

# BEST FOOT FORWARD

Have you got the knowledge to become a laminitis legend? Have a go at our quiz to find out!

## ANSWERS

**1** What part of your pony's body is affected if he has laminitis?

A. Stomach   
 B. Hooves   
 C. Tendons

**2** What could happen to your pony's pedal bone if the laminae becomes inflamed? (tick all that apply)

A. It might rotate   
 B. It might sink   
 C. It might dissolve

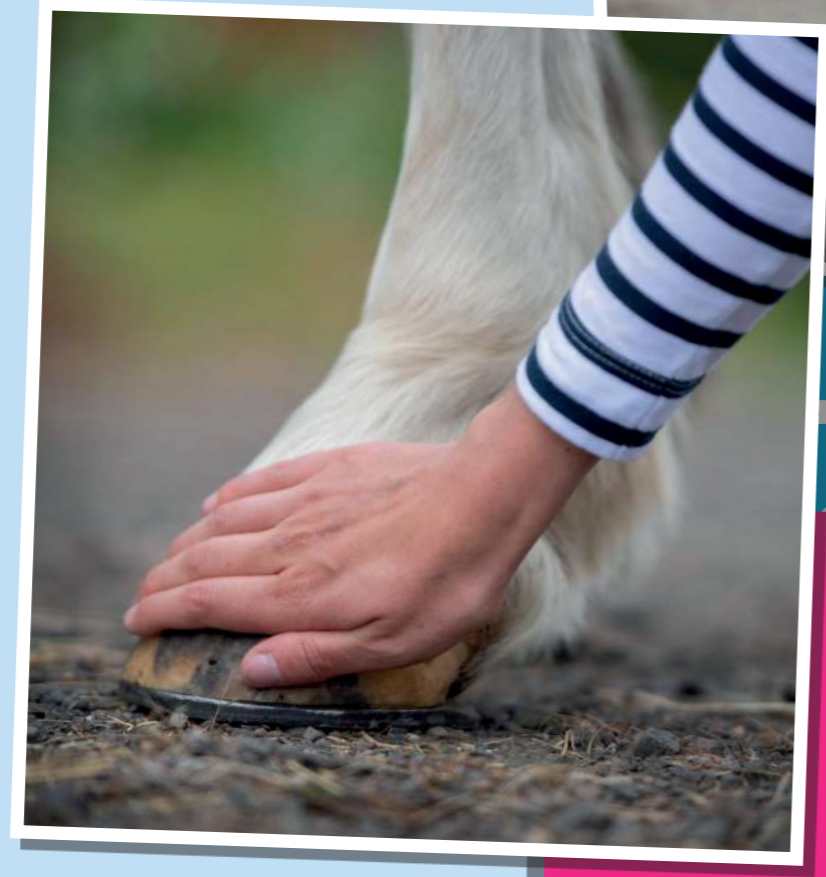
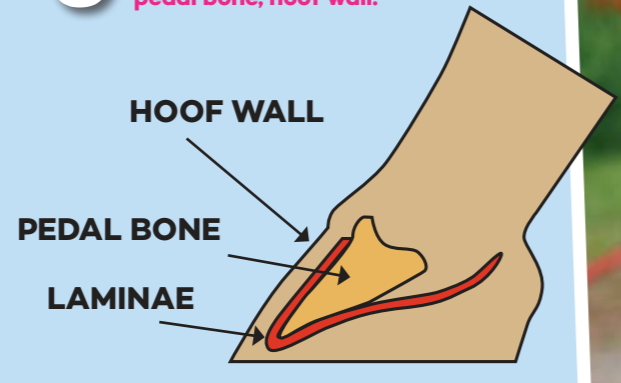
**3** What type of ponies are most prone to laminitis?

A. Those who are overweight and have had laminitis before   
 B. Those who are underweight and in regular work   
 C. Those who are a healthy weight and have never had laminitis before

**4** What are the common causes of laminitis? (tick all that apply)

A. Fast work on hard ground   
 B. Eating food that's high in starch and sugar   
 C. Having metabolic or hormonal diseases, such as Cushings   
 D. Being fed a high-fibre diet

**5** Can you label the diagram using the following words? Laminae, pedal bone, hoof wall.



### HOW DID YOU GET ON?

#### 0-6 LAMINITIS LEARNER

You've still got some work to do before you're a laminitis lord! Why not do some more research online or speak to your yard manager and have another go at the quiz?

#### 7-12 LAMINITIS LORD

So close! Your knowledge on laminitis isn't totally up to scratch but it's a great start. If you want more detailed info, check out your vets' website – they're super-handy!

#### 13-17 LAMINITIS LEGEND

Well done, you nailed it! The knowledge you have on laminitis is fab and it sounds like your pony's in the best hands when it comes to preventing and managing this condition.

**6** There are lots of signs a pony will show if he has laminitis, can you name three?

**Answer options:**

- shifting weight from one foot to another
- reluctance to move, especially on hard ground
- increased digital pulse
- lying down more and struggling to get up
- sweating and increased breathing rate at rest
- increased temperature in hoof walls
- horizontal lines in his hooves

**7** When should you call the vet if you think a pony has laminitis?

A. As soon as he shows any symptoms   
 B. When he shows at least three symptoms   
 C. Only when he has an increased digital pulse

**8** Which one of these is a management technique that should be implemented if your pony's diagnosed with laminitis?

A. Hose his hooves to reduce their temperature   
 B. Soak his hay to reduce the sugar content   
 C. Turn him out 24/7 so his environment is as natural as possible

**9** There are four key ways you can help prevent your pony from getting laminitis, can you name two of them?

**Answer options:**

- keep him at a healthy weight – monitor his weight regularly using a weighttape and body condition score him, too.
- control his access to grass all year round – you could try a muzzle, strip grazing or track systems
- exercise him regularly – this will help keep him slim
- book farrier visits every 4–6 weeks – this will help keep his hooves in top condition