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EDITOR'S NOTE

Dear Reader,

We are delighted by the great success of the first Indian foal championships and auction held in Bangalore in August. The auction has surpassed all expectations; the first ever warmblood foals born in India have been sold for record prices and the Embassy International Riding School has written history with this event.

Jitu Virwani, the Chief of the Embassy Group made history in a two-fold sense as he was elected Vice President (finance) of the Equestrian Federation of India (EFI).

In this second edition of the Equestrian Times you will read about the first foal championships and foal auction in Bangalore. It will also feature the EFI elections and the FEI which is now divided into the South and North. Furthermore you will get some valuable tips for flat work with your horse.

As the warmblood breeding operations started-off very well in India with the first warmbloods born in Bangalore, we give you an insight into the artificial insemination process of a mare which is common in warmblood breeding. Last but not least, there is an article about tendon injuries and an interview with Dr. Marc Cronau, a very renowned vet from Germany.

In closing, I would like to say thank you to Mr. Ikram Khan who for consenting to be the guest author for this edition.

We wish all riders, breeders and horse owners good luck and all the best for the upcoming events.

Yours

Lara Becker

on behalf of The Equestrian Times





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EQUESTRIAN TIMES

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FIRST-EVER WARMBLOOD FOAL CHAMPIONSHIPS AND AUCTION IN INDIA

By Ikram Khan



Equs India uncorked champagne and the bubbly flowed the moment the hammer came down.

In the first-ever auction sale of warmbloods foals in India at the Embassy International Riding School, Lorenzo was sold. The buyer was delighted. He sealed the deal with a Rs 15.5 lakh bid and it was time for song and dance all night long for Lina Virwani and the petite German Lara Becker, heading the breeding operations.

"It is one small step forward to put India on the international map and the response generated is very encouraging," said Lara pointing out that all credit should go to Lina and her hubby Jitu Virwani, the Embassy Group chief who supported the exercise.

"They really were bold and brave. And the wheel of fortune swung in their favour," said Lara who is confident that India in the years ahead will produce quality warmbloods and sport horses.

Jitu Virwani, who has spent a fortune chasing his dream, a gold medal for India in the Asian Games and Olympics, most pleased with the historic exercise revealed that this would provide the Indian riders a level playing field and the onus will now be on the equestrian riders to get a leg-up on the Indian bred warmbloods and hone their skills in their bid to make the big league.

"Most Indian riders cannot afford the bred in the purple warmbloods. They cost a lot of money and you need to import them from Germany, Denmark or France. Competing in the equestrian events on thoroughbreds which are only bred for flat racing is waste of time and that's the reason why we at EIRS decided to start our own breeding operations." said Jitu pointing out that the idea is to provide the equestrian riders the bred in the purple show jumping horses at reasonable cost.



Well to start the breeding exercise, Equs imported three mares in addition to the 11 stationed at the Embassy International Riding School and roped in Lara Becker to head operations.

"The climatic conditions in Bengaluru are good for successful breeding of warmbloods. And the first foals look good. Warmblood breeding world over is done through insemination process and if the Indian government provides the license to import frozen semen from the top pedigree stallions standing in Europe, India can produce quality stock in the years ahead," said Lara.

All the four foals which came under the hammer on Sunday were sold. Lorenzo fetching the highest bid while Leonardo owned by Shyam Mariwala who shared the honours with Embassy's Lancelot, adjudged the best colts in the Foal Championship was roped in for Rs 8.3 lakh.

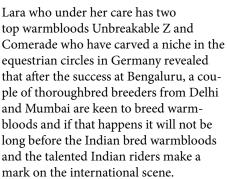














"It all boils down to the fact that you need good horses and good riders to win. And Equs is gearing up to provide the right platform to catapult to fame," said Lara pleased with the historic auction sales.

