

NORTHWEST EQUINE PERFORMANCE LLC

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TENDON & LIGAMENT REHAB **INFORMATION SHEET:**

GENERAL INFORMATION:

The correct management of tendon and ligament injuries is crucial to successful recovery. This requires careful monitoring, and periodic re-evaluations at the end of each phase of recovery to tailor the program specifically to the individual athlete, as severity of injury and healing varies between individuals. At any time during the recovery process, if the injury is not healing as well as expected, re-evaluation is also warranted. Concurrent therapies such as shockwave, therapeutic ultrasound, and swimming may be advised during the recovery period.

Injury Repair Phases:

Phase 1: (Weeks 1-3 approximately)

Evaluation of the initial injury using diagnostic ultrasound by a veterinarian is crucial in developing a plan of treatment and rehabilitation

Initial treatment involves cooling out of the injured area using ice or water therapy, along with systemic anti-inflammatories such as bute. Topical therapy such as surpass, DMSO/furacin sweats, etc may also be used, being careful to avoid dermatitis of the region especially with DMSO. Support bandages should be applied to both the affected limb and the opposite limb.

Within 21 days, once initial inflammation is controlled, the lesion may be injected with products such as Tendotrophin, ACELL, Bone Marrow, or AGV and followed by a second injection 7 days later.

During this time the horse should be stall rested and not allowed to exercise. When the inflammation has subsided and the tendon is relatively pain free upon palpation, progress to the second phase.

Phase 2: (Weeks 4-7 approximately)

Begin with re-evaluation using diagnostic ultrasound to determine if it is safe to begin controlled exercise. Begin with handwalking (or a walking machine) to ensure

control, for 5 minutes twice daily in week 4, building up to 45 minutes twice daily by the end of week 7.

Phase 3: (Weeks 8-11 approximately)

Begin with re-evaluation using diagnostic ultrasound to determine if it is safe to increase exercise. Begin with slow trotting for 10 minutes per day in week 8 building up to 30 minutes by the week 11. Walking exercise continues for 30 minutes twice a day.

Phase 4: (Weeks 12-15 approximately)

Begin with re-evaluation using diagnostic ultrasound to determine if it is safe to increase exercise. Trotting exercise for 30 minutes each day with a small amount of cantering can begin. Walking exercise continues for 30 minutes twice a day.

Phase 5: (Weeks 16-19 approximately)

Begin with re-evaluation using diagnostic ultrasound to determine if it is safe to increase exercise. Gradually increase work load to include significant cantering sessions while continuing walking exercise for 30 minutes twice a day.

Phase 6: (Weeks 20-25 approximately)

Begin with re-evaluation using diagnostic ultrasound to determine if it is safe to increase exercise. Gradually increase work load to full gallop, while monitoring tendon closely.