

**Gateway Clinic Instructors**

Bruce Nock, MS, PhD

Ann Corso, MHCP, Barefoot Initiative Director

Retired Professor Steve Hebrock, MHCP

Gateway to Natural Hoof Care Clinic Schedule

Day 1

9:00 – 9:15 Introductions and Welcoming Remarks – Bruce

9:15 – 10:15 The Rise and Fall of Natural Hoof Care – Bruce

In this presentation, Bruce explains the theory behind natural hoof care and discusses hoof adaptation, and other concepts and practices which have led to confusion in the barefoot hoof care movement.

10:15 – 10:45 The Desert Brumby

A visually stunning and compelling video about the Brumbies of Australia, their strong, compact hooves, and the impact of terrain and movement on hoof form.

10:45 – 11:00 Break

11:00 – 12:00 Characteristics of Optimal Hoof Form: Principles of Hoof Trimming – Ann

An understanding of why certain anatomical characteristics are integral to a healthy hoof opens the doorway to applying sound, noninvasive principle of trimming to the variety of hoof shapes and sizes that will be encountered in the field. Ann describes these characteristics and their importance to the health of the inner structures of the foot, circulation and bio-mechanically efficient movement.

12:00 – 1:00 Break for Lunch

1:00 – 4:30 Trim Workshop – Ann & Steve (bring your trimming tools)

- Hoof Preparation
- Demonstration Trim and questions
- Locating Landmarks

The hoof is the protective outer covering for the bone, sensitive tissues, and suspensory structures of the horse's foot. Locating the inner structures of the foot from the outside is crucial to safe trimming. Students learn how to locate the true center of the foot, which is important for balancing the hoof, and how to measure the natural angle of growth, which is important for maintaining proper alignment of the toe wall with the coffin bone inside.

Students will practice locating these landmarks and trimming cadaver hooves with the help of LH Instructors. Highlights:

- Assessing the hoof and cleaning the sole and frog (hoof knife technique).
- Marking the hoof to guide trimming.
- Shortening the hoof capsule while maintaining anterior/posterior (front to back) balance: Where do I stop...and why?
- Checking lateral (side-to-side) balance. Maintaining lateral balance of the hoof minimizes stress on connective tissues in the foot and on joints of the foot and leg.

- Safely addressing irregularities in wall thickness: Hooves that have been allowed to grow too long or that are not laterally balanced will develop protrusions or irregularities in wall thickness. Students will learn how to safely remove these without over-thinning hoof wall.
- A signature characteristic of the natural trim is the “mustang roll.” Students will learn how to begin the roll from the bottom and finish it from the top.

4:30 - 5:00 Clean-up

Day 2

9:00 – 10:00 Common Hoof Ailments: Don’t Fall Down the Rabbit Hole - Ann

10:15 – 10:30 Break

10:30 - 12:00 How Management & Use Practices Impact Horse & Hoof Health: A Journey To The Cutting Edge of Biomedical Science - Bruce

12:00 – 1:00 Break for lunch

1:00 – 5:30 Trim Workshop – Ann & Steve

- Review, and answer questions from Day 1.
- Several hooves will be trimmed to demonstrate how the same principles apply to each hoof no matter their starting form.
- Proper hoof care encourages the hoof to grow toward the optimal form without force.
- Proper management and use practices support healthy growth between trims.
- Principles of hoof care, as taught by LH Instructors, determine how much is done at each trim.
- Students practice trimming with the help of LH Instructors.

5:30 - 6:00 Clean-up.

Day 3

9:00 – 10:30 Diseases of Captivity – Bruce

- Physiology Of Obesity-related Insulin Resistance And Laminitis.
- Laminitis And Equine Cushing’s Disease.

10:30 – 10:45 Break

10:45 – 12:00 The Importance of Proper Hoof Landings – Steve


How and why the equine foot makes ground contact as it does, and the short- and long-term consequences of manipulating the landing away from ideal.

12:00 – 1:00 Lunch

1:00 – 4:30 Trim Workshop – Ann & Steve

- Demonstration Trimming and Questions from Day 2.
- Students will put all the steps together to practice trimming from start to finish. Instructors will be available for questions and coaching. Don’t be afraid to ask for help!! We want you to be confident by the end of the clinic.
- Several models of hoof boots will be demonstrated followed by instruction and then practice measuring for hoof boots.

4:30 – 5:00 Clean-up

 *Early Start Time*

Day 4

8:30 – 10:00 Protecting Horses And Their Hooves From The Negative Impact Of Suboptimal Management And Use Practices And The Unnatural Stressors That Are Inherent To Life In Captivity – Bruce

10:00 – 10:15 Break

10:15 – 12:00 An Introduction to Hoof Pathologies – Steve

A survey of the most commonly-encountered equine hoof pathologies: their causes, symptoms, consequences, and treatment/management.

12:00 – 1:00 Lunch

1:00 – 4:30 Trim Workshop – Ann & Steve

- Demonstration trim, review, and questions from Day 3.
- Students will continue to practice trimming from start to finish. Instructor will be available for questions and coaching. Don't be afraid to ask for help!! We want you be confident by the end of the clinic. Practice fitting performance hoof boots.

4:30 – 5:00 Clean-up

Day 5

9:00 – 10:00 Barefoot Trim Models: What Others Do And We Don't ... And Why – Ann

A solid understanding of what's going on inside the hoof and how hoof form supports or diminishes functions of the equine foot can safeguard against misunderstandings in hoof care practices. Underlying assumptions and prominent features of a variety of barefoot trim models will be discussed.

10:00 – 11:00 Considerate Trimming: Using what we've learned to evaluate horse comfort during trimming – Ann

11:00 – 11:15 Break

11:15 – 12:00 Trim Workshop – Ann & Steve

- Final trim demonstration with questions and discussion.
- Students will continue practice trimming from start to finish with coaching from clinician.

12:00 – 1:00 Lunch

1:00 – 3:00 Independent Trimming.

Each student will trim 3 hooves without coaching. These hooves will be evaluated by an instructor and the student will receive feedback. This is not a test. This is intended to provide you with a good idea of whether you're ready to begin trimming live horses, or whether you should consider some additional coaching with one of our field instructors before trimming live horses on your own.