

Laminitis risk is not always obvious

SPRING LAMINITIS RISK CHECK

8 questions to ask about your horse this spring

A horse does not have to be very overweight or visibly lame before there may be reason to look a little more closely.

Use these 8 questions as a quick spring check-in.

THE 8 QUESTIONS

- 1 Has your horse had laminitis or unexplained foot soreness before?**
A previous episode can increase future risk.

- 2 Are they gaining weight or changing shape as the grass comes through?**
Look beyond overall weight. Changes through the neck, shoulders and tailhead can also be useful clues.



- 3 Are you noticing a cresty neck or unusual fat deposits?**

Regional fat deposits may sometimes tell us more than body weight alone.

- 4 Has their workload dropped over winter?**

Reduced exercise can change how some horses cope with increasing spring pasture.

- 5 Do their age or other signs make PPID worth considering?**

Older horses, or horses showing other suggestive changes, may benefit from further investigation.

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6 Has their pasture access increased quickly?

A sudden increase in pasture intake may matter more than simply how green the paddock looks.

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A horse can look reasonably fit and still have insulin dysregulation. Sometimes blood testing tells us something appearance alone cannot.

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WHAT IF YOU ANSWER “YES”?

One “yes” does not mean your horse has laminitis or a metabolic problem.

It simply gives you a reason to look a little more closely.

Depending on the individual horse, that might mean reviewing:

- body condition
- pasture access
- metabolic health
- subtle changes in movement
- foot comfort
- whether blood testing or further assessment is appropriate



The aim is not to diagnose your horse yourself. It is to notice when something may deserve a closer look.

Want to know more?

For a deeper explanation of laminitis, including signs, treatment, radiographs, diet and pasture management, see our full: Elite Equine Laminitis Client Guide

