



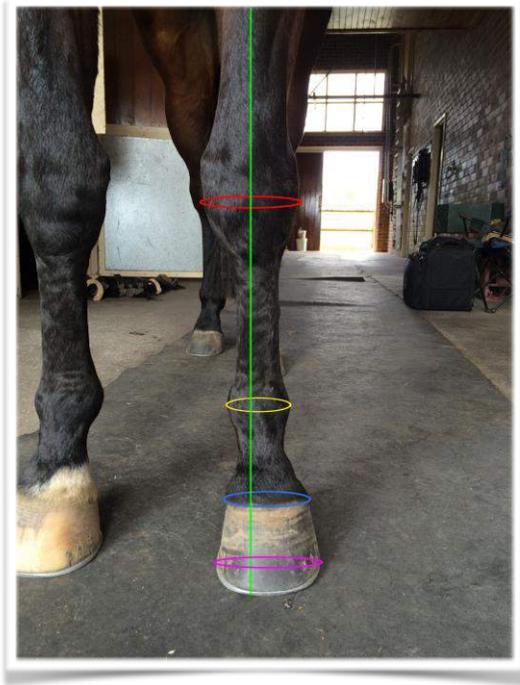
# RANDWICK EQUINE CENTRE

NEWSLETTER

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## NO hoof, NO horse



**Randwick Equine Podiatry (REP) is a new and exciting department at REC. Working in collaboration with experienced farrier Garth Derrig, REP provides a thorough evaluation of your horse's gait, foot balance and lameness issues to construct a shoeing and management plan for optimal soundness.**

Randwick Equine Centre (REC) is renowned for excellence and comprehensive quality care of both the performance and pleasure horse. As well as having specialists in equine surgery and medicine, we have a number of veterinarians who focus on lameness in horses across all disciplines. The horse's foot is a major source of lameness and performance limitation. The saying 'no hoof, no horse' is used world-wide for good reason! Taking good care and fully understanding the

### WINTER 2015

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### REC has gone Green

We are now no longer printing our newsletters, saving close to a thousand A4 pieces of paper each quarter - which adds up to a lot of trees...

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## No Hoof, No Horse continued...

horse's foot is therefore of paramount importance for management and prevention of many lameness issues.

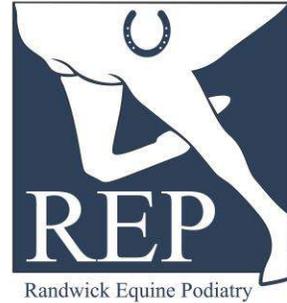
REC has recently launched **Randwick Equine Podiatry (REP)** to give you and your horse the best possible foot care. REP consists of a team of vets who work in collaboration with Master Farrier Garth Derrig to achieve the most accurate assessment and optimal recommendations for your horse.

Garth has been an active member of the farrier community based in the Hawkesbury district for the past 21 years. He became a Master Farrier in 1998, and has also spent time furthering his experience in the United States. He has a particular interest in therapeutic farriery and extensive experience in trimming and shoeing techniques required for hoof related problems and lameness.

Our podiatry consultation involves static and dynamic evaluation of the hoof and leg conformation along with foot radiographs using barium markers. Findings are then discussed in conjunction with previous or current lameness concerns to allow the best possible shoeing plan and hoof maintenance for your horse's soundness.

REP is useful for sound horses to optimize foot balance, prevent injuries and reduce the risk of future lameness, as well as for horses with lameness due to foot pathology. Improvements in foot balance and shoeing modifications are also of vital importance when managing other injuries such as proximal suspensory ligament inflammation and 'bowed' tendons. REP is also a valuable resource for managing everyday foot headaches such as laminitis and abscesses.

For more information or to arrange an appointment with our Podiatry Department, please call (02 9399 7722) or drop us a line at [podiatry@randwickequine.com.au](mailto:podiatry@randwickequine.com.au)



### 10 tips for reducing the risk of colic

1. Establish a daily routine – including feeding and exercise schedules, and stick to it.
  2. Feed a high quality diet comprised primarily of roughage.
  3. Avoid feeding excessive grain and energy dense supplements. At least half the horse's energy should be supplied through hay or forage.
  4. Divide daily concentrate rations into two or more smaller feeds rather than one large one to avoid overloading the horse's digestive tract. Hay is best fed continuously throughout the day.
  5. Set up a regular parasite control program with the help of your vet.
  6. Whenever possible, provide exercise and/or turnout on a daily basis. Change the intensity and duration of an exercise regimen gradually.
  7. Provide fresh, clean water at all times.
  8. Avoid putting feed directly on the ground, especially in sandy soils.
  9. Discuss with your vet to see if routinely feeding psyllium would be appropriate for your horse/pony if you live in an area with sandy soils
  10. Reduce stress. Horses experiencing changes in environment or workloads are at high risk of intestinal dysfunction. Pay special attention to horses when transporting them or changing their surroundings, such as at shows.
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# Randwick Equine Sports Medicine



