



PRELIMINARY schedule VM0124 Rehabilitation
after illness and injury in companion and sports
animals, 15.0 credits (version 211215)

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

Semester: spring 2022, 220117-220323

Course Coordinator: Sara Ringmark

Deputy Course Coordinator & Examiner: Anna Bergh

Course administrator: us-frist@slu.se

Contact: Sara.Ringmark@slu.se 018-671422, Anna.Bergh@slu.se 018-672152

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**. If you are unable to take part of any of the mandatory elements, a re-exercise opportunity will be offered later during the spring semester. **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 main part of the lectures will be held over Zoom, so please install zoom and look for updates on lecture zoom links on the Canvas course page. Part of the course will be held in conjunction between BI1358 "Exercise physiology and rehabilitation for performance and injury prevention" and DO0122 "Rehabilitation within veterinary care". *Italic formatting identify elements recommended but not part of this course.*

Date	Time	Activity	Teacher	Room
<i>week 3</i>	<i>Module 1: Introduction and Module 2: Functional anatomy, and physiology.</i>			
Monday 17/1	09.15-09.45	Introduction to the course	ABe, SR	Dvalin
	10.00-11.45	Introduction to rehabilitation and rehabilitation order. Introduction to veterinary rehabilitation and functional anatomy. Introduction to rehabilitation plan	ABe	
		Visit the reception at Ull's house to get codes for the internet, passage cards, etc (independently)		
	12.30-14.15	The anatomy of the musculoskeletal apparatus	JS	Sal V

	14.30-16.15	Injury mechanisms, healing processes, adaptation to load.	ABe	Are
Tuesday 18/1	08.00-17.30 Asis: demo= 8-9,30 Wet/dry= 9,30-11 Wet/dry= 11-12,30 Palpation: 13.30-17,30	Anatomy, independent repetition and demo of functional anatomy (separate schedule). Practical training palpation. Two groups on dog and horse, respectively, who then shift. Bring your dog if you can.	ABe, JS, AP, KS	Asis (dry and wet), Amphi-theatre Bulan 1 and 2 (dog) house 3 (horse)
Wednesday 19/1	9.15-10.00	<i>Physiology of the locomotion apparatus, joints, tendons and ligaments</i>	MR	zoom
	10.15-11.00	Injury perspectives in different sports (with BI1358)	MR	zoom
	11.15-12.15	Acute effects of physical activity -an overview (with BI1358)	AJ	Zoom
Thursday 20/1	09.15-10.30 10.45-12.00	Pain and its effect on physical function. How does an animal move/motor control. Introduction to functional diagnosis.	ABe	Zoom
Friday 21/1	9.15-10.30	Muscle physiology: a) an important method b) effects of exercise and rest (with BI1358)	AJ	Zoom
	11.00-12.00 or when you like	Circulation- effects of training (with BI1358)	AJ	recorded
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 24/1		Independent studies		
Tuesday 25/1		Independent studies		
Wednesday 26/1		Independent studies		
Thursday 27/1		Independent studies		
Friday 28/1		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 31/1	13.15- 15.00	Clinically applied outcome measures in veterinary rehabilitation	ABe	Zoom
Tuesday 1/2	Sometime before 3/2	Standardised exercise tests (with BI1358)	AJ	Recorded
	Sometime before 3/2	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
Wednesday 2/2	09.15- 12.00	Veterinary rehabilitation- a scientific update on treatment methods	ABe	Zoom
Thursday 3/2	9.15- 10.00	Follow-up on the exercise test (with BI1358)	AJ	Zoom
	10.15- 12.00	<i>The young horse project -a long term perspective study (with BI1358)</i>	SR	Zoom
Friday 4/2		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>		
Monday 7/2	13.15- 16.30	Practical training assessment methods	ABe, APe, KS	Bulan
Tuesday 8/2	09.15- 11.00	Massage therapy and passive range of motion. Intro to practical training	HH	Zoom
	13.15- 14.30	Practical training massage, PROM	ABe	Bulan 1 + 2 samt experimentell
Wednes- day 9/2	9.15- 12.00	Rehabilitation of the horse	HH	Zoom
	14.15- 16.00	Practical training equine	CD	Hus 3 häststall
Thursday 10/2	9.15- 11.30	Case discussions, with ethical considerations , horse and dog	ABo, (AB)	Zoom
Friday 11/2		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 14/2		Independent studies		
Tuesday 15/2	10.15- 12.00 13.15- 16.00	The orthopedic patient. The critically ill patient The neurologic patient.	AH	Sal V
Wednes- day 16/2	09.15- 12.00 13.15- 16.00	Lecture Rehabilitation in cats Practical training	AH	Are Bulan
Thursday 17/2	09.15- 12.00	Practical training	AH	Bulan

	13.15-15.30	Home advice	MY, SA; CE	Zoom
Friday 18/2		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 21/2		Independent studies		
Tuesday 22/2		Independent studies		
		Independent studies		
Wednesday 23/2		Independent studies		
Thursday 24/2		Independent studies		
Friday 25/2		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.				
<i>week 9</i>	<i>Module 5: Rehabilitation plan</i>			
Monday 28/2		Independent studies		
Tuesday 1/3		Independent studies		
Wednesday 2/3		Question time	ABe	zoom
Thursday 3/3		Independent studies		
Friday 4/3		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.				
<i>week 10</i>	<i>Module 5: Rehabilitation plan</i>			

Monday 7/3		Independent studies		
Tuesday 8/3		Independent studies		
Wednesday 9/3		Independent studies		
Thursday 11/3		Independent studies		
Friday 11/3		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 14/3	11-12	Time for questions	ABe	zoom
Tuesday 15/3	8.15-17.30	Seminar presentation rehabilitation plans	ABe	Särimner
Wednesday 16/3		Work with rehab plan		
Thursday 17/3		<i>Seminar presentation of training plans (BI1358-students present)</i>		
Friday 18/3		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 21/3		Work with rehab plan		
Tuesday 22/3		Work with rehab plan		
Wednesday 23/3		Send in rehab plan (23.55)		

ABe Anna Bergh, Institutionen för kliniska vetenskaper, SLU
JSö Josefin Söder, Institutionen för kliniska vetenskaper, SLU
MR Marie Rhodin, Institutionen för anatomi, fysiologi och biokemi, SLU
AH Amie Hesbach, Den Haag, The Netherlands
AJ Anna Jansson, Institutionen för anatomi, fysiologi och biokemi, SLU
SR Sara Ringmark, Institutionen för anatomi, fysiologi och biokemi, SLU
HH Heli Hyytiäinen, Finlands Veterinärhögskola, Helsingfors, Finland
ABo Anna Boström, Finlands Veterinärhögskola, Helsingfors, Finland
SA Sophia Alanko, UDS
MK Malin Karlsson, UDS
MY Malin Yngvesson, UDS
AP Anja Pedersen, KV
KL Klara Smedberg, KV
CD Charlotte Dillner, UDS