

Course Title: Hippotherapy 102 - 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.

Target Audience: OT / OTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 2 contact hour / .2 ceu

Course Prerequisites: None

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

Learning Objectives:

- 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

Agenda:

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

Course Completion Requirements:

A 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 and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



OnlineCE.com is an AOTA Approved Provider of professional development, #4023. Course approval ID#4023. This distance learning-independent course is offered at .2 CEUs. Intermediate educational level, category foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.



OnlineCE.com is an NBCOT Professional Development Provider. This course is offered for 2.50 NBCOT PDUs. NBCOT® is a registered trademark of the National Board for Certification in Occupational Therapy.