



# EQUINE REBALANCE THERAPY CENTRE

Enhancing Performance For Horse & Rider

**ACTIVO-MED WATER TREADMILL FIRST SESSION - £15  
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Email: equinerebalance@gmail.com · Phone: 07949 623402 · Location: Wellington Riding, RG27 0LJ

[www.equinebalancetherapycentre.co.uk](http://www.equinebalancetherapycentre.co.uk)



## Reproduction & Stud Services

Providing personal & dedicated veterinary care

- Qualified dedicated Stud Vet
- CCTV & onsite nurses 24/7
- Stallion semen collection
- Chilled & Frozen packages
- Embryo Transfer & AI
- Taylor made packages available
- BEVA AI Approved

### We love to hear from you!

We welcome any feedback on our services please email our practice manager [laura.feather@cvs vets.com](mailto:laura.feather@cvs vets.com)



Please note that we need a minimum of 48 hrs notice for medication to be collected or posted so the treating vet can approve.

## SCOTT DUNN'S EQUINE CLINIC

Straight Mile Farm · Maidenhead Road · Wokingham · Berkshire · RG40 5RW

Tel: 01344 426066 · Lines open 24/7 · Email: [admin.scottdunn@cvs vets.com](mailto:admin.scottdunn@cvs vets.com) · [www.scott-dunns.co.uk](http://www.scott-dunns.co.uk)

Opening Hours: Monday to Friday - 8.00am to 6.00pm

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# Newsletter

## SCOTT DUNN'S EQUINE CLINIC



Clinical Director: Simon Knapp, LVO, BSc BVetMed MRCVS  
Veterinary Surgeons: Iain McKenzie BVM&S Cert AVP (ES-0) MRCVS  
Mark Cubberley BVetMed Cert EM (IntMed) MRCVS,  
Yolanda Serrano Ldo Vet MRCVS, Luis Louro DVM, MRCVS, Chris Neal BSc (Hons) BVSc MRCVS

Inside this issue: Spotlight on... Kissing Spines & Back Pain · Our Services

## Worming has changed. Worm right - seek your vets advice

As you may well have read wormer resistance is becoming a huge issue. Our vets have put together a new worming programme to help advise you what to do throughout the year. **Worming is not always the answer.**

See details below and discuss with your yard manager. It is vitally important that all horses in a herd should follow the same programme.

If you are unsure of what to do please speak to one of our vets for free advice and you see a more detailed programme on our website: [www.scott-dunns.co.uk](http://www.scott-dunns.co.uk)

**Our wormers are now very competitively priced, please call reception for details.**

Worming programme for an adult horse (over 2 years old):

### MARCH/APRIL

- Saliva test for tapeworm
- Worm egg count for other intestinal worms

### JUNE/JULY

- Worm egg count for other intestinal worms

### SEPTEMBER/OCTOBER

- Saliva test for tapeworm and worm egg count for other intestinal worms

### DECEMBER/JANUARY

(ideally 2-3 weeks after the first frost)

- Treat all horses for encysted redworms (potentially life threatening)
- Treat all horses with moxidectin (Equest). Horses that were not treated for tapeworms in autumn can be treated with (Equest Pramox). It is especially important not to use this wormer more than once a year to minimise resistance.

different droppings. All the faeces collected for the sample should be gently mixed and put in the same sample bag.

• The sample should be closed and kept refrigerated, unless it can be delivered in the next few hours to the practice.

• Label the bag clearly with your name, the horses name and the date taken.

• The sample **MUST NOT** be posted or kept in the car under high temperatures.

For details in worming young stock and broodmares or general advice please do not hesitate to contact us.



**How to take a worm egg count sample:**

- Take a small sample, ideally one handful no more than 12 hours old - from three

Spotlight on...

# Kissing Spines & Back Pain

An integrated approach to management

More correctly known as impinging Dorsal Spinous Processes (DSP's), Kissing Spines are a common cause of back pain in horses and usually affect the area under the saddle (T10-T18 vertebrae). Symptoms can range from severe muscle pain and reluctance to go forward, to mild behavioural changes often attributed to 'cold-backing'.