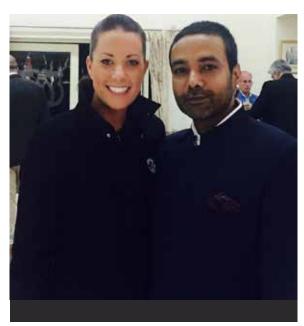
EIRS director Silva Storai who donned the silks and won more than 150 races including two Derby victories competing against men in flat racing before she chose to promote equestrian disclosed that a sizeable number of Hanoverian horses are bred at the army breeding unit but they are not offered to the best civilian riders. Ajai Appachu, Fouad Mirza and Nadia Haridass, the top three civilian riders who spearheaded India's challenge in the Incheon Asian Games last year, thanks to Lina Virwani paraded their skills on the highly rated German warmbloods owned by Lina. Incidentally, the three top riders are now training in United Kingdom in their effort to qualify for the Rio Olympics.



HORSE RIDING. INDIA AND ITS PEOPLE



Congrats to Rushil Patel and his trainer Nitin Gupta from ECE for winning the Silver Medal at the FEI World Jumping Finals 2015 in Bulgaria. Well done Rushil and Nitin!!!



Olympic, World and European Dressage Champion Charlotte Dujardin, the global Ambassador of the Brooke's foundation on her visit to India





EIRS Director Silva Storai and Jaqueline Kapur (Red Earth Riding School)

FEI WORLD CHALLENGE DRESSAGE 2015 IN BANGALORE



Riders, trainers and officials at the FEI World Challenge Dressage 2015

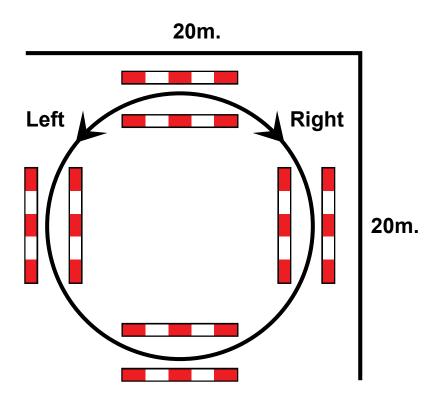


Balaji Vijayshankar and his horse Ricardo triumphed in the Prix St. George dressage event at the FEI World Dressage Challenge held at EIRS



Tanishka Khataokar astriding Silvano won the Preliminary and Elementary dressage events in the juniors sections

TIPS FOR FLATWORK



EXERCISE 1

Circle through pole exercise

Goal of this exercise: to have a more balanced, rideable horse that reacts to the rider's fine aids, carries itself and the weight of the rider, trains and strengthens the muscles, the flexibility and thoroughness.

How to ride it:

Start in walk to ride the circle through the poles on the ground. Have a fine but steady connection to the horse's mouth and keep your legs on, enough to keep the hindquarters of your horse active and your horse "together". Once you have completed the circle 2-3 times and your horse is doing it well you can advance to trot. In trot you can start with rising trot.

When you feel your horse is subtle, balanced and active through its whole body, you can go on to sitting trot.

Ride the circle up to 10-15 times until you have achieved the desired results.

By now you will already notice a remarkable difference in how your horse starts to carry itself, how content it has become, how relaxed and self assured in its movements and how well it can do the exercise. Now you can have a five minute break, riding in walk through the poles. Then you can advance to canter. In canter you can ride the circle 10-15 times as well.

Pay attention: canter may show to be the most difficult at first, it may be harder to keep the line and the steady speed, but once you have achieved the balance and thoroughness in canter, you will have a very different horse which is nice and easy to ride and reacts to your aids much better

Ride this exercise on each rein. Ride each pace until you feel happy with the result.

This exercise is suitable for younger horses and older horses alike.







