



PONY CLUB



ACHIEVEMENT BADGES

CARE OF THE FOOT

Advanced Achievement Badge

Learning Objectives

Know the names of the parts of the foot, recognising a hunter shoe and its functions, recognising lameness and some symptoms.

Syllabus

- 1 Name the external parts of the foot.
- 2 Know the structure of a pony/horse's foot.
- 3 Understand the basic functions of the external parts of the foot.
- 4 Describe a hunter, (general purpose) shoe.
- 5 Know when horse/pony is lame.
- 6 Recognise some symptoms of lameness in the foot.

Teaching Ideas and Resources

- 1 Label diagram of external parts of the foot. Explain purpose of frog is grip and to minimise concussion.
- 2 Label a diagram of the structure of the foot. Draw the bones and ligaments of the foot.
- 3 On a labelled diagram give 1 possible function of each structure.
- 4 Make a shoe out of playdough, explain the purpose of all features. (fullering for lightness, grip and somewhere for the nail heads, concave for grip, pencilled heels to follow white line and prevent being pulled off by hind foot, toe clips to hold shoe in place as horse/pony turns, two behind-quarter clips, to be more stable and minimise damage of overreaching).
- 5 Ask members to put a pebble in one of their shoes, as they walk around notice how their heads come up as the pebbled shoe hits the

ground. Trot a lame pony horse towards them and look for the heads to come up as the sore foot hits the ground. From behind look for a raised hip on the lame side and remind them how to keep the weight off the pebbled shoe they had to hold that hip higher.

- 6** Bruised foot, horse/pony either lame or taking smaller steps, may be heat or react to pressure.

Pus in foot, very lame, possibly unwilling to put foot to floor, foot often hot. Call farrier or vet.

Laminitis, hot feet, potterly or unwilling to move, leaning back on heels, digital pulse. Call vet immediately.

Stance at rest – pointing a toe

Ideally this work practically, or members acting how horse/pony may look.

Recommended Reading

- ▶ 14th Edition The Pony Club Manual External parts P111 - 2, Structure P169, Lameness P166 – 8

Questions

- 1** Name or draw the external parts of the foot.
- 2** How many bones are there in the foot? Name the bones or label a diagram. Identify where to find extensor and flexor tendons.
- 3** What is the purpose of the external structure of the foot. Identify 3.
- 4** Identify a hunter shoe. Point out the different features and explain their functions.
- 5** Ideally trot up a lame horse or pony. Or, explain or demonstrate how to identify a lame leg.
- 6** Describe some symptoms of lameness.

Answers

- 1** Answer must include: wall of foot, sole of foot, frog, cleft of frog, quarters and heel.
- 2** Two and a half bones
Extensor tendon at the front of the foot and flexor tendon at the back going over the navicular bone

ACHIEVEMENT BADGES

- 3** Wall of foot – protect internal structures, gives strength & elasticity
Sole of foot - to aid grip and protect pedal bone from bruising
Frog - secondary pump & aids grip
Cleft of frog – allows for some expansion in heel region
Quarters - aids balance of foot
Heels – protects plantar cushion
- 4** Fullering for lightness, grip and somewhere for the nail heads, concave for grip, pencilled heels to follow white line and prevent being pulled off by hind foot, toe clips to hold shoe in place as horse/pony turns, two behind-quarter clips to be more stable and minimise damage of over reaching).
- 5** Head nods down on the lame leg, hip on lame leg behind may be carried higher.
- 6** Observation of unusual stance at rest-pointing a toe.
Altered gait, reluctance to move forwards boldly, possibly foot off ground, leaning onto heels. Most causes also have heat in foot.