

**IDTC-Meeting
Poland
in Breslau/Wroclaw
March, 29th/30th**

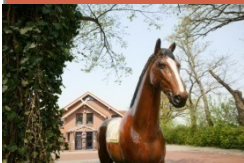
Referent:

Dr. Hermann Josef
Genn

Equine Clinic Mühlen
Germany



**„Keeping the Horse on
the Road“**



Introduction

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- The way to a well trained dressage horse is long and hard
- Only a few horses manage the long road to a top dressage horse
- If a horse reaches the top level, manage the horse at the best
- Keeping in mind: As a chain is only as strong at the weakest link



Baseline

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- Constitution (congenital)
 - Gaits: walk, trot, canter
 - Extérieur
 - Muscles
 - Willingness to work
 - Nerve
 - Temperament
 - Talent



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I) Health

1. Physically

1.1 Teeth

1.2 Skeleton

1.3 Muscles, tendons, ligaments

1.4 Respiratory and circulatory system

2. Psychological

3. Aspects of doping

II) Condition

1. Welfare

2. Feeding

3. Training

4. Shoeing

5. Transport



1.1.1)Teeth

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- a) Wolftooth
- b) Sharp edges
- c) Lower jaw



Symptoms are:

- flipping of the head
- bad rideability,
- „mouthiness“

Rudimentary

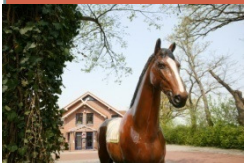
Not every horse has it on one side or both sides

Freestanding or near P2

Surgery ist being done standing, outpatients



a) Wolftooth



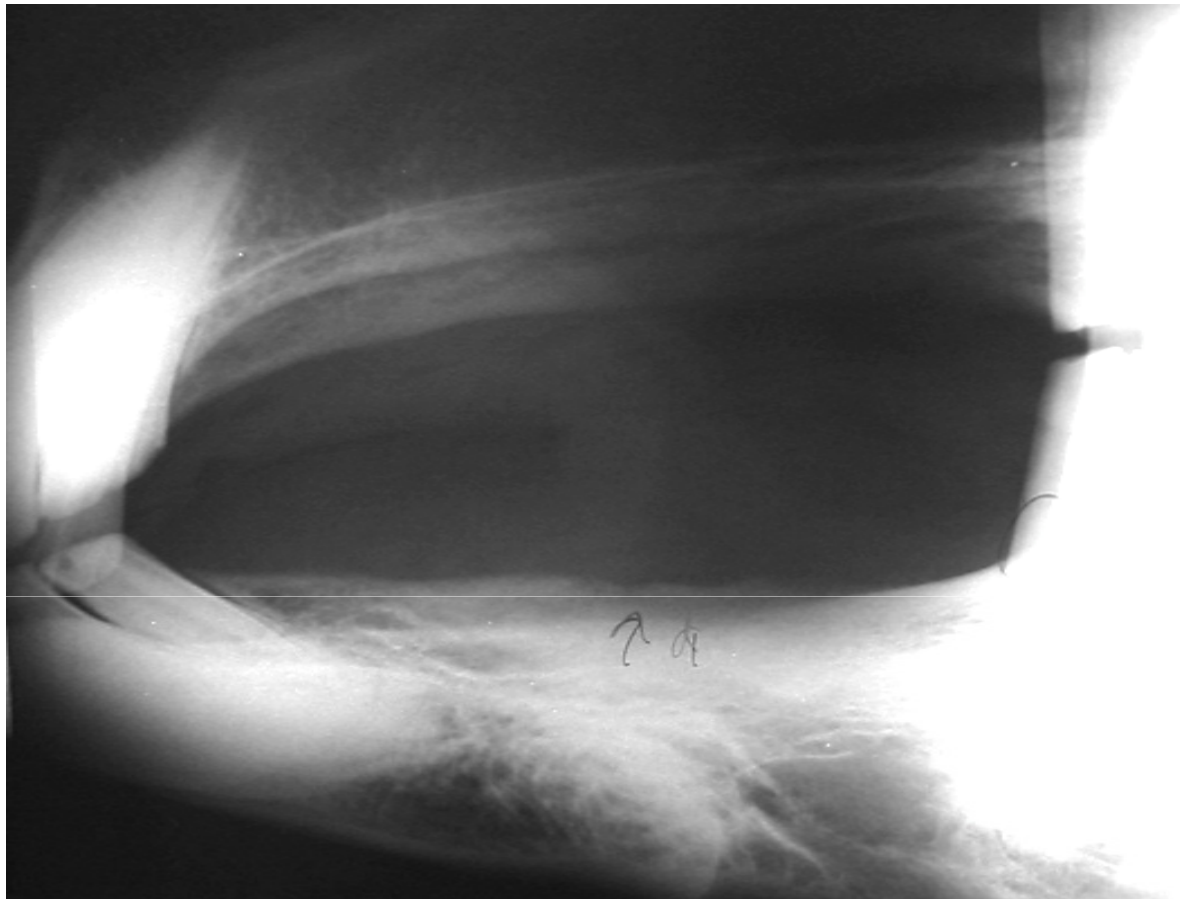
Please check and treat the teeth once or twice a year.



