

2021 Healing Oasis Conference  
*Inflammation: The Boogiemán of Recovery & Rehabilitation*

Dates: Nov 5<sup>th</sup> – 7<sup>th</sup>, 2021

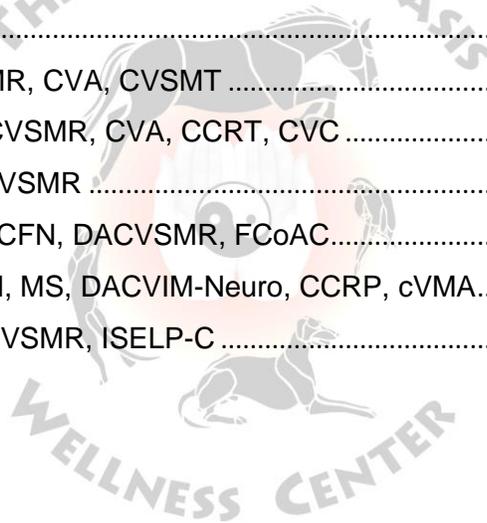
Location: National University of Health Sciences, 200 E. Roosevelt Rd., Lombard, IL

Hotel of choice: Crowne Plaza Lombard-Downers Grove. 1250 Roosevelt Rd., Lombard, IL. (630-629-6000)

List of speakers:

[Table of Contents](#)

<b>Leilani Alvarez</b> , DVM, MS, DACVSMR .....	2
<b>Philippe Benoit</b> , DVM, DACVSMR .....	3
<b>Gregory Cramer</b> , DC, PhD. Dean of Research, National Univ. Health Sciences.....	4
<b>Tara Hembrooke</b> , Ph.D.....	4
<b>Amber Ihrke</b> , DVM, DACVSMR, CVA, CVSMT .....	4
<b>Laurie McCauley</b> , DVM, DACVSMR, CVA, CCRT, CVC .....	5
<b>Carolina Medina</b> , DVM, DACVSMR .....	6
<b>Pedro Luis Rivera</b> , DVM, FACFN, DACVSMR, FCoAC.....	6
<b>Stephanie Thomovsky</b> , DVM, MS, DACVIM-Neuro, CCRP, cVMA.....	7
<b>Cooper Williams</b> , VMD, DACVSMR, ISELP-C .....	7



**Leilani Alvarez, DVM, MS, DACVSMR**



**Titles:**

**Obesity and Effects on Musculoskeletal System.**

In this program, participants will learn how obesity affects systemic and musculoskeletal health and identify at-risk patients. We will review the importance of obesity management in the treatment of orthopedic conditions, including osteoarthritis. Participants will learn how to calculate resting and daily energy requirements to achieve weight loss. In addition, we will review how to develop simple and effective weight loss plans with communication strategies that will improve owner compliance.

**Latest Advances in Management of Osteoarthritis.**

In this lecture, participants will learn the pathophysiology of osteoarthritis (OA), the changes that affect the joints and periarticular structures, including inflammatory mediators involved in the progression of OA. Advancements in targeted therapies will be reviewed along with current literature. Participants will learn about novel therapies for OA including anti-nerve growth factor monoclonal antibodies, intra-articular radionucleotide therapy, regenerative therapies and nutraceuticals including cannabinoids.

**Rehabilitation According to Tissue Healing Principles.**

In this lecture, participants will learn about tissue healing patterns, focused on musculoskeletal tissues and how this affects the patient's rehabilitation. Principles of rehabilitation will be applied according to healing stages to develop the most effective treatments. We will cover how patterns of tissue healing affect customized treatment plans, goal setting, pain management, use of therapeutic exercises, modalities, and manual therapies. This lecture will frequently reference Kirby-Shaw, Alvarez, et al. "Fundamental principles of rehabilitation and musculoskeletal tissue healing" Vet Surg. 2020 Jan; 49(1):22-32.

**Philippe Benoit, DVM, DACVSMR**



Titles:

### **Pain in the Neck**

The cervical axis of the horse has been studied a long time ago. Still, the main interest was about vertebrae alignment and potential medulla canal compression, which obviously led to obvious proprioception deficits and neurological disorders. The "pain in the neck" has more clinical expressions and an in-depth clinical exam in relation with advanced imaging technology, allow us nowadays to be more accurate.

We will discuss how mild findings around facet joints, caudal nerve roots, and other sources of "neck" pain can have various clinical signs and treatment outcomes

### **Gelding Scars: Don't Let Castration Dampen Their Performance.**

When gelding male horses, a few structures can be involved with adhesions. Most of the time, these healing "scars" can create sufficient pain to enhance a variety of clinical findings such as defect of hindquarters extension, defect of push, and mysterious hind limb lameness. We will overview the clinical presentation of such issue, differential diagnosis, and potential treatments.

### **Orthobiologics and Joint Inflammation: Avoiding a Hollywood Divorce.**

Joint inflammation on horses has been the top-ranking debilitating pathology for athletes for decades and the leading cause of retirement from races, sports, or even leisure. We have found ways to control somehow the situation, but the Pandora box of orthobiologics has opened our eyes and a new era of treatment opportunities. We will present the most current techniques we use in our practice and what particular situation to avoid a "Hollywood divorce."

