

HOW TO TAKE YOUR OFF-THE-TRACK HORSE'S T.P.R

TEMPERATURE, PULSE AND RESPIRATION



WHY DO I TAKE T.P.R?

Knowing your horse's normal T.P.R is important to help identify any changes that could indicate potential illness or injury.

WHEN DO I TAKE T.P.R?

Your horse's T.P.R should be taken regularly when in a relaxed and rested state and in a safe environment.

WHAT WILL I NEED?

- HALTER & LEAD ROPE
- THERMOMETER
- STETHOSCOPE
- WATCH

OFF-THE-TRACK HORSES NORMAL T.P.R RANGES



TEMPERATURE

37.5 – 38.5

DEGREES CELCIUS

TAKING A TEMPERATURE

STEP 1:

Apply a small amount of lubricant to your digital thermometer.

STEP 2:

Stand beside your horse's left hind leg. Do not stand behind your horse! Using your left hand, slightly lift your horse's tail.

STEP 3:

Insert the thermometer and hold at a slight angle to ensure contact with the wall of the rectum, listen for the beep and remove.

STEP 4:

Read and record your horse's temperature.

STEP 5:

Thoroughly clean your thermometer before returning to your first-aid kit.



PULSE

30 – 44

BEATS PER MINUTE

FINDING A PULSE

STEP 1:

Use one of the following methods that suit you.

Method 1: *Stethoscope*

Place the flat part of the stethoscope below your horse's elbow on the left side chest, lightly press the wall and listen for a 'lub-dub' sound. 1 x 'lub-dub' sound = 1 x beat.

Method 2: *Jaw Pulse*

Under your horse's jaw, place two fingers inside the jawbone and feel for the mandibular pulse, gently press until you find a consistent beat.

STEP 2:

For all methods count the number of beats for thirty (30) seconds and double to get your beats per minute.



RESPIRATION

8 – 16

BREATHS PER MINUTE

MONITORING RESPIRATION

STEP 1:

Watch the side of your horse and observe the movement of breath when inhaling and exhaling. 1 x inhale and 1 x exhale = 1 breath

STEP 2:

Count the number of breaths for thirty (30) seconds and double to get your breaths per minute.

KNOW YOUR HORSE

To know what is normal for your horse take your horse's T.P.R results at the same time each day for five (5) days.

Record and keep your results.

Contact your veterinarian if your horse's results are outside normal T.P.R ranges.