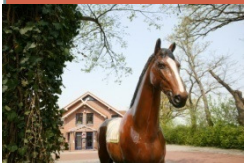
b) Sharp edges



Horses are usually getting hurt by chains or ropes and strong hald of the bit.



c) Lower jaw



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II) Condition

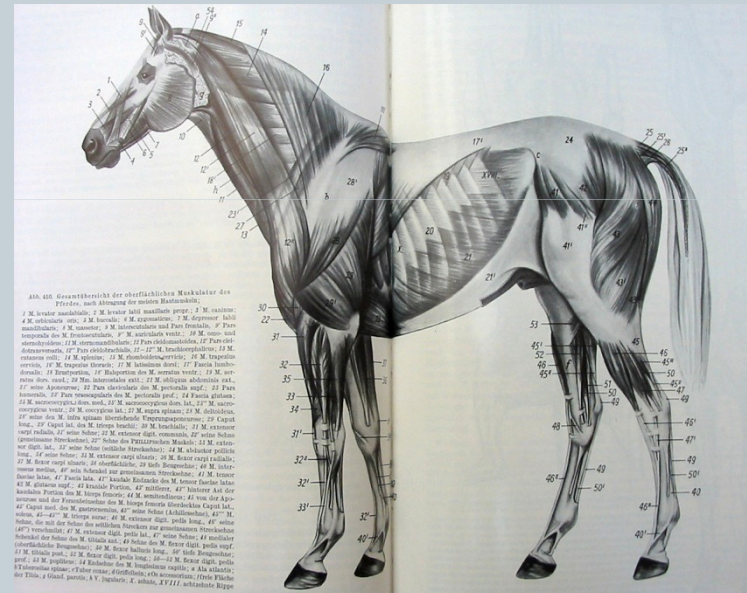
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1.1.2) Skeleton

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- a) Bonedensitiy
- b) Epiphysis
- c) Sacro-iliac-articulation
- d) Kissing spines
- e) Hock joint
- f) High Suspensory
- g) Blockade
- h) Asymmetry of the pelvis
- i) Asymmetry of shoulder muscles



Equine Clinic Mühlen, Dres. Genn, Steinmann, Görgens, Harland

a) Bonedensity

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- Ratio calcium-phosphor and zink-copper
- Calcium content in grain is very low
- Phosphor content in the ground is high
- Attention: If you feed a lot of grain you should also feed more minerals

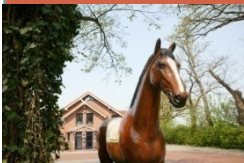


Keep in mind: The horses will not finish growing until fifth or sixth year!

