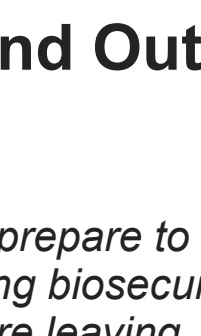


What's in This Newsletter



PALM BEACH EQUINE CLINIC

- Is Your Horse Healthy and Ready for Circuit?
- Meet Hospital Technician Katie Mauch
- Wellington's Premier Sport Horse Facility
- Make Us a Part of Your Team

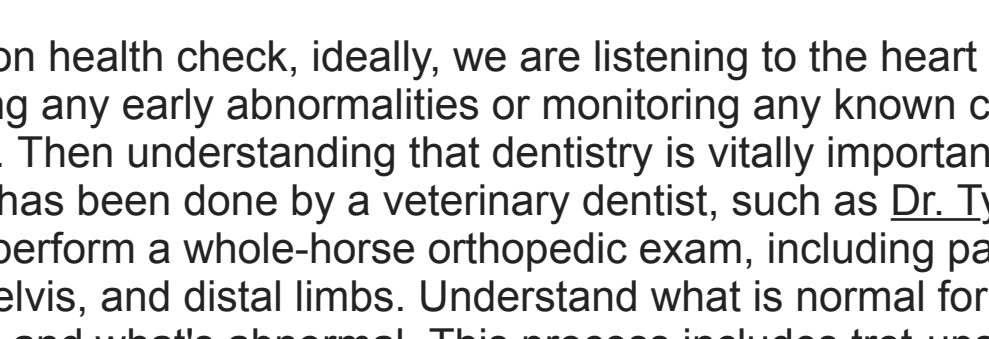
Is Your Horse Healthy and Ready for Circuit? Find Out With Dr. Christopher Elliott of Palm Beach Equine Clinic

As you prepare to bring horses to a winter circuit, make sure you have been practicing biosecurity measures at home, your horse has a routine health check-up before leaving, and that vaccinations and paperwork are in order. Learn more from Dr. Christopher Elliott of Palm Beach Equine Clinic in Wellington, FL, on some of the details to make this process go smoothly and safely.

What are the most important biosecurity protocols to have in place at home?

Temperature taking at least once a day on all horses that are coming to and from competition venues is your first line of defense in spotting the early onset of infectious diseases. Regularly taking temperatures at home gets horses used to it, and then it's no big deal at a show. It's mandatory within the Fédération Equestre Internationale (FEI) stables to have the temperature taken twice a day, and it should be a routine protocol at home at a minimum of once a day with every horse.

Other important measures are washing hands as frequently as possible and avoiding sharing equipment, such as tack, grooming supplies, or buckets; anything that is used on one horse should not be used on the next. Avoid sharing water sources, so communal water troughs in paddocks are not good. Know what's normal for your horse and develop a good understanding of its normal profile so that you can spot subtly abnormal behavior. US Equestrian (USEF) has a very good resource for [Equine Health and Biosecurity](#) that anyone can access and learn from.



What should a routine health check-up prior to circuit include?

In a pre-season health check, ideally, we are listening to the heart to make sure we are spotting any early abnormalities or monitoring any known cardiac abnormalities. Then understanding that dentistry is vitally important, we ensure that dentistry has been done by a veterinary dentist, such as Dr. Tyler Davis at PBEC. Then perform a whole-horse orthopedic exam, including palpation of the neck, back, pelvis, and distal limbs. Understand what is normal for this horse, how it moves, and what's abnormal. This process includes trot-ups and flexions, trotting a circle on a small, hard surface left and right, and then watching under saddle. We want to try and spot any early onset of clinical signs potentially associated with osteoarthritis in those joints, making sure that the neck and back are feeling as comfortable and strong as possible. Think about farriery and working closely with the farrier, but potentially consider foot balance radiographs to ensure the optimal hoof balance as well. So, 1. Trot up and flex. 2. Listen to its heart. 3. Think about its shoes. 4. Think about its teeth.

How does the checkup vary for a horse that may have had time off versus a horse that was competing regularly?

