



Seminar Instructors

Bruce Nock, MS, PhD

Ann Corso, BS, MHCP, LH Barefoot Initiative Director

Retired Prof. Steve Hebrock, CBS, MHCP, MS

Anna Huber, DVM, CVC

The Reciprocal Relationship Between Hoof and Body Health Seminar Schedule

The Longhorn Conference Center
White Stallion Ranch
Tucson, Arizona

Day 1 – May 23, 2022

9:00 – 9:05 Welcoming Remarks. (Bruce)

9:05 – 9:15 On Being Human. (Bruce)

9:15 – 10:15 The Evolutionary Origins of The Optimal Hoof Form, and its Importance to Domesticated Horses. (Bruce)

10:15 – 10:45 Video: What Researchers Discovered About the Impact of Terrain and Movement on Hoof Form. (Bruce)

10:45 – 11:00 Break

11:00 – 12:30 Characteristics of The Optimal Hoof Form and its Role in Proper Function (Ann)

12:30 – 1:30 Lunch Break

1:30 – 2:30 A Survey of Hoof Care Models and Their Potential Effect on the Body. (Ann)

2:30 – 3:45 The Importance of Proper Hoof Landings and How Deviations From the Ideal Increase the Risk of Joint and Soft Tissue Injuries. (Steve)

3:45 – 4:00 Break

4:00 – 4:30 Video: Trimming To Facilitate Optimal Hoof Function. (Steve)

4:30 – 5:30 The Relevance of Today's Information to the Animal Chiropractic Practitioner (Anna)

Day 2 – May 24, 2022

Note: No morning session to allow seminar participants to take advantage of the many ranch amenities and activities (which are included in the registration fee) and the attractions in the general area.

12:30 – 1:30 Lunch

1:30 – 2:00 Counseling Your Clients on Proper Diet. (Anna)

2:00 – 2:30 A Brief Look at Calorie Calculations. (Steve)

2:30 – 3:30 How Stress* Negatively Impacts General Health and Hoof Shape and Health. (Bruce)

3:30 – 3:45 Break

3:45 – 4:15 How Stress*, Diet, and the Environment Can Affect Health and Longevity for Generations Through Modifications to the Epigenome. (Bruce)

4:15 – 4:45 How Stress* Accelerates Aging and Increases Susceptibility to Degenerative Diseases and Disorders by Shortening Telomere Length. (Bruce)

4:45 – 5:45 The Relevance of Today's Information to the Animal Chiropractic Practitioner. (Anna)

Day 3 – May 25, 2022

9:00 – 10:00 Improving Comfort and Relaxation for Equine Care and Interventions. (Ann)

10:00 – 11:00 Etiology and Physiology Of Obesity-related Insulin Resistance And Laminitis. (Bruce)

11:00 – 11:30 Etiology and Physiology of Equine Cushing's Disease and Laminitis. (Bruce)

11:30 – 11:45 Break

11:45 – 12:15 The Role of the Gut Microbiome and Incretins in the Etiology and Treatment of Obesity and Insulin Resistance. (Bruce)

12:15 – 1:45 Lunch Break

1:45 – 3:45 An Introduction to Hoof Pathologies. (Steve)

3:45 – 4:00 Break

4:00 – 5:00 The Relevance of Today's Information to the Animal Chiropractic Practitioner. (Anna)

Day 4 – May 26, 2022

9:00 – 9:30 Caveats Associated With Making a Fat Horse Lean. (Bruce)

9:30 – 10:00 Counteracting the Negative Impact of Stress* Through Environmental Enrichment (Bruce).

10:00 – 11:00 The Biomechanics of Riding and its Impact on a Horse's Soundness and Psychological Well-Being. (Bruce)

11:00 – 11:15 Break

11:00 – 12:00 The Relevance of Today's Information to the Animal Chiropractic Practitioner. (Anna)

12:00 – 12:15 Closing Remarks. (Bruce)

12:15 End of Seminar

12:30 – 1:30 Lunch Served by the Ranch

*** Refers to stressors associated with suboptimal management and use practices, pain and discomfort, and that are inherent to life in captivity.**

About the Seminar:

The registration fee will include lunch and dinner on the day prior to the clinic, three meals per day Monday - Wednesday, and breakfast and lunch on Thursday. Transportation to and from the Tucson International Airport and all ranch activities (see <https://www.whitestallion.com/activities/>) will also be included in the registration fee.

Tucson International Airport is 32 miles from the ranch.

Meals are served by the ranch at:

7:30 – 9:00 AM Breakfast

12:30 – 1:30 PM Lunch

7:00 – 8:00 PM Dinner

Happy Hour is from 6:00 – 7:00 PM in the bar.