If you overwork your horse while it is growing that leads inflammation of the locomotor system (not calcificated areas)

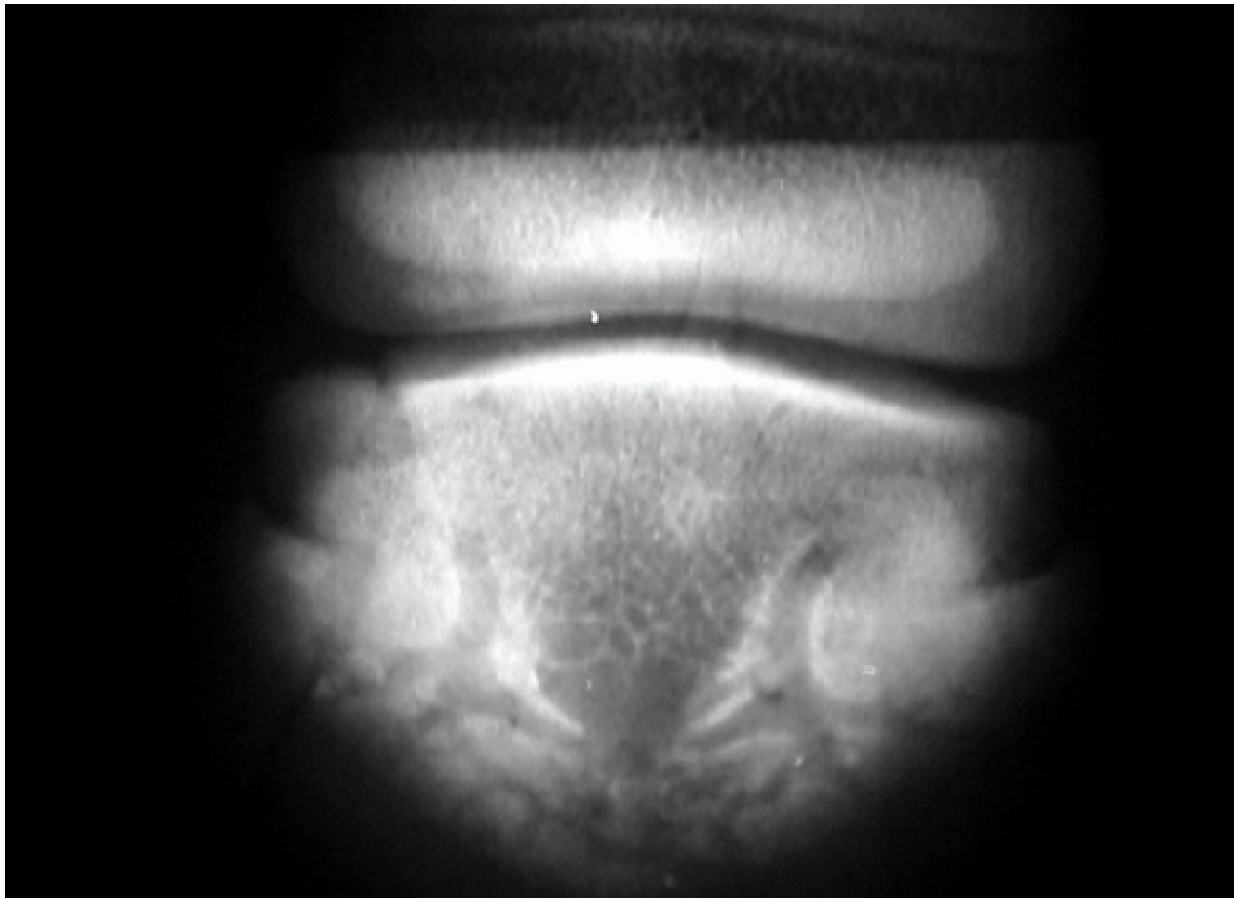


b)Epiphysis

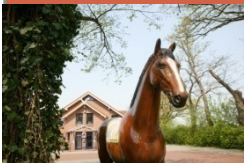


Consequence:
lameness and
unwillingness to
work

Misunderstanding
of many riders is, to
work the horse
harder instead
giving the horse
rest and time to
finish growing

