

Keep joints healthy

Turnout, slow training and nutrition are keys to soundness

Maintaining joint health and the soundness of horses can be a challenge to owners, their farriers and their veterinarians. Whether a performance horse in training or a backyard horse for pleasure, most agree that soundness starts with good conformation and proper shoeing. But other management factors can help keep joints in healthy balance.

“We believe in maintaining joint health and preventing issues,” says Dr. Mary Rogers, Red Hills Equine Services, Thomasville, GA. “First, we recommend as much turnout as possible. Here in the Southeast, we have the luxury of having ample turnout room,” she explains. “We advise an appropriate training program, bringing young horses along at a slower pace to prevent overstressing joints.”

“We cannot over-emphasize enough to our clients, the importance of a good nutrition plan,” she continues, “many people feed their horses improperly. A quality, balanced nutrition plan is critical to the overall health of the horse, including joints. For my clients with performance horses, Adequan® i.m. forms an essential part of my prevention and maintenance protocol.”

The recommended use of Adequan® i.m. is shared by Dr. Michael Porter, Clinical Assistant Professor/MEDS Director, University of Florida Veterinary Medical Center, Gainesville.

“The use of Adequan® i.m., in my opinion, is very helpful as an early treatment as well as prophylactic,” he says. “Having used and prescribed Adequan® i.m. on a lot of horses with joint problems, I’ve found it to be very beneficial.”

But, Dr. Porter goes further in differentiating FDA approved therapeutic products, such as Adequan® i.m., from oral supplements or other therapeutics that are not regulated by FDA. “Many therapeutics out there aren’t FDA regulated. I stick with FDA products that are regulated so I know what is in the vial.” he says.

“Some of the non-FDA regulated oral supplements are more expensive per month than Adequan® i.m. and their efficacy is questionable. That’s why I recommend Adequan® i.m. The cost of Adequan® i.m. would be the best investment horse owners can make in their horses for joint health.”

Dr. Rogers agrees, “For arthritic performance horses, Adequan® i.m. is an important aspect in any joint maintenance regimen. Most of our clients, like Dianne Johnston, compete, but their horses are also very much a part of their family. In order to keep them comfortable, they look for a safe, cost effective & reputable product: Adequan ideally fits their needs.”

“As our competition horses progress in their careers, they do very well with Adequan® i.m.,” she continues. “Maintaining joint health with the recommended dosage delays, and often prevents, us from performing joint injections at a later stage.”

Dr. Porter agrees. “Adequan® i.m. absolutely has a fit in a joint health protocol,” he says. “From a 4-H horse running barrels to Grand Prix horses, I’d like to require that all our clients use Adequan® i.m. The sooner equine practitioners can get their clients using Adequan® i.m., the better off their horses will be. A little bit of care up front makes a lot of difference,” sums up Dr. Porter.

To learn more about the causes, effects and treatments for joint disease, ask your veterinarian about the educational DVD available from Luitpold Animal Health. Or visit the Luitpold website at www.adequan.com.

“When I purchased my 11-year-old Arabian/Saddlebred cross, he moved a little stiffly in the front. The owners recommended...Adequan® i.m. Having used the more popular joint feed supplements in the past, I unwisely took him off the injections. Within 3 months he was stiff, sore backed, and angry. Back to the load dose and after 2 years, he is a happy user of Adequan® i.m. injections. For older, arthritic horses in a discipline that demands range of motion, it’s the best product out there. Other joint supplement reps will try and convince you that your horse doesn’t need Adequan® i.m. when using their feed supplements, but don’t believe them! Even my veterinarian at a well-known University recommended that my gelding stay on Adequan® i.m.”

The veterinarian who treats my horse for arthritis is Dr. Michael Porter, the MEDS Director at the University of Florida Vet Med Center. We have been in training in another state during the show season, so I’ve used different vets here and there. They have all prescribed my Adequan® i.m. refills. One veterinarian, Mary Rogers in Thomasville, Ga., recommended against the so-called “generic” off-brand that everyone says saves them money, because Adequan® i.m. is backed with research and there really isn’t a true generic on the market.”

Submitted by **Dianne Johnston, Dressage Competitor, Tallahassee, FL**

Photo Credit Alicia Frese Photography

