

Hi all,

**Equine PT CLINIC UPDATE:** I am catching my breath from the successful October 16th Clinic held at [Sport Nature Riding and Recreation Facility](#). We had busy day with 4 horses to examine and treat, nicely divided with 2 in the morning and 2 again in the afternoon. Attendees felt their time was well spent learning about:

- OsteoArthritis: Ways to manage it and ideally prevent it
- Equine Back Pain, Kissing Spine and
- Spinal Stiffness and methods to treat all the above by application of modalities, manual approaches, stretching and core functional stability exercises.

It was a lovely day spent with smart and interactive attendants consisting of horse owners, massage therapists, PTs and even a veterinarian. The food was excellent, inclusive of homemade wraps and warm cream of broccoli soup. The SNR facility was clean, comfortable at an excellent location with a great staff to assist in the day's events. Poulin Grains sponsored not only the lunch time feast but also an informative lecture on Nutrition for the Performance Horse, thanks to John Toli.

**Booth #2928 @ EQUINE AFFAIRE:** Is the next event, for many of you too I imagine and hope, is gearing up for Equine Affaire Nov. 10th-13th, 2011!!!

**Equine Rehabilitation Services** will have a booth #2928 in the Mallery South building, so please keep me in mind if you have any questions that you would like to stop in and discuss regarding your horses or physical therapy, or for yourself, for that matter.

\*Remember I have been treating people humans for over 25 years!!! Happy to help with any dog questions too. I'm currently treating dogs 2 days a week at Mass Veterinary Referral Hospital as I complete my Certification in Canine Rehabilitation, via University of Tennessee.

\*\*Stop in to the booth to find instruction booklets addressing Stifle Dysfunction and Proper Methods for Stretching Your Horse along with a variety of sale items such as Thera-Band, EquiCore System, fetlock jangles and lots more FREE GIVE AWAYS.

\*\*\***My Booth - Babe friends** of Lynn Lewis, Linda Roth, Krissy Wellington and Judy Paglia will be helping me out in **Booth # 2928**. Stop in to visit.

**PRESENTING@AAEP:** The American Association of Equine Practitioners has invited me to attend and speak at their conference this year in San Antonio Texas, Nov 19- 22nd. On Sunday Nov. 20th at 3:30 I will present a power point lecture on *Equine Physical Therapy Approaches for Strengthening the Stifle and Pelvic Limb*. I have always wanted to go, so I am very excited. My mentor Narelle Stubbs, PT, PHD, will also be presenting on *The Epaxial Musculature: Imaging Studies and Physical Therapy Treatment*. I think she and I are the only Physical Therapists presenting at this Conference full of Equine Practitioners. This is a great opportunity to get the word out there about what Equine PT has to offer horses, their owners, and how it can complement the veterinary profession. Hope to see you there.

**AS FOR DECEMBER:** I need to get back to finishing up a research article I am writing with Dr. Steve Adair, DVM, Director of Equine Rehabilitation Program, of University of Tennessee, regarding the Therapeutic Benefits of Equine Aqua Therapies, to be published in a Veterinarian

Equine Journal this next year. Plus I hope to settle back and relax with my kids, husband and family, to get ready to ring in the new year of 2012.

**The Calendar Moves into 2012:**

*February 4<sup>th</sup> - 5<sup>th</sup>:* I will be presenting a 2 hour presentation at the Farm and Forest Expo at Center Of NH in Manchester NH on Sat. the 4th at 11am - 1pm

*March:* I hope to be re-visiting Michigan State University, McPhail Equestrian Center, to do extensive Stifle Joint Dissection with esteemed colleagues Drs. Narelle Stubbs and Nicole Raumbach.

*April 4<sup>th</sup>:* I will be presenting to the Massachusetts's Farrier Association