

MAY 2018

# Pennsylvania Cutting Horse Association



HOW LOW ARE YOUR WINDOWS?  
& HOW NAUGHTY IS YOUR HORSE?!



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# A WORD FROM OUR PRESIDENT

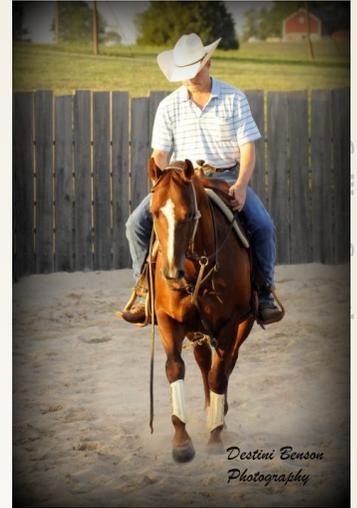
*It was so nice to see all our cutting family again at our first show of the season! What a great show we had coming out of a long, long winter here in the northeast. It looks like it is going to be a great show year with lots of opportunities to come out and have some fun.*

*Anyone who needs a membership form, information on advertising in the newsletter, would like to look at old newsletters.... This can all be found on the PCHA Website - <https://www.pchacutting.com/> And check out our facebook page as well - <https://www.facebook.com/PACuttingHorse/posts/289396868238700>*

*Reminder that the ELD trucking mandate has currently been extended to June 18th. If you fall into the commercial category you still need to keep a paper log and carry a copy of the waiver document; which can be found here: <http://www.horsecouncil.org/wp-content/uploads/2018/03/90-day-Ag-extension.pdf>. Other information sources regarding the new rules can be found on our website under the links page.*

*Looking forward to seeing everyone again at our next show coming up right around the corner - June 9th and 10th - with Practice on the 8th.*

*Till Then - Happy Riding and Safe Travels,  
Andy*



**Thank You**  
**WE VERY MUCH APPRECIATE**  
**EACH AND EVERY ONE**  
**WHO HAS SPONSORED PCHA**  
**OR MADE A DONATION**

Please email your newsletter submission to Joanne Thayer or Pankey Nelson

*Original pictures and graphics only. Letters to the Editor must be signed, non-slanderous, and in good taste. PCHA reserves the right to edit submissions.*

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## NEXT PCHA MEETING AUGUST 6, 2018

## 2018 SHOW DATES

**PCHA Shows** *Shartlesville, PA*

June 9 & 10

Sept 8 & 9

**NCHA Convention** June 2 & 3

### Other Shows

June 2 Cattle Practice

*Boyertown, PA contact John Costa*

June 16 & 17 Doswell, VA

June 23 Challenger Boyertown, PA

June 30 & July 1 Horseheads, NY

July 7 & 8 Elkin, WV

July 14 Challenger Boyertown, PA

Sept 22 Challenger Boyertown, PA

Sept 22 & 23 Johnsons, Lewisburg, WV

Oct 20 & 21 Doswell, VA

*Possibly: Nov 3 & 4 Johnsons, Lewisburg,  
WV (same weekend as Shelbyville)*

**CLINIC** Oct 27, 28 & 29

*Barbra Schulte/Sandy Collier*

*at Harmony Hollow Run Farm, near  
Lambertville, NJ. Max 20 Riders*



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# WIND PUFFS RESOLVING A COMMON SWELLING

By Jean-Yin Tan, DVM, Dipl. ACVIM, Mar 15, 2017, TheHorse.com

Q

My 3-year-old mare's rear legs swell around the tendon and fetlock area overnight after exercise. She is not lame or sore, but I have dimethyl sulfoxide (DMSO)/furacin (nitrofurazone) wrapped it when it swells. This worked the first time but now it just helps a little. Is this swelling common, what it could be, and are there any prevention steps I could take?

A

Fluid-filled swellings in the rear aspect of the tendon/fetlock area—called "windpuffs," or synovial effusion of the tendon sheath—are a common condition in horses. They result from inflammation of the digital flexor tendon sheath, the structure that encases the deep and superficial digital tendons that run from the back of the knee down to the fetlock.



Fluid-filled swellings in the rear aspect of the tendon/fetlock area—called "windpuffs"—are a common condition in horses and result from inflammation of the digital flexor tendon sheath.

Photo: The Horse Staff

There are two types of windpuffs:

- idiopathic: of unknown cause, but they do not cause any problems, and
- pathologic: caused by disease

Horses most frequently develop idiopathic windpuffs, especially when swelling is evident on both sides of the tendon and bilaterally symmetrical in both hind limbs. Idiopathic windpuffs tend to be chronic and can be worse in horses with anatomical predispositions (such as club foot), and after exercise, due to stress placed on the tendons. Lameness is not a component of idiopathic windpuffs, and this condition is not associated with -disease.

