



**Register  
Now!**

## TRACK THREE ●●● CANINE SPORTS MEDICINE AND REHAB

Friday, 1:30 pm—5:00 pm (3 CE Credits)  
Saturday, 9:00 am—5:00 pm (6 CE Credits)

*Featuring*  
**Chris Zink**  
DVM, PhD, DACVP, ACVIM, CCRT, CVSM, CVA



### **Introduction to Canine Sports and Canine Sports Medicine**

Veterinary sports medicine and rehabilitation, one of the newest specialties in veterinary medicine, encompasses a variety of fields, including orthopedics, exercise physiology, neurology, cardiology, pulmonology, nutrition, and others. Rehabilitation is a critical partner to canine sports medicine. Understanding the physical activities that are involved in different performance events and working dog jobs is essential knowledge for a veterinarian who works with performance dogs. This lecture will introduce participants to the most common canine sports events and working dog jobs and will discuss principles of canine sports medicine and rehabilitation that apply to all active dogs.

### **Structural Evaluation of Canine Athlete**

With each performance and working task come specialized training and activities that create unique physical demands on the canine body. While all dogs have the same anatomical components, how those components are combined constitutes structure, which is widely varied between breeds. This lecture will discuss how to evaluate the structure and muscularity of a dog during your clinical examination and how differences in structure affect function and susceptibility to various musculoskeletal injuries.

### **Gonadectomy—Rethinking My Own Long-Held Beliefs**

Our responsibility for the health of dogs dictates that we continually read and evaluate new scientific studies to ensure that we are taking the most appropriate care of our canine companions. Sometimes this means rethinking one's own long-held beliefs. This lecture discusses my own reviews of the recent published scientific evidence that caused me to revisit the current common recommendation that all dogs that are not intended for breeding have their gonads removed at or before 6 months of age. The results of a number of studies on the effects of removal of the ovary or testicles (gonadectomy) on orthopedics, cancer, behavior, and other health issues will be discussed.

### **Let's Do Locomotion**

With the increasing numbers of dogs competing in sports competitions, it is critical for veterinarians to thoroughly understand canine locomotion and gait. When studying how dogs move it is important not to borrow too closely from horse movement. Dogs use some gaits, particularly their use of lead legs during the canter and gallop, that would be considered completely abnormal in horses. This lecture uses videos to reveal details of the normal and abnormal canine gaits and discusses how they are used in various performance events.

### **The Athletic Readiness Examination: Mitigating the Risk of Injury**

Clients with young, prospective canine athletes should be encouraged to obtain athletic readiness examinations between the ages of 9 and 12 months, before they beginning to intensify their dogs' training regimens. This provides the client with a more complete understanding of their dog's structure, gait, overall health and provides suggestions for an individualized lifetime conditioning program as well as nutrition and supplementation. Details of a complete athletic readiness examination will be provided as well as ideas for marketing this essential knowledge to clients.



Massachusetts Veterinary Medical Association

### **Canine Conditioning: What It Is, What It Isn't**

Exercise has significant physical and psychological benefits for dogs. One of the most important is extension of health span - the length of time that a dog remains healthy and active. Rehabilitation professionals are frequently asked to design tailored conditioning programs for young dogs before starting athletic training and for adult canine athletes that need a more comprehensive and sports-specific conditioning program. This lecture reviews the five essential components of a balanced, targeted, canine conditioning program.

### **Tips & Tricks for Early Detection of Injuries**

Studies suggest that approximately one-third of agility dogs have at least one injury during their lifetime that results in a hiatus from training or competing for some period of time. Given that about 87% of injuries in agility dogs involve soft tissues, and it is rare to see a dog injured acutely during training or competition, it can be presumed that these injuries most often develop over a period of time, and result from an accumulation of injuries due to wear and tear. This lecture provides ways in which veterinary professionals can detect injuries at very early stages – this involves a combination of sports-specific history taking, critical evaluation of performance videos, capturing appropriate videos in-clinic and physical examination that includes strength and fitness testing.

### **Canine Sports Injuries—Where, How & What to Do**

Canine athletes have a different subset of injuries, particularly soft tissue injuries, than typically are seen in pet dogs. Yet many “pet” dogs are very active and should probably be categorized as canine athletes despite the fact that they are not formally training or competing in sports. This lecture will discuss the most common injuries of the thoracic limb, spine and pelvic limb of athletic dogs and will provide suggestions for diagnosis, treatment and rehabilitation of these conditions.

### **Canine Sports Retraining: From Surgery to Superdog**

A businessman who is playing weekend warrior and gets injured in a football game gets a diagnosis, then undergoes surgery if necessary. This is followed by a period of physical therapy to regain the function of the injured structures. A professional football player, however, takes the additional step of undergoing sports retraining to move from everyday ability to the maximal function required by the sport.

**Dr. Zink, DVM, PhD, DACVP, DACVSMR, CCRT, CVSMT, CVA** is a specialist in canine sports medicine and rehabilitation with additional certifications in canine rehabilitation, acupuncture and chiropractic. She is the award-winning author/editor of five books and a DVD on canine sports medicine and rehabilitation, including *Canine Sports Medicine and Rehabilitation*, the first textbook on the subject. Dr. Zink helped establish the American College of Veterinary Sports Medicine and Rehabilitation as one of the newest specialties in veterinary medicine and is President-Elect of its Board of Directors. Dr. Zink teaches canine sports medicine and rehabilitation to veterinarians, physical therapists and veterinary technicians throughout the world. She was named Outstanding Woman Veterinarian of the Year by the Association for Women Veterinarians Foundation in 2009 and won the John J. Sherman III Award for Excellence in the Field of Veterinary Rehabilitation in 2015.

As a canine sports competitor, Dr. Zink has put over 100 titles on her dogs in agility, obedience, rally, conformation, tracking, hunt tests, barn hunts, lure coursing and nosework. She currently competes with a Golden Retriever, Hobby, and a Norwich Terrier, Helix.