



## Equine Sports Medicine of Maryland

Cooper Williams VMD DACVSMR

Once your horse has been diagnosed with a soft tissue injury that is a candidate for intralesional injection of ACell you may wonder what's next. Here are our recommendations for rehabilitation of your horse's injury.

- Stall rest. Post injection there is no turn out.
- Banamine - We will administer an intravenous dose at the time of injection. Then you will continue with your choice of IV or oral paste. The dosage for the average horse is 10cc IV or 1000lbs. oral paste. This will be given twice daily for 3 days.
- Bandages - At the time of injection we will apply a sterile bandage to the area if it is a distal limb. (Some structures cannot be bandaged.) Our bandage can be removed at a similar time to the application the following day. Continue wrapping the leg in alcohol braced standing wraps for 10-14 days. Do not discontinue bandaging prior to the recommended period without consulting your veterinarian. (Once walking begins, always remove bandages for hand walks.)
- Aquatread - (Recommended) If you have elected to send your horse to an aquatread facility it is recommended to wait 3 days before allowing your horse into the water. The facility you are using likely has the information they need for exercise, but if there is any question, contact your veterinarian.
- Hand walking/walking under tack - Two days after the injection you may begin your walking program if elected to rehabilitate at home. It is recommended to walk 15 minutes twice daily for the first 2 weeks. After 2 weeks begin adding 5 minutes to each walk every 2 weeks until you are walking 30 minutes twice daily.
- Some swelling and mild pain can be expected as blood flow is increased to the affected area. If there is excessive pain, swelling or lameness please contact your veterinarian.
- Schedule your follow-up sonogram in 8 weeks from treatment to monitor the healing progress.

