



Patient Name:  
Start Date:

# Triangle Equine's 60 Day Back-to-work Schedule

(Modified from The Atlanta Equine Clinic)

General guidelines to follow:

- This program depends on consistent work to help injured tendons, ligaments and bones adapt to the gradually increasing stresses of work. Count each day of work, try not to skip days.
- If you notice that your horse seems unsound, stop working the horse and give us a call to arrange a consultation or appointment.

**Day 0:** Last day of rest.

**Day 1-7:** Hand walk 15 minutes daily (purposeful walking – not walking and grazing).

**Day 8-14:** Ride horse at walk on flat surface 15 minutes once daily.

**Day 15-21:** Ride for 20 minutes once daily. Add collection for half of the ride.

**Day 22-30:** Ride for 30 minutes – Mix 5 minutes of trot with 25 minutes of walk on flat surface. No tight circles – if you are trotting, do not trot any circle less than 30 meters.

**Day 31-38:** Ride for 30 minutes - Mix 10 minutes of trot with 20 minutes of walking. No tight circles – if you are trotting, do not trot any circle less than 30 meters.

**Day 39-45:** Ride for 30 minutes - Mix 10 minutes of trot with 10 minutes of walk on flat surface; walk up and down small hills for 10 minutes. No tight circles – if you are trotting, do not trot any circle less than 30 meters.

**Day 46-53:** Ride for 45 minutes – Mix 5 minutes of canter with 10 minutes of trot and 15 minutes of walk on flat surface. Walk up and down small hills for 15 minutes. OK to start trotting 20 meter circles.

**Day 54-60:** Ride for 1 hour – Mix 5 minutes of canter with 20 minutes of trot and 20 minutes of walking. Walk and trot up and down small hills for 15 minutes.

**Day 61:** Resume normal work program.

**\*Please call us if at any time your horse seems lame.**