



WALK, DON'T SWIM

For Regular Conditioning of Your Healthy Horse
and Faster Healing of Your Injured Horse

The HydroSpa's submerged variable speed treadmill is combined with the gentle power of water resistance and 4 Jacuzzi jets on each leg of your horse.

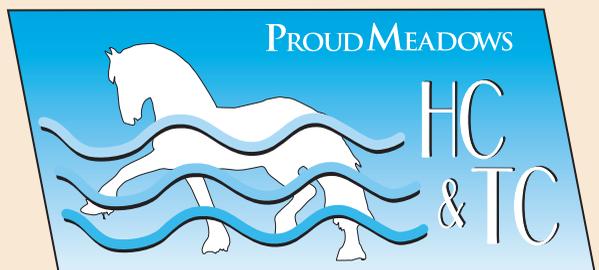
Perhaps the safest, most effective exercise for horses used for any purpose or sport.

All in a clinical and sanitary environment with certified operators at a full-service ranch.

Now Conveniently Available to the North Texas Equestrian Community.

AFFORDABLY.

Proud Meadows
HydroConditioning
& Therapy Center
in Waxahachie



SWIMMING VS. THE HYDROSPA

Swimming is not completely unnatural for a horse and the therapeutic use of swimming has long been recognized as beneficial for a healing horse.

Typical Horse Swimming Tank



photo: Northern Equine Therapy Centre, N. Yorkshire, UK

But swimming horses are not using their muscles in the same way as ground gaits. Their necks are positioned to keep the nostrils out of the water, and their backs are hollow. And the last time we checked, there are no swimming competitions for horses.

Treadmill HydroConditioning provides the same low impact environment as swimming, but keeps the horse in correct position for its ground gaits. The result is that all of the soft tissue- muscle, tendons, ligaments- are exercised and built up the same way as ground work. But without the impact of ground work.

Finally the variable levels of increasing treadmill speed means that a horse can get the equivalent of a strenuous 1 hour workout on the ground in as little as 15 minutes, ranging from a slow walk to a forward and powerful fast walk.

The Treadmill
Enables Proper Form
During Conditioning



How We Learned to Love Hydrotherapy ...and How We Discovered HydroConditioning

In the late winter of 2005, just after competing successfully for his first time on the Florida dressage circuit, Proud Meadows' Approved Friesian breeding stallion, Illiad PM, completely dislocated his fetlock.

The prognosis for this serious injury was not good, and his healing process was certain to be long and trying. The first step was to reposition the fetlock and to put the leg in a hard cast. He was practically immobile in his stall under the vet's care for six weeks in the hard cast. Then he was put in a soft cast, but still was limited to his stall for another six weeks.

When this cast was removed, tissue scans showed remarkable healing, but Illiad still faced a year of gentle but limited exercise to recover. We did not know if he would ever be able to jump the breeding mount again, and presumed that he would never again compete.

During this time his muscles had atrophied and, because he was favoring the leg, he developed back problems. This alpha stallion was also noticeably depressed, the fire and spirit gone from his eyes.

The vet suggested that we consider treadmill hydrotherapy to help him along. With little to lose, we sent him over a hundred miles away to the closest treatment center.

After four weeks Illiad was obviously walking normally. His back problems were gone. His muscle tone was looking better than at the peak of his last competition season. His cardio rate had improved by 30%. Best of all the stallion spirit had returned to his eyes. At this point we got back a functional horse who could breed again. This was a huge relief given our investment in the horse and the special qualities that he brings to a mare.

But after another four weeks of HydroConditioning, the vet encouraged us to believe that Illiad's recovery was so complete, surpassing his pre-injury strength, that he could return to the competition and demonstration arenas in FEI dressage with no more worry than one would have with a horse that had never been injured. Not only was he healed to functionality, he was conditioned for peak performance.

The benefits of Illiad's treadmill hydrotherapy to restore his health were obvious. But HydroConditioning was the extraordinary surprise. We expect to see Illiad ready for the upcoming competition season, and look forward to taking him to the highest levels of success that he can achieve.



Illiad ridden by Sabine Schut-Kery. This canter pirouette is impossible to perform with a damaged fetlock.

OUR MISSION

Our mission is to provide the extraordinary benefits of HydroConditioning and treadmill hydrotherapy to the North Texas equestrian community conveniently and affordably, with safety being our first rule of care.

