



Online Continuing Education Courses
www.OnlineCE.com



AOTA Approved Provider #4023

Course Title: Hippotherapy 102

Course Subtitle: Core Anatomy: Anatomy of the Core with Interactive Dissection

Course Description: Hippotherapy 102 is a 2-hour course designed for Occupational and Physical Therapists who are currently using equine movement in their clinical practice and would like a review or greater understanding of the anatomy of the core. This course will review normal anatomy of the core region and will provide an in-depth view and comprehensive overview of the human core. Understanding normal anatomy is paramount to recognizing abnormal anatomy, pathology and normal and abnormal core movement when a client is mounted on the horse. This course is divided into 2 parts; the first hour is a comprehensive review of core anatomy and the second hour provides a unique opportunity to use interactive dissection software to actually locate, dissect and click through the different layers of anatomy. See below for course objectives and outline of content for additional information.

This course can be taken by SLPs, however OnlineCE.com does not pre-approve this course with any SLP CE approval agencies.

Target Audience: OT, OTA, PT, PTA and Speech Pathologists

(This course is not pre-approved for Speech Therapists through any CE approval agency)

Course Length: 2 hours

Course Author/Instructor: Joanne Brown, MS, OTR/L, CHT

Course Objectives:

At the end of the course, participants will be able to:

- Identify the superior, inferior, anterior and posterior boundaries of the core
- List 4 important functions of the core
- Outline and describe bony structures, joint articulations, nerve and blood supply and significant landmarks within the core
- Describe and demonstrate 4 movements of the core and list the primary muscle that is involved in creating that action
- Define and differentiate core stability vs. core strength
- Define and differentiate proprioception vs. kinesthesia
- List 10 muscles of the core and discuss their origin, insertions, actions and innervations
- Locate and examine 5 deep muscles of the core using interactive dissection
- Locate and examine 5 superficial muscles of the core using interactive dissection

Outline of Content:

Hour #1

Overview of the core

Function and anatomy of the core

Local muscle system vs. global muscle system

What is the role of the diaphragm as a core muscle?

Movements of the trunk

What is core stability vs. core strength?

What is center of gravity?

How does head position effect the core?

How do I know where my body is in space? (Proprioception and Kinesthesia)

What does the research say about hippotherapy and core muscles?

Hour #2

Examine anatomical structures using online interactive dissection

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

OnlineCE.com is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.