

# Back On Track

(Continued from Page E1)

of equine patients with cardiac arrhythmias. An exercise physiology lab with a high-resolution electron microscope, a conference room, reception area and offices complete the facility.

After groundbreaking on March 31, 2001, the building named after supporters Almira and Hardie Scott, was dedicated June 29, 2002 and has been in operation ever since.

The facility includes four doctors performing ultrasound and cardiology, two working in exercise physiology and several technicians. Additionally, residents and students rotate through the facility to learn the procedures performed there.

More than 6,000 horses are treated every year by the sports medicine department at the New Bolton Center — approximately 2,200-2,400 in ultrasound and cardiology in the sports medicine facility. Although horse athletes of all types come to the new facility, the majority are Thoroughbreds and Standardbred race horses, along with hunters, jumpers, eventers and dressage horses.

Horses come mostly from sur-

rounding states, however, they also travel from as far away as California or Canada. The center has an extensive cardiac diagnosis and treatment facility for large animals, and is a leading center of its kind in the U.S. according to Dr. Olga Seco, lecturer in cardiology and ultrasound.

The horse owners may also travel the distance to get a second opinion, said Seco.

An ultrasound of a horse's leg helps New Bolton doctors advise owners on treatment and care of their animal. "Because people travel quite far, a local veterinarian may do follow-up and check-ups," said Sophy Jesty, fellow in sports medicine and imaging at the center.

After trimming the animal's leg and placing the ultrasound transducer on the horse's leg, a black-and-white image shows the operator the soft tissue structures of the area. The veterinarian will watch closely for tendon enlargement, an abnormal shape, and dark regions within tendons or ligaments that indicate fiber disruption.

Injuries usually occur when

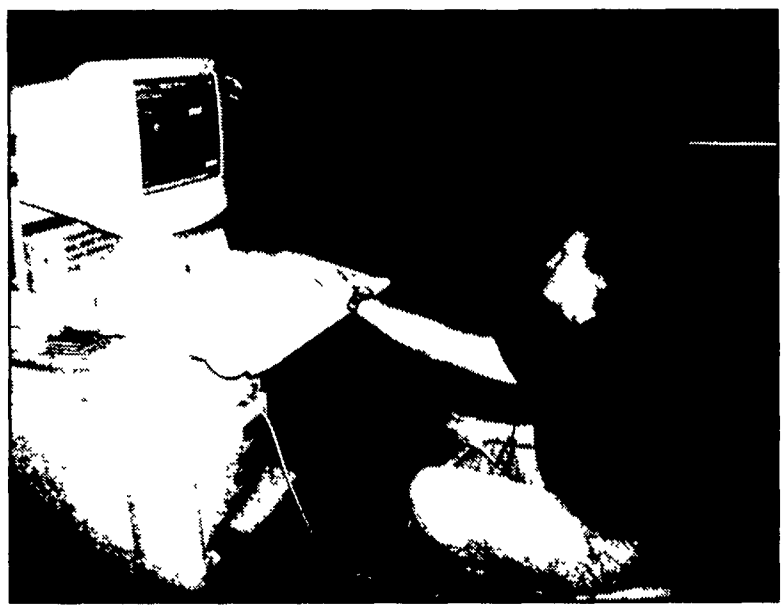
the animals are training or racing, when there is more strain than normal on the horses' legs. Over training or the horse simply taking a "funny step," according to Jesty, can cause injury or tendonitis, inflammation of the tendon.

The most conservative treatment, and one advised often, is simply rest, said Jesty. If the injury is more severe, there are several medical or surgical treatments that may improve healing. One surgical treatment for more severe cases is "tendon splitting," putting small holes in the center of the tendon to allow the hematoma within the tendon to drain, a procedure that the veterinarians perform at the center.

A new less invasive treatment modality that is performed at the center, with pretty good results for certain injuries, is high extracorporeal shock wave therapy.

However "of all of the options, the cornerstone of treatment is rest," she said. Since the procedure is not painful to the horse, they are only sedated "based on temperament," said Jesty. "The ultrasound doesn't bother them but sometimes they get impatient."