THE POSSIBILITIES ARE LIMITED ONLY BY YOUR IMAGINATION



- Condition your horses in the off-season so that they are in shape for their first competition.
- Keep your older horses in better shape without overworking them on the ground.
- Exercise your retired stallion so that his breeding life is extended.
- Pre-Training- Get your young broke horse into optimal condition before your trainer starts schooling it. Don't turn your trainer into a conditioning rider
- Prep your sale barn horses into looking their best to make them stand out in the marketplace.
- Exercise your post-weaning mares to alleviate the long-term effects of carrying foals each year. A healthy mare can produce longer.
- Inspections and Keurings- Colts, fillies and mares will all look better when the breed registry comes to grade your horses.
- Stallion Testing- Give yourself the best chance to have an approved breeding stallion by buffing him up.



GETTING STARTED WITH HC&TC



Do I have to board my horse?

No, but boarding is available for long-term treatment programs. Walk-in appointments are welcomed and encouraged. Please call in advance to avoid waiting time.

How long will I be there for a walk-in treatment?

45 minutes is typical, from the time of unloading to your horse being back on the trailer.

How do I make an appointment?

Call Bob Roulo at 972-268-3950 or Larry Riggs at 972-938-8100 for walk-in appointments, which are usually available the same day.

What does it cost?

\$35 per treatment. Package discounts of 5 and 20 walk-in treatments are available, and we occasionally offer other special promotions. Call for specials and pricing on Boarding/HydroConditioning Combination packages. We accept cash, checks, VISA and Mastercard.

Are there any special abilities required for my horses?

Not really. If your horse will load and unload onto a trailer comfortably, entering and leaving the hydrospa should be no problem.

What do I need to bring?

A current copy of your horse's Coggins test and a halter. We will provide lead ropes during the treatment.

Is any horse suitable for a treatment?

Your horse should have no communicable diseases, e.g. stable cough. The hydrospa accommodates horses from 13H to 17+H.

Are shod horses OK?

Yes. Many water treatments require unshod horses, but the HC&TC treadmill provides an excellent gripping surface for a shod horse.



THE HEALING BENEFITS OF HC&TC

The Therapy Center reduces the time it takes to restore a healing horse back to the peak of fitness. By using treadmill hydrotherapy we believe that most horses can regain their full abilities in **50% less time** than more conventional therapies. (see chart)



WHY?

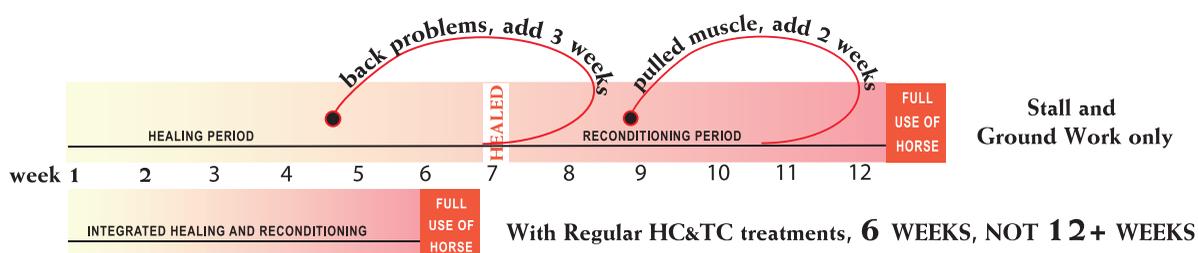
Treadmill hydrotherapy:

- stimulates blood flow
- increases cardio health
- improves the mood of the horse
- combines the low impact of other water therapies with effective exercise in correct form
- avoids the collateral injuries that occur when a healing horse exercises on the ground
- warm water aids in cell growth for healing
- massaging jets keep soft tissues loose and pliable



As with any therapy, consult with your veterinarian regarding the appropriateness of treadmill hydrotherapy for your horse's injury or condition. Not all conditions benefit from treadmill hydrotherapy.

Your vet is always welcome to accompany your horse to the HC&TC.



THE FACILITY AND THE HYDROSPA



Proud Meadows is not a backyard enterprise, but a full-service equestrian center specializing in the Friesian breed. Proud Meadows has earned five USDF Horse of the Year national championships with its Friesian stallions in the sport of Open Dressage. A variety of other breeds are boarded and trained at Proud Meadows.

The HydroSpa is conveniently located on the property to allow the trailering in of horses. The spa is 46' long and 3' wide, with gently sloping ramps at both ends. It is surrounded by 5' safety railings and a specially designed entry gate for maximum safety of the horse.

The temperature-controlled water is changed daily, is sanitized, and is filtered with skimmers. Its depth is variable to accommodate horses from 13H to 17H+. Four clusters of four high-quality Jacuzzi jets are positioned to massage each leg while the horse is working out on the underwater treadmill.

The treadmill has variable speeds, from a slow walk to a powerful fast walk. The lower speeds are used to build up the horse gradually and to allow a cool-down period in the workout.

The horse's heart rate is monitored before and after the treatment. Also after the treatment the horse is washed to be clean of the sanitized water.



