

# FORGE

THE MAGAZINE OF THE BRITISH FARRIERS AND BLACKSMITHS ASSOCIATION

## TALKING TECHNOLOGY: EQUESTRISE – A GAME-CHANGER FOR TENDON REHAB AND FARRIER COLLABORATION

For farriers, tendon injuries are an unavoidable reality of working with horses. Whether you're shoeing elite sport horses or everyday happy hackers, you know how devastating a tendon or ligament injury can be, not just for the horse's performance, but for its long-term soundness. Owners often turn to you first when their horse goes lame, trusting your expertise in hoof balance and corrective shoeing. But what if there was a way to actively reduce tendon and ligament strain during rehabilitation, something beyond rest, bandaging and hope?

That's where EqueStride comes in.

### What is EqueStride?

EqueStride is a revolutionary tendon and suspensory ligament rehabilitation support system designed to offload strain on these critical structures during controlled exercise. Developed by Irish design engineer and lifelong horseman Andrew Daly, EqueStride is now transforming how tendon and ligament injuries are treated throughout the world. It's not just a product, it's an entire new method of tendon and ligament injury treatment, backed by decades of design engineering, veterinary collaboration and a deep understanding of equine biomechanics.

Unlike traditional boots or bandages, which research shows have zero effect on tendon and ligament loading, EqueStride has been scientifically proven to reduce strain during movement. This makes it a powerful tool in rehabilitation, allowing horses to return to controlled exercise more safely, with a better quality heal and with less risk of reinjury post recovery.

It is well known in tendon rehabilitation that horses need exercise during healing to ensure strong, elastic tendon fibres regrowth. "The challenge has always been to create a support method that can truly take the enormous load off a horse's tendons and suspensories during equine rehab exercise," Daly explains. The EqueStride system is the world's first tendon support method that has been proven scientifically to significantly reduce tendon strain levels in horses while exercising. That capability is vital for tendon injury rehabilitation.

### Why Farriers Need to Know About It

Farriers are central to the success of any rehabilitation programme. When a horse suffers a tendon or ligament injury, vets frequently collaborate with farriers for corrective trimming and shoeing to support recovery. Understanding EqueStride allows you to:

- Advise clients early: You're often the first port of call when lameness appears. Knowing about EqueStride means you can flag it as an option before rehab starts
- Work in partnership with vets: Combine tendon and ligament support with corrective shoeing for optimal results; EqueStride support is entirely complementary with farriery and enhances the prospects of a successful rehabilitation
- Protect hoof health during rehab: Controlled movement reduces the risk of secondary issues like poor hoof balance or compensatory strain.

### The Science Behind EqueStride

The forces acting on a horse's tendons are staggering, over two tonnes during galloping. These loads make tendons highly vulnerable to injury and slow to heal. Conventional supports like bandages or neoprene boots have been proven scientifically to do nothing to reduce this strain. Trials conducted at the Royal Veterinary College confirmed that only the EqueStride system can offload tendon and ligament strain during exercise. These findings, published in

the Equine Veterinary Journal, remain unchallenged.

This is a game-changer because controlled exercise is essential for successful tendon healing. Without it, scar tissue forms haphazardly, reducing elasticity and increasing the risk of reinjury. EqueStride enables safe, structured movement during rehab, improving tendon fibre alignment and long-term soundness post recovery.

### Real-World Impact

Hundreds of horses, from happy hackers to elite sport horses across the globe, have already benefited from EqueStride treatment. Owners are embracing it because they value longevity and soundness over short-term performance. For farriers, this means fewer cases where tendon and ligament rehabs stall and more opportunities to keep horses moving safely, which supports hoof health and to keep recovered horses injury free for longer.

Imagine a scenario where a horse with a superficial digital flexor tendon injury can resume controlled walking and trotting weeks earlier than traditional protocols allow. This not only accelerates recovery but also prevents secondary issues like hoof imbalance, contracted heels or compensatory limb strain, all areas where farriers play a vital role.

### Your Role in the Future of Rehab

EqueStride is revolutionising tendon and ligament rehabilitation by providing targeted support and controlled loading during recovery, and farriers are critical to ensuring these therapies work effectively. Understanding EqueStride allows you to:

- Complement Rehab Plans: Align trimming and shoeing strategies with EqueStride's therapeutic goals
- Optimise Load Distribution: Adjust hoof angles to reduce stress on healing tissues
- Enhance Collaboration: Communicate effectively with vets and physiotherapists for integrated care
- Stay Ahead of Innovation: Position yourself as an essential partner in advanced equine sports medicine.

By integrating knowledge of EqueStride into your practice, you help improve recovery outcomes and long-term soundness for horses.

### Future-Proofing Your Skills

Technology is reshaping equine care, and farriers who stay informed will remain indispensable. Owners increasingly expect a team approach - vet, farrier and physiotherapist working together to deliver the best outcomes. EqueStride is now part of that future. By understanding how it works, you can offer clients a complete solution for tendon and ligament injuries.

### Final Thoughts

Farriery has always been about more than nails and shoes, it's about biomechanics, balance and partnership. EqueStride doesn't replace your role; it enhances it. By reducing tendon and ligament strain during controlled exercise, it allows you to maintain hoof health and prevent secondary issues while the horse heals. For farriers committed to staying at the forefront of equine care, EqueStride is a technology you need to know about.

Want to learn more? Visit [www.equestride.com](http://www.equestride.com) or contact [info@equestride.com](mailto:info@equestride.com) to discuss how EqueStride can complement your farriery practice. And don't forget to follow 'EqueStride Injury Management' on Facebook and Instagram.