There isn't necessarily any difference in examination, whether it's had time off or whether it's competing; it's still the same exam. It's about the conversation after the exam, putting the clinical findings into a big picture of where the horse is and what the horse is planning to do.



What kind of paperwork should a horse have before arriving at a horse show?

Riders, owners, trainers, groomers – anyone arriving with a horse at the show – should be aware and have all of the paperwork filled out proactively and signed by a home veterinarian before they leave the barn. Horse shows have Statement of Health and Vaccination Record forms available on their websites that must be signed by the trainer and owner acknowledging that they will follow the biosecurity rules of the show. All of that paperwork has to be ready before you arrive in order to pick up your back number. It saves a lot of hassle, time, and money.

Is there anything different for horses that go to FEI stabling?

It's vitally important that riders, trainers, and barn managers ensure that all of the paperwork within horses' FEI passports is correct. Talk with your home veterinarian to ensure that passports are correct and up to date before arriving at FEI stabling because arriving without accurate paperwork causes big delays, a lot of drama, and potentially, sanctions.

What else should equestrians be cognizant of when preparing to compete?

Riders, owners, trainers, managers, and veterinarians should also be aware of what types of medication the horses are using and should know the withdrawal times required for FEI and the withdrawal times and permitted medication use within the USEF rules. Everyone involved with a horse needs to be on the same page for this crucial information.

Develop a strong relationship with your veterinarians and ensure that they also know the rules. As the official veterinary services provider for the Winter Equestrian Festival, all of the veterinarians at PBEC are FEI accredited, and they understand the FEI and USEF rules intimately. No matter where you plan to show this season, if you have questions about rules, biosecurity, or passports, please feel free to contact us, because we are happy to help.



Once horses are on-site at a show, what is essential to remember?

Ensuring that strict biosecurity protocols remain is critical. Avoid contact with other barns and other horses, have strict cleanliness, and remember that hygiene is really important. Continue to monitor your horses' temperatures on a daily basis because these horse show circuits have a large number of horses from lots of different locations coming into one location. It's a typical recipe for the potential risk of infectious disease spread. Think of the horse show like kindergarten. Almost every little kid that turns up to kindergarten gets a snotty nose.

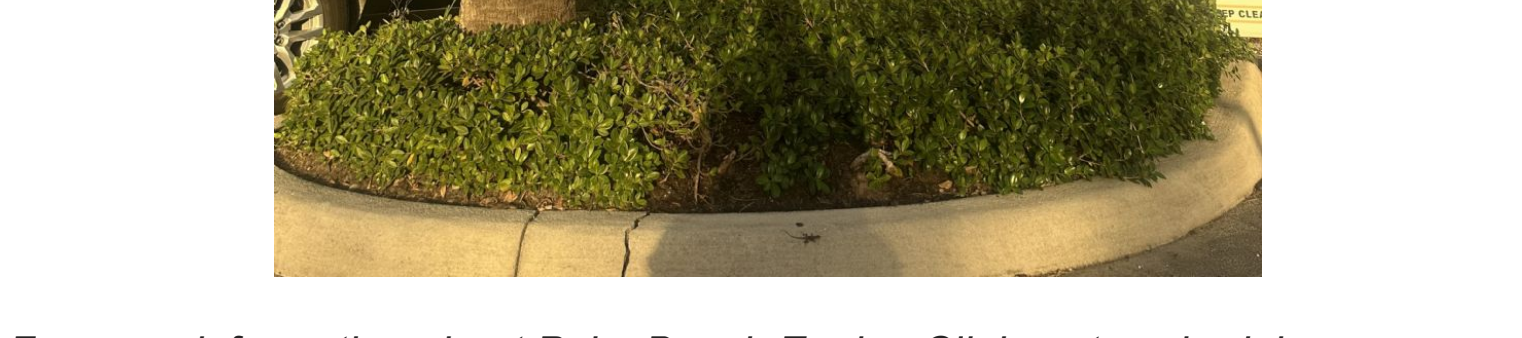
How can Palm Beach Equine Clinic veterinarians help horses that are on-site at Wellington International?

