



HIGH PERFORMANCE VETERINARY ADVICE

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These notes below are general suggestions. Please remember every performance horse is an individual and should have a program tailored to their individual needs, after consultation with your trainer(s) & your treating veterinarian.

Worming

Dec/Jan

Mar/Apr

A 5-day course on Panacur or equivalent, 30ml/day is recommended early season

Influenza Vaccination (6 month +21days FEI Vac)

I.e. in March; a vaccination this month will cover the summer competition season. At all FEI competitions during the trot-up, the Vet. will check your horses passport, any irregularities in your horses vaccinations, accuracy of the colour chart over its entire history can result in a fine or elimination from competing.

Dentist

Will give your horse Good bit-seats and a comfortable mouth, they Eliminate caudal / back hooks & sharp edges (check yourself while dentist's mouth-gag still on).

Feed;

Check with the nutritionist assigned to the feed company you use, they will give you good advice on the type of feed for your horse's body type, fitness and mental attitude.

All feed must be FEI compliant, do not change feed brands quickly, and do not give 'an extra scoop' without planning, as your horse gets fitter and the competition season is in full swing, his feed will alter, and the number of feeds during the day may alter too. Ask for advice if this is a new area for you.

Turnout/Field

This is very beneficial for the horse's mental health and should be part of his daily routine, even if only for 1 hour.

But Be Warned!! Fit horses can wreck themselves in the field, only turn-out if they are used with the paddock and are calm, if you regularly turn-out and want to add company, put 2 friends out together, never 3 as bullying may result.

Hacking

Can be very relaxing, if your roads are quiet, can be used in conjunction with warming-up or Cooling-down, or for a variety to their daily routine.

Avoid trotting on the roadways.

Walker

If you have one – do **Not** over-use it, it's okay for warm-up – 10 mins. or cool down. It is not a substitute for exercise. Alternate directions different days

Work Surface

Avoid deep or very hard surfaces for your flat-work & jumping.



In your First-aid kit, the following should be included;

- Hibiscrub
- Betadine ointment
- Animalintex
- Ice Tight [or equivalent]
- Gamgee
- Vetwrap rolls
- Thermometer

Tack Maintenance;

Keep all leather tack clean – every time you use it, it should be cleaned before putting it away, this includes rinsing and drying the bit, and stirrups, don't forget the girth. All boots or bandages should be cleaned daily. All numnahs must be regularly washed. Do NOT use any 'performance enhancing' back boots during regular exercise or training.

Shock-absorption pads under saddles (e.g. Pro-Lite, Devoucoux).

Sore-backs are very prevalent in competition horses. The horse's back changes shape within the competition year, depending on weight, fitness and hydration.

Regular Soundness Evaluations

Make a plan for your season to proactively prevent/manage any soundness issues.

Keep a veterinary log book, to record all vet visits for your own records.

Your own vet should be in regular contact regarding treatments with your squads designated **High Performance Vet**.

Farrier

Poor shoeing; can predispose the horse to lameness; i.e..coffin joint, tendon & suspensory ligament injuries every 5th week on average.

Good roll to the toe, to allow a good break-over. Use a Wide web shoe. Good heel support. Avoid long toes and flared feet, Avoid low, narrow heels

Monitor feet for thrush (Terrexine cow mastitis tubes- very useful)

Jumping/schooling surfaces

All increases in workload should be made slowly and gradually. A good work surface is essential.

FEI passport;

All Passports Must accompany the horse when attending 'Team Training'

Influenza vaccination in date. Become familiar with the FEI medication log book (www.horsesport.org & www.feicleansport.org).

Ensure all the horse's white markings are in Red pen on the markings page, if they are in Black pen contact HSI office.

Integrated Health Care; Treating Veterinarian & Support / Therapy:

The team veterinarian is happy to work alongside the other professionals / people who treat / help the Individuals horse's performance.



Aim

Horse ~100% fit for competition and close to 100% sound.
Please do not under-estimate the soundness level your horse requires for an over-seas international championship competition. It's about trying to compete on a level playing field with our fellow European nations.

Team Training Pre-Championships;

There will be compulsory on-going Veterinary soundness checks at training, before Austria, which will include blood testing, paid for by H.S.I High Performance. Any individual Treatments will be confidential between The Team Vet & the Rider / Parent / Owner – The cost of these specific agreed treatments will be born by the rider / Parent.

If you have any questions/queries, feel free to contact;

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[High Performance Team Vet; Show-Jumping - C/J/Y & Eventing - Young Riders]