

# Suttons Animal Physiotherapy

Chartered Physiotherapists ACPAT Category A, HPC registered

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Professionally Chartered

## Courses for 2008 run by Suttons Physiotherapy

**How to treat your horses back 16<sup>th</sup> February 2008:** This course is designed for owners / riders / grooms who are interested in how they can keep their horses supple and injury free. Whether you ride for pleasure or compete on a regular basis, techniques you will learn from this course will enable you to identify problems before they occur and help resolve them. The course will cover identifying pain, weakness and stiffness, treatment options, owner methods, baited stretches, taping, mobilisations and massage, and the after care including circuit training and long reining. Cost £80 + VAT.

**Courses for Head Persons 22<sup>nd</sup> February 2008:** This course is designed for head persons / yard managers and is the next level up from the groom's course. It will go through rehabilitation methods and how you can help and identify problems. Content includes rehabilitation methods, when to refer for physiotherapy, first aid physiotherapy and how to identify if the horse has a sore back or sporting injury. Cost £70 + VAT

**Courses for Grooms 11<sup>th</sup> April 2008:** This course is designed for grooms in the equine industry who want to further their knowledge about physiotherapy for horses and how they can help to keep them supple and injury free. Course includes safe massage, stretching techniques and pole exercises. Cost £50 + VAT

**Rehab from the ground 17<sup>th</sup> April 2008:** After the great success of the rehab courses we ran in 2007 we have decided to run them again next year. The course is open to owners / riders / grooms / physios and other practitioners who are interested in how to use rehab techniques to improve their horse's way of going from the ground. Ideal for horses coming back into work after a holiday / recovering from an injury or for sharp horses who need to learn to take their time and think about what they are doing. Cost is £80 + VAT.

**Courses for Instructors April 2008:** This course is designed for riding instructors to help identify how the rider affects the horse and vice versa. Weaknesses in the horse and rider will also be addressed and how to correct them. Content includes assessment of the rider, identifying muscle imbalance, movement observations of the horse and testing of referral areas. Cost £90 + VAT.

### Vets and Physiotherapists courses:

Cervical Spine Friday 28<sup>th</sup> March 2008

Pelvis Course Friday 18<sup>th</sup> April 2008

Please call the office on 01962 885561 or email [Suttons@animaltherapy.co.uk](mailto:Suttons@animaltherapy.co.uk) for an application form.

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