



Schedule VM0124 Rehabilitation after illness and injury in companion and sports animals, 15.0 credits (version 210118)

Rehabilitation after illness and injury in companion and sports animals, 15.0 credits –VM0124

Semester: spring 2021, 210118-210323

Course Coordinator: **Lisa Johansson**

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The course is given partly as a distance-learning course, i.e. some weeks are free from teaching activities but meant to be reserved for independent literature studies as well as work with the rehabilitation plan (course examination). Certain elements are mandatory and are identified in the schedule with bold formatting. **NOTA BENE!** Due to the corona-19 situation, there can be acute changes in the schedule- so please keep informed by following messages at the Canvas course room!

The lectures will be held over Zoom, so please install zoom and look for updates on lecture zoom links on the Canvas course page. Some of the practical sessions will be moved to week 20 (appr 3 days between the 17th and 21st of May). Those are the practical exercises “Evaluation methods”, “Soft tissue mobilization”, “Rehabilitation horse”, “Rehabilitation small animals part 1 and 2”.

Part of the course will be held in conjunction between BI1358 "Exercise physiology and rehabilitation for performance and injury prevention" and DO0104 "Rehabilitation within veterinary care". *Italic formatting identify elements recommended but not part of this course.*

| Date | Time | Activity | Teacher | Room |
|----------------|--|--|------------|--|
| week 3 | <i>Module 1: Introduction and Module 2: Functional anatomy, and physiology.</i> | | | |
| Monday 18/1 | 09.15-09.45 | Introduction to the course | ABe | Zoom https://slu-se.zoom.us/j/63121695536 Passcode: 691741 |
| | 10.00-11.45 | Introduction to rehabilitation and rehabilitation order. Introduction to veterinary rehabilitation and functional anatomy. Introduction to rehabilitation plan | ABe | |
| | 12.30-14.15 | The anatomy of the musculoskeletal apparatus | JS | Zoom https://slu-se.zoom.us/j/69703015095 Passcode:111111 |

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| | 14.30-16.15 | Injury mechanisms, healing processes, adaptation to load. | ABe | Zoom https://slu-se.zoom.us/j/65823070999 Passcode: 946048 |
| Tuesday 19/1 | | Visit the reception at Ull's house to get codes for the internet, passage cards, etc (independently) | | |
| | 8.00-17.00 | Anatomy, independent repetition and demo of functional anatomy (separate schedule) | | Zoom or live: Asis (dry and wet), Amphi-theatre |
| Wednesday 20/1 | 09.15-12.00 | How does an animal move/motor control. Pain and its effect on physical function. Introduction to functional diagnosis. | ABe | Zoom https://slu-se.zoom.us/j/66391647004 Passcode: 937793 |
| Thursday 21/1 | 13.15-14.15 | Injury perspective in different sports (with BI1358) | MR | Zoom |
| Friday 22/1 | 9.15-10.30 | Acute effects of physical activity -an overview (with BI1358) | AJ | Zoom |
| | 11.00-12.00 | Muscle physiology: a) an important method b) effects of exercise and rest (with BI1358) | AJ | Zoom |
| | 13.15-14.30 | Circulation- effects of training (with BI1358) | AJ | Zoom |
| Goal week 3: Learning objective 1+5. (<i>Functional anatomy. Healing, and tissue's adaptation to load. Functional diagnosis. Exercise physiology. Pain physiology.</i>) Teaching material: Book: ch 4-6. Canvas: Lecture handouts and Articles under "Module 1 and Module 2". Canvas room: "Resursrum rörelseapparaten". Rehabplan: Chosen rehab case. | | | | |
| week 4 | Module 1: Introduction and Module 2: Functional anatomy, and physiology | | | |
| Monday 25/1 | | Independent studies | | |
| Tuesday 26/1 | | Independent studies | | |
| Wednesday 27/1 | | Independent studies | | |
| Thursday 28/1 | | Independent studies | | |

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| Friday 29/1 | | Independent studies | | |
| Goal week 4: As week 3 Teaching material: As week 3 Rehabplan: Written about the anamnesis and described the injury/illness (tissue, healing times, healing processes). Test: Canvas: quiz Palpation (situated at the Canvas course room). | | | | |
| week 5 | Module 3: Assessment of physical dysfunction | | | |
| Monday 1/2 | 13.15-15.00 | Clinically applied outcome measures in veterinary rehabilitation | ABe | Zoom https://slu-se.zoom.us/j/66464076503 Passcode: 882235 |
| Tuesday 2/2 | 10.00-11.00 | Standardised exercise tests (with BI1358) | AJ | Recorded |
| | 11.30-12.15 | Practical training: exercise test as a method to measure response to exercise (with BI1358) | AJ | Recorded |
| | 13.15-14.00 | Example of rehab plan | ABe | zoom https://slu-se.zoom.us/j/67313575338 Passcode: 537474 |
| | 14.15-16.15 | Practical training palpation. Two groups on dog and horse, respectively, who then shift. Bring your dog if you can (separate schedule). (for those who are able to participate, the rest are offered to do this week 20) | ABe, JS, MR, AP | Bulan 1 and 2 (dog) hus 3 (horse) |
| Wednesday 3/2 | 09.15-12.00 | Veterinary rehabilitation- a scientific update on treatment methods | AB | Zoom https://slu-se.zoom.us/j/68772766545 Passcode. 761666 |
| Thursday 4/2 | 11.30-12.15 | Follow-up on the exercise test (with BI1358) | AJ | Zoom |
| | | <i>The young horse project -a long term perspective study (with BI1358)</i> | AJ | Recorded |
| Friday 5/2 | | Independent studies | | |
| Goal week 5: Learning objectives: 2+3+4. (<i>Assessment of physical dysfunction.</i>) Teachingmaterial: Book: chapter 11, 22. Canvas: Lecture handouts and articles on “Module 3” Rehabplan: Written about assessment methods (outcome measures). Examination: Canvas course room: quiz assessment methods. | | | | |

