

# SupaStride Joint Supplement Study

Completed 7<sup>th</sup> October 2020

Independent Testing by STG Biomechanics

One Page Summary



## The Supplement

The SupaStride supplement is a new generation of joint supplements for all. Supastride works to support and protect hard working parts of the body particularly for older horses or horses in concussive activity.



## The Purpose of the Study

The purpose of this study was to understand the efficacy of the equine supplement, Supastride by Freestep, on a range of objective measurements. Subjective changes would also be noted.

## Study Responsibility

The study was run by STG Biomechanics and will be looking at objective measures using the GaitSmart Pegasus sensor-based gait analysis & sensor system to measure kinematic gait data.

## Horse Management

- All alternative supplements were stopped 2 weeks prior to the study.
- No additional supplements were fed to the horses in the study.
- No additional joint care, such as magnet boots, stable bandaging or cool boots were used on the horses; bandaging or boots were only used when exercising.

## Horses

There were 11 horses used in the study.

- Sex: 4 mares and 7 geldings
- Ages: 7 – 24 years
- Usage included: Retired, Hacking, Dressage, Show jumping

## Test Protocol

- 14 range of motion elements were tested for all horses every week: knees, hocks, radius tibia and fore and hind canons.
- Improvements were categorised: greater than 0% and less than 5% was an **improvement**, greater than 5% was classified as a **significant improvement**.

## Results

- ✓ **Palatability** - The supplement was very palatable. All horses accepted the supplement in their feed without any other encouragement.
- ✓ **Speed of Effectiveness** - All horses showed improvements in range of motion in the first week.
- ✓ **Range of Motion** - From the baseline test
  - The least improved horse still had 3 Significant improvements (>5%) and 4 Improved (0%-5%)
    - A 50% improvement across all 14 range of motion elements.
  - The most improved horse had 11 Significant improvements (>5%) and 2 Improved (0%-5%)
    - A 92.8% improvement across all 14 range of motion elements.
- ✓ **Range of Motion** - The top Significant improvement areas were: Hock Stance Flexion, Radius and Tibia.
  - The hock stance flexion improvement would suggest that the supplement enables more willingness to flex the hock joint under load.
  - The radius and tibia range improvement would suggest that the supplement enables greater flexibility at the shoulder and the stifle joints.
- ✓ **Temperament** - None of the horses became excitable or difficult, as a result of being on the supplement while willingness to work appeared to improve.
- ✓ **Subjective Changes** - 9 of the 11 horses in the study had subjective improvements highlighted by the owners and improvements in competition capability was also noted.