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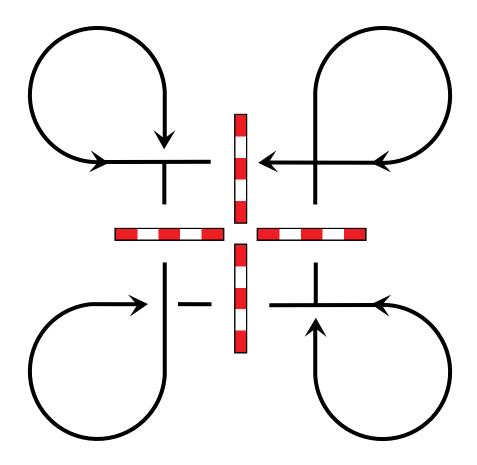
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Tips for flatwork



EXERCISE 2

Goal of this exercise: to achieve a great balance and accuracy with your horse. Riding a bent line from which riding into a straight line towards the jump. Keeping a steady speed. Keeping the hindquarters of the horse constantly active.

How to ride it:

Start in walk over poles on the floor, keeping your horse straight over the pole and bent in the circle. Keep a steady rhythm, pushing your horse forward with your weight with your legs in a steady contact to the horse. Your hands are low and with a fine contact to the horse's mouth.

Once you successfully manage this exercise in walk you can advance to trot,

rising trot. You may vary the size of your circle, but not without prior planning of how big you want to ride it. Always know your way before and don't let your horse break out on its outside rein and shoulder.

In trot you will achieve a good thoroughness and suppleness for your horse, it will start to carry itself, it will easily go on a bent line just as on a straight line.

When you have achieved the desired results in trot you can advance to canter.

You may start by cantering over poles and then, when you are happy with the results, you can put the jumps up.

Pay attention when cantering:

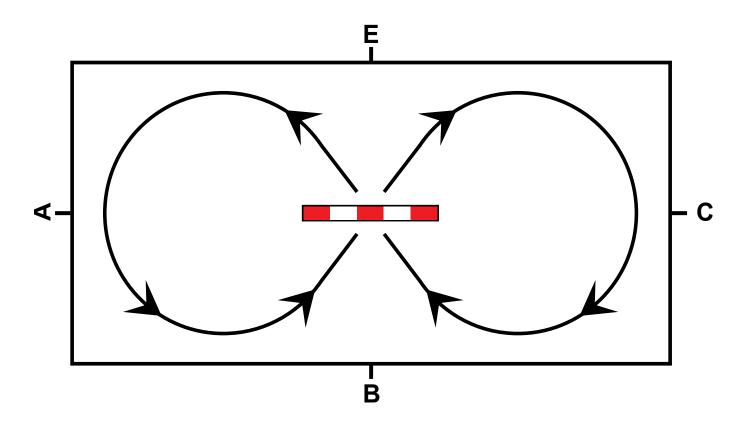
Make sure your horse lands correctly and if it has the wrong canter, go down to trot and correct it.

Your horse will start to carry itself. As its rider you can assist it by sitting smooth in the saddle, with your hands down and a soft but constant connection. Keep your horse steady between your legs.

Your horse will achieve great balance, it will achieve quick reactions at the jump, it will learn a steady rhythm on the track you want it to be.

Ride this exercise on each rein. This exercise is suitable for already experienced horses. It is more or very difficult for very young horses. coming that is new.





EXERCISE 3

Goal of this exercise: Teach a young horse the flying change

How to ride it:

This exercise is for young horses to learn the flying change.

In this example we put the pole in the middle. (X)

You can start riding the exercise in walk in order to get your horse accustomed to the line you want it to go, the figure of 8, changing rein when we cross the pole in the middle.

You can advance to trot when you are happy with how your horse is walking the line.

Again, you change rein when you come

over the pole, this time aiding your horse slightly more, using slightly stronger aids, so your horse feels that there is something coming that is new.

When you are happy with the line and the attentiveness of your horse over the pole, you can advance to canter.

Ride a good circle in canter. Have your horse nicely collected and attentive. Ride over the pole giving our horse clear instructions to the flying change.

Change your legs, your reins and your weight and balance over the pole so that there is no doubt about the signals you are giving.

In some cases the horse manages the flying

change immediately. Then you can just carry on riding the figure of eight, practicing. If the flying change does not happen immediately, be patient. Trot your horse, canter again and repeat the exercise. After 2 to 4 times your horse should have understood the signals and what is supposed to do.