An ultrasound just of the tendon may take only 15-20 minutes, however, if the case is more complicated an ultrasound may take a few hours.



This horse stands quietly, lightly sedated, as Dr. Sophy Jesty performs an ultrasound of the horse's tendon, a typical procedure at the equine sports medicine center.

As she ultrasounds, Seco turns the ultrasound transducer to view the fibers longitudinally to check for healing. After evaluating the horse based on ultrasound results, she may recommend putting the horse slowly back into training.

"The horses start very slowly, jogging five minutes every day for a month," she said. After that month the horse will be re-

checked to make sure that the tendon healing is progressing. She will look for a stable or decrease size of the tendon, and increased tendon echogenicity and fiber pattern. The tendon fibers will become longer and more parallel as they heal, but will never be exactly the same as they were before the injury, Seco said.

(Turn to Page E5)

**ROBERT - THOMAS**  
CONSTRUCTION & SITE MANAGEMENT, INC

P.O. Box 413 • Hershey PA 17033-0413  
717 664-4094 • Fax 717-664 4139

**Full Service Design & Construction of Outdoor Riding Arenas**

Rehabilitation of Existing Arenas ~ Solutions to Footing Problems, And Drainage Problems for Indoor/Outdoor Arenas ~ Custom Grooming ~ Custom Built Jumps & Standards

Owned & Operated by Licensed, Professional Engineers

Robert P. Snyder, PE ~ Thomas K. Mellott, PE  
Cell 587-2757 ~ Cell 443-4252

58th ANNUAL • 58th ANNUAL • 58th ANNUAL • 58th ANNUAL

# The Best Yet!

1,100 of the best horses and riders from the U.S., Canada and beyond compete for \$340,000 in prize money and 11 National Championships

**The Royal Canadian Mounted Police Musical Ride**  
An exhilarating exhibition of precision horsemanship  
Wednesday, Oct. 15 - Saturday, Oct. 18

**The World Famous Budweiser Clydesdales**  
Wednesday, Oct. 15 - Saturday, Oct. 18

**The Stars of Show Jumping Compete Nightly**  
Tuesday, Oct. 14 - Saturday, Oct. 18  
Meet them for autographs - Friday night, Oct. 17

**Junior Weekend**  
USAE/BET Junior Jumper Championships and the USAE/Pessoa National Hunt Seat Equitation Championship  
Thursday, Oct. 9 - Sunday, Oct. 12

**National Horse Show "Good Hands" Saddle Seat Equitation Championships**

**NAL Finals**  
**The \$65,000 Budweiser GRAND PRIX**  
Reserved seating available  
Saturday, Oct. 18th, 7:00 pm

Shop daily at the concourse shops featuring more than 50 unique vendors!



Hunters • Jumpers • Ponies • Equitation • Saddlebreds • Draft Horses  
Hackney & Harness Ponies • Roadsters • Western Pleasure

*Pennsylvania National*  
**HORSE SHOW**  
*All breeds All ages All champions.*

**October 9 - 18, 2003**  
**Farm Show Complex, Harrisburg, Pa**

Tickets or FREE brochure: (717)770-0222 or [www.panational.org](http://www.panational.org)  
The Farm Show Complex charges a parking fee of \$5.00 per car.  
Benefits Harrisburg Kiwanis Youth Foundation and the Pennsylvania National Horse Show Foundation

**Priefert®**  
Ranch Equipment

**NEW PRODUCTS**

Carousel Saddle Rack J arms - \$180

Vertical Saddle Rack 2 arms - \$119

"The Rancher" Squeeze Chute \$1,899

Horse Stock - \$699

Pasture Gate 10' - \$59

Arenas • Round Pens • Dog Kennels

**ROSELL TRAILER SALES**  
Horse & Utility Trailers • Living Quarters

*Dream Coach* Collin-Arndt *SH*  
**ELITE**

7 Robin Hill Rd. • Lenhartsville, PA 19534  
888-506-6056 • 610-756-4257  
[www.roselltrailers.com](http://www.roselltrailers.com)