



Information Pack Anatomy, Function and Biomechanics CPD.

Date: 11th and 12th September 2021.

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

www.whitesands-equestrian.com

Delivered by: Dr Susan Kempson and Catherine Marshall.

Costs:

Saturday only - £100 NAVP members. £120 non-members. £80 all students.

Saturday and Sunday - £150 NAVP members. £180 non-members. £100 all students.

NB. The practical session on Sunday cannot be attended unless you have attended the theory session on the Saturday.

Course Leaders:

Dr Susan Kempson – retired lecturer in veterinary anatomy from the Royal (Dick) School of Veterinary Studies with a lifelong interest in the relationship of structure and movement of the horse.

Mrs Catherine Marshall – owner of Whitesands Equestrian and the only Level 2 qualified instructor of the School of Lelegerete. Catherine spends much of her time rehabilitating horses that have been incorrectly trained and have broken down both physically and mentally.

Equine Anatomy, Function & Biomechanics

Dr Sue Kempson & Catherine Marshall



11th & 12th September 2021

Whitesands Equestrian, Dunbar, East Lothian EH42 1RU

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. The course will be delivered with both lectures and demonstrations. The morning will cover the axial skeleton, joints and the anatomy of the neck with the afternoon focusing on the role of the neck and axial skeleton during in hand exercises and on a circle. The sessions will be interactive with discussion welcomed throughout.

Dr Sue Kempson – Retired lecturer in Veterinary Anatomy from the Royal (Dick) School of Veterinary studies with a lifelong interest in the relationship of structure and movement of the horse.

Catherine Marshall – Owner of Whitesands Equestrian, a small training and livery yard. Catherine is the only level 2 qualified instructor of the school if Legerete. She spends much of her time rehabilitating horses that have been incorrectly trained and have broken down both physically and mentally.

www.whitesands-equestrian.com

To book please contact navpsec@yahoo.co.uk

f WWW.NAVP.CO.UK

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.

Since this CPD was last delivered, Dr Kempson and Catherine have conducted new and exciting research on how horses move on circles and in lateral work. The results of their research will be made available to delegates.

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 – 4pm The day will consist of theory plus practical demonstrations

Please note all the sessions will be interactive and discussion will be welcome throughout

Lunch and coffee breaks will be scheduled during the day.

Sunday:

9.30 Arrive and coffee.

10.00 – 1pm Practical session for delegates to get hands on and practice some of the rehabilitation techniques under the guidance of Dr Kempson and Catherine.

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

Contact number: Whitesands Equestrian 01368 863700. Mob: 07791 445218.

Why not take the opportunity to make this a learning staycation – with some of the most beautiful views - literally outside the front door!