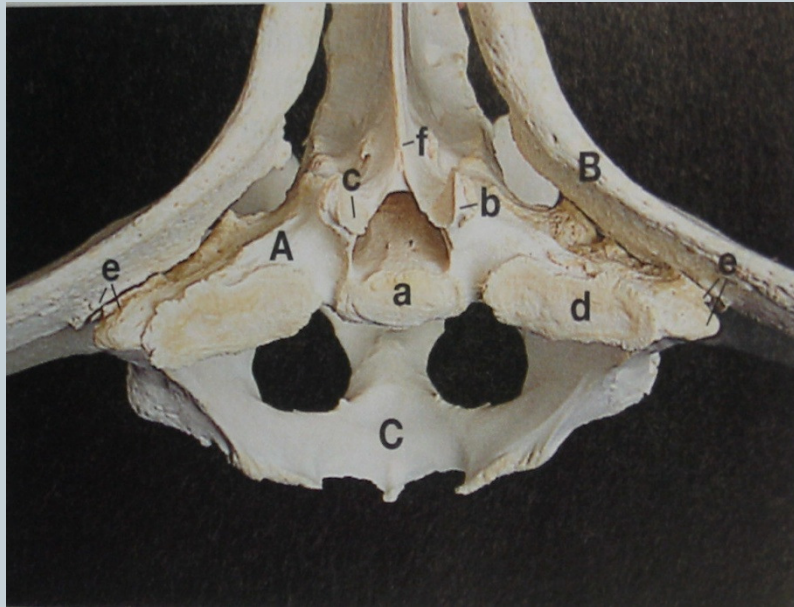


b)Epiphysis



c) Sacro-iliac-articulation

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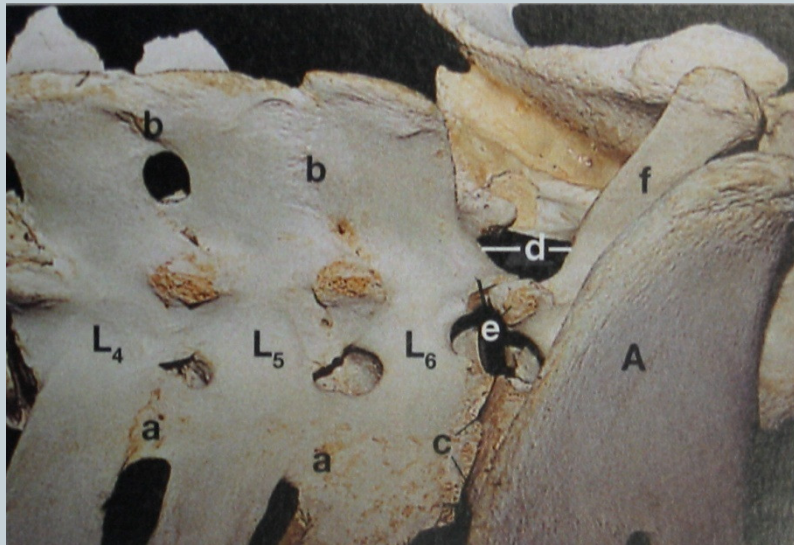


- Fixation will not finished until fifth or sixth year.
- Specially stressed on a dressage horse.
- Is the horse stressed to early it creates inflammation and instability.



