



Talking Racing

The newsletter with news, views and practical advice

In this Issue...

- Spelling from Training
- Plus Handy Hints and lots more...

From the editor...

Welcome to the 22nd issue of Talking Racing. We hope that you obtain some interesting information and helpful advice from this popular newsletter. If you would like back issues, you can visit the website www.kohnkesown.com and click on 'newsletters' to open previous issues and browse the topics. Alternatively, if you have a particular problem with a horse, or would like some tips on getting a horse fit, how to manage shin soreness or airway disease, then email Gary at newsletters@kohnkesown.com and he will email you back the appropriate issue(s) to you.

In this issue, we discuss the reasons for spelling or resting a horse from training and provide practical hints on the management of common conditions whilst a horse is out for a spell or rest-up from training.

As usual, we include handy hints, statistics and other interesting information.

I take this opportunity to wish you all the best for the forthcoming festive season and successful racing in 2012.

All the best and good racing!

Dr John Kohnke BVSc, RDA

Did you know that...

- Studies have indicated that after an episode of bleeding where blood is visible at both nostrils, it takes up to 3 months for the airway damage to heal and acute inflammation caused by retention of red blood cells in the lower airways to resolve sufficiently for the lungs to again withstand the stress of high intensity exercise. The 3 month ban from racing for race day bleeders is justified in this way, although of course, horses can return to lower intensity conditioning and training and be ready for racing after the 3 month ban has expired.
- Nowadays, many useful joint repair medications and other anti-inflammatory medications, combined with arthroscopic surgery and physical therapies such as magnetic field therapy, controlled swimming, laser and skilled chiropractic manipulation are available to manage many lameness conditions and keep a horse sound with even a relatively chronic form of joint disease in training. Spacing races out to 3-4 week intervals can also help to reduce the stress on the limbs and help to manage low grade lameness. A daily supplement of **Kohnke's Own Nutricart®** may help assist joint health and function to enable a horse to be kept in training following a return from a spell.

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Handy Hint Sores on the Withers

A significant number of horses develop open, slow healing 'juicy' sores on the withers during training. They most commonly occur in gallopers due to saddle rub, but they can also occur on the withers of harness horses. The sores are most common in horses during periods of wet or humid, damp weather conditions. They may be caused by a poorly cushioned rug which gains weight and rubs on the withers during wet weather, or hosing a horse down with dam or contaminated water when hot after training and then applying a rug to the wet and sweating horse. Bacteria in the water or on the coat, most commonly *Pseudomonas* spp or Golden Staph colonise the abraded skin, resulting in a painful, open skin lesion. In severe cases, it is best to seek advice from your vet on treatment with topical and injectable antibiotics. The wounds often dry and begin to heal within a few days when a mixture of 80% Manuka or Tasmanian Leatherwood honey (which helps to limit moisture needed for bacterial growth and have a natural antibacterial action), blended with 20% by volume of 10% Betadine PVP iodine, is applied twice daily under a light cotton pad. Once the wound dries and the skin starts to heal, then a drying antiseptic spray will help harden the skin and maintain healing. Avoid throwing a rug onto a horse before the skin dries after hosing and check the saddle blanket and fit.

Handy Hint

Turning a Horse out to Heal Gastric Ulcers

In cases where a horse has developed a 'picky' eating habit and is unable to consume enough grain to meet its energy needs for training and racing, despite being on an ulcer medication when in training, then if stomach scoping confirms gastric acid 'burn' and ulcers, the horse may benefit from a 2-3 month rest at grass in a paddock. It is a good idea to continue the full dose of gastric ulcer medication for at least the first 10 days after turning out, reducing to half daily doses for another 3 weeks and healing of most ulcers can take up to 4 weeks. Consult your vet for advice. Ensuring that the horse has the company of other horses nearby or in the paddock helps to reduce anxiety and encourages communal grazing which may help gastric ulcers to heal. Feeding a supplement of mucilage compounds, such as 40g (3 scoopsful) of **Kohnke's Own Gastro-Coat**, 40g (2 tablespoonsful) of fine limestone (Ag-Lime) and an Omega-3 blended oil at 80mL per day, such as **Kohnke's Own Energy-Gold**, mixed into the evening feed of low grain, non-molasses hard feed with at least 10 litres of rough or long chop dampened lucerne chaff may have a role in maintaining optimum gastric conditions during the rest period. Continue on with 5 litres of lucerne chaff, 40g **Gastro-Coat** and 40g fine limestone given 30 minutes before exercising the horse each day on return to training. This may help to maintain optimum gastric buffering during the exercise.