We always have a vet on-site when the horse show is actively competing, and the rest of our team is able to come on and off the show grounds at any time. We are based in the building next to the stabling office (*shown below*) and are open for any questions and treatment needs. Plus, our main clinic is just a few minutes down Pierson Road. Stop by and see us!



For more information about Palm Beach Equine Clinic or to schedule an appointment, call 561-793-1599 or visit www.EquineClinic.com.

Meet Katie Mauch, Lead Hospital Technician



Born and raised in West Palm Beach, FL, 21-year-old Katie Mauch joined Palm Beach Equine Clinic (PBEC) in September 2021.

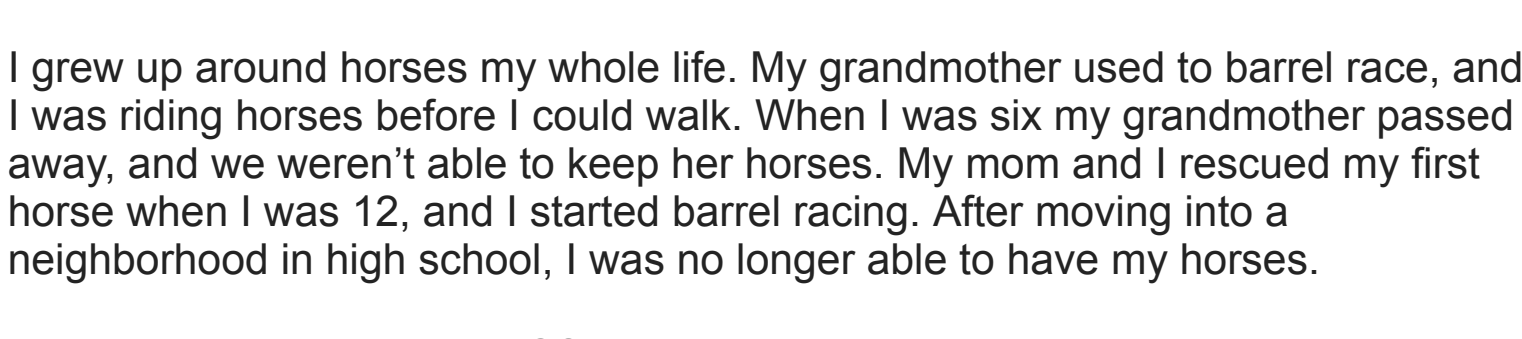
What is your background with horses?

I grew up around horses my whole life. My grandmother used to barrel race, and I was riding horses before I could walk. When I was six my grandmother passed away, and we weren't able to keep her horses. My mom and I rescued my first horse when I was 12, and I started barrel racing. After moving into a neighborhood in high school, I was no longer able to have my horses.

What brought you to PBEC?

I finished my associate's degree right out of high school. I did early admit, so I did college classes all through my junior and senior years. I attempted nursing school, but people weren't for me, and I knew I wanted to work with horses.

My mom [Lisa Hyman] had worked at PBEC in the imaging department for several years, and I started in imaging with her, then moved into the hospital because I liked the faster pace of things.



What does your job involve, and what does a typical day look like?

We have 16 technicians who all work in the hospital together. The hospital is open 24 hours a day so we rotate through all different shift times. There are three to five people on the same shift, and we all work together. I am the team lead for my shift block.

When I come in, the leaving shift will give me an update on all patients and how they are doing or why they are in the hospital. I will go through my patients' orders and see how I will complete my treatments in a timely manner so the patients get their meds on time. I also make sure they are groomed and their physicals are normal. If clients have any questions, I answer them to the best of my ability or get a doctor for them to talk to.

If we have an emergency come in, I will help the doctors with anything they are asking for and ensure we have all the correct paperwork signed by the clients. If a horse needs to go to surgery, I will help them prepare for that as well. In the first half of the week, I work the night shift, and in the second half of the week I work the morning shift.

What do you love about your job?

