

FREE

all HORSE

Rehoming the Greyhound



Feeding advice for the horse at grass

Reports from

- Belton International Horse Trials
- Atherstone Point to Point
- Hilltop Hunter Trials
- Catton Park
- Curborough Equestrian
- The Mitsubishi Motors
- Badminton Horse Trials

Ask the experts your dressage questions



Fend off flies

Expert advice and effective products

Canter work in part three of our **Helen Cole** series

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Keep up to date at www.all-horse.co.uk



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Why Baileys Lo-Cal balancer is so good for those prone to LAMINITIS

1. **It's low calorie** - making it the perfect basis for a calorie-controlled diet which still provides all a horse or pony needs for health and well-being
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6. **It's cost-effective AND you can claim £2 cashback** - at around £25 for 20kg, it costs just 66p per day to feed*, lists ages and there are cashback tokens on the bags
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*60g (2 coffee mugs) per day recommended for a 500kg horse

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Picture Perfect

Having spent over 20 years taking photographs, Simon Palmer settled on the animal world in 2001 and founded Into The Lens Ltd to expose his photography to the world. He regularly spends three months of the year touring with either Monty Roberts or Kelly Marks capturing the work they do on film, but can also be found 'in the wild' photographing wildlife and feral horses. Recently he launched a series of one day clinics to teach people to capture better photographs of their horses using whatever camera they have, and he occasionally writes articles for magazines both here in the UK and US.

In the second part of his series Simon offers his tips and advice on how to improve your equine photography skills.

Q: "I try to get a picture of the horse jumping but all I get is the jump."

Well, if you want to capture the action, you have a whole selection of settings to choose from. But do you know what they all do? Try using the sport setting on the camera, this will increase the speed and light sensitivity of the camera, and make the shutter quicker. But, with a point and shoot camera this may not be enough. The more compact cameras don't always have the ability to be quick at taking a picture. You push the button and it seems like hours later the camera takes the picture. The secret when you are using a pocket camera is to do something called pre-focusing. So, the horse is coming up to the jump and you want to catch it mid-flight, over the fence. But, right now you get either the head, or the back feet or nothing at all. Most cameras these days will allow you to



Example of missed shots

focus by slightly depressing the button that triggers the camera. In the viewfinder or on the preview screen on the back of the camera, you will have a focusing square. Try to focus on the top jump pole, right below where the horse will typically jump. Half depress the button to take the photograph and don't move. Wait until the horse is just taking off, and press down the rest of the way. Admittedly, it may take a couple of goes to get your timing right, because each camera takes a different amount of time to take the photograph, but not only will you get the horse over the jump, but it will also be sharper in focus.

Q: "I want to get a great head portrait, but my horse won't put its ears forward!"

This is an easy one to solve. Here are a few ideas. The obvious ones are rustling sweet papers, if you are close enough for the horse to hear. But how about if you are a little further away. Phones these days have MP3 players, or customer ring tones. You may even be able to record your horse neighing so you can play it back. Play back some of the phone rings or get someone else to do it. Count down aloud so that the person making the sounds will do it at the time you want the horse to put its ears forward.

The Bare Bones of Life Part Two

This is the second of a three part series from Sue Palmer of Holistic Horse Help, introducing equine anatomy and linking it to common issues. Sue is a veterinary physiotherapist and holds horse owners massage courses throughout the UK, giving hands on experience in understanding your horse's body and how you can help maintain his health and improve his performance.

The skeleton

The body of the horse can be thought of as a barrel (the rib cage) hanging from a pole (the spine), suspended between four struts (the front and back legs). The attachment of the trunk to the front legs is purely muscular, and so the trunk can be thought of as attached to the front struts by very strong elastic. The attachment to the hindlimb is through the sacroiliac joint (commonly recognised as the 'jumpers bump'), and is therefore a more secure connection.

The forelimb

The forelimb consists of the shoulder blade (scapula), upper arm (humerus), forearm (radius and ulna), knee bones (carpal bones), cannon bone and splint bones (metacarpal bones), long pastern (proximal phalanx), short pastern (middle phalanx), coffin bone (distal phalanx) and navicular bone (distal sesamoid). The joints involved are the shoulder, elbow, knee, fetlock and pastern. The horse's knee is the equivalent to our wrist, and his cannon bone is the

equivalent to the middle bone in our hand. Effectively, the horse is standing on his middle finger.