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Kohnke's Own® Contact Details

FRECALL 1800 112 227 - FREE FAX 1800 112 228
Website: www.kohnkesown.com - Email: info@kohnkesown.com
Postal Address: PO Box 3234, Rouse Hill, NSW, 2155

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Spelling from Training - the reasons, how long and rehab management

Surveys have found that over a 12 month period, a typical Thoroughbred in work spends between 42-60% of its time in training, with the remaining time turned out for a spell. Young horses up to 3 years of age tend to have longer periods of downtime, often due to fetlock lameness and shin soreness as 2 year olds. Horses between 3-5 years of age which have remained reasonably sound, are more likely to remain in training for a longer period each year to help recoup their training costs if they maintain their form. Once over 5 years of age, knee and tendon breakdown in gallopers, with added risk of hock lameness in harness horses, lung bleeding and chronic airway disease take a greater toll and demand more lay-off time from training. The time in race training for the average 3-6 year old Standardbred harness horse is 60-70% of the year, with increasing downtime as horses reach 5 years of age and those with leg 'wear and tear' resulting from the previous 3 years of long-term training and frequent racing. There are variations to this pattern and in many cases it is influenced by the training method, the frequency of racing, the limb conformation of the horse and the day to day management to reduce 'wear and tear'. Avoiding the appetite loss associated with gastric ulcers and maintaining a competitive mental attitude in horses are also important considerations.

Did You know that..

Recent observations on the welfare aspects associated with training horses for racing and other high intensity horse disciplines as though they are machines in service may not bring out the best performance in a horse.

Good performance by a horse can be rewarded by good care, a clean and warm stable, showing gratitude with an after race rest-up, pasture time and an occasional pat and time spent with the horse in training, taking it for a walk and a green pick, rather than giving the animal a cursory glance over the stable door or a grumbled remark. It appears that in many cases as the numbers of horses in a training stable increases, with less time spent on day to day individual care, the overall performance (except for the good performers, which are often given more gratitude time by handlers and trainers) actually decreases.

It is argued that trainers should treat horses not as machines for a livelihood, but as living animals which will perform well if they feel rewarded for their efforts and are treated fairly. This is a common theme in dog and other animal training.

Reference: The horse.com review article, Number 19061 from paper by Daniel Mills, PHd presented at the 7th Int. Equitation Conference, Netherlands, Oct 26-29 2011.

Why turn a horse out for a Spell?

There are a number of reasons for giving a horse a lay-up from training. Varying degrees and causes of lameness are the most common underlying reason. A study by Professor David Hodgson and colleagues at Sydney University in 2001 found that 56.2% of the total lost training days were due to lameness in 2-3 year old horses.

Lameness is followed by viral colds as the second most common cause for a lay-off from training. Many trainers consider that respiratory disease is the more important reason for downtime because often it affects performance more markedly and cannot be masked as easily by treatment or therapy. Chronic 'tying up', especially in fillies, 'training off' after a hard campaign, 'bleeding' and upper airway problems in older horses, as well as accidental injury, such as a laceration, a nail prick in the hooves, or a haematoma are less demanding reasons for turning a horse out for a spell. Many trainers are reluctant to give a horse a rest up because it will be 'good' for a horse's 'mental attitude'. Often owners want a continuing return on training costs and the social standing of having a winning horse. A short 1-2 week turnout to 'freshen-up' every 2-3 months is popular with some trainers of smaller teams to give a horse a break to 'recharge its mental batteries' so that the desire and willingness to train and compete is maintained during an extended campaign. Studies have shown that once a horse reaches a high level of fitness, measured by oxygen uptake (V02 Max), a spell for 1-2 weeks to freshen up and improve a horse's mental wellbeing, will not result in a large loss in fitness - only 10% per month after 3-4 months in training.

In common with all other athletes, horses even at their peak of fitness, benefit from a short period of downtime to **rest, relax, rejuvenate and repair.**

This may help to reduce the need for extended rest and recuperation time. **Downtime from training when resting at pasture is expensive in terms of lost potential to win prize money in the lucrative 2 year old races especially and considering the additional cost of retraining the horse over an 8-10 week period to a suitable level of fitness to return to racing.**

"Training Off" Syndrome

Many trainers refer to a loss of weight and condition, a developing low grade anaemia, lowering of the white cell count with circulating lymphocyte levels below 30% and increased evidence of dehydration and chronically elevated muscle enzymes (AST & CK) as evidence that a horse is 'training off, becoming 'jaded' or in need of a spell.

