

Figure-Eight Splint Bandage

Any horse needing extra support on the lower limb during competition will benefit from the figure-eight splint bandage developed by William Crawford, D.V.M. This wrap offers more support to the flexor tendons and suspensory ligament of a horse's leg than any other bandage. Primarily used on horses returned to training after a layoff, young horses needing prophylactic support or horses with severe rundown problems, the figure-eight bandage also benefits horses with chronic problems, especially when running on sloppy tracks.

When a horse fatigues toward the end of a race or during long and hard work, the muscles, tendons and ligaments of the legs become slack. When the tendons and muscles become fatigued, they lose synergism, begin working against each other and soft-tissue injuries occur – a situation that is magnified in horses with existing problems. For these reasons, trainers like the technique that incorporates into the bandage additional strips of Equisport™ Equine Support Bandage as support “splints”. Equisport bandage's strength supports the entire lower leg while splints give added assurance to the flexor tendons and suspensory ligament.

For horses with slight rundown problems, a figure-eight support bandage or rundown bandage is sufficient under most track conditions. However, a sloppy track compounds all rundown problems. Equisport bandage's strength and elasticity aided by the splints supports the soft tissues of the limb as the ankle drops, and the Equisport bandage returns energy to the leg and helps boost the foot from the mud as the ankle flexes and the bandage contracts.

Equisport bandage (and Vetrap tape) can cause loss of circulation if not applied according to label instructions so that it is initially comfortable to the animal. Athletic support bandages must be removed immediately following the athletic activity. Bandages intended to hold a dressing in place must be applied over adequate padding.

Follow the steps below to apply the figure-eight bandage for competition:



Step 1: Measure and cut two splints. To measure the proper length of the splints, place a piece of Equisport™ Equine Support Bandage down the back of the horse's leg, beginning just below the knee or hock and continuing to well below the ankle. Cut the splint from the roll of Equisport bandage. Then make a second split.



Step II: Fold the splints in half lengthwise. Press the material firmly together, as Equisport bandage is self-adhering. Make sure there are no wrinkles or creases in the splint.



Step III: Using a fresh roll, begin the bandage directly above the ankle. Wrap once around the leg making sure you wrap the tendons and ligament toward the inside. Figure-eight the ankle once, then bring the Equisport bandage upward in a spiral manner to just below the knee or 2 1/2" to 3" below the hock. Be certain to overlap the bandage evenly for consistent support. Avoid wrinkles by straightening the bandage as you apply it. Pull the bandage firmly across the cannon bone while applying less pressure across the tendons and ligament in the back of the leg. The Equisport bandage should be applied using approximately 50 percent of its usable stretch.



Step IV: When you've reached the point just below the knee or 2 1/2" to 3" below the hock with the bandage, apply the first splint. Beginning at the top of the wrap, press the splint firmly onto the bandage and down the back of the leg covering the tendons and ligament, stretching the splint slightly, approximately 30-50 percent of the usable stretch, and anchoring it at the bottom of the bandage. The splint will adhere securely to the bandage.



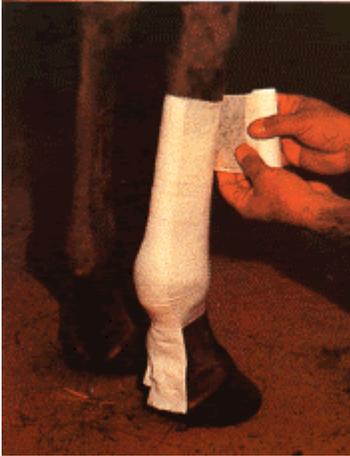
Step V: Incorporate the splint into bandage by wrapping over the splint and down the leg in a spiral manner. Apply even pressure across the tendons and ligament. Once again, figure-eight the ankle.



Step VI: Place the second splint on the back of the leg, using the same technique as with the first splint.



Step VII: Incorporate the second splint into the bandage by figure-eighting the ankle first. Then continue wrapping up the leg in a spiral manner.



Step VIII: Finish the bandage at the top of the leg using the entire roll of Equisport™ Equine Support Bandage. For added safety, strips of vinyl plastic tape can be applied to the top of the bandage.



Step IX: Cut off the tails of both splints evenly with the bottom of the bandage.

Note: Equisport bandage (and Vetrap tape) can cause loss of circulation if not applied according to label instructions so that it is initially comfortable to the animal. Athletic support bandages must be removed immediately following the athletic activity. Bandages intended to hold a dressing in place must be applied over adequate padding.