



Association of Racecourse Veterinary Surgeons

## Summer Meeting 5<sup>th</sup> June 2018

### Chepstow Racecourse

Training the Thoroughbred Racehorse – Current strategies and potential improvements to reduce injury, other strategies to prevent injury.

- 08.30 – 09.00 Registration & Coffee
- 09.00 – 09.10 Introduction/welcome by ARVS Chairman  
**James Bosley** BVetMed MRCVS
- 09.10 – 9.40 Exercise physiology and basic training methodologies – equine  
**Shaun McKane** BVSc DipACVIM DipECEIM MRCVS
- 09.40 – 10.10 Exercise physiology and training approaches – human athletes
- 10.10 – 10.50 Bone fatigue – How does bone respond to exercise?  
**Chris Whitton** BVSc FANZCVS PhD
- 10.50 – 11.10 **COFFEE/TEA**
- 11.10 – 11.40 Response of tendon to exercise  
**Chris Whitton** BVSc FANZCVS PhD
- 11.40 – 12.20 How is the subchondral bone affected by training and racing  
**Chris Whitton**
- 12.20- 12.30 Questions and Discussion
- 12.30 – 13.30 **LUNCH**
- 13.30 – 14.00 **AGM** of the Association of Racecourse Veterinary Surgeons
- 14.00 – 14.20 Practical approach to training – Flat Racing  
**James Given** BVetMed MRCVS
- 14.20 – 14.40 Practical approach to training – National Hunt Racing  
**Kate Maxwell** BVSc MRCVS
- 14.40 – 15.00 Discussion – possibly with targeted questions and panel to answer – regarding morning talks and these how could we adjust strategies to decrease injury?
- 15.00 –15.20 **COFFEE/TEA**
- 15.20 – 15.45 Risk profiling for injury in North America  
**Tim Parkin** BVSc BSc PhD DipECVPH MRCVS
- 15.45 – 16.10 Evidence-based, data driven interventions in Endurance riding  
**Tim Parkin** BVSc BSc PhD DipECVPH MRCVS
- 16.10 – 16.35 Use of MRI in the TB racehorse – what role can it play in injury assessment and prevention?  
**Mike Shepherd** BVSc(Massey), MRCVS
- 16.35 – 17.00 What our studies have taught us about the potential for injury prevention  
**Chris Whitton**
- 17.00 **Final questions and close**