A study carried out in the mid 1990's by Professor Reuben Rose and co-workers at Sydney University, concluded that horses in training over a 9 month period reached a peak of muscle fitness indicated by a high oxygen uptake capacity, but their ultimate performance waned due to a loss of willingness to exercise during a standard exercise test.

This long-term treadmill study indicated that horses did not 'train off' in terms of muscle fitness or significant changes in blood cell or biochemical parameters. There was a gradual change in the overall physical condition, with reduced 'mental' willingness to exercise at high intensities, which resulted in a loss of performance.

In practical terms, the time of the year in relation to a horse's opportunities to compete in major race carnivals is also an important consideration when deciding to turn a horse out for a spell.

Facts And Stats

- In a 12 month study of a group of 160 2 year olds in training, 85% suffered at least one incident of injury or disease which resulted in lost training days in any race preparation.
- The most common cause of 2-year-old downtime from training was shin soreness, affecting around 42% of 2 year olds in training in Australia. However, an incidence of up to 80% was reported in mid 1980's in a survey of equine veterinarians.
- Some trainers and some training tracks have a higher incidence of shin soreness, resulting in more 2 year olds needing a lay-up from training.
- The fetlocks were found to be the most common location of joint lameness, occurring in 40% of 2 year olds, accounting for 25% of the downtime from training. There was a risk of 48% recurrence in these horses. In 3 year old horses, if they remained sound as 2 year olds, knee (gallopers) and hock problems (harness horses) become the next joints to suffer 'wear and tear' and risk of breakdown.
- Symptoms of viral colds and nasal discharges were the underlying cause for up to 16% of young horses in training that were turned out for a spell, with a 27% risk of recurrence. Up to 63% of horses which suffer a loss of performance in subsequent preparations, have low grade airway disease.
- Of the young horses which developed shin soreness as 2 year olds, around 40% of them went shin sore again in their second and third preparation. This is influenced by training techniques, track and weather conditions.
- The incidence of catastrophic race day breakdown where fatal long bone failure occurs is greatest following a rest period between 4-8 weeks.

Did you know that?

- On average, a 2 year old spends only half the amount of time in training and more time spelling at pasture compared to a 3 year old. This partly reflects the decision by many trainers to allow 2 year olds more time to mature without the stress and pressures of training.
- Older horses in training are more likely to suffer severe career ending injuries, such as tendon strain, joint chips, lung bleeding or respiratory problems than 2 year olds.
- After 3 years of age, injured fillies are more likely to be retired to stud as compared to geldings or stallions that are spelled to recuperate.

Reducing the Risk of Catastrophic Race Day Failure (CRF)

Although research into the underlying causes and risks of CRF is continuing, there is an apparent increased incidence in elite horses which have had paddock rest for 4-8 weeks, before returning to a fast-track prep before racing. It would be sound management to limit the lay-off to no more than 4 weeks and ensure that the resting diet contains adequate calcium and Vitamin D to help make up any shortfalls in the spelling ration. A suitable supplement would be Kohnke's Own Cell-Osteo pellets, about 80g per day. Some authorities suggest that if a short term lay-off is planned to rest up an elite horse before major races, that the horse be transported back to the race track once every 7-10 days for a gallop over 300-400 metres after a warm up, to help maintain calcification along stress lines in vulnerable bones which are likely to remodel during the rest period. This practice may also help maintain optimum tendon and joint strength as well in readiness for a return to racing.

Resting For Maturity

It has become popular for trainers to turn 2 year old horses out for a 3-4 week spell after the first 4-6 weeks of training.

In most cases, early signs of shin soreness are the primary reason for turning a young horse out for a 'growing' spell. Most young 2-3 year old horses tend to grow in wither height once turned out for a 3-6 week spell.

However, after this length of spell, training has to begin at a base level again as a horse at this stage of training loses significant fitness.

Did you know that...

Studies at Sydney University in the mid 1990's to measure improvement of oxygen uptake in training as a measure of fitness, indicated that when horses were rested after the first 6-8 weeks in training, they lost 50-70% of their fitness within 1-2 weeks. Horses that were trained for 14-16 weeks to establish higher oxygen uptake, only lost 10% of their exercise "fitness" during a 3-4 week spell. This means that the longer a horse is in training and the higher the level of fitness achieved, the slower it will lose its fitness during a spell.