You may carry on for a few days with the pole.

When your horse feels secure and does a good flying change over the pole, you can take the pole away and do the flying change without it.

This exercise is for young show jumping horses, aged 3 and above.

IT'S TIME EFI GET OFF THE HIGH HORSE

By Ikram Khan

After the success of the first-ever warmblood auction sales in India, the chief of the Embassy Group, Jitu Virwani, who has provided the saddle to most Indian top riders to gallop to fame in the equestrian sport is now the vice president (finance) in the Equestrian Federation of India (EFI) and this provides hopes to most civilian administrators and riders who failed to make the list taking into account that the Army men call the shots and do not fancy the entry of civilians in the executive committee of EFI.

Jitu apart, Dr. Sanjay Gupta is elected member Central and Mrs Anisha Sodhi is in the four-member selection committee. Siddarth Sharma, member North East is another civilian in the committee. Can the four bring about the required changes to

provide a new dimension of sport? The answer is no, simply because they will not be able to break the army hierarchy. The election process of the EFI is now under the scanner, the sports ministry under fire from all the other 21 sports associations who are following the guidelines of the Indian Olympic Association is now looking to set right and screen the membership issue.

sociation is now looking to set right and screen the membership issue.

In all other sports disciplines, the voting rights are with the state associations. EFI should follow similar pattern by giving every state association one vote right rather than making individual owners who have the right to vote. This happens only

A good competitive and clean structure with a fine blend of civil and army is the need of the hour. Now that a group of passionate civilians from all across the country have chosen to make big investments in the game in their effort to scale a new high in the game, the EFI must welcome the civilians with administrative skills and expertise on board.

in Clubs and not in Associations.

More competitions and exposure at the international stage must be provided to the riders. Regular meets and competitions must be held. NEC, JNEC and FEI

World challenges should be conducted in two or more zones to encourage more participation. Conducting national events in only army venues so far has not brought the desired results. Big promoters and sponsors need to be roped in and since the army rules do not permit sponsor advertising at their venues, the EFI will do well to identify venues which have the required infrastructure and potential to gain money mileage to the sport.

The EFI must also look to change and facilitate the quarantine procedures. The quarantine fee has now been increased from Rs 250 to 1,250 per horse per day and this needs to be examined and reduced . All that EFI needs to do is to approach the Agricultural ministry and they are willing to help.

Most knowledgeable are of the view that the quarantine requirement of 30 days after arrival of horses in India is taxing on the owner. The horse, leading vets in the game point out, when in quarantine in Germany, Denmark or any other country goes through a detailed health check-up and again going in quarantine in India for a month is just not required. It is happening only in India, the equine vets point out while adding

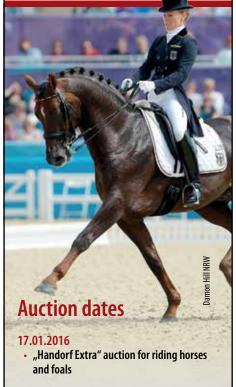
that the horses imported go straight to the owner after the quarantine procedures in the country of their origin. It is important that EFI address this issue quickly taking into account that many individual buyers are shying away from making investments in this game due to this elaborate and taxing quarantine procedures.

It is no secret that EFI has sufficient funds to promote the sport and how the association has failed in its endeavour to put the sport on the high road so far defies logic.

Well now with Jitu Virwani heading the finance sector and with his expertise on infrastructure development and event management, it is time the army men and civilians in the new committee join hands to take equestrian to the next level.

Will all this happen. Well your guess is as good as mine.





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GETTING THE MARE IN FOAL -LIVE COVERING VS. ARTIFICIAL INSEMINATION



Insemination with chilled semen

Live covering? Fresh or chilled semen? Or frozen semen? In modern horse breeding many methods of reproduction have become a worldwide reality with different advantages and disadvantages to all of them, to the horses and to the breeder. Before making choices, horse breeders should be informed about the differences of the respective reproductive methods that are so commonly used nowadays. When looking at the last 30 years, the development of reproduction has undergone dramatic changes and improvements.

