



REHABILITATION TECHNIQUES AS AN INTEGRATION OF OSTHEOPATIC TREATMENT

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ATHLETIC ACTIVITY



MICROTRAUMA/INJURY/PAIN



**ALTERATION/RESTRICTION OF
MOVEMENT**



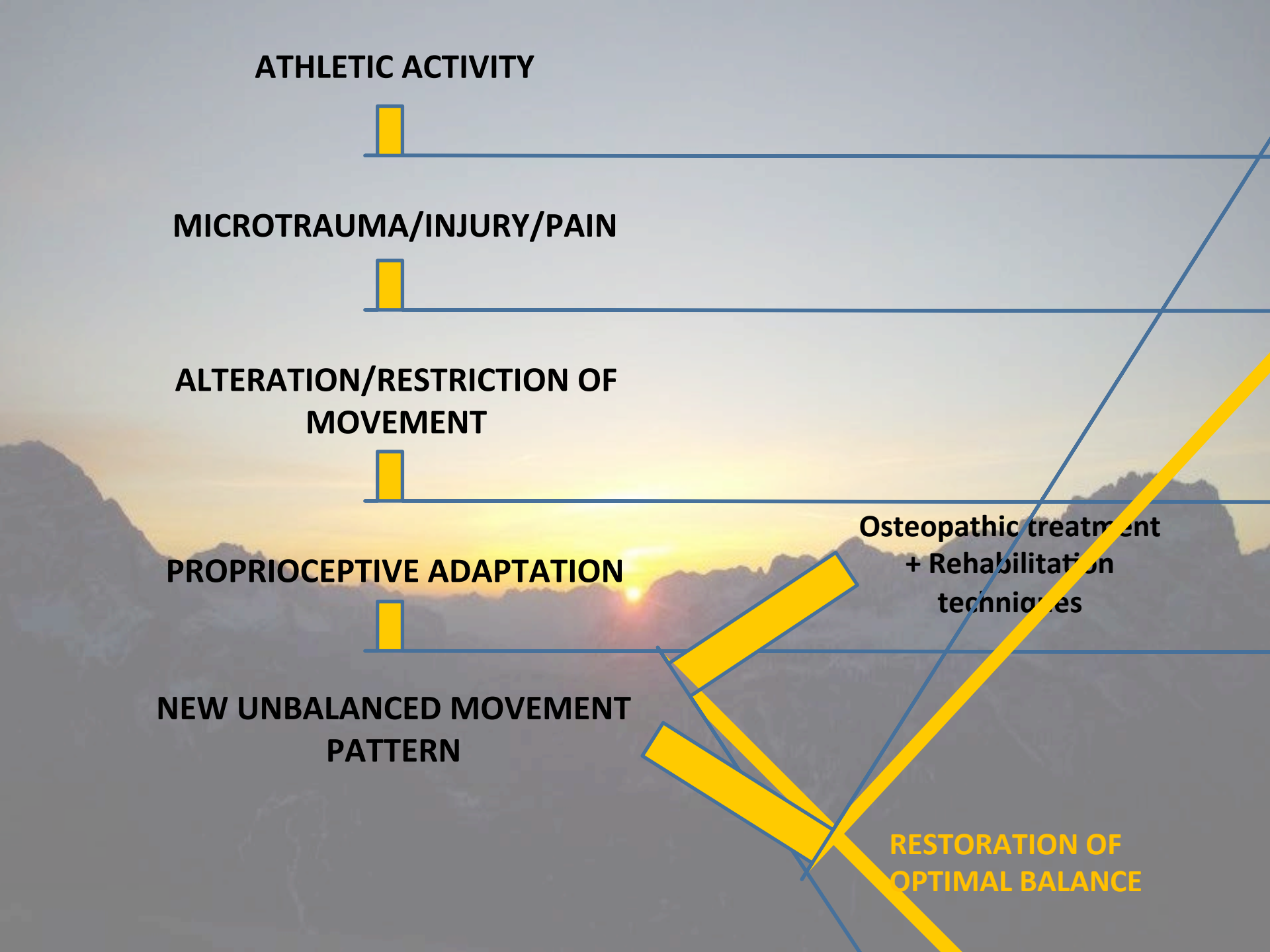
PROPRIOCEPTIVE ADAPTATION



**NEW UNBALANCED MOVEMENT
PATTERN**

**Osteopathic treatment
+ Rehabilitation
techniques**

**RESTORATION OF
OPTIMAL BALANCE**



GOALS OF REHABILITATION:

