



# ALL TIED UP

RER, PSSM, AZOTURIA, MONDAY MORNING DISEASE, SET-FAST...IF YOUR HORSE IS PRONE, IT MIGHT BE WORTH CHECKING WHAT YOU'RE FEEDING

## Trigger Factors...

- Not reducing the feed prior to a day off
- Not warming-up or cooling down properly,
- High starch diets,
- Dehydration/fatigue and viral infections.
- Genetics
- Insufficient electrolytes on hot days or when working hard
- Hormonal issues in the case of mares

## Symptoms...

Varies from:  
 A horse that appears slightly stiff but is still able to work to some degree  
 A complete seizing of the muscles so that the horse can't move.  
 When seeking advice from a vet or nutritionist provide details of when the problem occurred i.e. was it before, during or after the horse had worked, and as many details about the horse's regime that day as possible as this will help them to advise you on a suitable diet.

## POLYSACCHARIDE STORAGE MYOPATHY (PSSM)

- Quarter horses, Warmbloods and draught horses are most commonly affected
- Typically quiet laid-back animals but with no gender bias
- Prevents normal metabolism of glycogen which is how the horse stores starch and sugars in his muscles

### DIET RECOMMENDATIONS



- Eliminate cereal grains and molasses from the diet
- Use oil and fibre as energy sources according to the horse's bodyweight and workload
- Provide a balance of vitamins, minerals and protein

### How to achieve this:

- Step 1** - Feed plenty of forage. Particularly important in horses that cannot tolerate large amounts of grain. Select quality forage which will provide more energy and nutrients to help meet the horse's overall requirements
- Step 2** - Select a balancer. Lami Low-Cal balancer for horses in light to moderate work or Platinum Pro Performance balancer for horses and ponies in moderate to hard work. These will provide the nutrients required to maintain health and condition and for work
- Step 3** - Add oil (preferably high Omega 3 or highly digestible fibre such as beet pulp)

## (RECURRENT)EXERTIONAL RHABDOMYOLYSIS (RER/ERS)

- Thoroughbreds and Standardbreds most commonly affected
- Excitable, highly strung increases risk, with fillies more prone
- A stress-related disorder involving a disruption of normal muscle calcium regulation

### RER/ERS

- Reduce the starch content of the diet
- Ensure that any cereals in the diet have been cooked
- Ensure diet is balanced



## How to achieve this...

- Step 1** - Choose a feed with as low a starch content as possible, this includes hay.
  - Step 2** - Check the feed is appropriate for the type and level of work the horse is doing and fed at recommended levels to ensure a fully balanced diet. Feeds are formulated to be fed at certain levels and using the wrong one can mean that the horse isn't receiving sufficient nutrients. If increasing the feed results in over-exuberant behaviour or weight gain, then add a Fibreugenix balancer such as Prime Original or Platinum Pro to provide nutrients without energy.
  - Step 3** - Add an electrolyte supplement
- ERS is most common in horses in hard, fast work and so an electrolyte supplement is vital to replace salts lost in sweat. The most effective way to re-hydrate a horse is to supply water and electrolytes as this is more effective than either on their own. Ideally, electrolytes should therefore be added to the water or if this puts the horse off drinking, add them to the feed but make it wet and slushy

## Management Tips

- Warm up and cool down the horse thoroughly
- Don't confine the horse to the stable for long periods
- An episode of ERS often seems to occur after the horse has suffered with a virus. If you suspect your horse has a virus then reduce the workload, particularly if the horse has had RER/ERS before.

