



Lameness (General/Undiagnosed) Protocol

(For horses with unexplained, intermittent, or shifting lameness where a clear diagnosis is not yet established)

Protocol:

Begin with the **Basics Course** to learn proper tape handling, stretch, and technique. For general or undiagnosed lameness, progress to the **Fundamentals Course**, and use the following **Beyond the Basics, Practical Solutions or Module** applications based on the most affected limb(s) and presenting symptoms:

- Start with the **Circulation application** (Practical Solutions à la Carte) over the affected limb(s) to reduce inflammation, swelling, and pain, and to promote lymphatic drainage.
- If the lameness is localized to a specific joint, region, or muscle group (e.g., lower leg, hock, stifle, SI, back), apply the corresponding support application from the **Fundamentals course or Modules (e.g., Lower Leg Support (Module), Hock Support (Module), Stifle Support (Module), SI Support (Beyond the Basics & Fundamentals), Back Support (Module))**.
- For shifting, intermittent, or compensatory lameness, use the **Fascia Chain application (Fascia Module)** along the entire fascia line of the affected limb, and the corresponding support application from the modules.
- For horses with swelling, heat, or acute pain of unknown origin, always begin with the Circulation application (Practical Solutions à la Carte) and consult a veterinarian for further diagnostics.
- For horses with mild, unexplained soreness or subtle gait changes, use the Fascia Chain application (Fascia Module) as a safe, supportive default.
- Continue the protocol until lameness resolves or a diagnosis is established.



Tape Type:

- Advantage 2" (recommended for most limb and support applications)
- Advantage 3" (for Circulation and Fascia Chain applications or larger breeds/areas)

When to Use:

- For horses with unexplained, intermittent, or shifting lameness (always after initial veterinary assessment and while awaiting or pursuing diagnosis)
- As a supportive measure during rehabilitation, hand-walking, or gradual return to work
- To reduce inflammation, support limb biomechanics, relieve pain, and promote healing
- For horses with swelling, heat, or acute pain of unknown origin

How Long to Tape:

- For acute lameness, use the Circulation application until swelling, heat, and pain have resolved. Re-evaluate every 3–7 days; change tape as needed if it becomes loose or loses recoil.
- For chronic or shifting lameness, use support and/or Fascia Chain applications for 2–6 weeks, or until diagnosis is established or lameness resolves.
- Leave the tape on until it loses its recoil, becomes loose, or collects debris underneath.
- Repeat applications as needed, especially during flare-ups or periods of increased activity.



For Chronic Cases:

For ongoing or slow-resolving lameness, alternate between the Circulation application and appropriate limb/joint support and Fascia Chain applications (Fascia Module) every 1–2 weeks. Continue until symptoms resolve or a diagnosis is made. Coordinate with your veterinarian for ongoing assessment and adjustments.

Lameness Management Note:

- Always consult your veterinarian for any new or persistent lameness; taping works best with an accurate diagnosis.
- Rule out hoof imbalance, shoeing issues, injury, infection, or compensatory pain elsewhere in the body. Many horses show lameness when they have injured their backs, SI, groin, psoas muscle, hip flexors, and especially their necks.
- Provide a safe, clean, and well-bedded environment; avoid stall confinement and forced exercise until cleared by your veterinarian.
- Monitor for changes in swelling, heat, or severity of lameness and document response to taping.
- Adjust taping protocols as new information or diagnosis becomes available.

Clinical Reasoning:

These protocols reduce inflammation, promote lymphatic drainage, and support limb biomechanics in horses with undiagnosed or general lameness. The Circulation application addresses acute swelling and pain, while support applications stabilize joints, and the Fascia Chain application relieves muscle tension, rehydrates the fascia, removes adhesions and scarring, and restores healthy



movement patterns. Consistent use can speed resolution of mild cases, provide comfort during the diagnostic process, and reduce the risk of compensatory injury. Remember, tape works best with an accurate diagnosis.