I love learning about all the different types of cases in the hospital. I'm very interested in the anatomy of horses. I ask doctors questions frequently, just to learn more about why things work or happen the way that they do. I also love teaching others new things, so when they ask questions, I'm able to teach them what I have learned as well.

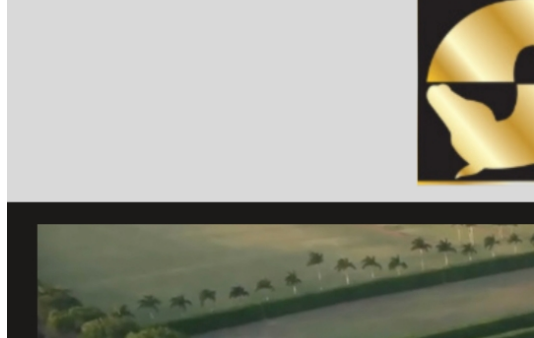
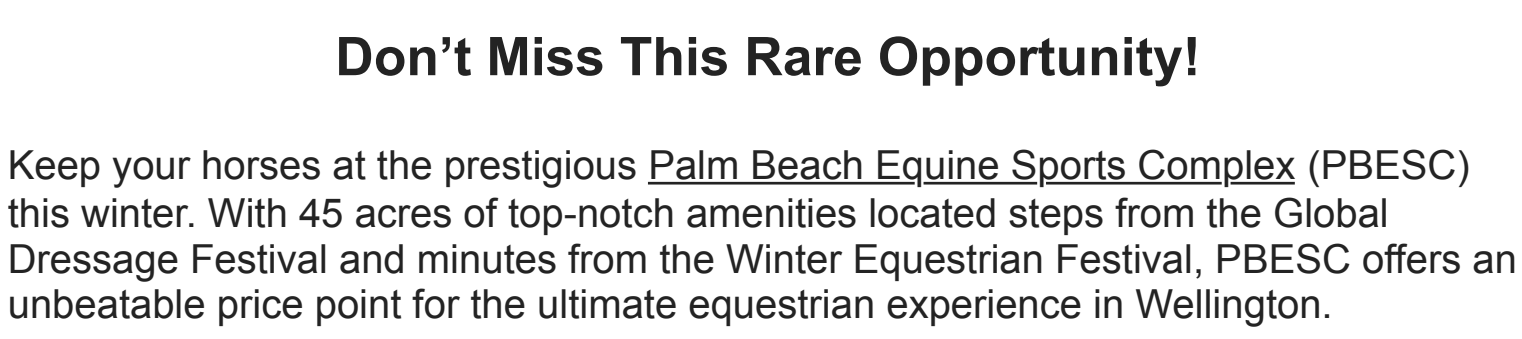
What do you do in your free time?

I hang out with my family and friends. My boyfriend and I spend a lot of time together, and we love to try new places to eat. I also love to read. I don't ride anymore, but I am looking forward to getting horses again when the time is right.

Photos courtesy of Katie Mauch

Don't Miss This Rare Opportunity!

Keep your horses at the prestigious [Palm Beach Equine Sports Complex](#) (PBESC) this winter. With 45 acres of top-notch amenities located steps from the Global Dressage Festival and minutes from the Winter Equestrian Festival, PBESC offers an unbeatable price point for the ultimate equestrian experience in Wellington.



With more than 45 acres of top-notch amenities located steps from the Global Dressage Festival and minutes from WEF, PBESC offers an unbeatable price point for the ultimate equestrian experience in Wellington.

Wellington's Premier Sport Horse Destination
45-Acre Complex | 336 Large Stalls | 6 Riding Arenas

Enjoy These Amenities

- 3 hunter/jumper rings
- 3/4-mile private track
- 3 dressage rings with mirrors and covered arena
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Palm Beach Equine Sports Complex is where passion meets excellence. Spots are filling fast — call Melissa Brusie today at 561-635-2661 to secure your place in this elite equestrian community! Learn more at www.PalmBeachEquineSportsComplex.com.

[Learn More](#)

Palm Beach Equine Clinic: Make Us a Part of Your Team



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MEET THE VETERINARIANS

CONTACT PALM BEACH EQUINE CLINIC