

THE EQUINE JOINT STRUCTURE & FUNCTION

BROUGHT TO YOU BY:



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JOINT: Where two or more bones meet, with most enabling movement and load transfer from one bone to another.

TYPES OF JOINTS

FIBROUS
or fixed, such as the skull structure.

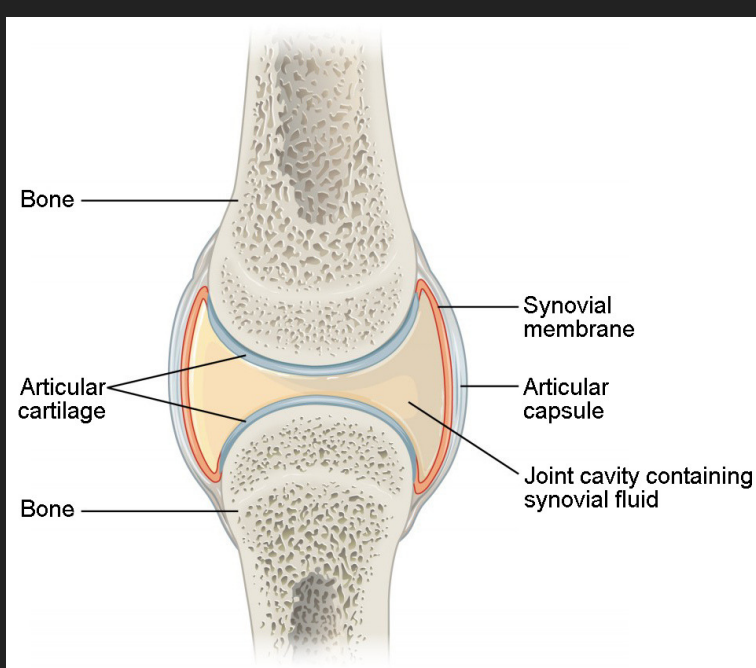
CARTILAGINOUS
such as between the intervertebral discs.

SYNOVIAL
or free-moving, the most common in horses

70-80%

of articular cartilage is water.

The horse's body has 18 synovial joints that are either ball and socket, hinge, or gliding types.



Shoulder

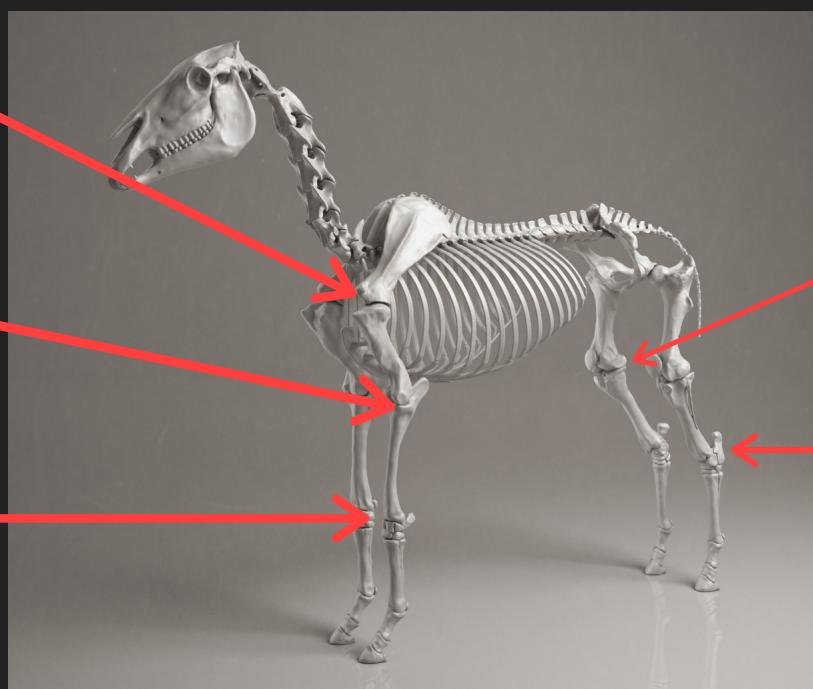
Ball and socket joint

Elbow

Hinge joint

Knee

Gliding joint
(Equivalent to human wrist)



Stifle

Hinge joint
(Equivalent to human knee)

Hock

Gliding joint
(Equivalent to human ankle)

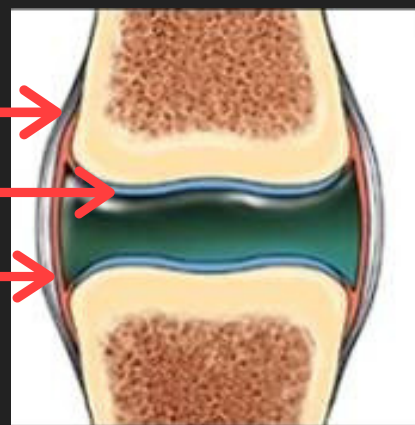
Healthy Joint

- Joint cartilage between the bones for cushioning.
- Some synovial fluid to lubricate the joint action.
- Fibrous capsule around the "action" area helps stabilise joint.
- Tendons and ligaments healthy and in tact for joint stabilisation.

