



## What's in This Newsletter



PALM BEACH  
EQUINE CLINIC

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## Busting Barn Myths

A new series on PBEC's social media is "Busting Barn Myths" for horse owners. Using the vast experience and knowledge of more than 40 veterinarians at PBEC, we will answer your questions on any horse-health topic! Click below to find out if the first myth is true or busted, and then click on the button to send us your question!

[Send Us Your Question](#)



[True or Busted?](#)

## Meet PBEC Veterinary Intern Dr. Claire McDonald

**Q: Where are you from?**

A: I am from Jefferson City, MO, which is located between St. Louis and Kansas City. You get the best sunsets here, plus all four seasons in their truest form.

**Q: Where did you go to school?**

A. I completed my undergraduate degree in biology with a pre-veterinary focus in 2021 at William Woods University in Fulton, MO. The school was unique because it had an equestrian program with western, dressage, hunter/jumper, and saddle seat disciplines. There was no shortage of opportunities to work with and be around a wide range of horses. As part of our pre-vet curriculum, we learned equine anatomy and physiology, as well as the basics of lameness exams, dentistry, and more. It definitely sparked my initial interest in equine veterinary medicine.

From there, I attended the University of Missouri College of Veterinary Medicine, where I was fortunate to have two full years of clinical rotations rather than the standard one year at most schools. This allowed me to rotate through the small animal, farm animal, and equine areas of the hospital and broaden my knowledge.



PBEC intern Dr. Claire McDonald  
Photo by [New Style Digital](#)

**Q: What's your favorite part of working at PBEC?**

A: My favorite part of working at PBEC is being able to work alongside so many other veterinarians and specialists. It allows you to get an opinion on any case you have from somebody right down the hall. Although this job can be tough at times, I definitely feel myself growing in my knowledge and confidence every day!

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## In the Media: Rehabilitating Equine Soft Tissue Injuries from EquiManagement

[EquiManagement Magazine](#) turned to Dr. Santiago Demierre of PBEC in the Winter 2025 issue to discuss rehabilitation following soft tissue injuries. The article explains that when veterinarians treat a specific injury to restore a horse to soundness, the horse may not be fully functional even after the injury has healed due to persistent limitations in movement or strength.



Regardless of the methods used to rehabilitate an equine soft tissue injury, reliably evaluating and tracking progress is crucial. Photo by [Jump Media](#)

That's where the rehab plan comes in. Rehabilitation seeks to optimize whole-body function and reduce any existing disability. EquiManagement consulted sports medicine specialists and reviewed the literature to obtain the most up-to-date guidelines specific to soft tissue rehabilitation in equine athletes.

"In general, for less severe injuries, the current standard is strict stall rest only during the first few days, especially if the horse is lame," explained Dr. Demierre. "After that, controlled hand-walking is typically recommended. Movement helps support the early phases of the healing process, minimizes adhesion formation, and — taking the whole horse into consideration — also reduces the risk of digestive issues such as colic."

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## Meet Dr. Santiago Demierre



Dr. Santiago Demierre

Dr. Santiago Demierre was raised in San Antonio de Areco, a small town in the countryside outside Buenos Aires, Argentina. He grew up immersed in the equine industry as his father was a racehorse breeder and trainer. Dr. Demierre completed his veterinary medicine degree from the [Universidad de Buenos Aires](#) in 2012. He validated his veterinary degree in the United States in 2017 in a certification program called the [Educational Commission for Foreign Veterinary Graduates](#) through the [American Veterinary Medicine Association](#).

He completed an internship at PBEC before becoming an associate veterinarian. Dr. Demierre primarily focuses on equine performance medicine and is passionate about the prevention and treatment of lameness in sport horses. Outside of this veterinary work, Dr. Demierre enjoys riding polo ponies, fishing, hunting, and enjoying time outdoors.

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



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