

WEAVERHOUSE EQUINE NEWSLETTER WINTER 2017



THE COLD WAR

It's cold outside and just like us, horses need some special care and consideration to help them stay warm, happy and in good health, during the Winter months!



Feeding - Feed to Stay Warm.

Many horse owners believe that horses need additional energy-rich feed during Winter. This may be a consideration for horses that are in full work; however, most horses have a reduced Winter workload or are turned out for the months of reduced daylight, unpredictable weather and limited riding opportunities.

TOP TIP

“When it comes to working your horse. If it's miserable for you, it's going to be miserable for him as well.”

Another busy year!!

It has been a very busy year here at WeaverHouse Equine!

We have recruited a new Osteopath called Grace Newman, and many of you would have seen her working alongside Adam on their travels.

Grace originates from Cornwall, and has relocated to Cheshire for her new role - complete with horse Kevin, who has recently travelled up to his new home in Cheshire!

It is that horrible time of year approaching - Winter! Cold mornings and night's drawing in, make it very challenging for most of us.

Paddy and Henry are both doing well - under the guidance of Mr Paul Sims and his amazing teaching skills, we are coming on leaps and bounds!

Adams colleague, David Powers is now treating horses in the Buckinghamshire and surrounding areas, and appointments can be made with him by contacting his practice on 020 8959 0823. His practice is called Copthall Health and he is based in the South of the UK.

If you would like to see anything in particular in the Newsletter, please drop us an email. We are always looking for new ideas.

May I take this opportunity to wish you and your horses a happy, but more importantly, safe Winter, the shortest day is not that far away (that's what I keep telling myself anyway !!)

Warmest Regards
Andrew Antoniou
Practice Manager



Give Mud Fever the boot this Winter!

Prevention is always better than cure, so rather than waiting for mud fever to strike take action now.

- If possible prevent your horse from standing in muddy conditions for long periods of time. This may mean fencing off muddy and boggy ground, adding hard core to gateways or allowing your horse time in the stable so his legs can dry out.
- Always check your horse's legs daily for cuts, scrapes and damaged skin that could allow bacteria to enter and early signs of infection.
- Carefully brush off mud with a soft brush once it has dried taking care not to scratch the horse's legs.
- If your horse is prone to mud fever consider investing in some turnout boots to reduce exposure to the muddy and wet conditions.
- Consider clipping hairy or heavy feathered legs as they can trap moisture and create the perfect breeding ground for the bacteria.
- If washing mud off works for your horse, use an anti-bacterial wash and ensure the legs are thoroughly dried afterwards.



DON'T TURN YOUR BACK ON BACK PAIN!

Lower back pain is a common occupational health problem for Farmers

RISK FACTORS

- Lifting objects heavier than 25 pounds or repeatedly lifting lighter objects.
- Awkward body posture while working.
- Prolonged driving of vehicles such as tractors, trucks, and other farm equipment that cause whole body vibration.
- Slips and falls and other traumatic injuries associated with adverse working conditions.

WEAVERHOUSE OSTEOPATHY OUTREACH CLINICS

Assessment and Treatment

Advice on Safe Handling Techniques

For more information....

call 01270 629933 or email info@weaverhouse.com

ASK ABOUT OUR SPECIAL OFFERS!

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We can't help them all, but we can help you. Back Care. We Care.

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or email info@weaverhouse.com Don't forget to look after yourself

HELPING YOU WITH BACK PAIN

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OSTEOPATHIC BACK AND HEALTH
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WE ALSO HAVE EVENING CLINICS
TUES, WED AND THURS UNTIL 8PM

*New clients to WeaverHouse only

01270 629933

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