1. FUNCTIONAL AND STRUCTURAL RECOVERY OF PATHOLOGIC CONDITIONS
2. PREVENTION OF RE-INJURY
3. IMPROVEMENT OF PERFORMANCE

HORSES RESTED FOR INJURY

EQUINE ATHLETES IN ACTIVITY

OBJECTIVES OF OSTEOPATHIC TREATMENT

- 1. Reduce pain and inflammation**
- 2. Restore functional and structural mobility**
- 3. Promote body self-healing mechanisms**
- 4. Restore optimal nervous conduction and balance**
- 5. Improve athletic condition and performance**
- 6. Non invasive and medicament free approach**

REHABILITATION TECHNIQUES AS AN INTEGRATION OF OSTEOPATHIC TREATMENT

**CORE ACTIVATION
PROPRIOCEPTIVE FACILITATION TECHNIQUES
KINESIO® TAPING METHOD**

**THE COMBINED USE OF THESE TECHNIQUES AND
OSTEOPATHIC TREATMENT IMPROVES THE EFFICACY OF THE
THERAPY AND PROLONGES ITS EFFECT**

INTEGRATION OSTEOPATHIC TREATMENT/ REHABILITATION TECHNIQUES

OSTEOPATHIC TREATMENT	CORE ACTIV.	STRETCH.	JINGLES	THERABAND/ EQUIBAND	KINESIO TAPING
Reduce pain and inflammation		✘			✘
Restore functional and structural mobility	✘	✘			✘
Promote body self-healing mechanisms		✘			✘
Restore optimal nervous conduction and balance	✘		✘	✘	✘
Improve athletic condition and performance	✘	✘	✘	✘	✘
Non invasive and medicament free approach	✘	✘	✘	✘	✘

CORE ACTIVATION

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obilize the intervertebral joints
e neck, back, abdomen and
ure and balance.

bilizing and strengthening with an

- ✓ Based on a physiological response
- ✓ Can be applied therapeutically
- ✓ Does not require particular skills



Strengthening the core stabilizes
performances and reduces injuries.

PROPRIOCEPTIVE FACILITATION TECHNIQUES

All techniques used to initiate a determined proprioceptive response.

- ✓ **Stretching**
- ✓ **Tactile stimulation of the coronet - Theraband[®] or Equiband[®] System**
- ✓ **Neuromuscular Taping (see Kinesio[®] Taping Method)**

PROPRIOCEPTIVE FACILITATION TECHNIQUES STRETCHING

- ✓
- ✓
- ✓
- ✓



PROPRIOCEPTIVE FACILITATION TECHNIQUES

Tactile stimulation of the coronet with a lightweight bracelet to induce a higher flight arc of the foot.

- Short burst of stimulation to facilitate a generalized muscle response
- Long period stimulation to reach muscle strengthening

(HM Clayton, AD White et al. Short-term habituation of equine limb kinematics to tactile stimulation of the coronet. Vet Comp Orthop Traumatol 3/2008 211:214)



PROPRIOCEPTIVE FACILITATION TECHNIQUES EQUIBAND™ SYSTEM



in the principles of Equicore

al locomotion, performance and

- ✓ The key motor control principle is the horse's body awareness and joint stability (full body and core stability/ control)



www.equicoreconcepts.com

KINESIO[®] TAPING METHOD



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CONCLUSIONS

INTEGRATION OF THE OSTEOPATHIC TREATMENT WITH THE DESCRIBED TECHNIQUES ALLOWS....

- 1. THE ENHANCEMENT OF THE EFFICACY OF EACH TECHNIQUE USED SEPARATELY**
- 2. THE LENGTHENING OF THE EFFECT OF THE TREATMENT**
- 3. THE IMPROVEMENT OF THE OVERALL QUALITY OF THE REHABILITATION PROCESS**

THANK YOU