c) Sacro-iliac-articulation

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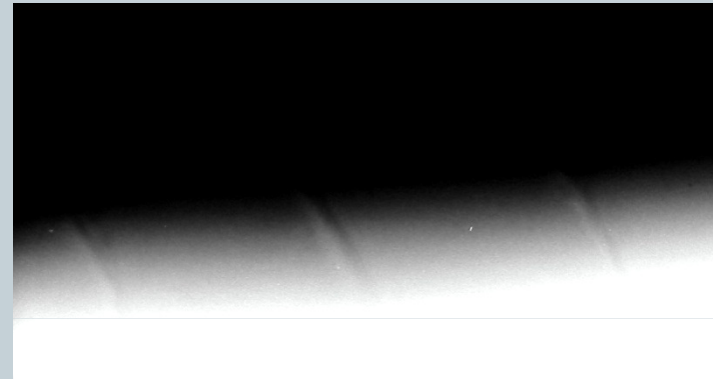
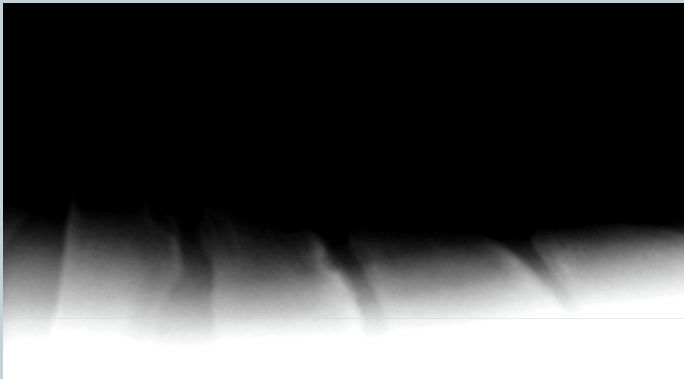


- The muscles of the horse try to compensate.
- The result: Unwillingness to work, no reaching underneath of the hindlegs.
- Start walking wide behind.



d)Kissing spines

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- Only a small amount of horses with changes on the X-Rays will also show clinical signs.
- If your horse shows soreness in the back you should always keep the hock joint in mind.



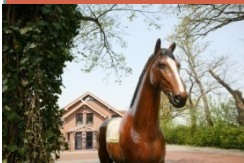
Inflammation in
the hock joints

X-Ray results will
be de- teariation of
the cartilage

Tidening of the
joint gap



e)Hock joint



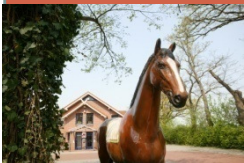
Attention: flexion test is mostly negative.

Soreness and pain on the horses back muscles.

You should not confuse this as a problem of the horses back.



e)Hock joint



f)High Suspensory

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g)Blockade

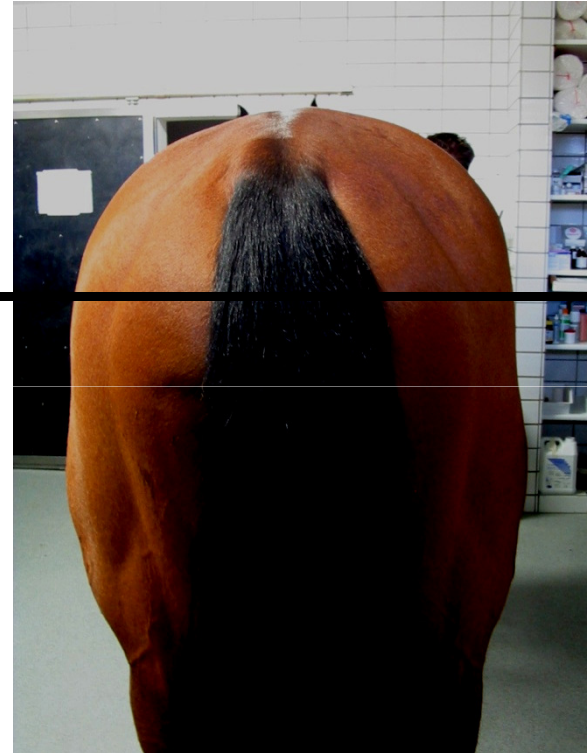
in the area of the neck-, chest-, and lumbar vertebreas

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h) Asymmetry of the pelvis

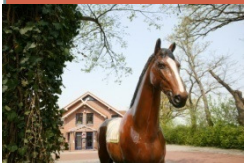
Inspection of the horse at a distance while it is standing with forelimbs and hindlimbs exactly square is imperative in assessing muscle mass, symmetry, and signs of atrophy.



