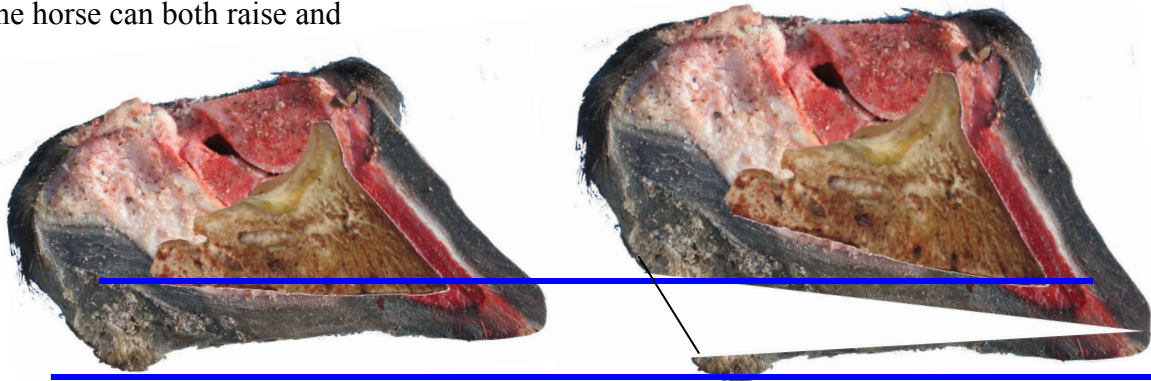


## High Heels.

High heels should be considered a serious condition. It tilts the coffin bone out of position, it is often the reason for joint inflammations, it is often what causes Navicular problems, it is the reason for many muscular issues but even more important; it almost stops the hoof mechanism and blood circulation in the hoof. It is also the sole reason to if the coffin bone ever will manage to penetrate the sole or not.

Heel height is nothing that can be measured or compared.

The horse can both raise and



lower the preferred height of the heels over time and this change can go extremely fast. When the horse wants a higher heel he will make the sole in the rear part of the hoof thicker with the same speed as the hoof wall grows so you will not see it happen from below but only notice that the hoof looks higher from the side. This only happens if the hoof gets infected by thrush which diminish the protective capabilities of the frog leaving the nerves between the frog and the digital cushion unprotected and sore.

When you have treated the thrush effectively the horse will directly start lowering the preferred height of the heels by exfoliating sole in the rear part of the hoof. Since most horses don't wear the hoof wall enough by them selves so they will need you to lower the hoof wall down to the level of the hard sole. In the wild, natural wear would have taken care of that. Don't be surprised if the horse exfoliate half an inch in less than a week.

Lowering the heels into the hard sole is not a good idea because the horse will only be sore or consider that as heavy wear and accelerate the growth rate to compensate. You will never win that race.

The easiest way to find the right level of the hard sole is by scraping the sole clean with a small paint scraper. There is no risk for damaging the hard sole with a scraper as it is with a sharp knife. If the horse get sore when the hoof wall gets lowered to the level of the hard sole the frog is in need of rehabilitation. Shoes and pads might hide the problem but they do not solve it. See my article named "Treating Thrush" for more information on the subject.

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The best way to get more information on this and other related topics is to attend one of my seminars. If there isn't one scheduled in your neighborhood you have two choices: Host one your self or wait for the book and the DVD-series that both are under production.