

2022 Year in Review

HORSE & SOLE HOOF CARE



Thanks to you

Horse & Sole Hoof Care continues to thrive thanks to you and your horses. Because of your trust in my skills and abilities I am able to invest in more learning opportunities and grow my understanding of hoofcare, horse care, and equine behavior.

This year has been a busy one! I spent the beginning of the year creating a *Glue-on Shoeing Basics* webinar for the Progressive Hoof Care Practitioners (PHCP) followed by teaching a *Glue-on Hoof Protection* clinic in Ridge, NY.

In May I hosted Dan Schroeder, from EasyCare Inc., at Good Hope Barn in South Hero for an *EasyShoe Versa Glue* clinic. All proceeds were donated to the Champ Therapeutic Riding Program.

Alicia Harlow of The Humble Hoof podcast held an *Equine Podiatry* clinic in Ipswich, MA. Being around so many familiar faces from all over the country felt like a reunion with friends!

The season wrapped up with the Annual PHCP Conference in Denver, CO where Philip Himanka and I held two round tables discussing the use of glue-on hoof protection, pros, cons, tips and tricks.

"If I smell like peppermint I gave my horse treats, if I smell like shampoo I gave her a bath, if I smell like manure . . . I tripped."

Looking ahead

The first week in January marks the beginning of my enrollment in an 8-week course *How Behavior Works: Living and Learning with Animals* taught by Susan Friedman, PhD. I have been looking forward to this course since July. The course will deepen my understanding of creating behavior change in animals and guide my ability to train using the least intrusive, minimally aversive techniques. I have only scratched the surface of animal behaviorism and can't wait to dive deeper!

In April I will be teaching a *Glue-on Hoof Protection* clinic at Good Hope Barn in South Hero, which is open to all hoof care professionals with at least a year of full-time experience, as well as Intermediate Level students enrolled in the PHCP practitioner training program.

I am super excited to attend the PHCP Mentor Training at Big Picture Farm in Townsend. The location of the training is a goat lovers dream—a goat dairy, farmstead confectionery and creamery. We are there to study hoooves but have you ever tried their goat's milk caramels? To die for, seriously.

By the end of 2023 my goal is to pass the PHCP mentor testing, which allows me to mentor and train students who are enrolled in the PHCP hoof care training program.



Foot for Thought

Barefoot is best



The hoof is meant to function without excessive peripheral loading while weighted, which means that the outer hoof wall is not designed to bear excessive load. Instead the sole, frog, bars, and some hoof wall (depending on several factors) share the load.

The hoof circulatory system works like a hydraulic pump that holds pressure when bearing weight, to stabilize the coffin bone inside the hoof capsule, and then depressurizing as the hoof is in flight, causing blood to flow back up the extremity.

A horse's frog is filled with blood vessels that nourish the soft tissue in the back of the foot and, when healthy, allows the hoof to land heel first, strengthening the digital cushion which supports the coffin and navicular bones.

In most cases the best way to achieve optimal hoof function—proper circulation, a healthy, robust frog, and strong soft tissues that support the bones within the hoof capsule—is by keeping the feet free from shoes; using boots to rehab instead of shoes (boots aren't permanently affixed to the foot and release from the hoof when the horse moves, creating more circulation through the hydraulic pump action); and trimming on a shorter cycle, keeping the hoof capsule centered around the bone.

Keeping your horse barefoot can be hard work. It might involve regularly **applying clay** to your horse's frogs, **trimming the toes** weekly between visits, **booting** when the footing isn't ideal, and booting during rides. Barefoot involves commitment, time, and possibly a backache. But I promise you, your horse will thank you for it and will remain sound and less prone to navicular for years to come.



SUBMIT A REVIEW ABOUT YOUR EXPERIENCE WITH HORSE & SOLE
HOOF CARE ON GOOGLE REVIEWS!