Asymmetry causes problems with the saddle



i) Asymmetry of the shoulder muscles



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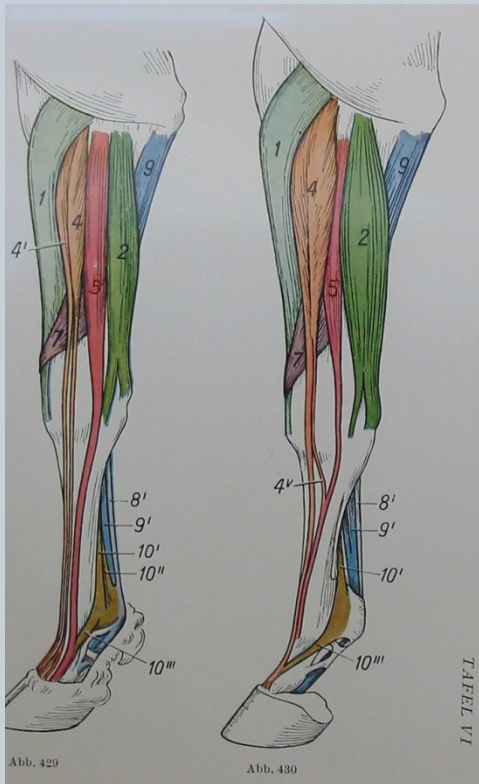
II) Condition

1. Welfare
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1.1.3) Muscles, tendons and ligaments

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Feeding of the horses.

- Keep in mind: if the muscle becomes tired, all the weight has to be carry from the tendons and ligaments
- Protein
(stallions need a much larger amount of proteins than mares and geldings).
- Carbohydrates

