

ausrichter horse trainers news

Number 50

Problems training horses?

A survey of trainers at tracks in Sydney, NSW said the following problems are the cause of the greatest loss of training and racing time for horses in their stables.

- ▶ Shin soreness
- ▶ Coughing / nasal discharge
- ▶ Joint injuries
- ▶ Foot problems
- ▶ Greasy heels
- ▶ Tying-up
- ▶ Back pain
- ▶ Lack of appetite

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Other surveys of horse trainers in Australia and overseas indicate joint and muscle injuries result in significant loss of training time and long periods away from the track or the event arena.

Shin soreness

Shin soreness is a problem for two- and three-year-old thoroughbreds. It is very painful, affecting the front of the cannon or shinbone, and is a serious issue for the training of young horses. In the majority of cases shin soreness occurs just before or when horses begin fast work, mostly both front legs become shin sore. It is rarely seen in the hind legs.

The incidence of shin soreness

Managing shin soreness is important for getting two- and three-year-old thoroughbreds 'ready to race'. A survey in USA reported a 70% incidence of all two-year-olds in work.

A survey of trainers based at Flemington and Geelong estimated the incidence of shin soreness at around 80 per cent of two-year-olds in training at these race tracks

Shin soreness in the horse develops when the front surfaces of the cannon bones are subjected to high-impact forces during early training.

Topical treatment applied directly to the inflamed area are preferred to oral or injectable anti-inflammatory drugs.

Liniments provide relief for aches and pains associated with arthritis and overworked muscles. The active ingredients (of liniments) typically generate heating or cooling effects.

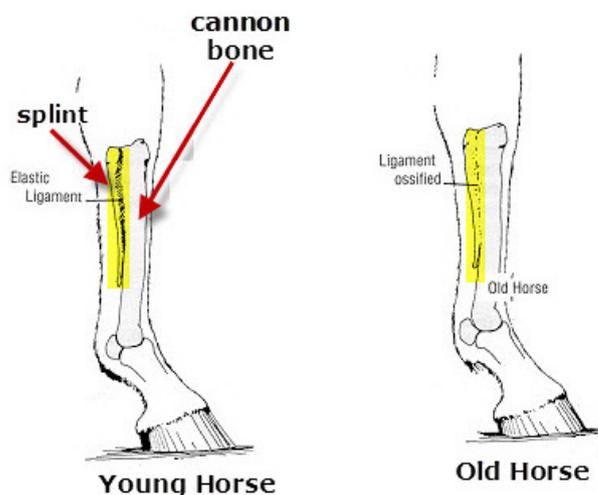
Liniments contain pain-relieving ingredients that induce in muscles and joints heating or cooling effects. **Many (liniments) are great for sore muscles and arthritic joints** but may sting if applied to an open wound. Menthol, eucalyptus, capsaicin (made from chili peppers), camphor, aniseed, mint and sassafras oils are some of the actives in topical analgesic liniments.

Liniments are applied to "warm up" a horse before a workout and are applied after exercise to relieve sore muscles, especially the large muscles on the back, shoulders and loins. Warmth helps arthritic joints. "Horses with arthritis can be warmed up with a topical (liniment), this is thought to be helpful" says Dr Gaughan.

Liniments can also be used diluted as 'all over washes' following exercise, racing, or an event. Horses with minor stiffness after exercise or racing benefit when liniments are applied to all four legs.

Like any health care issue, Dr Gaughan advises that it's always a good idea to call in the vet. "If a horse's legs are swollen, you need a veterinarian to look at him to determine if there's a cause to be concerned about".

Dr Earl Gaughan DVM, Diplomate ACVS, Auburn University College of Veterinary Science.



Penetrene 'A' Liniment – when and how to use

CONDITION	DESCRIPTION	PENETRENE 'A' LINIMENT APPLICATION
Shin soreness	Inflammation and injury to the cannon bone and related muscle / tissue – young horses.	Apply undiluted 3-4 times daily for 4 days, then twice daily until improvement occurs or condition is resolved.
Sprain	Injury, swelling or trauma to muscles, tendons and joints.	Apply undiluted 3-4 times daily for 4 days, then twice daily until improvement occurs or condition is resolved.
Strain	Overstretched muscles and tendons.	Apply undiluted 3-4 times daily for 4 days, then twice daily until improvement occurs or condition is resolved.
Rheumatism	Non-specific, pain in joints, including arthritic joints. May occur in horses of all ages.	Apply undiluted 3-4 times daily for 4 days, then twice daily until improvement occurs or condition is resolved.
To protect muscles and joints. A 'cool down' after exercise.	Protection of joints and muscles of horses with high levels of exercise, racing or performance. A 'cool down' after exercise.	Dilute: 13 mL of Penetrene 750 mL clean water 250 mL vinegar See pack label.
Insect bites	insect bites (flies, lice, midges, mosquitoes) to reduce inflammation.	For pain and inflammation apply Penetrene undiluted to insect bites as required.

Benefits of topical Liniments treatment for horses

1. Liniments are *only* applied topically to joints and muscles that require treatment.
2. Liniments are tried and tested formulations of *essential oils*.
3. The advantage of Liniments is their effects are limited to the muscle or joint to which they are applied with little or no effect on internal organs such as gastrointestinal tract, liver or kidneys.
4. The use of Liniments on horses is generally not limited to a specific number of days, or treatments.
5. Liniments can be purchased from veterinary suppliers or from the internet without restrictions. NSAIDs on the other hand must be prescribed and dispensed by a veterinary surgeon. The cost of NSAID treatment is usually substantially higher than liniments.

PRODUCT INFORMATION

Penetrene® 'A' Liniment for horses and dogs

Active constituents:

Menthol	11.4 g/kg
Aniseed oil	3.7 g/kg
Sassafras oil	2.6 g/kg
Acetone	793 g/kg

Use: For relief of sprains, strains and rheumatism (including arthritis) in horses and dogs.

Directions for use: Use undiluted and apply directly for strains, sprains and rheumatism. May be diluted as a leg wash. See products label for complete instructions.

Meat withholding period: Horses Zero (0) days. Performance animals use according to rules and WHP before racing or event.

Safety Directions: First Aid – see product labels for directions.

Presentations: 500 mL, 2.5 and 5 litre packs.

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