

# Equine Stable and Exercise Bandaging



## Disclaimer

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- Each booklet illustrates one way to perform a skill and it is acknowledged that there are often other approaches. Before using the booklets students should check with their university or college whether the approach illustrated is acceptable in their context or whether an alternative method should be used.
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Year Group: BVSc1 +



Equipment for this station:

- Model horse or equine limb model
- Padding material (e.g. gamgee, fibergee, cotton pads)
- Stable bandage
- Exercise bandage

Considerations for this station:

- Practise applying a bandage to the model limb and/or model horse to enable you to become familiar with the technique before practising on a live animal.
- When bandaging (the model or a live horse) do not kneel on the floor; instead adopt a crouch position so that you can move quickly to get out of the way when necessary e.g. if the horse is startled.



Anyone working in the Clinical Skills Lab must read the 'CSL\_I01 Induction' and agree to abide by the 'CSL\_I00 House Rules' & 'CSL\_I02 Lab Area Rules'

Please inform a member of staff if equipment is damaged or about to run out.



# Clinical Skills: Stable Bandage

1



A stable bandage feels soft and is made of wool, wool mixtures or synthetic fleece; it is relatively inelastic when compared to an exercise bandage. Stable bandages are used to protect the horse's legs e.g. in a stable or during transport.

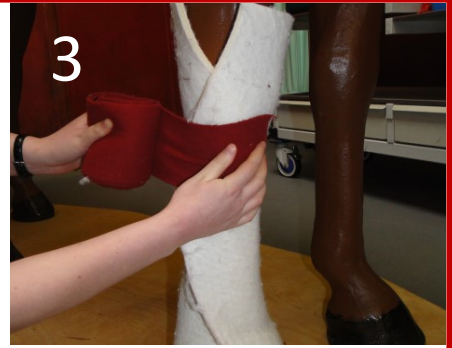
Select all the materials (stable bandage and a large piece of padding) and place them within reach.

2

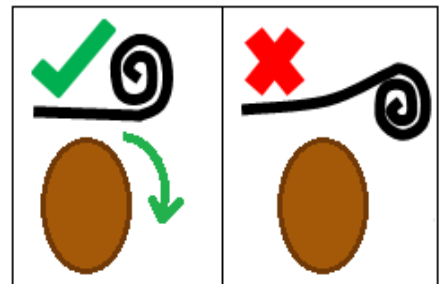


Crouch beside the leg (don't kneel on the floor) and place the padding around the distal limb from the coronary band to the level of the carpus/tarsus (or just above). Once wrapped around the leg, the top layer of the padding should be on the lateral aspect of the leg with the end facing caudally.

3



The bandage is applied with the roll on the top to ensure even tension.



4



Starting just beneath the carpus, roll the bandage in the same direction as the padding i.e. from front to back when on the outside (lateral aspect) of the limb.

Overlap each turn by about 50% of bandage width, maintaining even tension at all times.

5



Bandage to beneath the fetlock joint. Then bandage back up the limb, typically finishing mid-cannon or just below the carpus.

Smooth out any folds or creases as you proceed to prevent these causing pressure points, which would be uncomfortable and may eventually cause sores.

6



Secure the bandage using the velcro fastenings or ties. If tying a knot, this should be done on the lateral aspect of the limb and not over the tendons.



1



An exercise bandage is elasticated. It is more stretchy than a stable bandage and not as soft to the touch. An exercise bandage is applied just before exercise and removed afterwards.

Select all the materials (an exercise bandage and a piece of padding) and place them within reach.

2



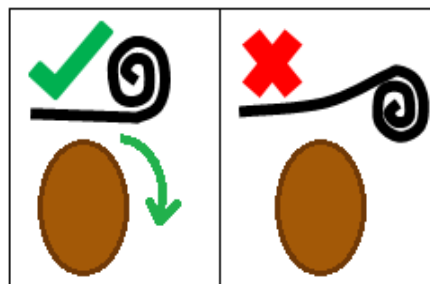
Crouch beside the leg (don't kneel on the floor) and place the padding around the distal limb from the bottom of the carpus (or tarsus) to the top of the fetlock.

When the padding is passed around the limb for the 2<sup>nd</sup> time, the extra layer should cover the tendon area.

3



The bandage is applied with the roll on the top to ensure even tension.



4



Starting just beneath the carpus, roll the bandage in the same direction as the padding i.e. from front to back when on the outside (lateral aspect) of the limb, applying slightly more tension than for a stable bandage to provide extra support when exercising.

Overlap each turn by about 50% of bandage width, maintaining even tension at all times.

5



Bandage to just above the fetlock joint. Then bandage back up the limb so that the bandage finishes about half way up the cannon bone.

Smooth out any folds or creases as you proceed to prevent these causing pressure points, which would be uncomfortable and may eventually cause sores.

6



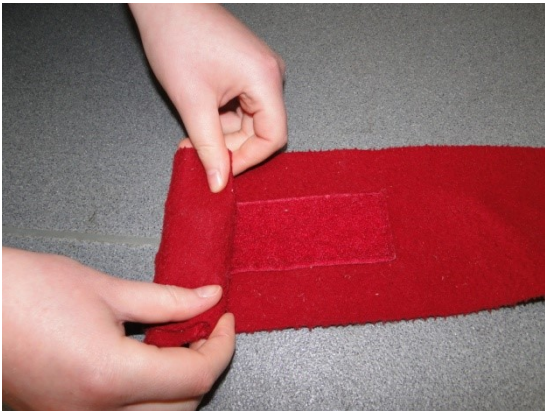
Exercise bandages tend to have a velcro strap which is passed through a metal loop and then fixed ('stuck') back on itself.





1. Remove the bandage by unrolling it
2. Re-roll the bandage:
  - Start at the velcro/tie end of the bandage
  - Fold the velco/tie so that it is on the inside (and will eventually be in the centre) of the bandage
3. Remove the padding layer
4. Replace the bandage and padding in the box

*Station ready for the next person:*



Please inform a member of staff if equipment is damaged or about to run out.



- Never kneel on the floor next to a horse; crouch on your feet so you can move away quickly e.g. if something startles the horse.
- Check that the leg is clean, dry and free from debris before applying a bandage.
- If the bandage starts unrolling whilst you are applying it, re-roll the bandage and start again.
- Avoid applying excess tension. Signs of this can be swelling above/below the bandage, discomfort (e.g. biting at dressing, lifting leg) and the skin could be sore to touch.
- Taking the time to re-roll a bandage neatly can save lots of time when you next apply it!
- After removing a bandage and before re-rolling it, check it is clean and dry. If the bandage or padding is wet and/or dirty it should be washed before reuse.
- Change stable bandages every 12 hours and check the legs. If the bandaging materials are clean and dry they can be reapplied; if not, use a new bandage and/or padding layer.
- Always remove exercise bandages immediately after exercise and check the legs.
- With a live horse ensure it is suitably restrained while you are applying bandages e.g. an assistant holds the lead rope.
- Wear suitable personal protective equipment (PPE) when working with horses e.g. safety boots and a hard hat.
- When moving around the horse to bandage the other legs, do not walk under the horse's neck when changing sides and never walk behind the horse – this is dangerous.