In the old days it used to be like this: the breeder would take his mare to the stallion, either at the stallion station or to a stallion of his choice nearby. If she was into season, the stallion would cover her, a process that was repeated of up to 48 hours, until the moment when the mare kicked the stallion off, unwilling to be covered again.

Since those days much has changed, the modern breeder has many choices, and his intentions and goals have altered, too. The horse breeder of today is looking to produce top athletes, premium foals and mares or a new foundation stallion. Today we can chose the stallion, we can breed with our special desired pairing, all due to artificial insemination. Since AI has begun some 70 years ago, horse breeding has entered a new era. With AI the semen

of the stallion is collected by a vet. The stallion either tries to cover a mare in heat and the semen is collected or he will cover a phantom, possibly with a mare in heat nearby.

Once collection has been successful the semen can be tested with a microscope for its semen quality as well as for possible virus or bacteria, such as the Equine Virus Arteritis. The advantages of this testing method are obvious: less risk of an infection and the knowledge of the quality of the semen, which may tell the breeder of the chances of how quickly his mare will conceive. When this process is finished, the semen is either used immediately as fresh semen, or chilled, ready to be shipped, or frozen for later use.

When the breeder decides to have his mare inseminated with fresh semen, his mare must be at the stallion station where the stud is, as fresh semen must be deposited into the mare within a short time after collection. It is crucial that ovulation takes place in this time span. Insemination with fresh semen has all the advantages of AI: no added substances, no extender. Fresh from the stallion into the mare.

CHILLED SEMEN

But, what if the desired stallion does not live close by? The semen must be conserved in order to survive longer ways of transport. This is achieved with 2 methods:

- a) the chilled semen is mixed with an extender.
- b) the temperature is put down. With this method, mares that live further away can be inseminated. As well here, insemination should take place within 48 hours, taking





Frozen semen stored in tanks with liquid nitrogen

ovulation into account. Once the vet has determined the time of ovulation is arriving, the stallion station must be called, the semen ordered, and shipping arranged.

A possible disadvantage of chilled semen is that the sperm quality suffers, with some stallions and mares more, with others less.

FROZEN SEMEN

Nowadays, when browsing through catalogues for stallions, the breeder will often find only frozen semen available. This is because a stallion nowadays has the best of both worlds. On the one hand he is a breeding stallion and on the other hand he is an active sport horse. It would be difficult to combine the two all the time,

that is the reason why a modern stallion's semen is often available only frozen. When frozen semen is prepared, an extender for freezing purpose is added to it, with the task to protect the cells from damages through temperature changes. The sperm is frozen below - 196°C. Frozen semen which is properly handled, keeps the quality for years.

A possible advantage of frozen semen is, that even after castration or death, a stallion can produce foals. Disadvantages are, that in order to produce frozen semen much more effort is needed and the procedure is more expensive. Compared to the insemination with chilled semen, the successful insemination is more difficult with frozen semen.

Chilled semen

After how many attempts a mare conceives, depends on a variety of factors, such as sperm quality and how close one gets to the ovulation.

Frozen semen must be put into the mare as close as possible to ovulation. It is vital to keep the mare checked very frequently in the ovulation period to ensure she conceives.

Overall one can say that AI has come a long way, has opened up a whole new world of choices and has brought many advantages to the modern breeder. Which kind of semen is the best choice depends now on personal preference and which stallions are available to you.

BIANCO (CADEAU BLANC)

Westphalian stallion, *2004, by Charisma - Popcorn - Lucky Boy xx



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The Westphalian stallion Cadeau Blanc (sport name: Bianco) is successfully ridden up to Prix St.Georges by Nadia Haridass and at the same time he is successful in advanced level show jumping classes with Ajai Appachu.

Cadeau Blanc's sire Charisma was jumping champion of his stallion performance test in Warendorf (Germany) in 1999. His sire Calido I is one of the most influential sires of Holstein breeding.

