

**Hearn Veterinary Services**

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Hockley Valley: 713558 1<sup>st</sup> Line Mono EHS, RR#1, Orangeville, Canada, L9W 2Y8Office 519-943-1153 Fax: 866-468-5541 E-Mail: [hearnvetservices@bellnet.ca](mailto:hearnvetservices@bellnet.ca)**Rehabilitation of Tendon and Ligament Injuries, Dr. Carol Gillis, UC Davis**

(From the Proc Am Assoc Equine Pract 43:306, 1997)

## After First Ultrasound Exam: 0-90 days Post Injury

Injury	0-30 days	30-60 days	60-90 days
<b>Mild</b>	Hand walk 15 min twice daily	Hand walk 40 min daily	Ride at walk 20-30 min daily
<b>Moderate</b>	Hand walk 15 min twice daily	Hand walk 40 min daily	Hand walk 60 min daily
<b>Severe</b>	Hand walk 15 min twice daily	Hand walk 30 min daily	Hand walk 40 min daily

## After Second Ultrasound Exam: 90-180 days Post Injury

Progress	90-120 days	120-150 days	150-180 days
<b>Good</b>	Ride at walk 30 min daily	Ride at walk 45-60 min daily	Add 5 min trot every 2 weeks
<b>Fair</b>	Ride at walk 30 min daily	Ride at walk 45-60 min daily	Ride at walk 60 min daily
<b>Poor</b>	Hand walk 60 min daily	Ride at walk 20-30 min daily	Ride at walk 60 min daily

## After Third Ultrasound Exam: 180-270 days Post Injury

Injury	0-30 days	30-60 days	60-90 days
<b>Good</b>	Add canter 5 min every 2 weeks	Add canter 5 min every 2 weeks	Full flat work; no racing or speed work or jumping
<b>Fair</b>	Add canter 5 min every 2 weeks	Add canter 5 min every 2 weeks	Full flat work; no racing or speed work or jumping
<b>Poor</b>	Re-evaluate case: discuss further treatment options		

## After Fourth Ultrasound Exam: 270-360 days Post Injury

Injury	270-300 days	300-330 days	330-360 days
<b>Good</b>	Begin work at racing speed; jumping	Competition	Competition
<b>Fair</b>	Begin work at racing speed; jumping	Competition	Competition
<b>Poor</b>	Re-evaluate case; discuss further treatment options		

\*\*Approximately 70% of horses treated with stall rest and the controlled exercise program returned to racing as compared to 25% of eight horses treated with time off and large pasture exercise.