

Health Checklist

*There may be other causes to many of these issues, however diet is the major cause that is frequently ignored & so often underestimated.
All the problems listed have a bio-chemistry component and therefore respond well to dietary changes.

*B = Before A = After Diet changes

Categories

1. In the Paddock
2. Grooming/Tacking up & Floating
3. Ground work/Lunging
4. Riding & Schooling
5. Movement
6. Staggers
7. Head Flicking
8. Metabolic Syndrome
9. Laminitis
10. Founder
11. Cushings
12. Life-threatening Metabolic Problems
13. Respiratory
14. Digestive
15. Skin & Hoof
16. Reproductive

Paddock Issues

| B | A |
|---|--|
| | Fence walking/running |
| | Separation anxiety/herd-bound! |
| | Shies away when approached |
| | Doesn't like strangers or 'men' |
| | Aggressive with other horses or towards you! |
| | Random bolting in the paddock (or when ridden)! |
| | Tail whipping/clamping |
| | Dislikes cover going on |
| | 'Cover Running' – bolting around when covered! |
| | Generally agitated |
| | Stands there kicking out the back with hind legs |
| | Photophobic – can't stand the light, head low/aeroplane ears |
| | Itching on anything and everything |
| | Urine leaves brown patches |

* Needs Immediate Urgent Action

Grooming, Tacking up & Floating Issues

| B | A |
|---|---|
| | Abnormally 'Twitchy' when touched |
| | Doesn't want to be brushed/cranky/grumpy |
| | Girthy: reaching around to bite when being saddled |
| | Cold-backed: takes little short steps when first saddled |
| | Ear-shy/difficult to halter or bridle |
| | Uncharacteristic, 'Pulling Back' when tied! |
| | Bad with needles! |
| | Trouble holding legs up: trimmer/farrier has to keep them low |
| | 'Snatchy' when picking up their legs |
| | Rushing through narrow spaces like gateways! |
| | Gets easily anxious, does little sloppy manures |
| | Floating Issues: rushes off/panics at feel of back bar! |
| | Endless saddle-fitting issues |

! Liable to hurt themselves, other horses or you

CheckList

3. Ground-work/lunging Issues

- B A Tense, worried expression
- Excessive yawning
- Reactive rather than responsive!
- Argy-bargy/seems belligerent
- Objects to ground-work: Leaps/plunges/rears/kicks out!
- Hollows out: wants to travel with head in the air
- Leans in, goes too fast
- Short-stepping, tight behind
- Explosive trot to canter transitions
- Swaps leads behind
- Intermittent, nebulous lameness, uneven

4. Riding & Schooling Issues

- B A ADHD/no attention span
- Sweats in odd places or with little exertion
- Limited progress with schooling
- Nose rubbing
- Head flicking/shaking*
- Violent spooks, even at familiar things!
- Over-reactive: hyper-sensitive
- Resents the leg: kicks out when leg is applied
- Impulsive: wants to run off or go too fast
- Excessive tail swishing
- Nappiness/no go
- Can't cope with pressure: loses the plot with adrenalin!
- Unreasonable separation anxiety!
- Rears/bucks/leaps/plunges!
- Any uncharacteristic behaviours

5. Movement Issues

- B A Reluctant to move out at the walk: would rather jig-jog
- Moves 'stiffly' Muscle sore
- Tight hamstrings/Short-stepping: choppy/hard to sit
- Wants to hollow out
- Permanent 'veer' in one direction
- Canter issues: Wrong leads/'bunny-hopping' /disuniting
- Explosive trot to canter transitions
- Sacro-iliac issues
- Hitches a hind leg
- Stringhalt (hyper-flexion of hind-limbs)
- Locking stifles

CheckList

6. Stagers - the signs...

B A

Zonked look, half asleep

Dull/lethargic but still over-reactive esp: noise

Heavy on the forehead

Bolshy/bargy

Stumbles/knuckles over/draggs toes

Difficulty backing up, going downhill

Drunken, unsteady gait

Gives out in the hind-quarters!

Falls over!

7. Head flicking/shaking

B A

Sudden vertical flick of head

Violent shaking of ears

Rubbing nose on leg or on ground

Muzzle twitching

'Boxing' at the nose with foreleg

Hyper-sensitivity

Sacro-iliac & other musculo-skeletal issues

Paresthesia (Severe itching)

Light sensitivity (Photophobia)

Agitation!

Urine pH over 8

8. Metabolic Syndrome

B A

Puffy around the eyes and/or sheath

Bloodshot eyes

Cresty neck!

Fat pads above tail head

Fat pads on sides of rump

Fat pads behind shoulders

Edema's (swelling)

Frequent urination



CheckList

9. Laminitis! - the signs...

- B A
- Crest of neck goes hard
 - Stiff Walk
 - Sore feet, shifting weight from foot to foot
 - Progresses to...
 - Reluctance to move at all
 - Rocked back stance
 - Lies down often
 - Sweat due to pain
 - Further progression to...

10. Founder!!

- Mechanical damage - laminae 'let go'
- Pedal bone roates causing
- Convex soles
- Penetration of coffin bone
- Extreme pain

11. Cushing's Syndrome

- B A
- Long often curly coat
 - Failure to shed out
 - Many of the signs of Metabolic Syndrome
 - Depressed
 - Prone to laminitis
 - Sweats easily
 - Early onset of a 'saggy back'
 - Muscle loss
 - Blood test confirmation

12. Lifethreatening Metabolic Problems!!

- Tying up
- Recumbancy (Inability to stand, flops flat on side)
- Tetany (Lying on side, legs rigid, periodic paddling)
- Convulsions/Seizures

13. Respiratory Problems

- B A
- Rhinitis (inflammation and/or ulceration of nasal membranes)
 - Excessive snorting/head tossing
 - No puff when exercising
 - Coughing on exertion
 - Raspy breathing, audible even at rest
 - Pasture heaves/difficulty with expiration
 - Hyper-ventilation (rapid shallow breathing)
 - Diagnosed with 'Allergies'

CheckList

14. Digestive Problems

- B A Soft to sloppy even projectile manure
- Wood chewing/eating manure
- Urine 'burns' the ground
- Loss of appetite
- Depressed/Grumpy
- Gastric or intestinal tract ulcers
- Exercise or feed related colic!
- Gaseous colics (Extra loud gut noises)!
- Ill-thrift/no topline

15. Skin/Hoof Problems

- B A Mud fever/Sunburn
- Rain scald
- Hair loss
- Excessive itching (paresthesia)
- Weak scant manes & tails
- Poor coat colour
- Dry, dull staring coat
- Poor hoof wall quality
- Repeated Abscessing
- Thrush
- Seedy toe

16. Reproductive Problems

- B A Geldings behave like stallions
- Hormonal mares/raging seasons
- Failure to properly cycle
- Difficulty conceiving
- Abortions/still births/thick placentas
- Contracted tendons/limb deformities in foals
- Developmental Orthopedic Diseases

