## Lameness and Regenerative Therapies :

## June 2023

Newsletter

SUMMERLEAZE

**Lameness:** A common problem that can affect our equine friends, at any level of activity, and an area of concern for their owners. While many causes of lameness may be innocuous and can be treated at home, some are more complicated, severe or, do not respond to conservative treatments.

An accurate diagnosis is essential to allow targeted treatment and a realistic prognosis to be given.

**Cause:** In some cases, localised pain, swelling, or joint enlargement will highlight the area responsible. But in many others, progressive nerve or joint blocks (local anaesthesia), are used to localise the source of the lameness.

Digital X rays and/or ultrasound imaging may then be used to show, bone or soft tissue abnormalities.



Once a diagnosis is achieved, we can offer a wide range of treatment options varying from joint medication, surgery, long term nonsteroidals, rehab and topical therapy for tendon injuries. **Treatment:** At Summerleaze, as well as the more traditional medications, we also offer a range of regenerative therapies for your horse or pony.

The aim of these therapies is to help improve a variety of musculoskeletal disorders. These can vary from osteoarthritis to tendon injuries.

This exciting and relatively new area of veterinary medicine includes the use of **Stem Cells**, **IRAP** and **PRP**. The exact prognosis with these therapies depends on the condition being treated and its severity. Generally, the aim of these biological therapies, is to return your horse to its previous level of athleticism.

**Stem Cells:** Can be used for the treatment of tendon, ligament and joint diseases.

Stem cells can be pluripotent or multipotent, enabling them to develop into different cells, hence, they can be used for a wide range of different purposes.

For example, with osteoarthritis cases we can inject stem cells in to replace the damaged surface of the joint. Previously, stem cells had to be extracted directly from the horse's own bone marrow, then processed at a lab, but now, we can use commercially produced stem cells . As a result, we are using them

far more frequently, particularly in osteoarthritis cases. The benefits are, rather than just making the horse more comfortable, they can restore the joint to its previous undamaged state. Within weeks of treatment, we have had lame horses successfully sound, out competing again.





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**IRAP:** Interleukin-1 Receptor Antagonist Protein therapy, uses a small amount of the horse's own blood, that is then incubated in a lab.

The serum is then extracted once it has been activated by chromium beads.

The therapy can be used to treat muscle, tendon, ligament injuries or joint inflammation. It relies upon the natural anti inflammatory and regenerative properties of the horse's own blood.

## **Talk on Laminitis**

Please join us on the 5<sup>th</sup> July, 7pm at Downclose Stables, Downclose Lane, Crewkerne TA18 7SH.

This is run in conjunction with BHS Dorset. To book please email us in the practice at summerleaze@summerleaze-vets.co.uk or, book through BHS Dorset.



**PRP:** Platelet **R**ich **P**lasma , can also be used for the treatment of joint inflammation and soft tissue injury.

A small amount of the horse's own blood is used and passed through a filter. Within 15-30 minutes the sample is then able to be used.

The platelets then encourage healing by releasing a wide range of growth factors.



**Requesting Medication:** Please make sure all requests are made in a timely manner. Whilst we try our best to turn these around as promptly as possible, we can't always

guarantee this. Ideally, please allow 24hrs from request, to collection.



Don't forget the lock box! If you are not able to collect between 8AM–5PM Monday— Friday, we can leave medicines in the lock box (but we do need to be mindful of temperatures as the weather gets warmer), just ask us for the code.

**Location Challenge:** A while ago, the vets were set a challenge to gather <u>What3Words</u> details to help make travel time more efficient and also, to help find those locations, that are a little off the map. This is especially helpful in emergency or Out Of Hours situations.

We are off to a strong start, but could do with more. To join in with our challenge, please email through the <u>What3Words</u> for your yard, stable, or even the road junction turning (if it's really tricky to find, for anyone who has not visited before).



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