Ligament

Cartilage

Synovium



Damaged or Diseased Joint

- Osteoarthritis: progressive degradation and destruction of articular cartilage.
- Osteochondrosis: developmental problems affecting joint cartilage.
- Bone Chips: bone fragments within a joint.

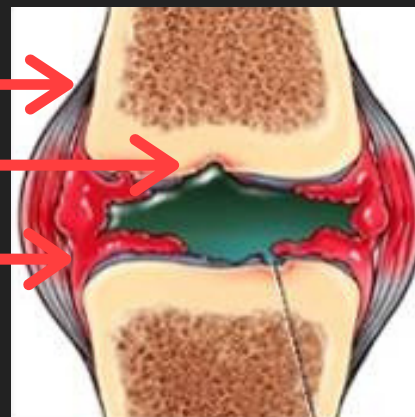
Causes

- Tendon and ligament wear.
- Wear and tear.
- Trauma
- Conformation

Ligament loosening

Destruction of cartilage

Synovial inflammation



Looking After The Equines Joints

VET

Work with your veterinarian to diagnose and treat developmental and other joint issues early.

Consultation
Lameness exam
Nerve blocks
X-rays
Treatment



Local Treatment

Targeted, highly effective treatment.

Joint injections: *Corticosteroids.

Biologicals:
*Platlet Rich Plasma (PRP)

Systemic Treatment

Treats the "whole horse" either orally, intramuscular or intravenous.

*Non-steroidal anti inflammatory drugs (i.e. phenylbutazone).

*Hyaluronic Acid
*Pentosan
*4Cyte Epiitalis
*Other joint supplements

*As directed by your veterinarian



Balanced Diet and Nutrition

Adequate vitamins and minerals (especially during stages of growth).

High Omega 3 rich feeds for anti inflammatory benefits (CEN Oil).



HEAT

Warming joints, ligaments and muscles BEFORE exercise:

- Increases blood circulation and cell activity.
- Promotes healing.
- Improves flexibility.



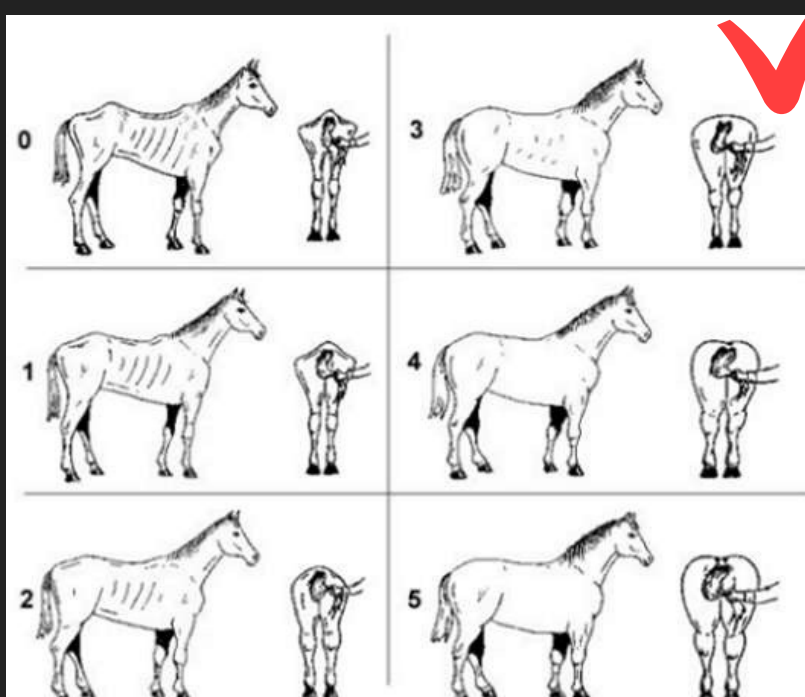
ICE

Icing joints AFTER vigorous exercise:

- Reduces swellings and inflammation.
- Reduces pain.
- Promotes quicker healing.



Weight Management



Regular Exercise and Movement

