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## Section 1 – Maintaining your BEMER Vet

### ***General cleaning:***

The BEMER Vet can be cleaned with a damp cloth and a mild disinfectant. If used on a number of horses, it is a good idea to spray the mat with something like VETGuard to ensure that no infections are carried from one horse to another.

It is also a good idea to wash your hands between treating horses.

The carry bag can be washed by hand in luke-warm water and soap, and allowed to dry properly.

When using the Special Light Applicator, it is a good adie to disinfect it every time immediately after use, as this item is most often used on wounds, skin conditions and infectious areas.

It is useful to put a towel under the mat when on the horses back as many horses sweat. In this way you protect the BEMER Vet.

### ***Protection:***

When working with a horse remember that horses can be flighty animals and can get a fright or react unexpectedly. Even a horse that is very accustomed to having the BEMER Vet on its body can react to an outside stimuli. For this reason, PAY ATTENTION when the BEMER Vet is being used. Do not stand and chat while using it and ignore the horse.

Many horses are unaccustomed to having anything on their legs above the knee or hocks so if using the Intense Applicator, ensure that the horse does not get a fright. Also, do not make the Velcro too tight around the leg.

When using the Special Light Applicator, ensure that you do not look directly into the unit as your retinas can be damaged. For this reason, be careful to close the horse's eyes if working on the face.

### ***Awareness:***

The cell phone and the BEMER Vet have no impact on each other at all, so a phone can be kept on you while working, but it is advisable not to have a cell phone on a loud ringing tone when working with a horse.

As the horses reach a state of deep relaxation with the use of the BEMER, the sudden intrusion of a cell phone can disturb them enormously and they can react with fright. As a suggestion, lower the volume of the ring, or put the phone on vibration only.

### ***Troubleshooting:***

***My charger won't charge***

Ensure that the charger is plugged into the wall-socket properly and is connecting correctly. Check that the cable is fully plugged into the control unit.

***Must I charge both sockets of the control unit?***

Generally no, but if the control unit is not giving use of about 15 – 20 hours, then the battery may not be charging properly. Try charging both sockets and see if this improves the length of use.

***Can I use the mat and the Intense Applicator together?***

Yes you can.

***Can I use the mat and Special Light Applicator together?***

No, as the SLA operates on a different time and intensity. This is indicated by the red button with LT on it and the numbers 2, 4, or 6 which indicate times.

***Can I treat small animals with the BEMER Vet?***

Yes, all animals, including humans, can be treated with the BEMER Vet

## **SECTION 2 – Working with a healthy horse**

### **1. General maintenance programme**

Level 2 on 6 minutes on blanket  
Level 2 with IA (intense applicator on all legs)

This would generally be done 3 times a week with the legs being done once, unless the horse is in quite hard work and then the legs could be done 3 times a week as well.

### **2. Before Work (Strenuous) – i.e. a warm-up for a show**

Level 2 on 6 minutes on blanket  
Level 3 on 6 minutes blanket  
Level 3 with IA (intense applicator on all legs)

### **3. After Work (Strenuous) – cool down**

#### **- immediately after work**

Level 1 on 6 minutes on blanket  
SLA around coronary bands of hoofs on each leg – Level 2 for 2 minutes on each leg

#### **- about 2 hours after cool down**

Level 2 on 6 minutes on blanket  
SLA on tendons – 2 minutes on level 2 on each leg  
IA on stressed muscles Level 3 for 6 minutes

#### **- next day**

Use general maintenance program but blanket can be moved to hindquarter and / or neck and used in the same way.

### **4. Signs to look for in the horse when the BEMER Vet is used:**

- a. Slow deep breathing obvious in the flanks and slightly flared nostrils
- b. Relaxed eyes and ears
- c. Relaxing one hind leg and alternatively shifting from one to the other
- d. Lowering of the head

### **5. General:**

1. The SLA can be used as a massager all over the body, especially on the poll area  
**NB do not expose eyes to the light rays**
2. Do not use the SLA with any other connections plugged in and press the red LT button on the Control Unit twice to start the cycle
3. The blanket can be used with the IA
4. Battery charge lasts approx 20 hours of use unless the SLA is used for long periods

## SECTION 3 – Dealing with Specific Problems

### Sore Back

A sore back can come from a multitude of conditions including an incorrectly fitting saddle, general strain on the muscles, hard work and lack of fitness, and unaccustomed types of work.

This is generally a muscular problem and be addressed fairly quickly.

Pain and tension is usually found in one or more of the following areas:

1. Across the wither area
2. Underneath the saddle are
3. Directly behind the saddle
4. Across the loins

#### Suggested BEMER VET Therapy

##### **Initial treatment**

Apply the mat: 2x daily, 12 min level 2

Apply IA locally daily, as often as every 2 to 3 hours for 12 min at a time, at level 3

##### **Basic treatment**

Ongoing: Mat 1x daily, 12 min level 2  
IA immediately on each tense area thereafter for 12 minutes on level 3

Repeat as often as necessary

For intense strain and pain across the hindquarters, the entire mat can be moved back over the hindquarters and used for 20 minutes on level 3.

## **Tight Hamstrings**

Tight Hamstrings are usually associated with general strain on the muscles, hard work and lack of fitness, and unaccustomed types of work.

Tension can be felt down the length of the back of the hamstrings on the back legs. The horse will often raise the painful leg when pressure is applied, and even threaten to kick out.

