

# Wright & Morten Equine Newsletter



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December 2022

## Equine Office Festive Opening Hours

Friday 23rd December 8-3pm

Monday 26th and Tuesday 27th December Closed

Wednesday 28th to Friday 30th open as usual 8-5.30pm

Monday 2nd January closed

from Tuesday 3rd January open as usual.

**As always we are operating a 24 hours a day emergency service over all of the festive period. Emergency visits can still be arranged using the normal number 01260 280800**

**A reminder the last day for posting any medication is Thursday 22nd December (Royal Mail strikes permitting) so if you need supplies over the Christmas period please call the office on 01260 280800 as soon as possible.**



## Charity News

We will be taking part, as always in Christmas Jumper Day, on Tuesday 20th December. Do please, if you are coming to see us at clinic join in in aid of Save the Children. Here is a flashback to previous years.



## Team News

### Admin Team

We said a very fond farewell to Francesca last week, after 14 years with Wright and Morten. She will be sadly missed by all of us, and I am sure you will all join us in wishing her well for the future.



We also say a very warm welcome to Fi Cooper who has recently joined the Admin Team, primarily working on Insurance. Fi spends most of her spare time at Pony Club with her daughter or travelling around the North West watching her son play rugby. She also enjoys competing her horse Tommy and long beach walks with Narla and Raffy her German Shepherd and Lab.



## Congratulations...

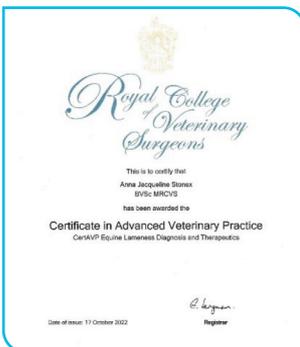
...to our vet, Anna Stonex, who recently passed her synoptic examination for her RCVS certificate in Equine Lameness Diagnosis and Therapeutics, making her an advanced practitioner in this area.



This has involved in excess of 600 hours of study which Anna has undertaken in her spare time on top of her day to day role, followed by an examination.

This qualification recognises vets with a high level of practical expertise and knowledge in a specific area; in this case, lameness

I am sure you will all join us in congratulating Anna on this fantastic and well deserved achievement.

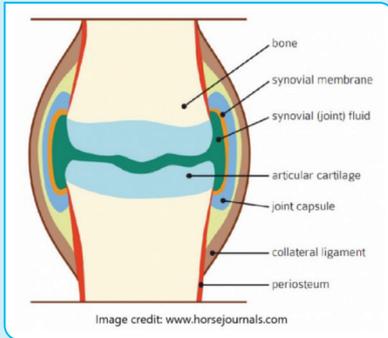


## Rugging guide

We thought it was worth sharing this handy chart to help you decide which rug to reach for. However, it is only meant as a guide. Remember all horses are individuals so get to know your horse and don't feel pressured into doing the same as others on your yard! It is important to note the type of clip will effect the type of rug required. For example, a horse with a trace or blanket clip will need a lighter weight rug compared to a horse with a full hunter clip. Please also remember to reduce rugs as the temperature rises during the day!

| Temperature                | Clipped Stabled Horse                              | Unclipped Stabled Horse                     | Clipped Turned out   | Unclipped Turned out                              |
|----------------------------|--|---|--|---|
| 10 to 15 degrees           | Light weight or zero fill (100g)                   | Nothing or zero fill                        | Nothing or Light weight (100g) or zero fill                | Nothing   |
| 5 to 10 degrees            | Light weight to medium weight rug (150-250g)       | Light weight (150g)                         | Light weight plus neck cover (150g)                        | Nothing or light weight (100g)                    |
| Zero to four degrees       | Medium weight to heavy weight rug (250-300g)       | Medium weight (200g)                        | Medium weight with neck cover (200g)                       | Lightweight or medium weight (150-250g)           |
| Zero to minus 10 degrees   | Heavy weight rug with neck (300-400g)              | Medium weight with neck or liner (200-300g) | Heavy weight with neck cover +/- liner (300-400g + liner)  | Light or medium weight with neck cover (150-300g) |
| Less than minus 10 degrees | Heavy weight with liner/ under rug and neck (500g) | Heavy weight + neck (300-400g)              | Heavy weight with liner and neck + hood (300-500g + liner) | Heavy weight and neck (300-400g)                  |

## Arthritis



Arthritis is referred to in veterinary terms as Osteoarthritis (OA) and is one of the most common cause of lameness in our patients. OA is a degenerative condition which is characterised by damage to and loss of the cartilage layer in the joint, leading to pain and inflammation.

