

- Have sample flannel and track wraps, different pads, electrical tape, safety pins

Basic Bandaging

Bandaging is used for Injury; either preventing injury, or treating injuries.

The words "Wrap" and "Bandage" basically mean the same thing.

Three basic types:

1. Stable bandage - Used for;
 - a. leg protection in stall
 - b. prevent 'filling', stocking up, or reduce swelling after hard work
 - c. warmth
 - d. treat injuries, hold dressing in place

Also called "Standing Bandage" or "Standing Wrap"

2. Shipping Bandage - Used for;
 - a. protect lower leg and heels during travel
 - b. if applied wrong can hurt the horse, most buy commercial shipping boots.

3. Exercise Bandage - Except for polo and dressage, practically obsolete
Used for;
 - a. protect lower legs while longeing, lateral work, galloping, jumping, polo, etc.
 - b. if applied wrong can hurt the horse, most riders buy commercial galloping/brushing boots.

Point out the difference in height of the shipping vs stable bandages on the 1st page of the worksheet.

Just reviewing Stable Bandages today, since you can buy good shipping and exercise boots in tack shop

Page 2 of handout

"Pads" are the cotton padding that goes UNDER the wrapping.

"Bandage" or "Wrap" is the long cloth that gets wrapped on top of the "pad" to hold it in place.

Bandages - it would be good to have a sample of each type of wrap.

Show flannel wrap

- flannel generally comes without a way to fasten; would need to fasten, usually safety pins or electrical tape

it's strong and inexpensive, but does not stretch nor conform to the leg very well

➤ Track or knit bandages

usually come with Velcro to secure

- show track wrap

- stretches and conforms to the leg very well

➤ Polo wrap - not used with pads - designed to be used without pads - show polo

Show how to roll up a wrap - tell them why (so the Velcro comes out in the correct position when you get to the end of the wrap. *Let them roll a wrap.*

Pads - pad is needed to distribute the pressure evenly along the leg

needs to be soft and smooth

thick enough to spread the pressure along the leg without binding

the height of the pad depends on the height of your horse

height also depends on the purpose - show difference of shipping and stable on page 1

cotton is preferred by most horsemen. soft, clean, inexpensive. (however, usually not washable...)

can buy sheets of cotton and cheesecloth and make your own to get the perfect size for your horse. (just ask, the pony club would be happy to help you make them)

can get very good alternatives in tack stores

Fasteners:

if your wrap doesn't have Velcro, need safety pins and tape

Page 3 of handout

Review the good wrapping techniques and the mistakes.

Have the kids wrap each other's legs, this will get them up and moving. Remember to show the starting direction around the leg, and why to start this way.

USPC Rating Requirements:

D2 - • Give two reasons why you would bandage a mount's leg(s) • Demonstrate (with assistance of examiner) how to apply protective boots and bell boots, if appropriate, to mount's leg.

D3 - • Describe critical areas protected by shipping bandages or boots and give reasons for their use • Describe a stable bandage and give two reasons they can be used • Apply polo wraps with assistance.

C1 - Apply stable bandage under direct supervision and with assistance of examiner.

C2 - Apply a shipping & stable bandage, under supervision of examiner, & give reasons for use • Discuss possible effects of poor bandaging.