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Learn More About PBEC Hospital Manager Sarah Panico

As Palm Beach Equine Clinic's newly appointed Hospital Manager, Sarah Panico brings her love of horses and her past experiences of riding, competing, barn, and show management to PBEC. An avid horse lover since the age of seven, Panico became a working student as a young adult until she almost left the industry when she was 19.

"I was looking to change jobs and do something entirely different," explained Panico. "My mom saw a job application for the hospital technician position at Palm Beach Equine Clinic on social media. I wasn't going to apply for it, but she convinced me, and I'm forever grateful for that."



Photo courtesy of Sarah Panico

When she joined the team at Palm Beach Equine Clinic, located in Wellington, FL, Panico thought she wanted to become a veterinarian. However, she changed her mind after discovering her true passion while working as a veterinarian technician. She found that she enjoyed the hands-on role of being a hospital technician, which involved following treatment plans and taking care of the horses in the clinic's care. Critical cases were especially appealing to her as she enjoyed the concentrated care each case required.

"When I first started working here, I thought I had a decent amount of knowledge about horses and their care," commented Panico. "But working with the team of Veterinarians at PBEC has given me the opportunity to gain a wider variety of knowledge and experience. It inspires me to keep learning and growing. The Palm Beach Equine veterinarians thoroughly enjoy teaching just as much as you enjoy learning from them."



Sarah Panico in the competition ring. Photo courtesy of Sarah Panico

Panico's day-to-day tasks as Hospital Manager are much more extensive than when she was a hospital technician. Her job responsibilities involve overseeing the hospital, managing patients, training employees, and managing critical cases. She also updates and schedules the patients' treatment plans, assists in prepping patients for surgery, coordinates admitting/discharging patients, and assists the doctors with procedures, morning rounds, and assessments.

Nine years later, Panico still enjoys coming to work every day. She loves taking care of her patients and being a part of their recovery process. She also credits her team and co-workers with making the management aspect of her role something she enjoys as well.

"We have a great team of dedicated people here," said Panico.



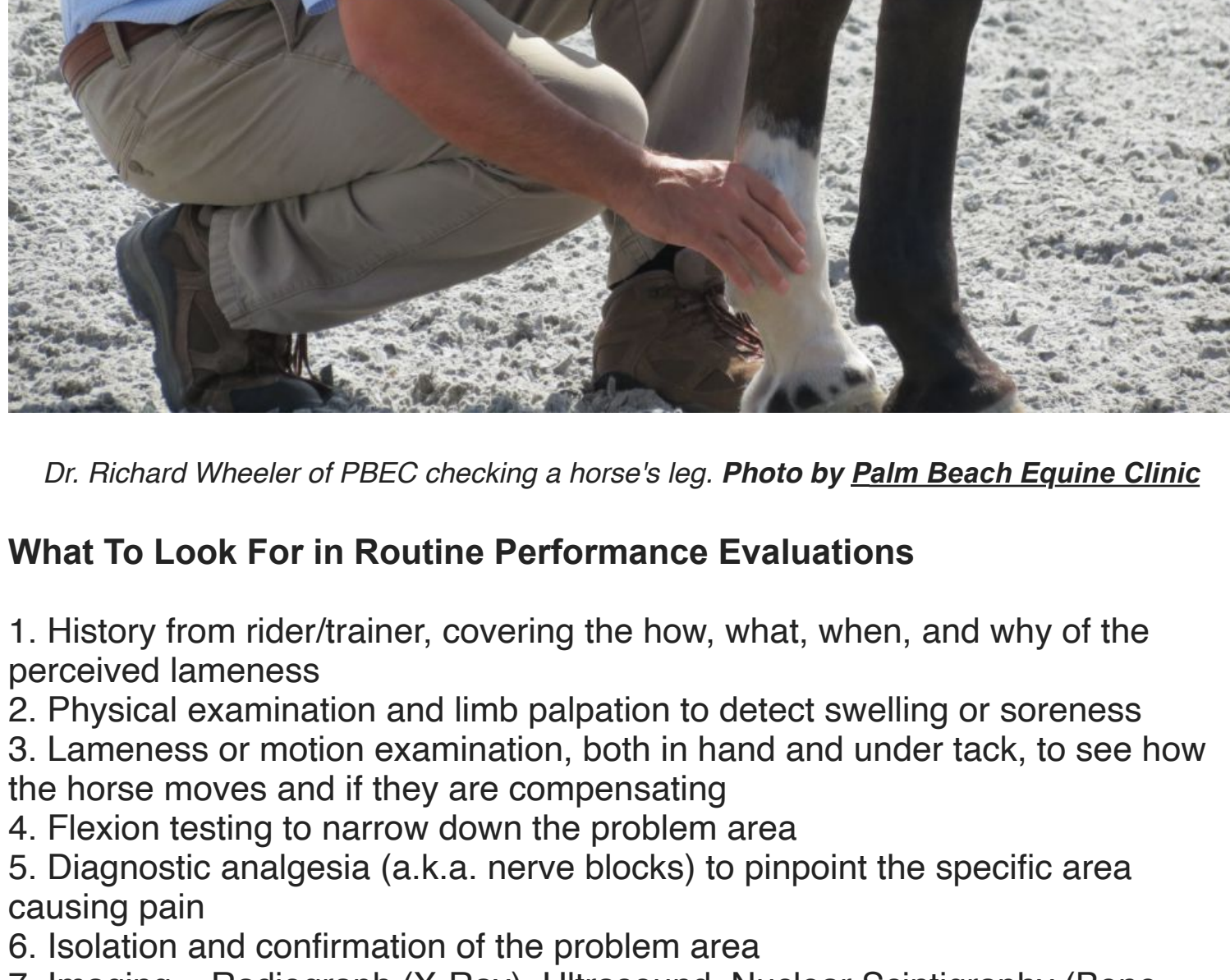
Sarah Panico working at PBEC. Photo courtesy of Sarah Panico