Proud Meadows is a full-service equestrian center situated on 40 acres only 6 miles west of I-35E near Waxahachie.

Extended Treatment Facilities

The boarding facility for extended treatments features permanent stalls that are matted and cushioned and controlled for insects. A full-time trained and certified staff operates the hydrospa and provides 24-hour care of boarding horses. Horses with special care and feeding needs are gladly accommodated.

Call 972-268-3950
(Bob Roulo)

or 972.938.8100
(Proud Meadows office)



HC&TC DIRECTOR

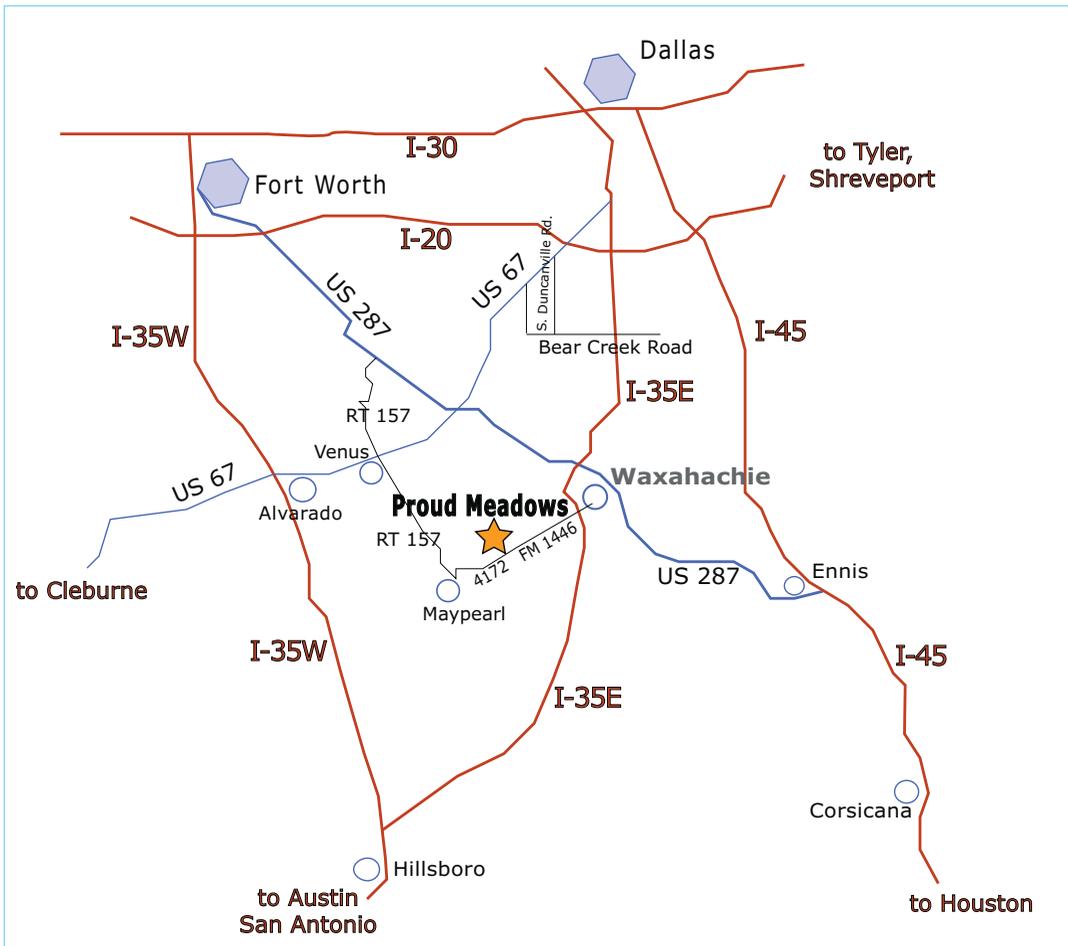


Larry Riggs, Facilities Director. Larry is co-owner of the Proud Meadows equestrian center where the HC&TC is located. Larry brings long experience managing equine facilities with a priority on the health of the horse, safety, and quality care. Larry oversees the stabling facilities and staff as well as the operation of the hydrosipa.

for more information
www.proudmeadows.com/HCTC
email: office@proudmeadows.com

For appointments, please call
Bob Roulo cel) 972-268-3950
or Larry Riggs 972-938-8100

Proud Meadows HC&TC
4172 FM 1446
Waxahachie, TX 75104
(6 miles west of I-35E, at exit 399B)



All photos in this brochure courtesy of Marie Kelley, www.shootfirephoto.com, unless otherwise credited; photos of horses in treadmill hydrotherapy courtesy of HydroHorse of Merrill, OR