



Postural Rehabilitation for Horses and Dogs

August 2019, Randers, Denmark www.dsvk.dk



Why study posture?



Gravity. It's not
just a good
idea...



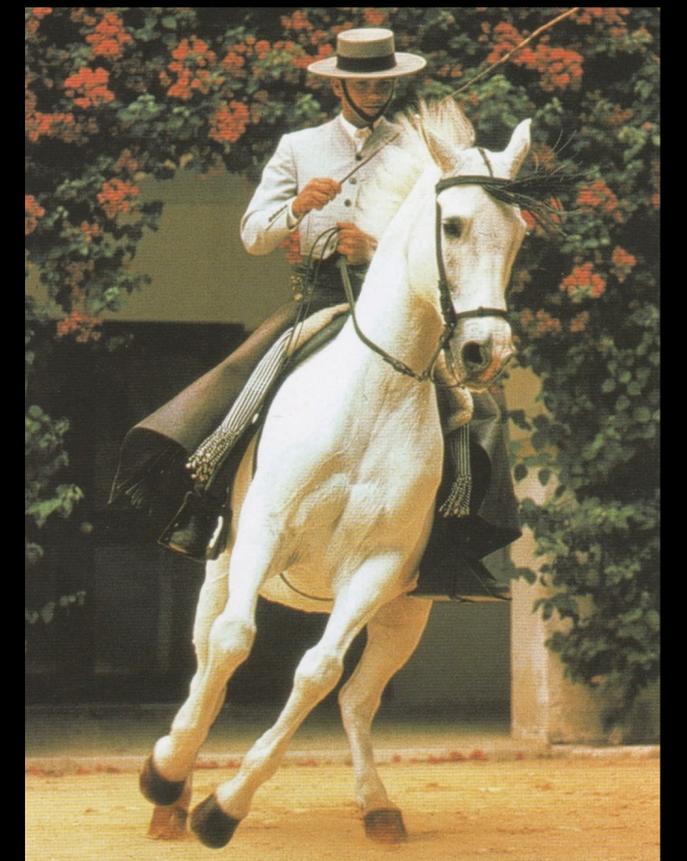
It's the law!



“Posture implies that at least some of the body’s muscles are exerting forces which act against gravity to hold the body in a particular position.”

Tristan Roberts, *The Neurophysiology of Postural Mechanisms*, 1967

Maintenance of posture—which we define as *the relationship of body parts to one another in their functional response to gravity*--is a terrestrial animal's most prevalent musculoskeletal task.





However, chronic pain syndromes and performance problems in domestic species are frequently related to postural dysfunction.

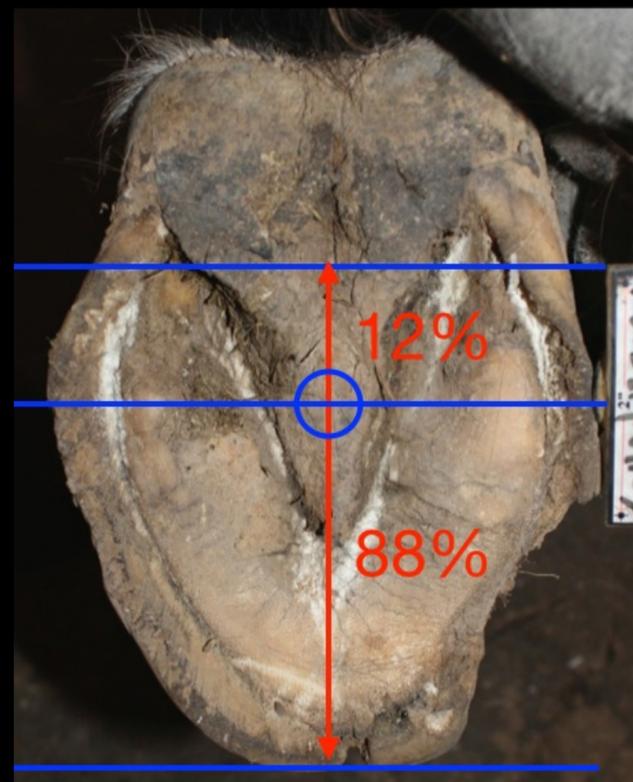


Postural Rehabilitation is a synthesis of techniques that restore normal, neutral posture, allowing the animal's central nervous system to maintain a congruent relationship with gravity, the primary integrating force on earth.

