

## Rehabilitation Schedule for Common Tendon/Ligament injuries:

**Table 1: Exercise protocol following first examination (0 to 60 days); horse is confined to a stall and equivalent size paddock (12x24)**

Injury	0-30 days	30-60 days
Mild	Hand walk 15 minutes twice a day	Hand walk 40 minutes daily
Moderate	Hand walk 10 minutes twice daily	Hand walk 30 minutes daily
Severe	Hand walk 5 minutes twice daily	Hand walk 20 minutes daily

**Table 2: Exercise protocol following the second examination (60 to 120 days); horse is confined to a stall and equivalent size paddock.**

Based on progression of lameness and injury you may increase the level of exercise.

Progress	60-90 days	90-120 days
Good	Ride at walk 20-40 minutes daily	Ride at walk 40-60 minutes daily
Fair	"	"
Poor	Hand walk 60 minutes per day	Ride at walk 20-30 minutes daily

**Table 3: Exercise protocol following the third examination (120 to 180 days); horse is confined to a stall and equivalent size paddock**

Based on progression and reexamination we may increase the level of exercise.

Progress	120-150 days	150-180 days
Good	Add 5 minutes trot every 2 wks	Add trotting 5 minutes every 2 weeks
Fair	Ride at a walk 60 minutes daily	"
Poor	Re-evaluate case and discuss further treatment options	

**Table 4: Exercise protocol following the fourth examination (180 to 240 days)**

Based on progression of lameness and injury you may increase the level of exercise.

Progress	180-210 days	210-240 days
Good	Add canter 5 minutes every 2 wks	Add canter 5 minutes every 2 weeks
Fair	Add trotting 5 minutes every 2 weeks	"
Poor	Re-evaluate case and Discuss Further treatment options	

**Table 5: Exercise protocol following the fifth examination (240 to 300 days)**

Based on progression of lameness and injury you may increase the level of exercise

Progress	240-270 Days	270-300 Days
Good	Begin work at show speed	Return to competition
Fair	Add Canter 5 minutes every 2 weeks	Full Flat work; no show speed
Poor	Re-evaluate case and discuss further treatment options	Re-evaluate case and discuss further treatment options