

# HORSE HEALTH AND WELL-BEING CHECK

**CYAN:** Good health and well-being  
**INDIGO:** Monitor your horse closely  
**PURPLE:** Seek veterinary advice immediately

## WOUNDS / SADDLE / GIRTH

No visible Marks  
 Heat/swelling/tenderness  
 Pain/bleeding /temperature

## MUSCLES / BACK

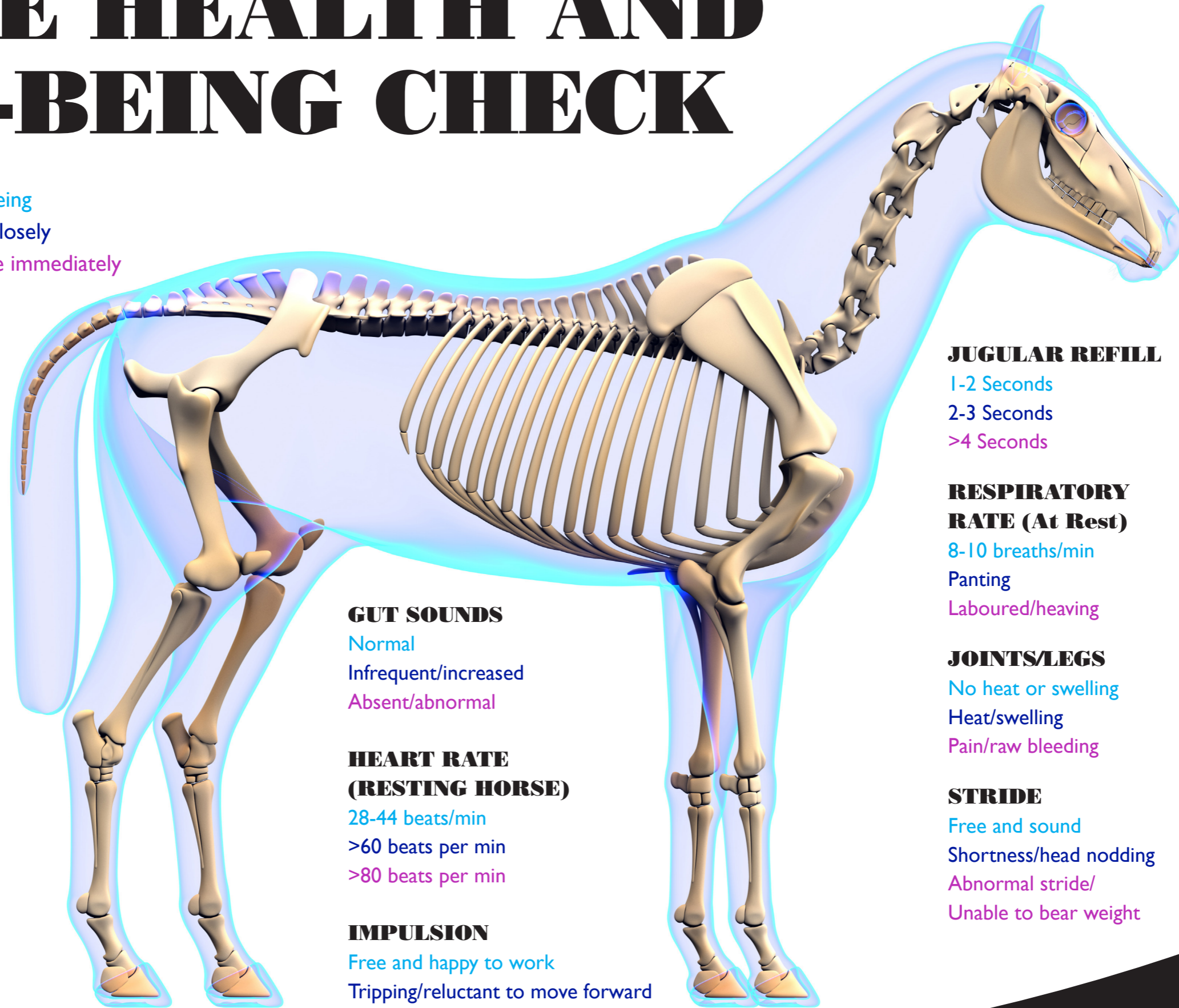
Relaxed  
 Tender/slight stiffness  
 Very tight/painful

## RECTAL TEMPERATURE

< 38.6 °C rest  
 39.5-40.4 °C during ride  
 > 40.5 °C

## ANAL TONE

Tight  
 Slightly loose  
 Flaccid



## GUT SOUNDS

Normal  
 Infrequent/increased  
 Absent/abnormal

## HEART RATE (RESTING HORSE)

28-44 beats/min  
 >60 beats per min  
 >80 beats per min

## IMPULSION

Free and happy to work  
 Tripping/reluctant to move forward  
 Lameness/stiffness

## JUGULAR REFILL

1-2 Seconds  
 2-3 Seconds  
 >4 Seconds

## RESPIRATORY RATE (At Rest)

8-10 breaths/min  
 Panting  
 Laboured/heaving

## JOINTS/LEGS

No heat or swelling  
 Heat/swelling  
 Pain/raw bleeding

## STRIDE

Free and sound  
 Shortness/head nodding  
 Abnormal stride/  
 Unable to bear weight

**ATTITUDE**  
 Alert/normal appetite  
 and Water intake  
 Lethargic/depressed  
 Absence of appetite/thirst  
 Not interested/change in  
 defecation

**EYES**  
 Clear and bright  
 Glazed expression  
 Staring/sunken

**CAPILLARY REFILL**  
 0-1 Seconds  
 2-3 Seconds  
 >4 Seconds

**MUCOUS MEMBRANES**  
 Moist/Pink  
 Pale/Tacky  
 Dry/Blue/Purple

**SKIN PINCH**  
 0-1.5 Seconds  
 2-3 Seconds  
 >4 Seconds

