

## SUCCESSFUL RECOVERY OF YOUR LAMINITIC HORSE

Laminitis, the second largest killer of horses after colic, is an excruciating disease of the equine foot causing damage to the basement membrane that links the epidermal and dermal laminae. Laminitis can lead to founder when the dermal and epidermal laminae separate from each other, detaching the pedal (coffin) bone of the foot from the hoof capsule and resulting in rotation and / or distal descent.

While acute laminitis appears suddenly and dramatically in response to metabolic insults such as large amounts of grain or a retained placenta, subclinical laminitis is much more common and causes intermittent lameness as well as hoof problems such as flaring, white line disease, thin and / or flat soles, sore feet and short strides. The cause of chronic, low-grade laminitis is usually a diet too high in sugars and starch, possibly in combination with metabolic disease or insulin resistance.

Successful rehabilitation from laminitis requires good foot care, but also a thorough and careful review of all management of the horse, including diet, exercise, amount of movement, and re-establishment of correct movement patterns. An effective treatment plan must consider the cause(s) of laminitis, where the horse is in the recovery process, the duration of the problem(s), as well as the horse's current status.

After hoof mechanics and diet have been addressed, thus preventing further damage to the hoof, and the horse has stabilized, it is time to address the movement patterns of the horse. The horse will have altered its movement patterns in response to pain and must now be systematically rehabilitated. Getting the horse to move more and helping him/her re-learn how to move correctly, will require some discipline and tough love.

The good news is Laminitis isn't the end. It is possible to rehab your horse back to soundness. We hope you find these resources helpful so you can get your horse back to functional movement and riding.

---

ECIR group, <https://ecirhorse.org> Advice and discussions on the feeding, trim, general care of the IR horse. Dr Eleanor Kellon.

Pete Ramey, [www.hoofrehab.com](http://www.hoofrehab.com). Includes an extensive library of articles on hoof care and trimming.

Rockley Farm, <https://rockleyfarm.co.uk> and <https://rockleyfarm.blogspot.com> Barefoot performance and lameness rehabilitation, including many case studies.

<https://thehumblehoof.com> podcast for horse owners and equine professionals discussing health of the hoof.

Recovery of the Laminitic Horse, online course to assist riders to return their laminitic horse to soundness and riding status. [info@forthehorse.com](mailto:info@forthehorse.com) email to be on the waiting list

Resource List provided by <https://forthehorse.com>