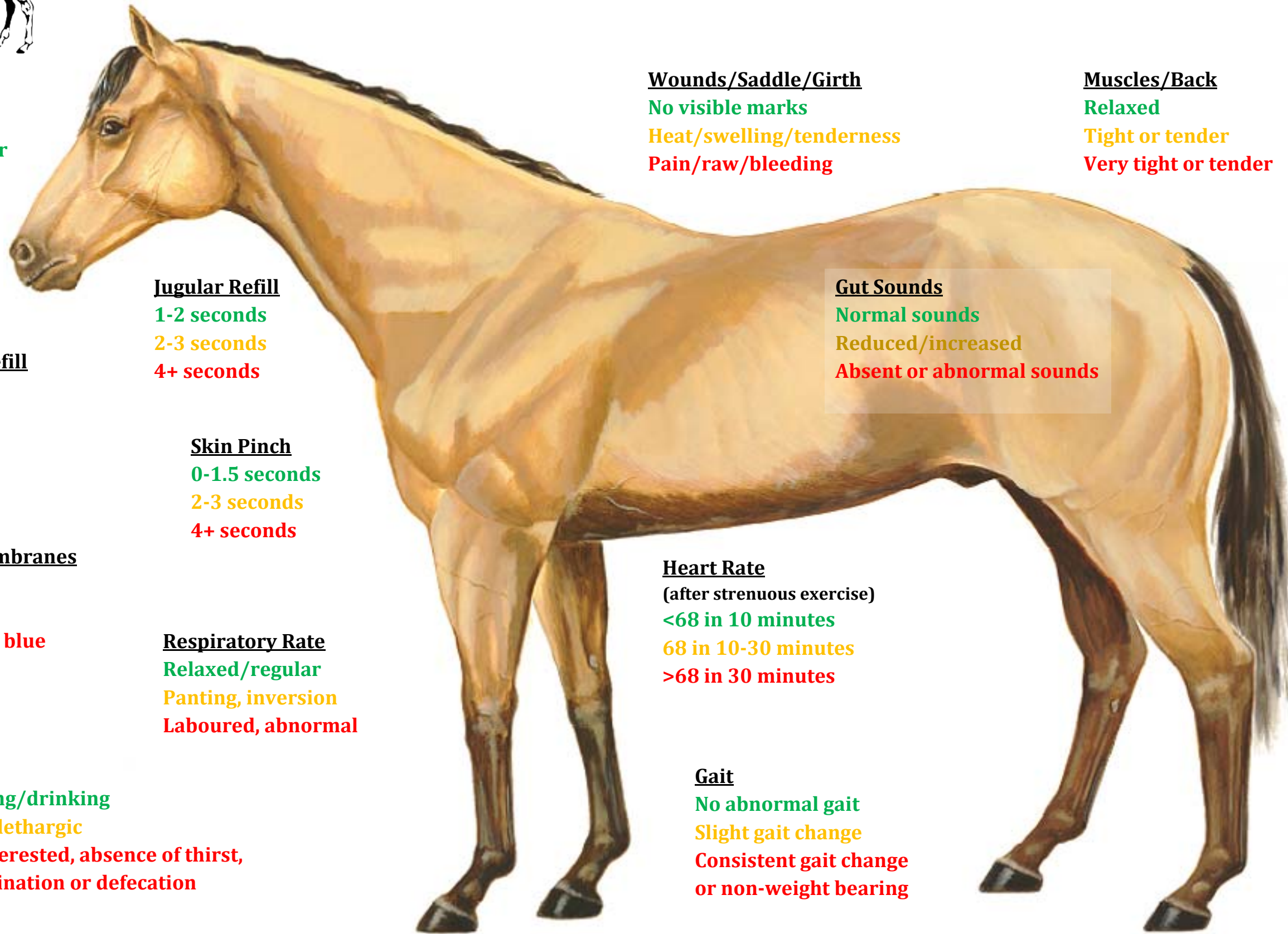
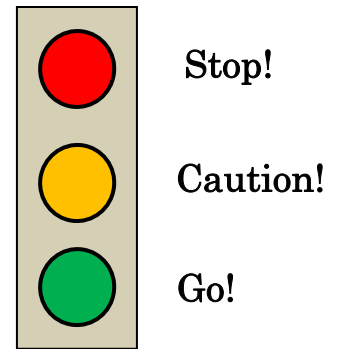




The Horse Health Check



Eyes

Bright, clear
Glassy
Fixed stare,
sunken eye

Jugular Refill

1-2 seconds
2-3 seconds
4+ seconds

Capillary Refill

0-1 seconds
2-3 seconds
4+ seconds

Mucous Membranes

Pink, moist
Pale, tacky
Dry, purple, blue

Attitude

Bright/eating/drinking
Depressed/lethargic
Dull, not interested, absence of thirst,
appetite, urination or defecation

Respiratory Rate

Relaxed/regular
Panting, inversion
Laboured, abnormal

Skin Pinch

0-1.5 seconds
2-3 seconds
4+ seconds

Wounds/Saddle/Girth

No visible marks
Heat/swelling/tenderness
Pain/raw/bleeding

Muscles/Back

Relaxed
Tight or tender
Very tight or tender

Gut Sounds

Normal sounds
Reduced/increased
Absent or abnormal sounds

Heart Rate

(after strenuous exercise)
<68 in 10 minutes
68 in 10-30 minutes
>68 in 30 minutes

Gait

No abnormal gait
Slight gait change
Consistent gait change
or non-weight bearing

Rectal Temperature

<38.6 °C pre-ride
<39.6 °C during ride
39.5-40.4 °C during ride
>40.5 °C

Anal Tone

Tight
Slightly loose
Anus/penis relaxed

Joints/Legs

No heat or swelling
Heat/swelling
Pain/raw bleeding

Impulsion

Free, willing, eager
Stumble/short stride
Stiffness/limping

The Horse Health Check

Directions: As you are performing the Horse Health Check, record your observations on the following table by placing them in the appropriate category (green, yellow, red). Then record your results and any other important comments into your permanent stable records on each horse.

Parameter	Green	Yellow	Red	Comments
Eyes				
Capillary Refill				
Mucous Membranes				
Jugular Refill				
Skin Pinch				
Heart Rate				
Respiratory Rate				
Gut Sounds				
Wounds/Saddle/Girth				
Muscles/Back				
Rectal Temperature				
Anal Tone				
Joints/Legs				
Gait				
Attitude				
Impulsion				

These parameters can be recorded on a resting horse to determine basic health and during or after exercise/competition. The heart rate recovery refers to the heart rate after exercise. If any of the parameters are in the yellow zone, you should stop exercising your horse and check out the horse carefully and medical assistance may be necessary. If any parameter is in the red zone, you should consult with your veterinarian as soon as possible, as medical treatment may be necessary.