

LUMPS, BUMPS AND BRUISES

Windgalls, jar up, bog spavin, bone spavin, sore shins, splints, fractures, navicular and pedalostitis, – horses from all equine disciplines can suffer with these problems from time to time and we successfully treat numerous cases every year.

Prevention, however, is better than cure and using Spa treatment as part of a training regime can benefit competition horses greatly - reducing the everyday stresses and strains that could develop into more serious injuries.



Tina Canton, Event Rider

Tina Canton of Tinderbox Sports Horses is a regular user of the Hydrotherapy Spa. She has first hand experience of the benefits of using this treatment pre and post competition, and also as part of her training programme. "I believe it helps to encourage peak performance" says Tina "and my advanced event horse King Accacia really enjoys using the spa".

We all know the benefits of cold hosing but with Spa treatment the water is kept at a constant 2°C which takes out heat and inflammation but also increases circulation to affected areas.

For one event horse, the hard ground during the summer season consistently led to windgalls which were unsightly and changed him to being much heavier in the hand to ride. Following a programme of Spa treatment, his owner commented "WOW ... what a difference ... how light he is to ride with wonderful floating action!"

Dressage horses have also seen the benefit with improved "ride ability" following treatment the day before a competition.

When joints are put under stress a horse will naturally shorten his stride and mobility is limited. The Spa helps greatly by reducing pain and inflammation. Show jumpers have reported horses being much "snappier" in front and jumping more consistently.

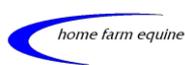
The Spa will also have a significant effect on splints both old and new – not only improving soundness but reducing the cosmetic impact too. Icing has been proven to increase bone density in humans and the great thing about the Spa is that it gets the legs colder than any other treatment. That's why we get such good effects with sore shins too.

Research shows that Spa treatment can be a very relaxing experience for an injured horse and although not a cure can work well to relieve symptoms in the early stages of the formation of bone and bog spavins to reduce heat and pain.

The benefits of sea water in the treatment of inflammation and injury have long been known and equine hydrotherapy spas greatly intensify the effects of cold running sea water using jets of chilled saline water to reduce inflammation and speed up the healing process.

One of the greatest hunter chasers of all time, Red Rum, suffered from pedalostitis and won three Grand Nationals as his training programme involved walking in the sea daily to stay sound.

Although not a cure, the effect of increasing blood flow and circulation to affected areas means that the Spa will greatly help to ease pain with conditions such as navicular and pedalostitis.



Vet Matthew Barlow of Home Farm Equine, Nottinghamshire comments "The Spa can accelerate healing and repair over a wide range of injuries to the lower limbs. And, it's very useful in relieving symptoms and reducing pain particularly in the early stages of an injury."