Kyara, the full sister of Charisma, is a sister of the dam of Bella Donna, who was successfully ridden by Meredith Michaels-Beerbaum. Dam sire Popcorn is a son of the Westphalian progenitor-legend Pilot. 230 of Pilot's progeny are successful at advanced level and have won 4 million Euro prize money so far.

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TENDON AND LIGAMENT INJURIES

A lameness or the swelling of the forelimbs is often caused by a tendon or ligament injury.

All horse disciplines have their own set of tendon and ligament injuries and they often differ because the strain on the tendon varies.

Tendon injuries occur because of many different reasons, such as wrong or too little training, insufficient, deep or slippery ground, wrong shoes, or just bad luck when out in the field.

The reason they happen is because too much strain appears on the tendon and the tissue around it cannot withstand that strain. When this happens the tendon can either fracture or even tear.

Tendons and ligaments are made from the same basic tissue and the same structure - a strong fibrous material.

One of the reasons why this strong material may be prone to injury is because the tissue around it holds only few blood vessels to support and protect it. There are four main tendons at the back of the horses forelimb.

When an injury happens, the following will occur:

Either the horse is lame and the injury can be noticed without doubt. Or swelling appears on the leg and when touched, the leg is warm or even hot, the horse may react to pressure and it may try to rest the affected leg, all due to the painful inflammation that affects the tissue around the tendon.

What can be done immediately after injury:

The horse should rest to prevent further damage. Icing, cold hosing or standing wraps are useful up to 72 hours after injury.

The leg may be wrapped for further support and anti inflammatory medicine may be given. The horse should be stall rested, then, according to the vets orders, hand walked and then slowly be put back into training.

The vet must make a sufficient diagnosis and determine the rehabilitation program.

Nowadays there are different techniques to confirm the diagnosis, such as ultra sound, MRI, x ray, scintigraphy, sonographic or thermographic procedure.

The vet will decide which means to use.

Once the diagnosis and severity of the problem has been determined, the therapy and healing process will begin.

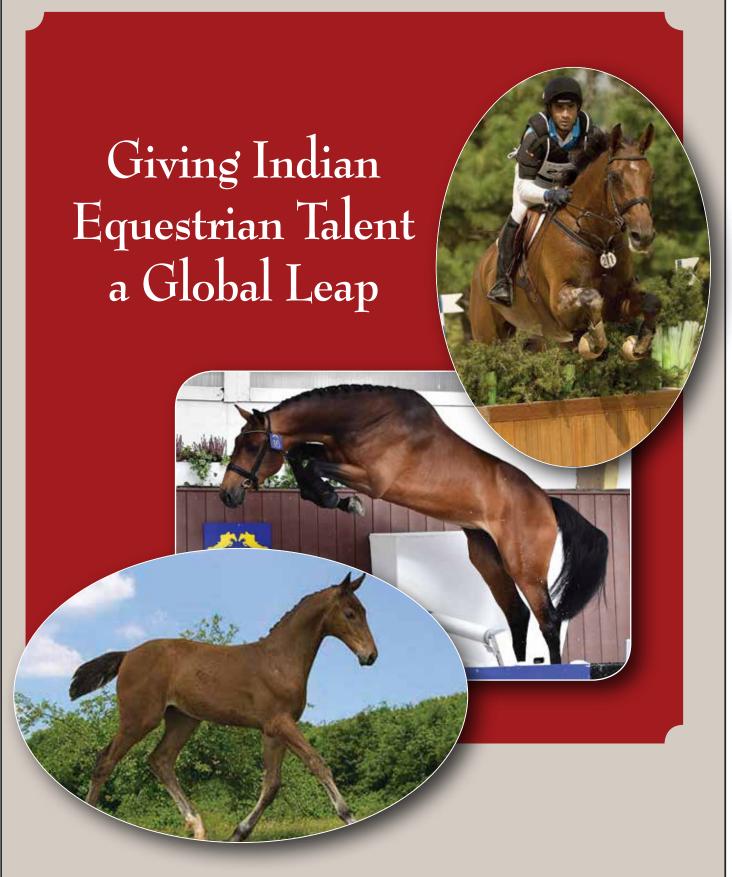
Each horse needs its own rehabilitation program and its own treatment.

