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Home FES: An Exploratory Review

In 1961, Vladimir Liberson and colleagues designed a system to electrically stimulate the common peroneal nerve of a man with hemiparesis, enabling the foot to be lifted off the ground during gait when otherwise it would have dragged across the floor.¹ Indeed, if a degree of functional work is the outcome of the electrical stimulation (ES), the use of electricity to artificially activate sensory and motor nerves is known as functional electrical stimulation (FES).

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Review of the Biomechanics of Injury in the Equine Athlete: From Research to Clinical Practice

The term “biomechanics”, can be used in a casual way to describe movement, but the specifics of this field of science are based in engineering and physics. The definition of biomechanics is the fundamental physical mechanics (physics) responsible for a given action, reaction or result in a biological system.

When an injury occurs, the problem solving begins with a clinical examination by the veterinarian leading to a diagnosis, which is a description of the injury. Then, the biomechanist offers expertise to evaluate the kinetics and kinematics that may be influencing factors. Together, the team devises an exercise protocol to alter the mechanics of movement, which will address the long-term changes that need to occur to improve healing and minimize reinjury. In addition, prevention of injuries is possible when the understanding of how an injury occurs is improved.

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