



### What's in This Newsletter

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## Keeping Horses in the Game: Navigating Lameness Prevention and Treatment

Owners as well as riders are responsible for making sure their horses are healthy and sound. Horses are incredible athletes both in and out of the show ring, so it is important that they are cared for like any elite athlete. Non-equestrians do not equate performance horses to gymnasts, marathon runners, or Olympic athletes. However, horse owners and veterinarians know the same level of commitment is required to keep equine athletes in optimal health and fitness.

The goals of Equine Sport Horse Medicine are to keep horses performing at their best, detect subtle changes, appropriately address underlying issues, and correctly diagnose and treat injuries to get horses back to optimum health. Despite being powerful animals, horses are relatively fragile. One day they are competing in perfect form, and the next day they can walk out of their stall lame. Thus begins the process of addressing the underlying issues and determining a treatment plan.



*Palm Beach Equine Clinic has a team of veterinarians who specialize in Sport Horse Medicine to keep equine athletes performing at their best.  
Photo by [Jump Media](#)*

Lameness can manifest itself in many ways, from subtle decreases in performance to severe and obvious signs of pain. Lameness is not a diagnosis or disease; it is the symptom of an underlying issue. Palm Beach Equine Clinic in Wellington, FL, has a team of veterinarians who specialize in [Sport Horse Medicine](#) and are skilled at diagnosing and treating the multiple causes of lameness. Ultimately a horse may have multiple factors contributing to an underlying lameness or a decrease in performance. Pinpointing the underlying issue is the crucial first step in proper treatment and rehabilitation.

Understandably, practicing proactive prevention is the best approach to avoiding incidents of lameness. Key to these efforts is detecting signs of lameness as early as possible so underlying problems do not exacerbate or cause longer-term lameness. Preventive techniques combined with proper training and rest, high-quality nutrition, and correct and balanced farrier work, help reduce usual wear-and-tear injuries.

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## To Treat or Not To Treat?

[The Chronicle of the Horse](#)



Any pet owner knows the horror of dropping a piece of food on the floor, watching your dog scarf it in the second before you can react, and then heading straight for Google (before possibly poison control) to type, "Can dogs eat \_\_\_?" The list of foods that harm dogs is long, and every small animal veterinarian can tell a story of a dog who consumed a few grapes or just a little dark chocolate and needed serious medical intervention.

But for horses, it's not quite the same. Few owners keep a pamphlet of items their horses can't eat on their barn refrigerators, and an emergency veterinary call for a similar situation as the one above isn't common.

"I wouldn't recommend feeding your horse a chocolate bar. I think sticking to a diet that they are used to eating is always a good idea," said [Janet Greenfield-Davis](#), BVMS, MRCVS, CVA, CERPM, of Palm Beach Equine Clinic in Wellington, FL. "Horses are meant to eat grass and hay; they're meant to graze all day long."

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## Congratulations to Wellington International Winners



*Kelsey Cruciotti and Vermont ODF in their winning presentation for the \$2,500 NAL Medium Junior/Amateur Jumper Stake sponsored by Palm Beach Equine Clinic.  
Photo by [Sportfot](#)*

Kelsey Cruciotti and Vermont ODF, owned by Pony Lane Farm, claimed top honors in the \$2,500 NAL Medium Junior/Amateur Jumper Stake sponsored by Palm Beach Equine Clinic during the Wellington International Spring V show in Wellington, FL. Cruciotti and Vermont ODF were one of two combinations to qualify for the jump-off and finished with a time of 34.939 seconds to top the podium.

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*Maya Ines Denis Chambon and Callypso de la Hamente Z in their winning presentation for the \$2,500 NAL Medium Junior/Amateur Jumper Stake, sponsored by Palm Beach Equine Clinic.  
Photo by [Wellington International](#)*

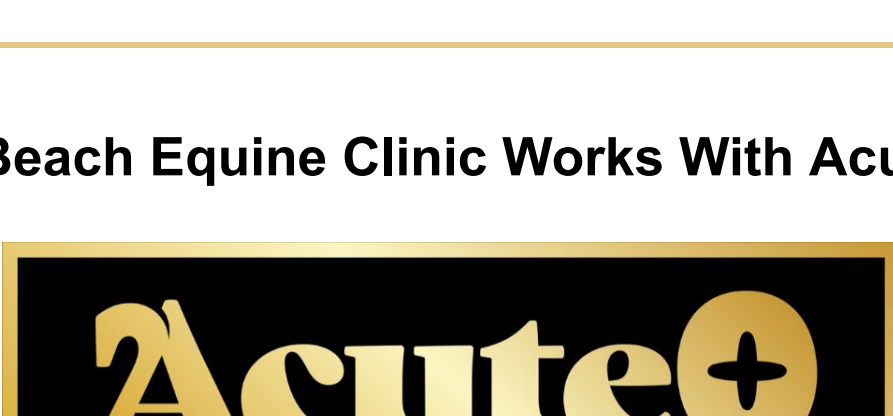
Maya Ines Denis Chambon piloted her own Callypso de la Hamente Z to the top prize in the \$2,500 NAL Medium Junior/Amateur Jumper Stake sponsored by Palm Beach Equine Clinic during the Wellington International June I show in Wellington, FL. Ayers and her mount were one of four combinations that produced a clear first round. In the jump-off, the pair flew through the timers at 37.114 seconds to take home the win.

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## Catch Up With PBEC on Instagram



## Palm Beach Equine Clinic Works With AcutePlus



AcutePlus is a veterinary Wellness Membership Plan offered through Palm Beach Equine Clinic. The program is designed that they can offer directly to their clients and patients. AcutePlus provides veterinary discounts, equine protection, and equine loss protection.

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