



# NEWSLETTER



December Edition

## Welcome to our December Newsletter

Welcome back everybody to our December Newsletter. We thought we would check in on you and try and bridge the long gap until Spring with some inspiring ideas and home activities.

Enjoy the next pages and have a lovely Christmas time.

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## #AGVP *on Tour*

Our AGVP team members Amy and Katie travelled to the University of Nottingham in September to complete their Veterinary Physiotherapy Clinical associate training. This will enable us to become a certified veterinary physiotherapy placement provider.



## Working Gun Dogs How to Avoid Behavioural Issues

Some working gun dogs can start developing behavioural disorders and habits such as shadow chasing, or wall-staring at the end of the shooting season. It becomes difficult when the days are getting shorter, and we run out of daylight before and after work to get our dogs exercised during working days.

Giving our dogs the type of stimulation and exercise to overcome the post season depression is challenging. We have researched some ideas to bridge this time and make your dog's life more enjoyable.

UK's leading dog behaviourist and obedience trainer, Stan Rawlinson recommends coming together and arrange walks over parts of the shoot or other land without disturbance to nesting birds. He also recommends finding isolated spots to do some dummy work, and hidden retrieves. (Rawlinson, 2019)

**"DO NOT CONSTANTLY DO THE SAME EXERCISES IN THE SAME ORDER, DO A COUPLE OF VERY DIFFERENT ACTIONS AND EXERCISES THAT MAY NOT BE SHOOTING RELATED."**

### **SCATTER FEEDING**

Place the dog food in different places around your garden or house to make the feeding process as interesting as possible.

### **SCENT WORK CLASSES**

David has recently joined a scent work class which we found stimulated the dog's senses and kept their brain busy searching for items around the house, garden, car park etc.



# Things to Do During the Winter Months



Spending time down the yard during the wet and cold winter months can feel like an obligation rather than a pleasure.

We have created a list of activities you can run through to make winter more bearable for you and your horse(s).

**Firstly**, take a look at British Eventing, British Showjumping, British Dressage, The Horse Society, and many others and scan their websites for demo lectures and CPD activities. Many professional riders offer organised demo training sessions over winter that you can attend. Wrap yourself up, take your tea or coffee cup and mingle with other equestrian fanatics in the warm indoors of our equestrian centres.

**Secondly**, write yourself a weekly training diary and outline for each day what you would like to work on. Within each riding session, spend enough time for the warm-up and cool-down plus one or two target exercises.



**Thirdly**, don't forget that spending time away from the yard is not a bad thing. You might appreciate it more when staying away one night and have some 'me-time' on the sofa. As long as your horse has enough to eat, drink, and stays warm, they won't mind a day off.

**Fourth**: Try and ride before work. Getting up a little earlier might not sound that appealing but trust us, getting the riding done before work is highly rewarding. Plus, your enthusiasm will be higher in the morning, rather than getting the riding done after rushing around all-day.

**Fifth**: Treat yourself to a nice evening in the local pub with your equestrian friends or join a lesson or clinic in a smart nearby indoor arena.

## ANNABELLE



RECOMMENDS

**Special Tip**: A quiet night in front of the TV with one of Robert Redford's classics.



# The Use of the UWT to Assist with Canine Rehabilitation



## WHAT DO WE KNOW?

The resistance to exercise in water is created by viscosity, friction and turbulence (Millis & Levine, 2014). Buoyancy reduces weight bearing, therefore depending on the depth of the water a patient can walk normally without causing further injury (Millis et al., 2004). Flexion and extension of specific joints can be manipulated to some degree with the depth of the water. Joint flexion is greatest when the water is filled at or higher than the joint of interest. Shoulder extension is reduced with water at the greater trochanter (Jackson et al., 2002). In deeper water stride length increases whilst frequency decreases (Barnicoat & Wills, 2016).

Whilst swimming is certainly beneficial in some situations, underwater treadmill therapy is the better choice when the goal is to improve proprioception and dynamic balance, as direct contact with the ground and the need to maintain a walking stance forces the patient to work its muscles and joints, whilst supporting less weight (Schmalberg, 2018).