| <i>week 6</i> <i>Module 4: Rehabilitation methods</i> | | | | |
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| Monday 8/2 | 13.15- 16.30 | Practical training assessment methods (for those who are able to participate, the rest are offered to do this week 20) | Abe, Ape, JS | Experimentell smådjur, Bulan4 |
| Tuesday 9/2 | 10.15- 12.00 | Massage therapy and passive range of motion | HH | Zoom |
| | 13.15- 17.30 | Practical training massage, PROM (for those who are able to participate, the rest are offered to do this week 20) | CE, ABe | Häلتgång smådjurskliniken UDS3, Bulan 4 |
| Wednes- day 10/2 | 9.15- 12.00 | Rehabilitation of the horse | HH | Zoom |
| Thursday 11/2 | 9.15- 11.30 | Case discussions horse and dog | HH, AB | Zoom |
| Friday 12/2 | | Independent studies | | |
| Goal week 6: Learning objectives 2+3+4+5. (<i>Rehab methods. Ethical discussions.</i>) Teachingmaterial: Book: chapter 12-14, 19-20. Canvas: Lecture handouts and articles on Module 4. Rehabplan: Written about treatment methods and plan. | | | | |
| <i>week 7</i> <i>Module 4: Rehabilitation methods</i> | | | | |
| Monday 15/2 | | Independent studies | | |
| Tuesday 16/2 | | Independent studies | | |
| Wednes- day 17/2 | | Independent studies | | |
| Thursday 18/2 | | Independent studies | | |
| Friday 19/2 | | Independent studies | | |
| Goal week 7: as above. Teachingmaterial: as above. Rehabplan: Written treatment plan, starting writing about home advice and ethical discussion. | | | | |
| <i>week 8</i> <i>Module 4: Rehabilitation methods</i> | | | | |
| Monday 22/2 | 13.15- 16.00 | Rehabilitation in cats | AH | Zoom |

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| Tuesday 23/2 | 09.15- 12.00 | The orthopedic patient. | AH | Zoom |
| Wednes- day 24/2 | 09.15- 12.00 | The neurologic patient. The critically ill patient. | AH | Zoom |
| Thursday 25/2 | 09.15- 11.00 | Home advice | SA, MY | Zoom |
| Friday 26/2 | | Independent studies | | |
| Goal week 8: as above. Teachingmaterial: Book: chapter 17-18. Canvas: Lecture handouts and articles on Module 4. Rehabplan: Written about home advice and ethical discussion. | | | | |
| week 9 Module 5: Rehabilitation plan | | | | |
| Monday 1/3 | | Independent studies | | |
| Tuesday 2/3 | | Independent studies | | |
| Wednesd ay 3/3 | | Independent studies | | |
| Thursday 4/3 | | Independent studies | | |
| Friday 5/3 | | Independent studies | | |
| Goal week 9: as above Teachingmaterial: Canvas: Lecture handouts and articles on Module 5. Rehabplan: Written about ethical considerations, team around the rehab patient and collaboration/responsibilities. Send in your rehabplan to a fellow student, read and comment another student's rehabplan. | | | | |
| week 10 Module 5: Rehabilitation plan | | | | |
| Monday 8/3 | | Independent studies | | |
| Tuesday 9/3 | | Independent studies | | |
| Wednesd ay 10/3 | | Independent studies | | |
| Thursday 11/3 | | Independent studies | | |
| Friday 12/3 | | Independent studies | | |
| Goal week 10: see above. Teachingmaterial: as above Rehabplan: Finalise the rehab plan and the oral presentation for the seminar | | | | |
| week 11 Module 5: Rehabilitation plan | | | | |
| Monday 15/3 | 11-12 | Time for questions | ABe | zoom |

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| Tuesday 16/3 | 8.15- 17.30 | Seminar presentation rehabilitation plans | ABe | zoom https://slu-se.zoom.us/j/68417790288 Passcode: 385746 |
| Wednesday 17/3 | | Work with rehab plan | | |
| Thursday 18/3 | | Work with rehab plan | | |
| Friday 19/3 | | Work with rehab plan | | |
| Goal week 11: see above. Teachingmaterial: as above Rehabplan: Revise and finalise the rehab plan. | | | | |
| week 12 Module 5: Rehabilitation plan | | | | |
| Monday 22/3 | | Work with rehab plan | | |
| Tuesday 23/3 | | Send in rehab plan (23.55) | | |
| week 20 Practical sessions | | | | |
| 2-3 days | | Practical sessions | AH, HH, ABe | |

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MR Marie Rhodin, Institutionen för anatomi, fysiologi och biokemi, SLU
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