

## *Northwoods News*

Wow, summer has certainly arrived! Hot, hot, hot. Night turnout is in full swing but not without concerns. As you all know by now there was a vehicle that came through the fence in the upper paddock about 5:00 AM. On 6/26/08. Luckily the only damage done was to the fence. As we strive to keep our equine friends comfortable in the heat we also try to make sure they are getting adequate salt and mineral replacement. Large blocks are placed in the turnout areas so that they are free choice for the horses but of course other animals are enjoying them as well. Feel free to place your own salt or mineral blocks in the stalls. Speaking of mineral replacement, hot summer days and evenings can be dangerous when a horse is exercised in the heat. Be sure to check out the blog in this edition on “tying up”.

This month we will also be seeing Dawn’s husband Joe off to Iraq with a July 4<sup>th</sup> celebration! We hope to see everyone here for our old fashioned pot luck pic nic. Bring your favorite pic nic dish to share for fun and fellowship with friends and family. Joe will be leaving for Iraq the very next day for his assignment in private contract work on a military base.

I have been asked to inform everyone about the jumps that were placed in the adjoining ring. They are there for use but not owned by Northwoods Stable. If you choose to use them the owners are not liable for injury to you or your equines. If you damage poles, standards or cups, you will be liable for replacement costs. Also, if you adjust the jumps please return to the position you found them in.

While I am on the subject of replacement I would like to ask that everyone be thoughtful when leaving items out, in and around the barn. If you notice something you have left in the isles, on porches, in rings, wash pits or outside the fences please return them to proper storage areas. I would like to thank you all for being good stewards of our barn in emptying the trash cans and cleaning the bathroom. It really helps! Also, could you all take a look in the fridge and throw out what is not useful to you any longer? We have placed water there for use when you forget to bring something cool to drink while you are here. Thank you Pam Pendergrass for your contribution of water as well!

### **Grooming Tips:**

To make your horse's stockings bright white, rub some cornstarch into them after they have been washed and dried.

Before you apply hoof polish, use a brush, nail file or sandpaper to gently remove dirt and stains from the hoof.

Use polo wraps or shipping boots to keep your horse's legs clean before the show.

If your horse is rubbing its tail, try cleaning their udder or sheath, as horses will rub their tails to try to 'itch' that area.

Hooves take a literal beating in the summer with horses trying to rid themselves of biting flies.

### What's New

Old round pen has been removed. We will replace with a newer version after the space is made more conducive to round pen footing.

Plans are in the making for sprucing up the barn. We hope to pressure wash and get started on painting soon!

### Upcoming Events

Northwoods Stable Pot Luck Pic  
Nic July 4<sup>th</sup> 5:00 PMish

North Carolina Equine  
Extravaganza July 11<sup>th</sup>-13<sup>th</sup>  
NC State Fairgrounds

Paige Rassel Clinic at  
Irish Oaks November 15, 16, 17.  
Contact Karen for sign up at 945-  
5178

## Education Corner

### Tying Up

Otherwise known as exertional rhabdomyolysis or azoturia or Monday Morning Disease. There are many factors and interactions that come into play when dealing with this kind of disorder. Tying up involves muscle tension or cramping to the point of muscle seizure or contraction. Affected horses may suffer mild to severe muscle cramping after exercise due to pain in the major muscle groups of the shoulders, hind end and back. Symptoms will generally include stiffness, reluctance to move, and an unusual stance and in severe cases a complete inability to stand. These symptoms are sometimes confused with normal muscle soreness. A diagnosis can be confirmed by a simple blood test that would show elevated muscle enzymes or proteins.

So why is this important to know? Causes of tying up generally involve a level of exercise that exceeds a level of the horse's conditioning. It is important to know that horses are susceptible to tying up when they are not exercised regularly and conditioned. This means that horses that are overweight would be at an added increase for problems.

What exactly happens is that there is an excessive amount of lactic acid that builds up in the muscle and blood during physical activity. This acid is released and it causes the symptoms, but exercise is not the only cause. Horses that are fed excessive grain or carbohydrates have an actual overload in relation to their body's requirements in turn leading up to excess lactic acid. Electrolyte imbalances can also contribute as well as the glucose intolerant horse.

Be sure to spray legs with fly spray to help alleviate the problem.

Be sure to scrape all of the water off of your horse after hosing. Water will act as an insulator and does not dissipate the heat.

### Little Ditties

Did you know that riding a horse at the trot will make you burn more calories than a brisk walk?

A foundation horse has a pedigree that can be traced strongly back to the founding horses of that breed.

11.7% of traumatic brain injuries are caused by riding without a helmet.

NC Horse Council is still looking for Regional Managers  
[www.nchorsecouncil.com](http://www.nchorsecouncil.com)

What does a severe case look like? Symptoms of a severe case include profuse sweating which leads to dehydration, labored breathing, elevated pulse rate, passing of dark colored urine (excretion myoglobin, a muscle protein) and the contraction of large muscle groups. Treatment consists of not moving the horse until a vet can attend. Movement will worsen the condition, cooling the horse but not to the point of chilling, encouraging the horse to drink, IV fluid replacement and rest. Mild cases can be also treated by administering Bute and sedatives. Severe cases have been known to cause kidney damage.

Why is this important to know? It is weekend warrior time. Most horse owners like to take advantage of summer weather to enjoy riding their horse. Whether you are riding the trails, showing on the circuit or attending a clinic remember to pay attention to your horse's health. Do not push a horse that is not conditioned. Take frequent breaks and encourage your horse to drink water. If you are out and about take along electrolyte replacements, but be careful not to overload your horse on those! Watch their weight. Just like us humans if we tend to be overweight we tend to be out of shape so even a short ride can bring devastating results.