Keeping Horses in the Game: Navigating Lameness Prevention and Treatment

We ask a lot of sport horses, and they must be cared for as the elite athletes they are. The goals of Equine Sports Medicine are to keep horses feeling and performing at their best, to detect subtle changes and appropriately address underlying issues, and to correctly diagnose and treat injuries to get horses back to optimum health.

Keys To Catching Lameness Early

1. Have a firm understanding of what your horse's "normal" is
2. Do a daily hands-on leg check: compare opposite legs to detect heat, swelling, or sensitivity
3. Watch for shortened strides, decreased performance, reduced stamina, and changes in attitude
4. If a problem is suspected give your horse a few days off; if they return to work with symptoms have your horse examined by a veterinarian



Dr. Richard Wheeler of PBEC checking a horse's leg. Photo by Palm Beach Equine Clinic

What To Look For in Routine Performance Evaluations

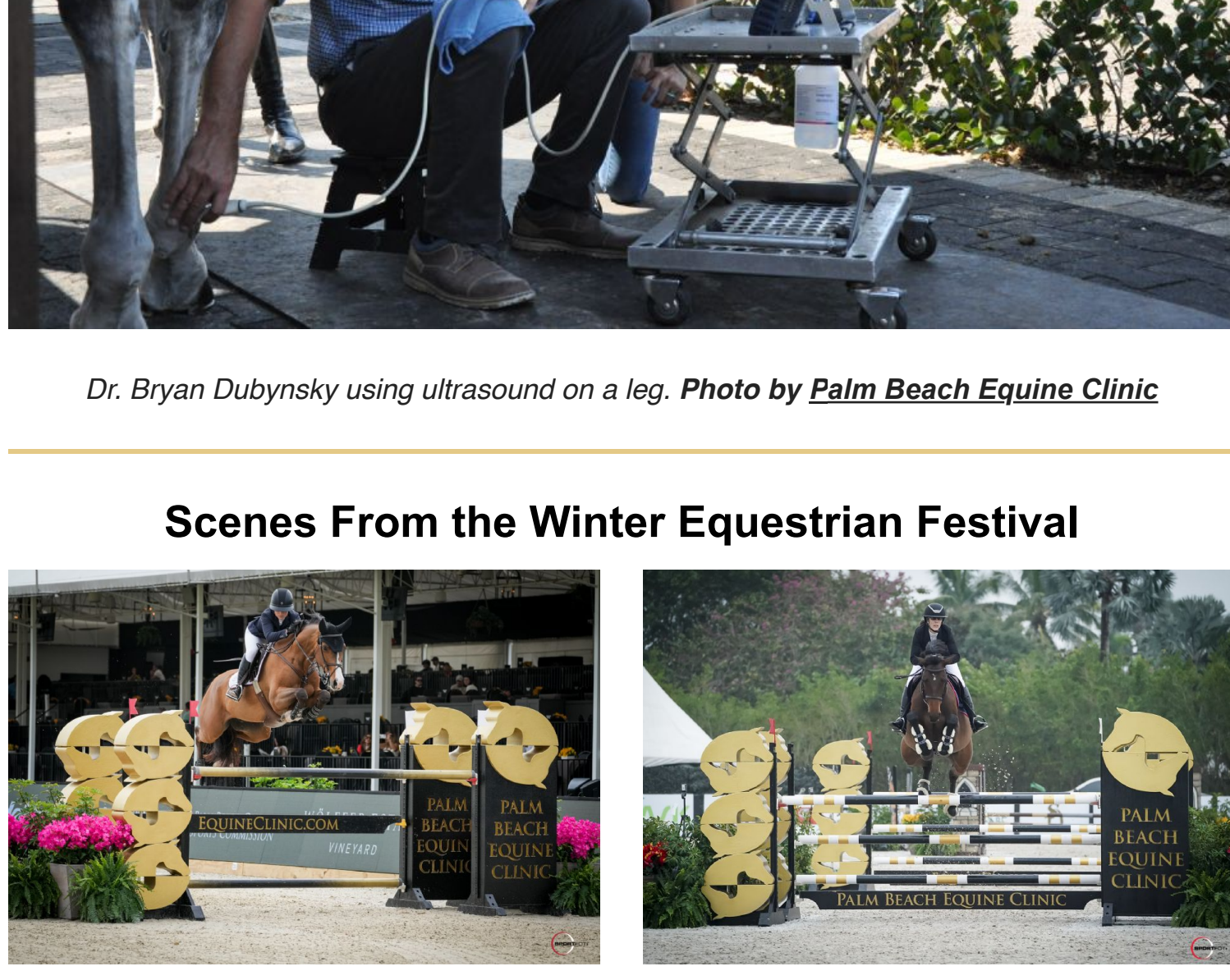
1. History from rider/trainer, covering the how, what, when, and why of the perceived lameness
2. Physical examination and limb palpation to detect swelling or soreness
3. Lameness or motion examination, both in hand and under tack, to see how the horse moves and if they are compensating
4. Flexion testing to narrow down the problem area
5. Diagnostic analgesia (a.k.a. nerve blocks) to pinpoint the specific area causing pain
6. Isolation and confirmation of the problem area
7. Imaging – Radiograph (X-Ray), Ultrasound, Nuclear Scintigraphy (Bone Scan), Magnetic Resonance Imaging (MRI), Computed Tomography (CT) – to diagnose underlying issues
8. Specific identification of the lameness or performance problem



Dr. Bryan Dubynsky of PBEC performing a flexion test. Photo by Palm Beach Equine Clinic

Treatment Options for Lameness

1. Conservative treatment (rest, ice, compression)
2. Medical management (NSAIDS, steroids)
3. Intraarticular medication (joint injections)
4. Soft tissue therapies (self-derived biologic therapies such as stem cells or pro-stride and shockwave, laser, and ultrasound)
5. Alternative therapies for creating treatment and rehabilitation programs using traditional and non-traditional therapies, laser, regenerative ultrasound, acupuncture and Chinese medicine, and shockwave therapy. Palm Beach Equine Clinic can help advise when an alternative method may be the appropriate or adjunct treatment.
6. As a last resort, surgery