Soft tissue

Ligaments attach bone to bone, as though they are strapping the bones together to support the structure of the body. There are several ligaments supporting the limbs, including the check ligament and the suspensory ligament. Tendons attach muscle to bone, and are more elastic than ligaments, with a better blood supply. Controlling the movement of the limbs are many muscles, which attach to the bone via tendons including the superficial and deep digital flexor tendons. The muscles are found above the knee, and some of the tendons below the knee are quite long, contributing to the horse's athleticism and stamina.

Compensatory movement

Lameness causes altered movement, which can lead to pain in a seemingly unrelated area of the body. For example, if your horse is lame on his right fore, he will try to avoid



Into The Lens

www.into-the-lens.com

WANT TO LEARN HOW TO TAKE GREAT PICTURES OF HORSES?

Simon Palmer introduces 'Into the Lens' Equine Photography Clinics Organise a course with your horse at your yard, or join us at one of the venues throughout the UK and learn how to take great pictures of your four legged friend!



Dates and Venues are:

6th June - The Mendip Stud Somerset BS26 2QA
26th June 2010 - Newton-in-Furness, Barrow-In-Furness, Cumbria LA13 0LY
17th July 2010 - Malthouse Barn Stud, Streat, West Sussex. BN68SA.
15th August 2010 - Model Farm, Hanscombe End Road. Herts. SG5 3NA.

Further dates & venues can be found on the website or contact Simon on 07776 135 665 to discuss your needs! Courses are suitable for all!

Reader front cover competition

Are you a budding photographer? Do you fancy seeing one of your equestrian shots on the front cover of All Horse magazine? We have teamed up with professional photographer, Simon Palmer, to launch a brand new front cover competition, open to all readers.

Here Simon tells us what he looks for in a front cover image:

When taking a photograph for a magazine cover you need to think a little differently to how you would normally take a picture. There are key elements are:

Sharpness While some images can be called art when blurry, a cover photo needs to be crisp and sharp. The editorial team may wish to enlarge an image to get the placement right on the cover, so the subject in the picture needs to be in focus.

Space It's no good taking a picture that leaves no room for the magazine to put their magazine title. Think about the cover of this magazine, look at how it's

laid out, and then frame your picture on the viewer screen when taking the image.

Orientation Most magazines are portrait. The shot would have to be something very very special indeed to get the magazine to use a landscape image, as they then have to fill the rest of the space with colour or text.

Light Think about the subject of the image. What is it that you want to show the viewer and make sure there is enough light for it to be seen well. But remember not to make it too bright as you can easily lose the quality of any detail in the image that way.

Uncluttered It makes it difficult to have text over the top of it, and it also draws the eye away from the main focus of the image.

Angle of the subject Whether it's a head or full body shot, the angle of the subject needs to be considered.

The closing date for entries is August 27th. The lucky winner will receive a critique service of their photograph courtesy of Simon plus one of his signed prints, not to mention the opportunity to see your work featured on the front cover of a forthcoming issue. Please include your full name, address and telephone details and put AH Photography Competition in the subject line. Send your entries to admin@redpin.co.uk.

putting weight through his right fore, and will take more weight on his left fore. If you listen carefully you'll be able to hear him landing more heavily on his left fore as he walks. He does this by tensing the muscles around the shoulder and in the back, and so these areas may also become sore.

Lameness

Injury can affect any of the complex

structures of the body. If your horse is lame it is important that the vet assesses what might be causing the lameness, as damage to different structures requires different treatment techniques. Depending on the cause of lameness, your vet may recommend physiotherapy or massage to speed up your horse's return to peak performance.



HOLISTIC HORSE HELP

Horse Owners Massage Course

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•Speed up recovery from injury •Encourage relaxation •Improve performance

Tutor: Sue Palmer MSc Veterinary Physiotherapist
(ACPAT Category A), Equine Body Worker, IHRA, BHSAI

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For more information visit www.holisticheorsehelp.com