



## ***Physiotherapy for the Racing Thoroughbred and Canine Patient***

### ***Speakers:***

***Kate Hesse MSc (Vet Physio) MCSP***

*-On Track Physiotherapy Ltd (Newmarket, UK).*

***Karl Jones MSc ( Vet Physio) MCSP***

*-Kennel and Paddock Veterinary Rehabilitation and  
Hydrotherapy (Reading, UK).*

***Date:*** April 9<sup>th</sup>/10<sup>th</sup> (Saturday/Sunday) 2016

**Venue:** Racing Academy and Centre of Education (RACE),  
Kildare, Co. Kildare.

**Fee:** €220 per day or €400 for both days( Lunch incl).

**Contact:** Roddy McConnell MSc(Vet Physio) MISCSP

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Cheques made payable to: CPVP.

## **Programme - 9<sup>th</sup> April 2016**

### **Physiotherapy for the Racing Thoroughbred**

**Kate Hesse BPhysio MSc (Vet Physio) MCSP  
ACPAT(A)**

**[ontrackphysio.com](http://ontrackphysio.com)**

9.00–9.45 Lecture: The Veterinary Physiotherapist's Role in the British Horse Racing Industry.

9.45–10.30 Lecture: Stress-related Bone Injury.

10.30–11.00 Coffee/Tea break

11.00–11.30 Lecture: Equine Neuromuscular Gait Disorders.

11.30-13.00: Assessment/Demonstration- Practical Equine.

13.00-13.30: Lunch

13.30–14.15 Lecture: Back Pain & Dysfunction in the TB Racehorse.

14.15-15.30 Lecture: Muscle Strain Injuries in the TB Racehorse.

15.00-15.30 Coffee/Tea.

15.30–16.00 Lecture: Case Studies/Examples

16.00-17.00 Demonstration of Treatment Techniques- Practical Equine.

17.00 – 17.15 Questions and Answers

## **Kate Hesse**

**BPhysio MSc MCSP ACPAT(A)**  
**Chartered Veterinary Physiotherapist**  
**On Track Physiotherapy Ltd**  
**Newmarket, England**  
[www.ontrackphysio.com](http://www.ontrackphysio.com)

Australian born, Kate's lifelong involvement with horses began on her grandparents' farm where her equestrian education was completely informal, often tearing around "the bush" bareback on naughty ponies with no brakes! At the tender age of 18, she took a gamble by deciding to forego a place at veterinary school, instead choosing to study physiotherapy with the aim of eventually practising on horses. Graduating from La Trobe University, Melbourne, in 1995 with a four-year Bachelor of Physiotherapy, Kate headed to Germany to complete her early equine physiotherapy training. Two years later she returned to Australia and established her own business, later becoming the sole appointed physiotherapist for Veterinary Services at the Sydney 2000 Olympic Games.

Based at horse racing's headquarters in Newmarket since 2003, Kate practises independently as a veterinary physiotherapist, but also in association with Rossdale and Partners Veterinary Surgeons. She works at the very top of the sport, having been physiotherapist to, among others, Champion Trainer John Gosden for the past 10 years. In 2009 Kate completed an MSc with Distinction in Veterinary Physiotherapy at the Royal Veterinary College and was awarded two academic prizes. Her masters' research was later published in the Equine Veterinary Journal.

In the past few years, a shift in Kate's professional interests has seen her resume work with the British Army as a part-time civilian physiotherapist and also as a commissioned officer in the Army Reserve. She is also a clinical educator for the University of Liverpool on their MSc/PG Diploma in Veterinary Physiotherapy programme.

Special interest areas include stress-related bone injury and muscle strain injury in racehorses; cardiovascular health and musculoskeletal injuries in people. Outside of work, Kate would rather be skiing in the Austrian Alps or riding her Triumph motorbike.



## **10<sup>th</sup> April 2016-Programme**

### **Canine Physiotherapy & Rehabilitation- Karl Jones MSc Vet.Physio(RVC)**

9.00–10.00 Gait analysis: Types of gait pattern identified by the therapist

10.00–10.30 Lameness assessment

10.30–11.00 Coffee break

11.00–12.00 Observations of a patient made during gait analysis and how to conduct in-depth gait analysis on a patient.

12.00–13.00 Lunch

13.00–13.45 Biomechanics of the limbs

13.45–14.30 Rehabilitation of the thoracic and pelvic limbs

14.30–14.45 Coffee break

14.45–16.00 How the application of advanced therapy equipment and techniques assists in the re-education of a patient's gait pattern

16.00–17.00 Evaluation of rehabilitation treatment and justification for it

17.00 – 17.15 Questions and Answers

## **Karl Jones MCSP MSc(Vet Physio) – biography**

**Web: [kennelandpaddock.com](http://kennelandpaddock.com)**

After over 20 years' rehabilitating armed forces' personnel and elite athletes, Karl wanted to develop his interest in and passion for animals, so from 2007–2009 trained and qualified as a veterinary physiotherapist. His MSc research project investigated outcome measures following cranial cruciate surgery – work that will be very useful in future physiotherapy research. Working from his [clinic](#) in Berkshire a referral hospital at [Anderson Moores](#) in Winchester and with [Michael Hamilton at Lane End](#), he and his team provide skilled, patient and compassionate veterinary rehabilitation. Karl works closely with US-based company [Gait4Dog](#), which specialises in gait analysis using a pressure mat and video to gain a better understanding of an animal's lameness in order to offer a refined tailored programme following surgery or injury.

In addition, Karl teaches students who are on the Veterinary Physiotherapy course at Liverpool University and Hartpury College, and speaks on veterinary rehabilitation at various world congresses and symposia. He is a Category A member of the Association of Chartered Physiotherapists in Animal Therapy ([ACPAT](#)), a member of the Chartered Society of Physiotherapy (CSP), and registered with the Health & Care Professions Council (HCPC).

