

**Healing Oasis Wellness Center  
2019 Convention**

**“Integration and Understanding: The Missing Links To Recovery”**

Speakers:

- Leilani Alvarez, DVM, DACVSMR, CVA, CCRT, VCHM (Director, Integrative and Rehabilitative Medicine, Animal Medical Center, NY).
  - ✓ **How to prevent common sports injuries:** Soft tissue injuries occur commonly in canine athletes. This lecture will review the most common sporting injuries and tips on proper warm up, cool down and training schedules that can help reduce injury.
  - ✓ **Novel therapies that promote recovery:** There are several emerging therapies that can help promote tissue healing after injury. This lecture will review regenerative medicine therapies including platelet-rich plasma, allogeneic and autologous stem cell therapy and best applications. We will also discuss anti-nerve growth factor monoclonal antibody and the latest clinical evidence.
  - ✓ **Nutrition and supplements for the sporting dog:** Optimal nutrition and oral supplements play an important role in supporting healthy athletes. This lecture will review the nutritional requirements of canine athletes and suggestions on how to choose the best diets. We will also review currently available supplements and tips on how to choose safe and effective nutraceuticals.
- Hilary Clayton, BVMS, Ph.D., DACVSMR, MRCVS (Professor at MSU – Retired, Author, Program Director Equinology).
  - ✓ **General principles of using exercise for conditioning and rehabilitation:** This talk describes the principles of building a progressive exercise or rehabilitation program. It describes the value of using different gaits, and how to increase the workload safely to improve fitness. It covers the incorporation of hills, pole work, and core training among others.
  - ✓ **Proprioceptive-based techniques:** Proprioceptive training techniques are used to improve the horse’s body awareness, posture, and dynamic stability. This talk addresses the addition of proprioceptive-based techniques in equine conditioning and rehabilitation. The applications of limb bracelets, limb weights, resistance bands, whole body vibration, and unstable surfaces will be described, together with a description of evidence-based research to support or not support their use.
- Douglas Gould, Ph.D. (Professor - Neurology Department at Oakland Medical College).

- ✓ **Visceral Pain I:** The following topics will be discussed during the first hour of lecture: Definition of pain (chronic vs. acute; pain vs. suffering), physiologic response overview, pain and the hypothalamus (connections, effect on homeostatic mechanisms, autonomic control) and limbic system (components, experience and memory of pain, hippocampus, amygdala, and nucleus accumbens).
- ✓ **Visceral Pain II:** The following topics will be discussed during the second hour of lecture: Nociceptors, polymodal vs. unimodal nociception, chemical nociception, hyperalgesia, spinal nerve and referred pain, visceral pain pathways, thalamic and central pain.
- ✓ **Visceral Pain III:** The following topics will be discussed during the third hour of lecture: Medial and lateral pain pathways, pain and the reticular formation, pain and the cerebral cortex (allodynia vs. hyperpathia), descending influences of pain (gate control theory and diffuse noxious inhibitory control), and neuropathic pain.
- Rosemary LoGiudice, DVM, DACVSMR, CVA, CCRT, CVSMT, FCoAC (Senior Faculty at The Healing Oasis Wellness Center & private practitioner at Integrative Veterinary Rehabilitation & Sports Medicine, IL).
  - ✓ **A Link For Integrating Diagnostics To Recovery - Understanding Musculoskeletal Ultrasound I and II** (Two hr presentation): Oftentimes, the most challenging aspect of a successful and uncomplicated road to recovery is having an exact diagnosis. Attendees will begin to learn how diagnostic musculoskeletal ultrasound can be a valuable modality to help isolate and diagnose soft tissue conditions that previously could be presumptively diagnosed though palpation and more invasive procedures. Some of the conditions to be discussed include Achilles (calcanean) tendon injuries; stifle joint injuries; shoulder joint and area injuries; iliopsoas muscle injuries, among others.
- Sarah Love, DVM, DACVIM, DACVSMR, CVSMT (Sport Dog Specialty Medicine, Yampa, CO).
  - ✓ Exercise and the Immune System
  - ✓ Conditioning in Canine Athletes
  - ✓ Longevity: Mobility in Geriatrics
- Mike Powell, DC, DACNB, FACFN (Professor at the Carrick Institute of Neurological Studies and private practitioner in Cedar Rapids, IA).
  - ✓ Excitation and Inhibition: Motor Control of Movement and Behavior. The following topics will be discussed during this lecture:
    - How does the brain decide what to act on and what not to?
    - What do disorders of the cerebellar, basal ganglia or cerebrocortical systems look like?

- What nutritional, rehabilitation, manipulation treatments are effective in each presentation?
- ✓ Functional Neurology Management of Seizure Disorders. The following topics will be discussed during this lecture:
  - What mechanism provokes seizures?
  - What history and examination findings reveal the mechanism?
  - How to match nutritional, rehabilitation and manipulation treatment strategies to the individual?
- Ronald J. Riegel, DVM (Co-founder of AIMLA and Consultant with Digatherm Company).
  - ✓ Thermography: The Science and Clinical Uses Part I and II
  - ✓ Thermography: Hands-On
- Pedro Luis Rivera, DVM, FACFN, DACVSMR, FCoAC (Program Director Healing Oasis Wellness Center). Master of ceremony.
- Roland Thaler, VMD, DACVSMR, ISELP-Cert, CVSMT (Metamora Equine, Metamora, MI)
  - ✓ **Introduction and review of equine regenerative medicine:** A practical and informative presentation to provide an overview of the healing process. This will be followed by a description of each of the types of regenerative modalities so that the practitioner can make a more informed decision regarding their selection and use.
  - ✓ **Selection and application of regenerative medicine modalities:** Because most horses have multiple sources of contribution to gait asymmetry, this presentation will begin with an overview of primary injury validation. The majority of the presentation will focus on identifying the target of regenerative intervention and then the selection of the most appropriate modality. Finally, future products and novel uses will be discussed.
  - ✓ **Regenerative medicine case presentation with discussion:** Various cases will be presented to give an illustration of the application of regenerative medicine in the ambulatory environment. Consideration of regenerative medicine often includes the age of horse, duration of injury, injury location, injury type, cost of therapy; just to name a few. Emphasis will be placed on the decision process regarding the appropriateness of modality selection for the specific case and environment.
- Stephanie Thomovsky, DVM, MS, DACVIM-Neurology (Clinical Professor, Veterinary Neurology at Purdue University School of Veterinary Medicine).
  - ✓ **Understanding the peripheral nervous system: How to clinically differentiate CNS from PNS disease:** We will explore how to differentiate CNS from PNS disease based on clinical history and neurologic signs.

We will also discuss neurologic findings consistent with myopathic vs. neuropathic vs. neuromuscular junction diseases in animals. Video case examples will aid in the discussion.

- ✓ **Movement disorders: Shake, Rattle and Roll.** Movement disorders will be introduced including background information on the origin of these disorders. Common dyskinesias in humans and also veterinary medicine will be explored. Pertinent historical data, neurologic exam finding and keys to differentiating movement disorders from other common episodic events will also be explored.