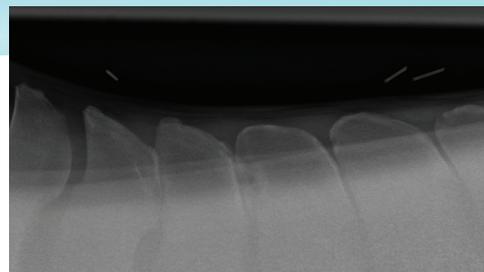
When they are strongly suspected, radiographs are taken to grade their severity. However, it is important to note that a lot of mild-moderate cases are not significant despite the presence of back pain. Therefore assessing for signs of lameness and tack fit, injecting targeted local anaesthetic around the suspect spines, or sending the horse for advanced imaging techniques (eg. Scintigraphy/Bone Scan) are often used to prove their importance.

## How can we treat or prevent them?

Broadly speaking, horses with kissing spines can be separated into two groups. Those affected early on in life (<5 years old) and could be considered as genetically predisposed and those that have developed the condition later on in life (>5 years old). This is important as it influences our options when it comes to prevention and management.

In humans with back pain, the majority of treatment focusses on posture and strengthening muscular support rather than medical or surgical treatment. Instead of a period of rest, we as humans, focus on loading and strengthening exercises to improve back stability. Interestingly, using a similar approach in horses has resulted in excellent results after 6 weeks of active, unsaddled resistance exercise. Type of exercise is exceptionally important and consists of carrot stretches, tight figure of eight manoeuvres and rein backs (amongst other things).

These can be supplemented with long reining, Equi-Band/Equi-Core resistance aids (these have excellent results and can be a good 'yard' purchase), Pessoa (when used correctly) or water treadmills (Equine Rebalance at Wellington Riding). Incorporating some of these into your horse's routine is a good way to try to prevent the impinging spines from causing recurrent issues.



In more severe cases, or to allow horses to work through back pain, medication or more intensive treatment modalities may be used. We often inject long lasting corticosteroid, which help reduce inflammation and pain, targeting them around the impinging DSP's. However, in certain cases (e.g. sports horses competing at FEI level), these can remain detectable for up to 5 months. Therefore, other treatments such as Sarapin (anecdotally can be used to reduce nerve pain), acupuncture or shockwave therapy can be used adjunctively.

We have acquired a brand new focussed shockwave therapy that specifically targets the affected spinous process and are seeing excellent results in these patients. We also often use transcutaneous electrical nerve stimulation (faradic) treatments with the help of our rehabilitation nurses Ami and Laura. These use electrical impulses to directly stimulate and grow the under developed muscles, a technique used historically in human athletes to promote core strength, over a course of 4-6 weeks.

Despite all of this adjunctive treatment (both preventative and therapeutic), sometimes the only way to treat the condition is surgery – especially when the condition is thought to be genetic. Interspinous ligament desmotomy, a quick and minimal invasive treatment that takes 10 mins, can be used in mild-moderate non responsive cases with on over 70% success rate. More severe cases or those thought to have a genetic basis, can have an ostectomy (removal of the spinous process), however, this is very invasive and requires a long lay-off period of around 6 months.

Chris Neal MRCVS.

Are you  
aware  
of our  
services?

Here are just a few:

- 24 hour emergency care – highly skilled team of vets and nurses with a continuity of care
- Fully equipped hospital with complete surgical and inpatient facilities (13 stables)
- Specialist consultant surgeons for all types of surgeries incl colic
- Full lameness work-ups with portable state-of-the-art diagnostic equipment (digital x-rays, scanners etc)
- Internal medicine investigations including gastroscopy
- Pre-purchase examinations
- Comprehensive reproduction and stud services
- Therapy treatments (Shockwave, Faradic, Laser & Ultrasound)
- Routine & advanced dentistry
- In-house laboratory
- Competitively priced with no hidden charges
- Healthy Horse Club discount scheme
- Regions covered: Berks, Bucks, Hants, London, Oxon & Surrey