Our sports medicine department has been very busy since the start of the year looking after their loyal clients as well as vetting at numerous equestrian events. The year kicked off with the Wallaby Hill one day event, closely followed by the Randwick Equine Centre Summer Eventing Classic at Sydney International Equestrian Centre (SIEC). Both events ran smoothly as always and thankfully our team had very little veterinary work to do at either event, allowing them to enjoy their time and catch up with as many clients as possible. It's always nice to have the opportunity to see our clients enjoying their horses in full health and fitness at an event, not just when there is a problem. Our vets were once again on site for the Wallaby Hill extravaganza this year, which is always a fun day and have recently been appointed as FEI Veterinary Delegate (Christopher Elliott) and Veterinary Services Manager (Rachel Salz) for the Wallaby Hill CIC\*\*\* event in December. Chris and Rachel were also vetting at the Sydney International Horse Trials on the weekend of the 2<sup>nd</sup>/3<sup>rd</sup> of May. Despite the mud and rain both our vets managed to stay relatively dry (Chris more than Rachel) and fairly mud-free (Rachel definitely more than Chris). Randwick Equine Centre are again sponsoring the SIEC Winter Eventing Classic which is coming up in July, and have recently been appointed as the veterinary service providers for the Northside Polo Spectacular on Sunday 27<sup>th</sup> September. REC have a great relationship with Northside riding club and are very much looking forward to vetting at the polo. Hopefully we will see as many of you as possible on the day. [www.northsidepolospectacular.com](http://www.northsidepolospectacular.com)

If you would like to keep up with what our sports med team has been up to, and where they are heading next you can follow them on *twitter* @REC\_SportsMed, especially towards the end of the year as Chris heads overseas vetting at the Rio Olympic test event, Burghley Horse Trials and European eventing championships.

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## Sand Colic

### What is Sand Colic?

- Gradual accumulation of sand in the large bowel of the horse
- Although sand accumulates slowly, onset of pain can occur rapidly

### Clinical Signs of Sand Colic

- Signs of Sand Colic can vary from subtle, low grade discomfort to severe unrelenting pain

### Signs of Colic

- |           |                    |                            |
|-----------|--------------------|----------------------------|
| - Pawing  | - Kicking at belly | - Stretching out           |
| - Rolling | - Flank watching   | - Dullness and inappetence |
- Other signs of chronic sand accumulation in the colon include:

- Diarrhoea	- Weight Loss	- Poor Performance
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# Sand Colic continued...

## How do I know if my horse is eating sand?

In areas where the soil has a high component of sand it is often better to presume your horse is ingesting sand and treat accordingly, then to wait for definitive signs. Better to be safe than sorry...

But, an easy way to test for sand is to do a **Faecal Sedimentation Test**

- Place several pellets of faeces in a clear glove (eg. A rectal sleeve from the vet) or a glass container, add water and mix
- Allow settling, and if any sand is present it will accumulate at the bottom of the glass, or in the fingers of the glove.
- If you get a negative result, consider repeating the test in a few weeks as it is known that horses don't pass sand in their faeces consistently
- In some cases radiography (Xray) of the abdomen is warranted to see if there is a large amount of sand present in the large colon.

## Prevention of Sand Colic

- Avoid feeding directly from the ground if possible
- Place mats under feed bins to avoid feed that is dropped falling directly onto the ground. Consider large or heavy feed bins that can't be tipped over onto the ground.
- Consider offering free access grass hay through the day to reduce excessive foraging in very sandy soils

## Feed PSYLLIUM

- Binds sand and stimulates gut motility, helping to aid in the removal of sand
- Common feeding regime is:
  - 250g of **psyllium** per day for the first 7 days of each month
- In some cases a larger dose of psyllium combined with paraffin oil and given by stomach tube every six months is also required to effectively reduce sand accumulation

But there is no hard and fast rule on how much and how often to feed psyllium.

**If you are worried about the possibility of sand accumulation in your horse, please don't hesitate in contacting us and discussing risk factors and preventative measures in avoiding sand colic.**

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## REC NEWS

### Welcome to our new Interns

REC would like to extend the warmest of welcomes to our new interns. Rotating between anaesthesia, surgery, medicine and hospital duties as well as working at our Warwick Farm practice, our interns are vital to the success of our practice.

Dr James Mizzi (centre) is originally from the Blue Mountains and joins us via the Wagga vet school with a particular interest in diagnostic imaging of the equine athlete. Dr Caitlin Manring (left) is a native of southern California and joins REC after graduating from The Ohio State vet school (where Dr Chris O'Sullivan completed his specialist surgical training). Caitlin is passionate about all facets of equine sports medicine and rehabilitation.



Dr Jemma Hayman (right) is a veterinary graduate from Perth who also has her thoroughbred trainers license. Racing is her first and foremost love and is very much enjoying her time here at REC. Dr Christian Byrne (below) is a proud Yorkshireman and graduated from the Edinburgh vet school. His particular area of interest is lameness diagnosis and management of the performance horse.