Swelling of the tendon sheath itself could be an indication of more severe injury or tenosynovitis (inflammation of the membrane that surrounds the tendon sheath). This pathologic condition manifests acutely and results in lameness, swelling, and pain on palpation of the affected area.

**CONTINUED ON NEXT PAGE**

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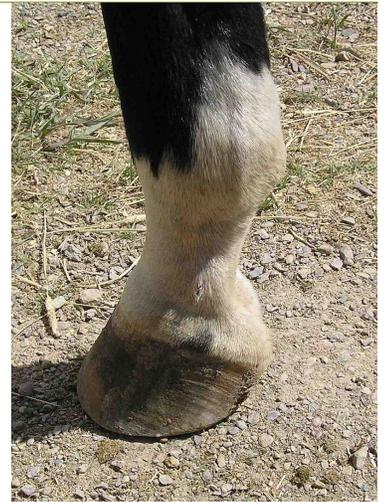
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# WIND PUFFS

CONTINUED

Veterinarians can differentiate tenosynovitis from windpuffs using physical examination findings, a tendon sheath block (with anesthetic), ultrasound, magnetic resonance imaging, or tenoscopy (endoscopy or visual examination of the inside of the tendon sheath using a fiber-optic camera). Treatment includes administering anti-inflammatory drugs, resting the horse, and possibly having a veterinarian inject the lesion.

A final complication of windpuffs is proximal annular ligament (PAL) desmitis (inflammation). The PAL is a ligament that holds the flexor tendons against the surface of the leg. In this case, tendon sheath swelling combined with thickening of the PAL leads to constriction of the tendon, causing a bulge above and below the ligament. Veterinarians can diagnose this by looking for the characteristic appearance, lameness, pain when the fetlock joint is flexed, and local heat, and by using local block and ultrasound. Treatment includes severing the PAL surgically (desmotomy) and possibly resecting any masses or adhesions within the digital sheath.



Since your mare is not lame and the swelling tends to occur after exercise, her condition appears to be most consistent with idiopathic windpuffs. These might result from the wear and tear on the tendon during exercise, with her conformation being a possible contributing factor.

Idiopathic windpuffs can be difficult to prevent, particularly when they become chronic. Owners can manage windpuffs using supportive therapy such as bandaging, sweats like those which you have been using, and cold therapy with ice. In severe cases, hyaluronic acid injections in the tendon sheath might help.

Overall, windpuffs are generally not associated with any lameness problems, tend to be chronic, and can be managed using supportive care. Should you notice any asymmetry or lameness developing, make an appointment with a veterinarian.

SMARTPAK Dr Lydia Gray, in her article on Wind Puffs of April 2009 adds: While windpuffs are not the same thing as arthritis, many of the same activities and conformation flaws that lead to windpuffs may also lead to arthritis, tendinitis, and other lameness. For this reason, you may want to reevaluate certain aspects of your horse's management, including trimming/shoeing, arena footing, conditioning program, and work schedule to help keep your horse healthy and happy and avoid problems in the future.

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# PCHA MAY 2018



## WEBBED FOOT PHOTOGRAPHY



# BARN SAFETY

Thinking about everyone's safety this month! Horse and Rider put together a simple, realistic safety checklist for people who keep their horses at home:

*PERFORM A BARN SAFETY CHECK: JENNIFER FORSBERG MEYER APR 20, 2005*

If you keep your horses at home, here's a handy double-check of safety features and precautions around the barn.

Use this quick checklist to keep your barn safe for you and your horse.

- Ω Aisles should be at least eight feet wide to allow a horse and handler to turn around easily, or two horses to pass without crowding.
- Ω Ceilings should be high enough to avoid contact with a rearing horse's head; nine feet or more is generally sufficient.
- Ω Floors must provide non-slip footing. Texturized concrete is a safe, inexpensive option for a barn aisle
- Ω Light fixtures must be mounted where curious muzzles cannot reach them, or else encased in sturdy wire cages.
- Ω Stall doors should never swing inward--a hazard for someone trying to exit when a horse is also eager to get out. Side-sliding doors mounted on rollers are safest.
- Ω Repairs to barns and fencing are best made immediately, before a loose board, protruding nail, or damaged gate can cause injury to horse or human.
- Ω Clutter in and around the barn is always a safety hazard; make sure aisles and commonly traveled pathways are clear of feed cans, push brooms, saddle racks, wheelbarrows and the like.



**Make sure your barn is safe for you and your horse from the moment you step in the door.**

[https://horseandrider.com/health-and-advice/barnsafety\\_042005-13009](https://horseandrider.com/health-and-advice/barnsafety_042005-13009)



WEBBED FOOT PHOTOGRAPHY

**MAY  
2018**

## In This Issue

### **Wind Puffs:**

Resolving a Common Swelling

### **May Show Pictures**

### **Barn Safety:**

Things You Might Not Think About

## PCHA

**Pennsylvania  
Cutting Horse Association**

*Visit us on the web at*

[www.pchacutting.com](http://www.pchacutting.com)

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