Joints are designed to be loaded but if a joint is loaded above its ideal threshold the joint responds by trying to remodel, resulting in reduced shock absorbing ability of the underlying bone (subcondral bone) and more pressure onto the cartilage layer which begins to breakdown. Additionally changes occur within the joint lining and the fluid within the joint (synovial fluid).

Although we commonly assume OA is a condition of wear and tear in the older horse, the development of OA can occur for a wider

variety of reasons in all ages of horses. Less commonly, OA can occur secondary to conditions such as an infection in the joint, fractures which communicate with the joint and developmental conditions such as osteochondrosis dissecans (OCD). Conformation, genetics, weight and exercise can all play a part in the development of OA.

Diagnosis relies on initially localising the pain to a particular joint using local anaesthetic blocks and then performing radiographs to look for characteristics of OA. It's important we confirm that particular joint is the cause of pain and lameness before imaging as not all abnormal findings are significant. As x-rays only allow us to assess the bone we may combine this with additional imaging such as ultrasonography to assess the soft tissue structures associated with that joint.

Following diagnosis your vet will recommend the most appropriate treatment and rehabilitation plan for your horse. We are lucky to have a variety of types of medication at our disposal and the choice will depend on type and severity of OA, the intended use, age of the horse and finances available. Regular physiotherapy can help maintain range of movement and prevent/ address any muscle tightness and good farriery is also very important.

## Supplements

### Continuing our information relating to Supplements. This is Equimove

Our EquiMove is a nutritional supplement aimed at maintaining healthy joint cartilage. It contains 5 key ingredients which together are proven to alleviate joint problems. Osteoarthritis (OA) or Degenerative Joint Disease (DJD) is the most common cause of lameness in the horse and the consequences of this disease can be life threatening in severe cases. It is best to use joint supplements proactively and preventatively, they work best in early disease so don't leave it as a last resort!

Normal locomotion results in a loading force being applied to the joints. Cartilage is the substance which coats the end of bones and absorbs shock on an ongoing basis. The body is capable of replenishing damaged cartilage but certain ingredients are required to replenish the cartilage matrix. The first 4 of the ingredients below, that are included in EquiMove, are naturally occurring in the body and support and accelerate the healing process in cartilage. There are zero fillers meaning the product only contains vital ingredients.

### 5 key ingredients in EquiMove:

1. Chondroitin Sulphate
2. Glucosamine Hydrochloride (HCL)
3. Methylsulphonylmethane (MSM)
4. Hyaluronic Acid (HA)
5. Boswellia Serrata

For more information on the role of each of these ingredients please see our Equimove information sheet.

### Feeding Guidance:

EquiMove is a palatable oral powder. It is added to hard feed once daily. There is a 14 day loading feed rate of 30g for horses and 15g for ponies. After that, a maintenance feed rate is used, which is 15g for horse in full work, 7.5g horse in light work/ rest and 7.5g for a pony.

### How does EquiMove compare to other joint supplements?

Generally speaking, products you can buy off the shelf in your local equestrian store have lower amounts of the vital ingredients and are often bulked up with ingredients which have no direct effect on joint health. EquiMove is kept simple and pure through the use of 5 ingredients, 4 of which are naturally found in horses. By feeding a veterinary grade supplement you are able to guarantee all ingredients are fully researched and traceable.

### There are a few considerations when choosing a joint supplement:

Firstly, it is important to know what the therapeutic feed rate for each ingredient is. Feeding sub-therapeutic levels negates any potential positive effect and is also a waste of money. Secondly, studies have shown a worrying trend for some supplements to have greater than 30% difference between the amount of ingredient listed on the tub and the amount actually contained in the product. Thirdly, the ingredients need to be high quality to ensure maximum bio-availability (so the body can absorb and use it!). Choosing a product which can prove its ingredients traceability, prove the research behind their use and guarantee results makes spending money on a joint supplement worthwhile. Thankfully, EquiMove can!



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We wish all  
our clients  
a very Merry  
Christmas and a  
Happy  
New Year.