



# WENSUM VALLEY VETS NEWSLETTER

## First Aid Talk

Lauren recently hosted the first of our Equine First Aid Courses, covering:

- Wounds
- Sudden lameness
- Bandaging and Poulticing
- Colic

The evening was very well attended and enjoyed by all. This talk will be running again on Tuesday 19th April at 10am, for those who could not attend in March, and spaces are still available. The cost is £24 and bookings can be made by calling the office on 01328 864444. First Aid kits will also be available to purchase on the night.



Wensum Valley Vets



## Complementary Therapy

At Wensum Valley Vets, we are well equipped with both a therapeutic laser and extracorporeal shock wave machine, which are both modern treatments adapted from human medicine. They each have a multitude of applications in treating horses and can usually be carried out in a sedated, standing horse.

## Class 4 therapeutic Laser

### *What is it?*

Our class 4 therapeutic laser uses a specific set of frequencies of light to pass through the tissues of the horse and produce a combination of pain relief, reduced inflammation, antimicrobial effects and cell stimulation to aid and accelerate healing. It can cause dilation of the veins and provide increased lymphatic drainage aiding healing. As a result of being exposed to the laser's frequency of light, the cells that constitute tendons, ligaments and muscles repair more quickly.



We would recommend equipping your own equine first aid kit with:

- Hibiscrub
- A clean bowl/bucket
- Vetwrap x2
- Soffban x2
- Conforming layer e.g. knitfix
- Dressing e.g. Melolin
- Clean plastic gloves

These have a multitude of uses and can come in handy in an emergency, as covered in our First Aid Course.



### *How is it used?*

Our therapeutic K-laser is used to provide non-invasive treatment for tendon and ligament injuries, as well as to aid in the healing of wounds and surgical sites. It provides pain relief and accelerated rate of healing, which can be applied in many areas, as it is safe to use and does not cause pain. We often use the laser following dental extractions to speed up closure of the tooth socket and help protect against infection.



## **Extracorporeal Shockwave Therapy (shockwave)**

### *What is it?*

Shockwave treatment works by generating pressure waves to direct towards a damaged structure via a hand held probe, providing pain relief and promoting healing. Different energy levels, frequency and number of shocks are used depending on the location and type of injury.

### *How is it used?*

Shockwave has applications for treating a range of tendon and ligament injuries, such as:

- Proximal suspensory desmitis
- Superficial digital flexor tendon lesions
- Deep digital flexor tendon lesions
- Injuries of the check ligaments or sesamoidian ligaments

It can also provide mild, short term pain relief from bone bruising/inflammation, neck/back/sacroiliac pain and navicular syndrome, whilst reducing inflammation at the site. Shockwave can also be used to help diagnose sacroiliac (SI) problems, by providing pain relief to the area and assessing any improvement to the signs of SI pain that may have been experienced.