“ This course brought together several complex modalities in a comprehensive manner. It supported its concepts and theories with research-based evidence and presented the student with a tight package of highly useful energy and exercises to improve the welfare of the horse.”

—*PR-trained Veterinarian*





You will learn the neurophysiology of postural reflexes, the structure and function of the head, neck and spine, the critical afferent signals that control posture and locomotion, and the ways in which human management may compromise their function in animals.

“ This course has been a beautiful and profound experience. The postural techniques have made my work much more effective and lasting, and have helped me to become more self-aware and observant while I work. It’s given me the ability to be more intimate and have a better understanding of the animals I work with. Thank you forever!”

—PR-trained Veterinarian



Postural Rehabilitation Training



Diagnostic and treatment methods using applied clinical neurology and advanced neurologic reprogramming techniques are taught with integrated contributions from our clinical, scientific and kinesthetic experts.

“Postural Rehabilitation turned out to be an integrator for the other complementary disciplines I have studied. I learned how to look at form and movement in a new way. I also learned about the importance of my own body as a tool to achieve results more efficiently. This was a fun and enlightening experience”.

—PR-trained Veterinarian



Postural Rehabilitation Training

Postural Rehabilitation training also emphasizes correct postural usage for the practitioner, both to facilitate effective kinesthetic communication with animals and to prevent work related injuries.



“Thank you so much for sharing your knowledge and research with us--I use what I’ve learned DAILY in my work. It’s awesome!”

—PR-trained Veterinarian



Postural Rehabilitation Faculty

Judith M. Shoemaker, DVM

Dr. Shoemaker, creator of the Postural Rehabilitation clinical techniques, has 30 years of experience solving difficult health and performance problems in both canine and equine patients. She has instructed for IVAS, AVCA, AHVMA, AAVA and in many other continuing education venues in both traditional and integrative therapies. Her internationally known integrative medicine/teaching practice treats many top performance dogs and horses competing in the U.S. and abroad.



Karen Gellman DVM, PhD



Dr. Gellman is a veterinarian with a Ph.D. in animal locomotion biomechanics and advanced training in veterinary chiropractic and acupuncture. Her research is focused on the neurophysiology of postural control and the structure and function of the head, neck and back. She has taught on these topics at veterinary colleges and professional conferences in USA and Europe. She is research director of Maximum Horsepower Research, teaches summer programs training young researchers at Cornell University, and has a private veterinary practice in Ithaca NY.

Elizabeth Reese, cAmSAT, M.Ed, LMHC

Elizabeth Reese is an Alexander teacher, a dressage rider and licensed mental health counselor. For ten years, she was a senior faculty on AT-NYC, an Alexander training course and she is a co-founder/instructor for Postural Rehabilitation. Her interest in the embodied experience of trauma led to her masters work exploring the significance of postural resilience in performance, injury, relationship and emotional regulation. She has taught workshops for riders, performers, veterinarians and therapists around the country and in both Ireland and Denmark. Elizabeth is currently on faculty at Bard College *Graduate Vocal Arts Program* and at *Neighborhood Playhouse* in NYC. She maintains a private practice in NYC and at her farm in Sugar Loaf, New York.



Summer 2019 Courses

Introduction to Postural Rehabilitation 5-7 August 2019





Canine Postural Rehabilitation

8-9 August 2019

Prerequisite: Introduction to Postural Rehabilitation



Advanced Equine Postural Rehabilitation Techniques

10-12 August 2019

Prerequisite: Equine Postural Rehabilitation Basic Techniques