Did You know that...

A study published in 2001 by Prof David Hodgson of Sydney University compiled from interviews with 40 leading Sydney Thoroughbred trainers, found that infectious respiratory disease and coughing was stated as the most common problem which forced downtime from training and was the reason for resting a horse, followed by joint and hoof lameness and then shin soreness. This was possibly due to the symptoms of respiratory disease which caused obvious signs, an elevated temperature, coughing, nasal discharge and a reduction in performance during exercise, whereas mild lameness and shin soreness could be masked by treatment or adopting a less intense exercise program. In a study in the UK in the mid 1980's, it was found that although lameness accounted for up to 70% of downtime from training in gallopers, respiratory disease resulted in around 21% of the downtime from training, but there was often a longer rest period before a horse was well enough to return to training.

If the early signs of viral respiratory infection were noticed within the first 36-60 hours (elevated temperature of 39.5-40°C, off feed, depression and a sluggish workout, before a nasal discharge and coughing developed after 3-5 days) and the horse rested for 48 hours with only trotting exercise (no galloping or hobble-up sprint/speed work), the average duration of the lay-off from training was 5-7 days. If the horse was continued with normal fast work and hobble-up speed work on alternate days, after the signs of coughing and obvious lower airway infection with increased nasal mucous were noticed, the average period of downtime to allow a full recovery was 6 weeks.

Commonly Recommended Rest Periods

The table below provides a guideline to the length of a rest period, as well as a timescale for rehabilitation of common injuries or other conditions which require a lay off from training. You should always be guided by your own veterinarian's assessment and advice relative to the severity of the problem or other conditions requiring paddock rest from training. Horses which are due for a paddock rest may not need additional time for minor conditions.

Condition	Rest Period	Rehabilitation Advice
Viral respiratory disease (stable virus) EHV-1, EHV-2	Minor upper respiratory tract (URT) infection, 5-7 days	Yard or paddock rest. Feed in bin on ground to facilitate URT drainage. Vet may recommend antibiotics or mucolytic agents to reduce secondary infection. If a horse is still coughing on return to training give 30mL of glycerine and 1mL of 10% Betadine by syringe over the tongue 5-10 minutes before work for 5-10 days to help clear the throat.
	Lower airway disease, 4-6 weeks	As above. Monitor lymphocytes and monocytes in blood count after 4 weeks.
	Mucous in trachea, 6 weeks	As above. Scope after 4 weeks to evaluate mucopus. Return to training and monitor airway health.
Shin Soreness (2-3 yr olds)	Early training, 10-14 days	Ice pack/cold hosing. Stable rest with walking and trotting for 10-14 days. Reassess by vet. Short gallops up straight over 200-300 metres twice weekly for 2 weeks then return to training with reduced speed around corners and lighter jockey to reduce cannon bone loading.
	Advanced training after first race, 3 weeks	If shin surface swollen, may require antiinflammatories and ice packing for 2-3 days in stable, then turn out for 3 weeks paddock rest. Return to modified training, with short gallops up straight over 200 metres twice weekly for 2-3 weeks & ice pack after exercise. Extended paddock rest does not encourage bone modelling. Reassess after 4 weeks. Use calcium & vitamin K supplements.
Shin Soreness (older horses)	Repeated shin soreness, 6-8 weeks	Localised shin pain on front cannon. X-ray to determine microfractures. Consult vet. Paddock rest period relative to severity. Magnetic shin bandages overnight, calcium and vitamin K supplements may hasten modelling and repair. Return to training & adopt modified galloping as above. See fact sheet on Managing Shin Soreness www.kohnkesown.com or newsletters@kohnkesown.com
'Bleeding' EIPH If a horse is a repeat 'bleeder' or over 5 years of age consider retirement.	Minor bleeding, 10-14 days (drips from nose)	Scope trachea to determine severity. Light work for 10-14 days from yard or paddock. Reassess if blood appears after first hit out. Rescope within 6 hours. Antibiotic cover for 10 days to minimise lower airway infection. Kohnke's Own BCS supplement for normal lung collagen strength. Do not swim.
	Severe bleeding, 3 months (foaming blood from both nostrils)	Turn out for 3 months. First week treat with antibiotics to minimise lower airway infection. Dampen feed to reduce dust. Supplement with Kohnke's Own BCS supplement for normal lung collagen strength. Do not swim. On return to training give 7 days antibiotics. Consult vet. See fact sheet No R3 Management of a Bleeder www.kohnkesown.com or newsletters@kohnkesown.com
Bowed tendon, suspensory ligament (For suspensory ligament tears in harness horses, consider check ligament surgery)	Mild swelling, 10 days	Stable rest. Ice pack and antiinflammatories for 2-4 days. Scan tendon to determine severity. If minor, seek advice from vet. Rescan after 3 weeks to reassess severity if horse still short in stride.
	Severe strain, 3+ months	Scan to determine severity. Restrict to yard for at least 14 days. Ice pack & antiinflammatories (consider stem cell and platelet injection therapy on vet's advice). Rescan after 3 weeks to check 'black hole' gap in tendon. Turn out into small paddock for 2 months, then larger paddock for 3 mths. Return to training with step-wise increase in loading. See fact sheet C5 Bowed Tendon & Ligament Strain.
Joint Lameness	Swelling in joint 'puffiness', 5-7 days	Stable rest for 5-7 days. Antiinflammatories and GAG therapy. Bandage joint for light exercise. Reassess in 7 days. Oral joint supplements such as Kohnke's Own Nutricart . Swimming to maintain cardiorespiratory fitness.
	Severe or repeated joint injury	Paddock relative to severity/surgery, on veterinary advice. X-ray to assess internal damage.
Gastric Ulcers	Low grade ulcer/acid irritation, 5-7 days	Rest up from training. Scope to determine severity grade 1-4. Anti-ulcer therapy for severe cases. Consider Kohnke's Own Gastro-Coat to aid salivation for normal gastric function. Refer to Handy Hint 2 for management
	Severe gastric ulceration, 2-3 months	Refer to Handy Hint 2 for management.