To **book your next hydrotherapy appointment with us**, ring Amy on **+44 7494 689566** or send us an email **info.annabellealt@gmail.com**



## WATER DEPTH, WEIGHT BEARING & RESISTANCE

Water level at carpus/tarsus level results in **91%** of normal weight bearing.



Water level proximal to the stifle results in **85%** of normal weight bearing.



Water level at the greater trochanter results in **38%** of normal weight bearing.





# The London Olympia International Horse Show 2022

## ALL YOU NEED TO KNOW

The London Olympia International Horse Show opened its doors to the public in June 1907. Many members of the nobility were present at the extraordinary venue. Gentlemen Officers from all over the world travelled to London to participate in the show jumping classes.

Mr Reginald Gardiner Heaton, a horse breeder from Chatteris in Cambridgeshire, had the original idea to run the show in this scope and atmosphere. The show was a great success due to the fact that at this time "almost everyone was horse-minded" (Geoffrey DS Bennett in *Horse & Hound* in 1954).

In 1939 the last International Horse Show was held at Olympia due to World War I although was then resurrected in 1947 at White City, London. Finally in December 1972, the horse show returned to London Olympia.

You can discover a variety of equestrian disciplines: International dressage, show jumping and driving classes as well as showing and mounted games.

## WHERE TO WATCH?

You can also follow this spectacular event from home to get into the Christmas spirit. Plus, you'll get inspired for your own daily riding routine.

The official website states, that **FEI TV** is broadcasting, the **BBC** will be showing some of the classes, and the show has its own **Video on Demand Service** which is accessible via their official website.



Our AGVP team visited the London Olympia International Horse Show in 2019 (See picture above). The atmosphere was incredible, and we enjoyed a lovely, festive day out.

# The Core Concepts of Stretching

## - PART TWO

### GOOD TO KNOW

**DON'T** stretch more than 3-4 times weekly, more can lead to fatigue

**DO** hold each stretch between 20-30 sec. Build up to this gradually. Initially, the stretch is likely to be held for about 4-5 sec.

**DO** 3-5 repetitions

**DON'T** perform stretches on a cold muscle

### FORELIMB ABDUCTION STRETCH (right)

During a forelimb abduction stretch you target the brachiocephalic muscle, superficial pectorals, and the subscapularis.

You pick up the front leg as you would to pick out the hoof. You then place one hand just above the knee of the horse and the other hand below the fetlock. Use the 'knee hand' gently to draw the leg towards you and away from the horse's body.



### HINDLIMB PROTRACTION STRETCH (right)

By performing the hindlimb protraction stretch you are targeting the biceps femoris, semitendinosus, and semimembranosus.

You place both hands around the fetlock and slowly draw the hindlimb forward under the Centre of Gravity (CoG) of the horse. You can progressively increase the height but always maintain the stretch within your horse's comfortable range.



### HINDLIMB RETRACTION STRETCH (right)

Also known as the "farrier stretch". With this stretch you are targeting the biceps femoris, middle gluteal, and vastus lateralis.

Place your hands around the fetlock, as shown in the picture to the right, one hand is placed above the fetlock towards the cannon bone of your horse. You encourage the hindlimb to slowly move backwards in a straight line.



# The Core Concepts of Stretching - PART TWO

Where possible horses should not be tied up whilst stretching. Having a handler is highly beneficial. This helps to prevent the horse from loading the forehand during a stretch, thus a better, more effective stretch will be performed.



## UPCOMING EVENTS..

### ONLINE WEBINAR

#### Common Equine Conditions and Treatment Programmes

Monday 30th January at 7pm

### CPD EVENTS

#### Palpation & Assessment of the Canine Athlete

Saturday 4th February 2023

#### Palpation & Assessment of the Equine Athlete

Saturday 11th February 2023

#AGVPEvents



## MOT FOR WORKING DOGS

December is a good time to think about considering an MOT physiotherapy treatment for your working dog.

If you would like more information or have any questions on physiotherapy treatment, please get in contact with Amy in the office.