MOVE Master Class (Dr. Tara Edwards)

The Little Hip that Could: Optimizing FHO Recovery

Tara Edwards, DVM, CCRT, CVPP, cVMA, DACVSMR

Course Details

Course Title: The Little Hip that Could: Optimizing FHO Recovery

Course Duration: 1 hour CE (RACE and NYSED Approved)

Prerequisite: Basic familiarity with canine anatomy, gait, and rehabilitation principles

Delivery Method: Online, on demand, available 24/7

Course Contents: Recorded video, downloadable research publications, and downloadable course notes

Assessment: 10-question, multiple-choice, self-paced assessment

Course Overview

This one-hour continuing education course gives veterinary professionals a practical, team-based framework for FHO recovery. It covers indications, biomechanics, perioperative pain control, rehabilitation, nursing care, client education, and common barriers to progress. Clinical cases show how individualized assessment and staged treatment can improve comfort, movement, and long-term function in acute and chronic patients.

Learning Objectives

By the end of the class, participants should be able to:

1. Explain FHO anatomy, biomechanics, and healing.
2. Distinguish common acute and chronic indications.
3. Describe how pain, muscle loss, and limited hip extension influence recovery.
4. Build a multimodal perioperative and rehabilitation plan.
5. Identify risks for delayed recovery and chronic postsurgical pain.
6. Evaluate poor weight bearing with a systematic clinical approach.
7. Apply rehabilitation principles to acute and chronic cases.
8. Set realistic expectations and explain home-care priorities to clients.

Course Topics

- FHO terminology, indications, surgical principles, and functional pseudoarthrosis
- Acute and chronic pain, sensitization, and persistent postsurgical pain
- Muscle loss, soft-tissue mobility, hip extension, and gait compensation
- Multimodal analgesia and enhanced-recovery strategies

©2026 CuraCore VET, PLLC. All rights reserved.

- Initial rehabilitation assessment and evaluation of poor weight bearing
- Cryotherapy, heat therapy, photobiomodulation, manual therapy, and exercise
- Progressive loading, gait retraining, strengthening, and hydrotherapy
- Nursing care, discharge planning, home safety, and client communication
- Case application for traumatic hip luxation and chronic osteoarthritis

Course Completion

Participants may complete the recorded video and 10-question, multiple-choice assessment at their own pace. Downloadable research publications and course notes are included.

©2026 CuraCore VET, PLLC. All rights reserved.