How long is long enough?

The length of paddock rest is often determined by the age of the horse, the degree of stress and number of races it has competed in, as well as the severity of any underlying lameness or other condition. Some trainers give a well performed horse a 'freshen up' break in the paddock for a few weeks so that it can return to be prepared in time to compete in major races in the season carnivals or high stakes races at particular times of the year. The length of the downtime period may be recommended by a veterinarian relative to the severity and type of lameness, respiratory problem or other injury to help ensure a horse has enough time to heal or recuperate. The table on Page 3 provides guidelines on the minimum rest period and practical management to assist recuperation or repair of a number of common conditions in racing horses.

Short Term Rest Periods (1-3 weeks yard or turn out paddock rest)

Lameness, such as a joint sprain, hoof abscess, mild shin soreness in a 2-3 year old galloper or a low grade splint in a harness horse, cases of severe tying-up where a rest will help muscle repair, as well as seasonal viral respiratory disease, are the most common reasons for a short term lay-off from training. For example, a short term spell of 1-2 weeks in an outside yard or small paddock may be advocated for a horse with the 'stable' virus. This helps remove the horse from the stable and reduces the risk of spread of the aerosol borne virus to other horses. About 60-70% of horses with the 'stable' virus develop lower airway infection, with inflammation and excess mucus and fluid production which can persist for up to 6 weeks, especially when aggravated by dusty feed or bedding, or when horses are fed at chest height with reduced opportunity for 'head down' drainage of their lower airways.

Handy Hint

Paddock Rest Facilitates Recovery from Respiratory Virus and Associated Lower Airway Disease

Paddock rest and head-down grazing helps to drain the build-up of mucopus from the upper and lower respiratory tract, which can be facilitated by an initial course of antibiotics and mucus clearing agents, as prescribed by your vet. Low grade secondary bacterial airway infection is a common problem associated with long term lower respiratory disease. The rest period also enables the immune system to mount a stronger defence against the virus as the stress of training and daily physical exercise is reduced. Many trainers have observed that a 3 week course of **Kohnke's Own Active 8**, given as 1 scoopful morning and night for the first 7-10 days after turnout, then 1 scoopful daily for a further fortnight, helps to supply nutrients which have a role in maintaining an active immune response. Studies have shown that up to 60% of young horses become 'carriers' after the Equine Herpes Virus (stable virus) has colonised the throat tonsil area, acting to spread it to other horses in the immediate vicinity. Chronic low-grade airway disease can lead to reduced performance and a higher risk of severe lung bleeding in horses in training.

Longer Term Spells (3-6 weeks paddock rest)

The need for an extended length of time for a lay-off or spell from training is influenced by the severity and type of underlying lameness or respiratory condition, which account for over 90% of the reasons for turning a horse out. In some cases in younger horses, many trainers consider that 'longer is better' in relation to paddock rest from training to help resolve a problem and help the horse to mature physically and mentally during the paddock rest period. In older and well performed horses, competitive race time is often limited and a minimal rest period may be advocated.