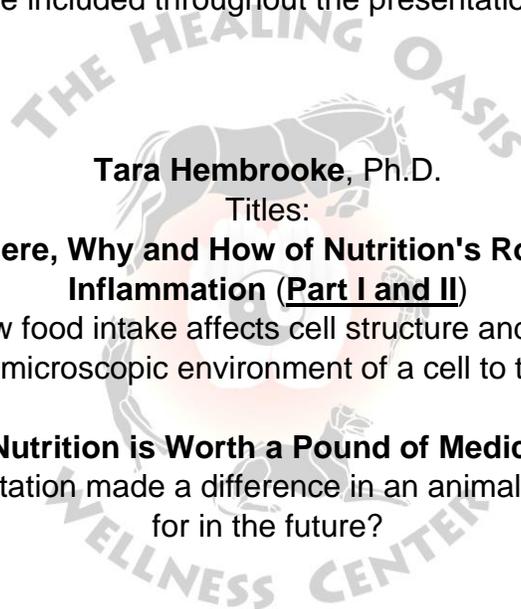
**Gregory Cramer, DC, PhD. Dean of Research, National Univ. Health Sciences**



Title:

**Fascia and Its Implications in Manual Therapy**

This lecture will present a historical perspective and fascia extension. The presentation will address the general characteristics, anatomical composition, and the relevance of its connections pertaining to manual therapies. Current and clinical research will also be included throughout the presentation.



**Tara Hembrooke, Ph.D.**

Titles:

**The What, When, Where, Why and How of Nutrition's Role in Animal Health & Inflammation (Part I and II)**

This entails a look at how food intake affects cell structure and function. The scope will be widened from the microscopic environment of a cell to the animal as a whole.

**An Ounce of Nutrition is Worth a Pound of Medical Intervention**

Has diet and supplementation made a difference in an animal's life? What can we look for in the future?

**Amber Ihrke, DVM, DACVSMR, CVA, CVSMT**



Title:

**A Picture is Worth a Thousand Words: Inflammation, A Visual Representation**

Inflammation is a complex biological response of body tissues to harmful stimuli and is a protective response involving immune cells, blood vessels and molecular mediators.

The function of inflammation is to eliminate the initial cause of cell injury, clear out necrotic cells and tissues damaged from the original insult and the inflammatory process, and initiate tissue repair. This lecture will discuss the signs of inflammation in a case-based format with radiographs, musculoskeletal ultrasound imaging, advanced imaging (CT/MRI) and digital thermography.

**Laurie McCauley, DVM, DACVSMR, CVA, CCRT, CVC**



Titles:

**Laser Therapy: Inflammation & Beyond**

From osteoarthritis to Syringomyelia, a laser is an AMAZING tool when used correctly. Understand how to get the best results from your laser no matter which laser you have, Class I, III, or IV.

**Joint Pain and Inflammation: Manual Therapies of the Limb**

From acute injury to chronic osteoarthritis, manual therapy can work wonders. Understand when to use which grade of joint mobilization, review the basics of spin, glide, and roll, and then go through the joints to learn how to relieve pain and inflammation and improve range of motion.

**PEMF: A Clinical and Scientific Treatment Modality**

Pulsed Electromagnetic Field Therapy has been used in the human medical field for decades. The variables can create very different physiological effects in the body, including improved circulation, pain relief, bone healing, anxiety relief, and the reduction of inflammation. We will review some of the research, indications, and methodology to help you use this technology to improve your patient outcomes.

**Carolina Medina, DVM, DACVSMR**



**Titles:**

**Integrative Management of Intervertebral Disc Disease**

This lecture will focus on intervertebral disc disease in dogs, how inflammation plays a role in this condition, and how rehabilitation therapy can benefit these patients.

**Sprains and strain: Treatment Highlights**

This lecture will focus on the most common sprains and strains in dogs, how inflammation plays a role in these conditions, and how rehabilitation therapy can benefit these patients. The common conditions discussed will include carpal hyperextension, biceps brachii strain, iliopsoas strain, and fibrotic myopathy.

**The Growing Puppy: Approaches to Developmental Orthopedic Diseases**

This lecture will focus on common developmental orthopedic diseases, how inflammation plays a role in these conditions, and how rehabilitation therapy can benefit these patients. The common conditions discussed will include hip dysplasia, elbow dysplasia, osteochondritis dissecans, hypertrophic osteodystrophy, and panosteitis.

**Pedro Luis Rivera, DVM, FACFN, DACVSMR, FCoAC**



**Title:**

**Manual Therapy, Inflammation and Fascia: A Practical Hands-On Approach**

This lecture will describe and discuss several techniques that can help minimize the side effect of inflammation, improving patient outcomes.

**Stephanie Thomovsky, DVM, MS, DACVIM-Neuro, CCRP, cVMA**



**Titles:**

**Inflammation in the Central & Peripheral Nervous System: Friend or Foe?  
Part I**

Together we will take a 50 minute exploration on the role of inflammation in the central and peripheral nervous system Part I

**Part II**

Together we will take a 50 minute exploration on the role of inflammation in various disease processes and then finish up with role of rehabilitation as a therapy when neuroinflammation is present.

**Cooper Williams, VMD, DACVSMR, ISELP-C**



**Titles:**

**Expand Your Ultrasound Toolchest**

This lecture will provide an overview of the ultrasound tool. It will provide you with a better understanding of how it will allow you to utilize this amazing tool throughout the equine body. The presentation will include dynamic imaging, or imaging the body in motion, objectively evaluating tissue relationships. Take advantage of all that ultrasound can do for your practice!

**The Equine Back: A Thorough Clinical Approach. Sonographic & Radiographic  
Combined Imaging Survey**

The back is a very common sight of performance problems in the horse. Learn how to evaluate and diagnose back problems in the equine more thoroughly. We so often limit the amount of objective information we offer our clients when diagnosing me going back think surveys! This includes evaluation of multifidus muscles and so psoas muscles

**Scaffold Based Tissue Regeneration Therapy: Extracellular Matrices (Acell-UBM)**

Regenerative medicine? Repetitive medicine? Or modulating trophic mechanisms?  
What are we doing? Stem cells and PRP get a significant amount of press attention;  
extracellular matrices are another powerful branch on the Orthobiologic tree.

