course:*

The purpose of the day is to explore how a knowledge of anatomy and function the axial skeleton and its associated structures is related to movement in the horse. It is only with a good knowledge of the normal structure and biomechanics that the abnormal, injured and pathological can be assessed and corrected.

What to wear and bring with you:

- Notepad/pen.
- If attending on the Sunday, please wear appropriate clothing and footwear for handling horses.
- Bring your own lunch.

Course notes will be given to you on the day.  
Your CPD certificate will be emailed out to you.

## **Timetable.**

### **Saturday:**

**9.30 am** Coffee and informal welcome

**10.00 am** Lecture The axial skeleton of the horse (SK)

**11.00 am** Lecture Joints and associated structures (SK)

**12.00 noon** Lecture The neck of the horse (SK)

**12.30pm** Discussion Please note all the sessions will be interactive and discussion will be welcome throughout

**1.00pm** Lunch

**2.00pm** Practical demonstration – the role of the neck and the in hand exercises followed by a ridden demonstration (CM)

**3.15pm** Coffee/ tea

**3.45 pm** demonstration of the horse moving on a circle (SK)

**4.15pm** Finish

### **Sunday:**

**9.30** Arrive and coffee.

**10.00** Practical session.

**11.15** Coffee.

**11.30** Practical session 2

**12.45** Finish and lunch (delegates may wish to discuss the mornings activities over lunch or will be free to leave).

### *Some Feedback from previous delegates.*

- *Fabulous lecture with lots of little bits of information that I found very interesting.*
- *As an EDT I have been blown away with so much great information and knowledge from Susan and Catherine. Super course!*
- *A brilliant day! Would recommend it to other equine therapists.*
- *Great location! Sue was as engaging as ever, and her passion comes across.*
- *Really good day. Enjoyed the balance of lecture and practical demos. The riding was inspirational.*

### *Directions.*

Whitesands Equestrian is based just off the A1 to the east of Dunbar. You leave the A1 at the junction for the cement works (the cement works can be seen from both directions and are well sign posted). After leaving the A1 you go straight across the small round a bout and Whitesands Equestrian is 20 yards on the left. There are automatic gates and the operating code will be given to participants. It is situated on the A1087.

The address is Whitesands Equestrian, Broxmouth, by Dunbar, East Lothian EH42 1RU for sat nav users the post code is not very helpful as it covers a very large area.

Web address: [www.whitesands-equestrian.com](http://www.whitesands-equestrian.com)