Minimal Rest Period in 2-3 year old Gallopers with Shin Soreness.

A young horse which is in the early stage of shin soreness, with bone warmth, inflammation, a shortening of stride, but minimal bone fibro-elastic deposition or painful micro-fractures on the front of the cannon bones (as occurs in typical 'bucked shins') may benefit from a 3-4 week lay-off, which in a 2 year old will also allow muscle development and mental maturity in preparation for its return to training. In fact, studies have shown that turning a horse out for longer than 3 weeks in cases of early shin soreness will not encourage the bone to adapt, but simply settle the inflammation and pain in the short term, which is important for the horse's wellbeing and welfare. A short 'lay off' will usually allow the inflamed bone surface to settle down. A return to a modified training program of short, straight line gallops over 200-300 metres twice a week, with medium pace cornering speed and icing the cannons daily after work, will help encourage adaptation and modelling of the cannon bones. **Longer rest periods in the paddock, with minimal stimulus to model bone, can actually result in 'demodelling' to a less resilience and weaker bone**

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Handy Hint

Plan an Appropriate Rest Period for Recovery from Shin Soreness

In mild cases of shin soreness, turning a young horse out for a 2-3 month paddock rest is a waste of time and reduces the chances of prize money earnings. **A short 7-10 day spell to settle inflammation with ice-packing and walking for 30-40 minutes daily**, and then a return to a modified training program is the most effective way to reduce wasteful down time and loss of potential prize money. **For each week that a young horse is rested-up because of other problems (eg. respiratory disease, joint problems, severe tying-up), back step its training program by 2 weeks to avoid shin soreness, as the cannon bones may start to resorb calcium and weaken during the lighter work period.**

profile. Horses returned to a too fast-too early type of training program or over-galloped on hard compacted surfaces or around tight corners, have a high risk of going 'shinny' again. Studies indicate that shin soreness recurs in up to 40% of horses returned to a second or third preparation, even after a long-term rest, especially if the same training technique is continued on return to training.

Where the 'shins' are 'bucked' or have x-ray evidence of bone surface micro-fractures, with associated severe lameness, then a longer rest period of 2-3 months may be advocated to allow the fibro-elastic weaker bone laid down in response to overloading to be resorbed and the cross-section profile of the bone to thicken down the inside of the front cannons.

Long Term Spells

Spelling a horse for more than 10-12 weeks is usually recommended for more serious joint or tendon injuries. Because of the loss of potential earnings and return to owners, especially in syndicate owned horses, many trainers are combining treatment with a lighter exercise program to keep horses in training, where once they would have been turned out for a spell.

Nutritional Requirements

Depending on the underlying reasons for the turn out, it is important to ensure that horses which are turned out for 'rest and recuperation' are provided with a diet which will assist any repair processes, supplemented with grazing where available. A good quality 13-14% crude protein ration, with around 1.0% calcium and 0.8% phosphorus and an adequate intake of complementary trace-minerals, including copper, zinc, manganese and selenium along with Vitamin A, are all important nutrients for musculo-skeletal recovery and repair. As an example, a daily supplement, such as 50g **Kohnke's Own Cal-Xtra™** to provide adequate bone minerals (or 80g **Kohnke's Own Cell-Osteo®** bone mineral pellets to help minimise losses from paddock feeders under windy conditions), combined with a daily supplement of 20g **Kohnke's Own Cell-Vital®**, again in pelleted form, is a practical and economical way of providing bone minerals, trace-minerals and vitamins which have a role in bone and tissue repair in resting horses.

Refer to the table on Page 3 for other nutritional recommendations which have roles in assisting bone, joint, tendon and airway recovery.

Product of the Month

For the nutritional support of Collagen and Elastic Tissue in Exercising Horses...

Kohnke's Own® BCS



Provides a source of supplementary nutrients that may be low or inadequate in the grain and hay based diets of horses, necessary to maintain optimum strength, flexibility and resilience of collagen tissue in the lungs, tendons, and ligaments of racing and performance horses.

Pack sizes: 1kg (40 x 25g doses), 2.5kg (100 x 25g doses)

Handy Hint: Commence daily supplementation as directed about 3 weeks prior to the first trial or race to ensure an adequate intake of important nutrient co-factors for lung, tendon and ligament tissues.