The goal of each therapy should be to restore the tendon to what it used to be.

In order to achieve this, patience and a strict program in accordance to the vets orders are necessary. Often the horse can go back into sports and tendon and ligament injuries can be overcome if one has previously taken care of all aspects.







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INTERVIEW WITH DR. MARC CRONAU



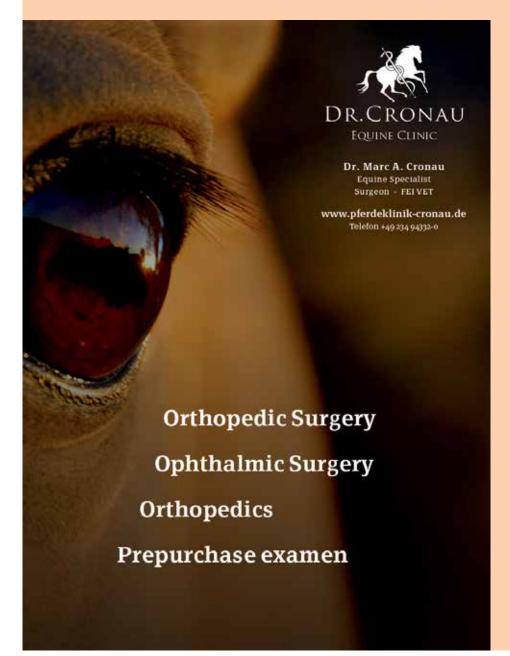
The veterinary clinic for horses
Dr. Cronau has existed for 35 years in
Bochum by now. It was founded by
Dr. Peter F. Cronau.

As an expert in equine medicine he is known far beyond German borders. For years, he was the team veterinary surgeon of the Deutsche Reiterliche Vereinigung (Dressage and Showjumping) as well as of the Spanish Federation (Federation Real Federacion Hipica Espaňola (RFHE)). Eight times he was the team veterinary surgeon for the Olympic Games. For the World Equestrian Games the same. From 1990 to 1998 Dr. Peter F. Cronau was the president of the Veterinary Committee of the FEI (Fédération Equestre Internationale). Several teaching positions to universities, among them to the USA, to Hong Kong and Lybia are part of his career.

He has operated stars such as Rembrandt, four times Olympic Champion, and managed to have the gelding celebrating a come back to international sport in just one year. In 2007, his son Dr. Marc A. Cronau took over. He studied and received his title at Munich. For three years he was assistant veterinary surgeon at the horse clinic of the LMU (Ludwig-Maximilian-Universität) in Munich, under the direction of professor Dr. H. Gerhards.

Externships in renowned horse clinics in Germany and abroad, such as Rossdales and Partner (Cottage Equine Hospital in Newmarket/England), the veterinary clinic for horses Dr. R. Brems in Wolfesing and the Clinique Veterinaire de Grosbois in Boissy Sant Léger in France, just to name some, made him gain extensive knowledge of the complete area of horse medicine.

Further education on a continuous basis at national and international congress' guarantee the latest diagnosis-, therapy and operational methods.



Dr. Cronau, How do injuries of the tendons happen?

Injuries of tendons are most often caused by a trauma or a overload of the tendon caused by tired muscles and tendons. Even a bad surface (deep ground) could cause severe tendons injuries.

Which tendons are affected the most?

The deep digital and superficial digital flexor tendon, although the suspensory ligament is very often involved.

Many horses get injured at the fetlock. How can this be?

Proximal suspensory desmopathy (PSD) of the hind limb is a commonly seen problem in many types of performance horses, especially those equine athletes that are required to heavily load their hind legs while performing in their respective disciplines. Dressage horses, cutting horses and jumpers are particularly at risk for this condition. In these horses, damage often occurs proximally in the tendon.