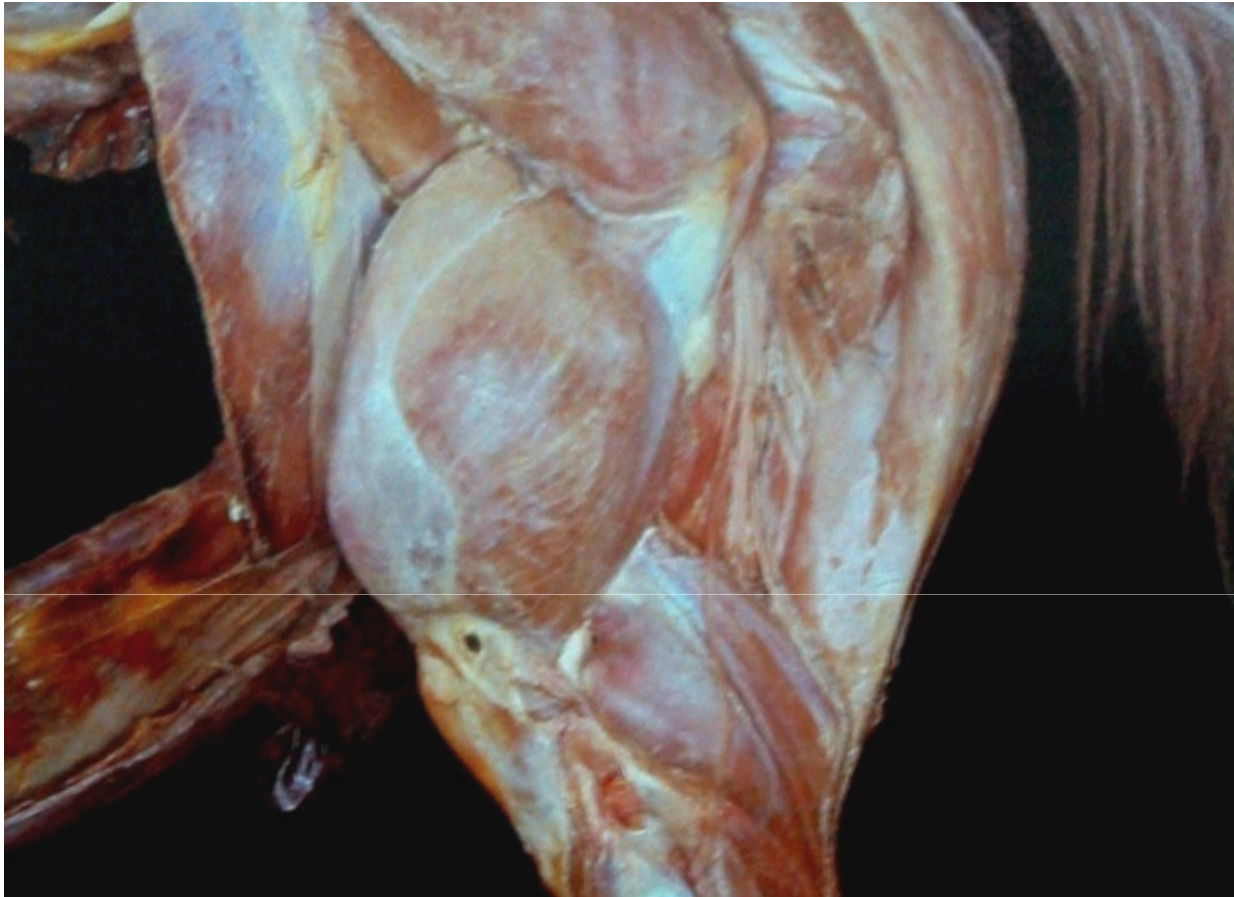


Minerals

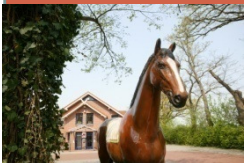
Trace Elements
(Selenium)

Vitamins

Important:
Selenium in
connection with
Vitamin E



1.1.3) Muscles, Tendons, Ligaments



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1.1.4) Respiratory and Circulatory System

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- Infection
- Follikelcatarrh



- Immunisation: Influenza, Herpes
- Level of Cortisol (cortison treatment)



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2) Psychological

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Try to keep your horse happy:

- Clinical soundness
- Well balanced feeding
- Well balanced training
- Good stabling and management/animal welfare

Try to get the horse to work with and for you and not against you. A happy horse is a better horse! Keep the horse mentally well balanced!



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First of all!
The aim must be, not be dependent on drugs.

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**CONDITION:
THE HORSE MUST BE GROWN THE INDIVIDUAL
REQUIREMENTS OF THE RIDER BOTH
PHYSICALLY AND MENTALLY.
THE HORSES ARE ALWAYS NERVOUS OR
RESISTANT, IF THE CONDITIONS ARE NOT MET**



3)Aspects of Doping

Possibilities of treatments without trouble of doping

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- PRP/Acell (regenerative medicine)
- Stemcell (bone marrow, fat, umbilical cord blood)
- Chiropractice
- Accupuncture
- Physiotherapy
- Amino acid infusion
- Stimulation of immunitysystem



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II.1)Welfare

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For a good performance of the horses needed:

- Welfare
 - Clinical soundness
 - Mental balanced



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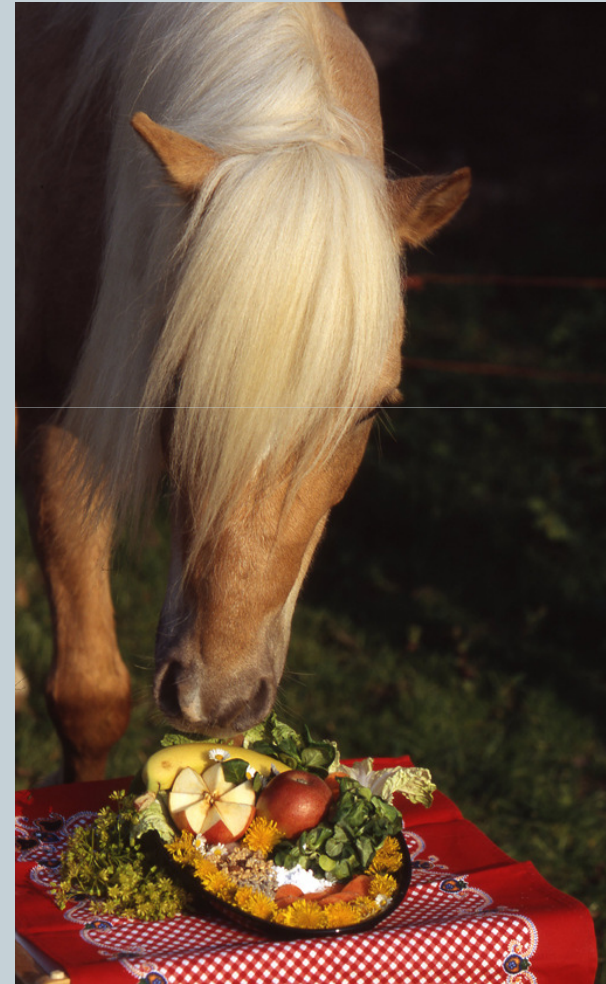
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II.2)Feeding

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- Small amount at least three or four times a day, to avoid i.e. stomach ulcer.
- Balanced feed of vitamins and minerals.
- Protein amount in the feed should be balanced with the training of the horse.

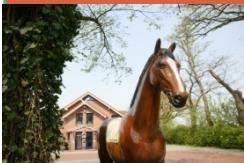


Routinely Bloodtest
the horse for
correct levels

With more heavy
training, the horse
need more energy
and protein for the
physique



II.2)Feeding



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II.3) Training

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- Routinely the horse should be exercised/conditioned twice a day.
- Training and work should not be happening in a midday sunlight, it could weaken the immune system.
- The horses exercise is very important for the happiness of the horse.



II.3) Training

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- Paddock: Is good for the horse physically and mentally as long as the horse seems happy.
- Every rider should have a good feel of where the horses limitations are.
- Going past the horses limitation can cause physical and mental damage.
- Important: Give the horse short breaks during th work.



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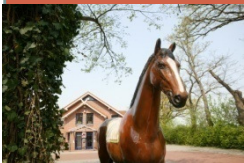
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II.4) Shoeing

Consistant shoeing

Shoeing not directly
before an
important event
i.e. competition



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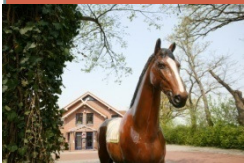


Transportation of the horse should be as stressless as possible.

Immune system can be weakened by high temperature, humidity and not enough fresh air.



II.5)Transport



II.5)Transport“

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- Precaution: stimulate the horses immune system before any long transportation and climatic changes with so called „Para-immunitätsinducer“.
- You do not need to give antibiotics!
- Caution: Antibiotics can cause heavy diarrhea and colitis X.
- Aminoacid-infusion is very helpful



„Conclusion“

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To produce a good young horse and turn it into a long term successful horse it takes not only a lot of money also good management in medical and social care, feeding, training, stabling and hoofcare.

Every rider needs a good horse, but it takes a good rider as well as a good management to produce a good horse.



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Thank's for your Attention!

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Equine Clinic Mühlen, Dres. Genn, Steinmann, Görgens, Harland