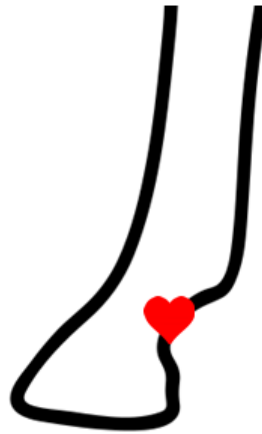




How To Take A Digital



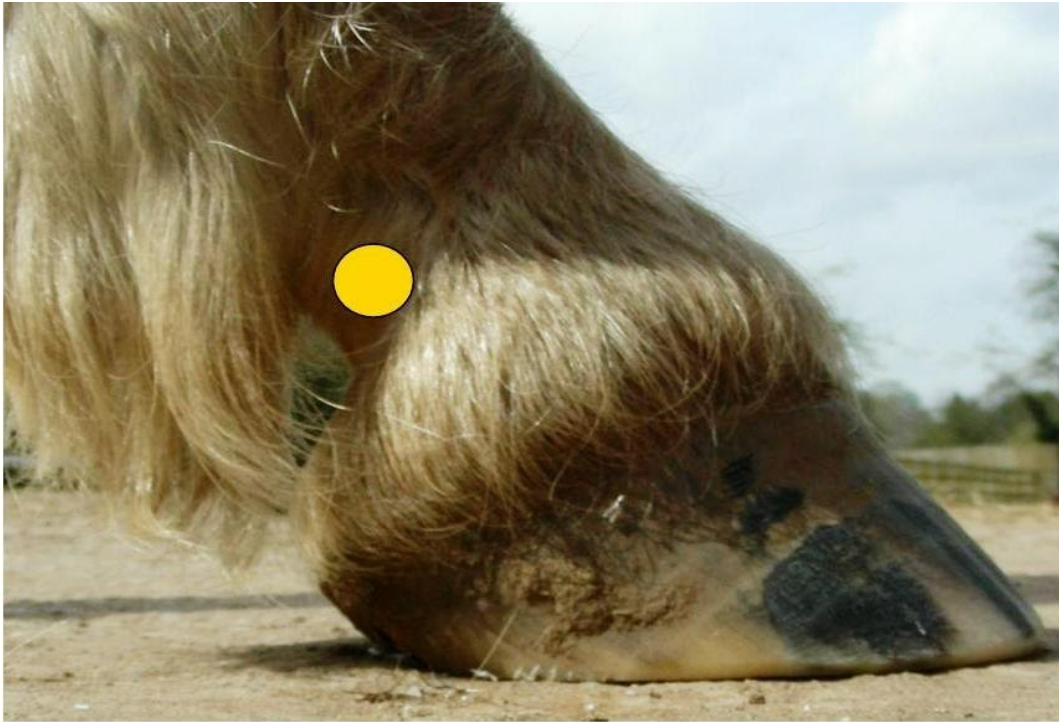
How To Take A Digital Pulse

Point to consider:

- When taking a digital pulse you are feeling for how hard the pump is against your fingers.
 - While it may be worth noting the speed of the pulse, you don't often use the digital pulse to monitor pulse rate.
 - The horses normal resting pulse rate is between 30 – 40 beats per minute. That's roughly half the speed of ours (which is 60 – 100 bpm).
 - The stronger the pulse is the more difficulty the blood is having getting into the foot.
 - There's 2 reasons that blood is having difficulty getting into the foot.
 1. There's pressure in the hoof capsule preventing blood from entering the foot.
 2. The coronary band is swollen. The coronary band acts as a tourniquet around the top of the hoof. If it's swollen it tightens and restricts blood entering the hoof. In this case there isn't necessarily pressure inside the hoof capsule, but you do still have a circulation problem.
 3. I know I said 2 reasons and I stand by that. It's worth pointing out that you can have both things going on at once though. Sorry – I don't make the rules!
 - The pulse can be in a slightly different place on each horse.
 - Don't forget to breathe. Seriously! It's harder to find the pulse if you hold your breath, which a lot of people seem to do when they first try.
 - Press hard enough, but not too hard. I know it seems like I'm poking fun now, but I mean it, if you press too lightly you're not going to feel it, and if you press too hard you're going to close the artery and not feel it, so if you're trying to find a pulse for the first time, experiment with different pressures until you know what you're doing
 - They're almost impossible to find, even if they're strong on feathered horses who have thickened skin from mites. If that's the case try further up the leg on the inside of the fetlock.
-

How To Take A Digital Pulse

There are a number of places to take a digital pulse on the leg. I prefer to take the pulse as close to the hoof as possible so I always do this one. Well except for when I don't, which would be for heavily feathered horses with thickened skin.



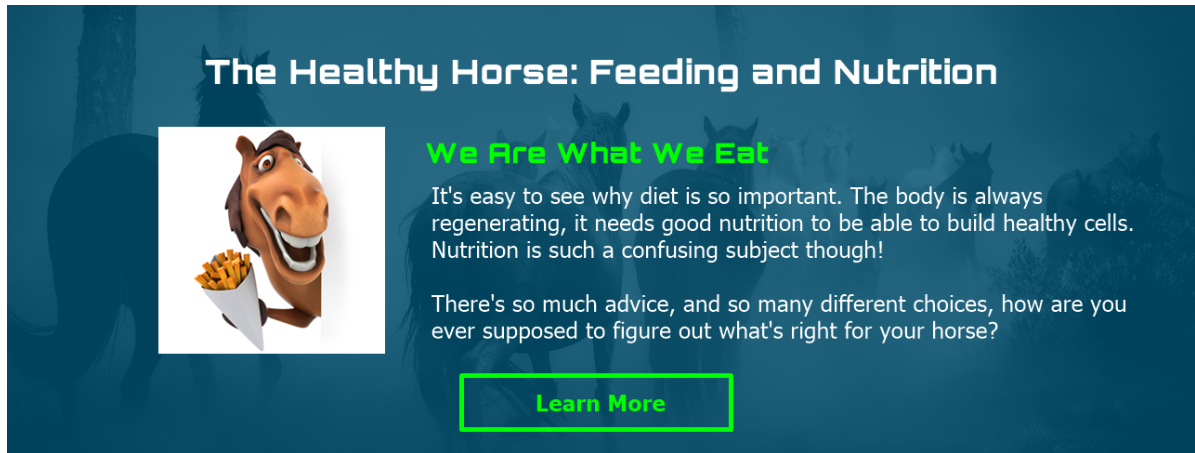
Here are the alternative points for feathered horses modelled by a wonderfully non-feathered TB ex-racehorse.



How To Take A Digital Pulse

That's it! It's really no more complicated than that... Just be sure to do it every day and in the beginning keep a record, until you learn what's normal for your horse.

If you'd like a video about digital pulses, [click here](#).



The Healthy Horse: Feeding and Nutrition

We Are What We Eat

It's easy to see why diet is so important. The body is always regenerating, it needs good nutrition to be able to build healthy cells. Nutrition is such a confusing subject though!

There's so much advice, and so many different choices, how are you ever supposed to figure out what's right for your horse?

[Learn More](#)

How To Take A Digital Pulse

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