Injury to the PSL occurs when the ligament is stretched beyond its normal physiological limit. Many factors contribute to this stress-induced injury, including straight, upright hind limb conformation, poor surfaces or uneven footing in the ring, fatigue and other underlying pathology.

It is currently thought that many cases of PSL injury are the result of accumulated,

submaximal damaging events (athletic work trauma), rather than a single catastrophic incident. It is further believed that work trauma is superimposed on progressive degeneration of the ligament itself

What does the healing process of tendons look like? Why does the healing process take so long?

Tendon or ligament injuries heal via the formation of scar tissue which takes the place and function of the original fibers. Regardless of the percentage of fibers that are damaged, it takes 10-12 MONTHS for scar tissue to gain its maximum strength. As a general rule, scar tissue will never be as strong as normal tissue.

The process of replacing damaged fibers with scar tissue (i.e. "making" scar tissue) takes approximately 90 days. Once the scar tissue is present, it takes another 7-9 months for it to reach maximum strength (hence the 10-12 months total).

In cases in which a small percentage of fibers are compromised, there are still a majority of normal fibers present.

These normal fibers will continue to accommodate most of the weightbearing load of the tendon/ligament structure.

For example, if 5% of the fibers are compromised then 95% of the fibers are still intact. Even though the scar tissue will take 10-12 months to completely mature and strengthen, the horse will eventually

be relying on 95% normal tissue and only 5% scar tissue. In this case, the horse is likely to resume work much sooner and have a better prognosis for future soundness.

On the other hand, if 95% of the fibers are compromised then only 5% of the fibers are still intact. Eventually, the horse will be relying almost completely on scar tissue to perform the function of the tendon/ligament structure. In these cases, we have to make sure that the scar tissue is as strong as possible prior to challenging it with a normal workload. Therefore, this case would warrant a year out-of-work and carry a guarded prognosis for future performance.

What therapies would you recommend? What do you think about treating a tendon injury with stem cells?

It depends of the type of injury. In the acute stadium the horse has to get systemically NSAID's and steroids. Local icing is a good additional component at the affected leg.

Are there any core lesions, the new regenerative medicine like PRP and stem cells are the state of the art treatment. It is directly injected in the lesion under ultrasound control.

Stem cells are the absolutely state of the art treatments. But by the way it does not gets a faster healing. The way of repair leads to a better (elastic) scar tissue.



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Unbeatable Z
Colt by Unbreakable Z x
Calvados Z x Cor de la Bryere,
Holstein damline 7020

BALDINO Z - 1 year old future prospect – Grandson of the Olympic champion Baloubet du Rouet

Colt by BALOU DU ROUET x VOLTAIRE x CAPITOL I

Out of the direct damline of the 1.60m class Grand Prix horses Caprys by Catoki (Ludger Beerbaum Stables) & Serafina by Levantos I (Vladimir Beletsky). Baldino's halfsister by Quaprice was successful under the flag of Stephex Stables and is now sold to Portugal. Her daughter Carissima Z (Cancara x Quaprice x Voltaire x Capitol) won the Zangersheide Championships as a 4-year old and was the most successful Zangersheide registered horse of her age group in Germany



Calena Z

5-year old mare by Calvados Z x Cor de la Bryere, Holstein damline 7020, good rideabilty and good x-rays, in foal to Comerade (Oldenburg premium stallion in 2014) by Castino x Calido I x Calypso I



Carissima Z
5 year old Zangersheide mare
by Cancara x Quaprice x
Voltaire x Capitol I
Winner Zangersheide
championships 2014,
placed up to 1.25m classes

Donna Doria Granddaughter of the stallions of the century Donnerhall and Weltmeyer Exercised Hanguerian mare, by Don Frederica

6 year old Hanoverian mare by Don Frederico x Weltmeyer, Very successful in youngster dressage classes, good rideabilty and good x – rays



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