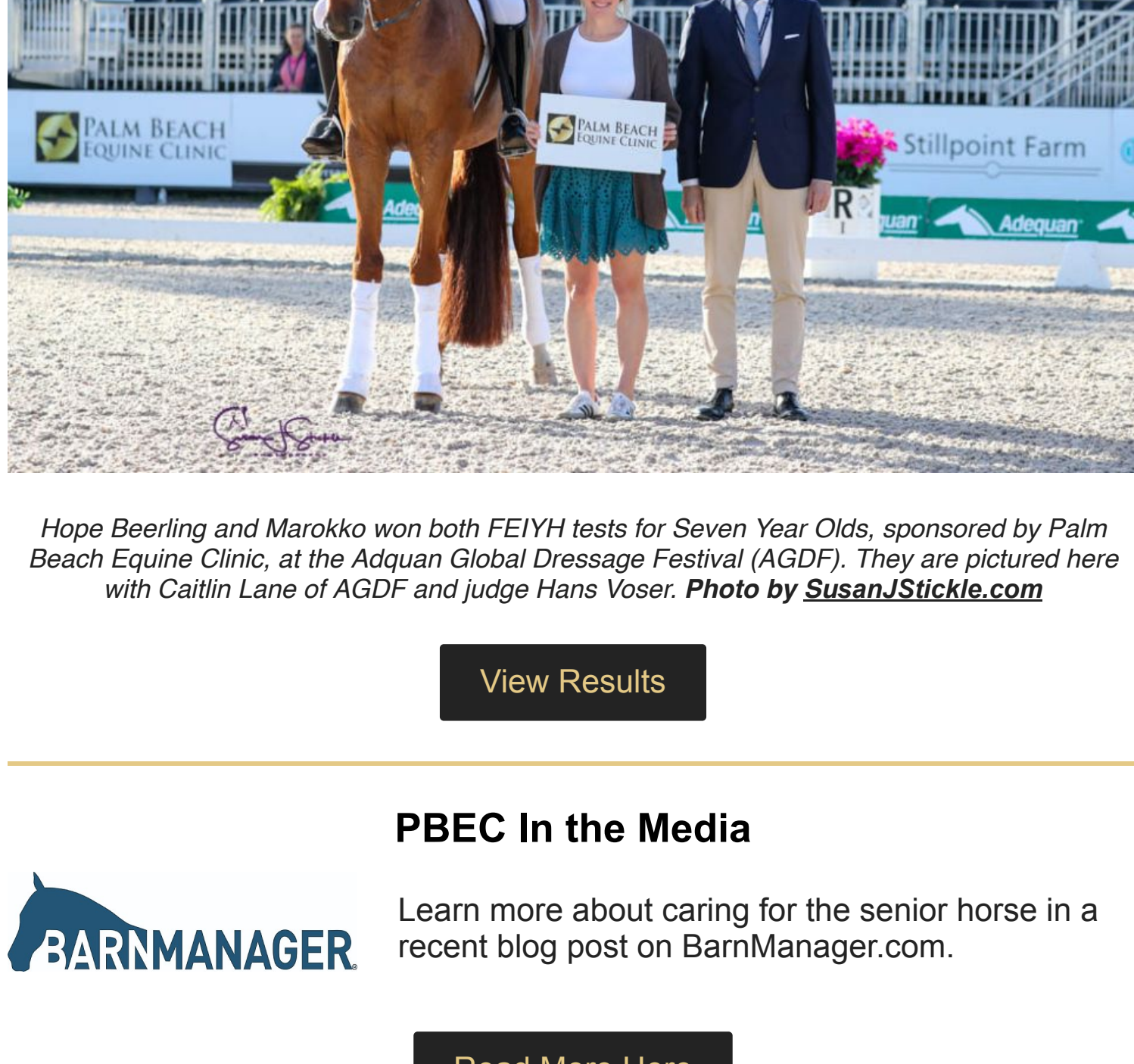
Dr. Bryan Dubynsky using ultrasound on a leg. Photo by Palm Beach Equine Clinic

Scenes From the Winter Equestrian Festival



Photos by Sportfot

Congratulations to Adequan Global Equestrian Festival Winner Hope Beerling



Hope Beerling and Marokko won both FEIYH tests for Seven Year Olds, sponsored by Palm Beach Equine Clinic, at the Adequan Global Dressage Festival (AGDF). They are pictured here with Caitlin Lane of AGDF and judge Hans Voser. Photo by SusanJStickle.com

[View Results](#)

PBEC In the Media



Learn more about caring for the senior horse in a recent blog post on BarnManager.com.

[Read More Here](#)

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 to give veterinarian practices a way to create a customized annual plan that they can offer directly to their clients and patients. AcutePlus provides veterinary discounts, equine protection, and equine loss protection.

[Learn More](#)

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