



CEDAR RUN VETERINARY SERVICES

CARING FOR HORSES DOGS AND CATS

Controlled Exercise Program for Horses with Tendonitis/Desmitis (1)

- ✚ **Level 1:** Walking 30-45 minutes. 30 minutes for weeks 1-4; increased up to 45 minutes for weeks 5-8. Walk in hand, walker, treadmill, ponying, or under saddle, under whichever condition the horse is most manageable.
- ✚ **Level 2:** Jogging 5-10 minutes. 5 minutes for weeks 9-12 (only with improved sonographic findings); increased to 10 minutes of jogging weeks 13-16. Trot on treadmill, free walker, ponying or undersaddle, however the horse is most manageable.
- ✚ **Level 3:** Jogging for >10 minutes. 15 minutes of jogging for weeks 17-20 (at the earliest, and only with improved sonographic findings); 20 minutes weeks 21-24. With moderate and severe tendon injuries, 25 minutes for weeks 25-28 at the earliest (only with signs for sonographic improvement), 30 minutes for weeks 29-32.
- ✚ **Level 4:** Turn out in small paddock if quiet or tranquilized initially. Jogging exercise should be continued during this time if rapid return to racing (work) is desired. For mild tendon injuries, no earlier than 4 months after initiating therapy; for moderate to severe tendon injuries, no earlier than 6 months after treatment.
- ✚ **Level 5:** Canter or slow gallop. 1 mile daily for the first 4 weeks of galloping (with sonographic improvement of injury only). 2 miles daily for second 4 weeks of galloping (with sonographic improvement of injury only). For mild tendon injuries, begin no sooner than week 25. For moderate tendon injuries, begin no sooner than week 33. For severe tendon injuries, begin no sooner than week 41.
- ✚ **Level 6:** Breeze (hard gallop). Begin only with sonographic improvement. For mild tendon injuries begin no sooner than week 33. For moderate injury begin no sooner than week 41. For severe injury begin no sooner than week 49.
- ✚ **Level 7:** Race (competition). Begin only with sonographic improvement on injury. For mild injury, no sooner than week 37. For moderate injury, no sooner than week 45. For severe injury, no sooner than week 53.

1. Reef VB: Managing superficial digital flexor tendonitis in horses. Vet Med (Praha) (Suppl 3: The Veterinary CE Advisor):3-20, 1998.

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