### Suggested BEMER VET Therapy

#### **Initial treatment**

Apply the mat: 2x daily, 12 min level 2

Apply IA locally daily, as often as every 2 to 3 hours for 12 min at a time, at level 3. The IA can be held against the hamstring or placed just above the hock and kept in place using the Velcro tape.

#### **Basic treatment**

Ongoing: Mat 1x daily, 12 min level 2  
IA immediately on each tense area thereafter for 12 minutes on level 3

Repeat as often as necessary

For intense strain and pain across the hindquarters and the hamstrings, the entire mat can be moved back over the hindquarters and used for 20 minutes on level 3, followed immediately by the IA on the hock for 12 minutes on level 3.

## Ligaments and Tendons

Ligaments and Tendons are usually injured through hard and unaccustomed work, or through strain.

### Suggested BEMER VET Therapy

#### **Initial treatment**

Apply the mat: 2x daily, 12 min level 2

Apply IA locally daily, as often as every 2 to 3 hours for 12 min at a time, at level 3

#### **Basic treatment**

Ongoing: Mat 1x daily, 12 min level 2  
IA immediately on the injured area thereafter for 12 minutes on level 3

Repeat as often as necessary

The Special Light Applicator can be applied on the tendon or ligament after using the IA – 6 minutes on Level 3

## Kissing Spine

The condition known as “kissing spine” is probably the most common long-lasting back problem found in horses. The spines in question are the dorsal spines of the horse’s vertebrae, and the ‘kissing’ refers to the contact between adjacent spines when new bone forms. Vertebrae all along the back can be involved although the area just behind the saddle is the most commonly affected.

The bony changes can be visible on x-rays, but the bony reaction can settle down completely with a full recovery of performance. Other parts of the back can be painful as well, because muscle spasm occurs as the horse braces itself against the pain.

### Suggested BEMER VET Therapy

#### **Initial treatment**

Apply the mat: 2x daily, 12 min level 2

Apply IA locally daily, as often as every 2 to 3 hours for 12 min at a time, at level 3

#### **Basic treatment**

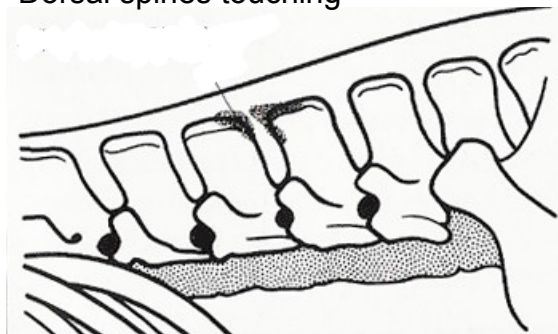
Ongoing: Mat 1x daily, 12 min level 2

IA immediately on each tense area thereafter for 12 minutes on level 3

Repeat as often as necessary

For intense strain and pain across the hindquarters, the entire mat can be moved back over the hindquarters and used for 20 minutes on level 3.

Dorsal spines touching



## Poor Blood Circulation

Poor blood circulation can show in many different ways including:

Puffiness around the eyes particularly in the tissues around the front of the eye  
A swollen sheath  
Swollen lower legs, especially in the morning  
Small cuts and abrasions taking a long time to heal

### Suggested BEMER VET Therapy

#### **Basic treatment**

1 <sup>st</sup> week	Mat	1x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	1x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	1x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	1x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	1x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	1x daily, 20 min	level 3

## Ringbone

Ringbone refers to the formation of new bone at the joint between the first and second phalanxes (halfway down the pastern and sometimes called high ringbone), or between the second phalanx and the pedal bone (just below the coronet and sometimes called lower ringbone). The cause of ringbone is wear and tear on the structures.

### Suggested BEMER VET Therapy

#### **Basic treatment**

1 <sup>st</sup> week	Mat	1x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	1x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	1x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	1x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	1x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	1x daily, 20 min	level 3

Repeat if required

#### **Additional treatment (after the use of the mat)**

Apply IA locally for 6 min at a time, at level 2 (ie on the hoof itself)

Apply the Special Light Applicator, level 3 for 6 minutes immediately after use of the IA

<b>Abscess</b> <i>German: Abszess</i>
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Abscesses consist of a collection of pus in body tissue. In most cases this originates from penetration of foreign objects into the skin and the epidermis, but there may also be other reasons. Pus is an inflammatory body fluid consisting of a mixture of dead as well as living bacteria and a large number of white blood cells fighting off this inflammation. Wherever possible, pus should be allowed to drain away from the site of its formation.

Suggested BEMER VET Therapy

**Initial treatment**

Apply the mat:        1x daily, 12 min    level 1

Apply IA locally daily, as often as practical every 2 to 3 hours for 20 min at a time, at level 3

Immediately thereafter apply the Special Light Applicator (SLA) locally for 6 minutes at level 3.

**Basic treatment**

1 <sup>st</sup> week	Mat	1x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	1x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	1x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	1x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	1x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	1x daily, 20 min	level 3

Repeat if necessary

If the abscess has completely healed treatment can be stopped after 2 weeks.

<b>Arthritis</b> <i>German: Arthrose</i>
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The starting point of arthritis is damaged cartilage in the joint(s). This damage is initially limited to a small area. However, subsequent changes, such as early thickening on bones, are a distinct indication of the onset of arthritis.

Arthritis always implies damaged cartilage coupled with changes in bone structure.

***Therapy in allopathic medicine:***

- apply inflammation restraining medication or
- cortisone injections
- under guidance from a vet, inject HylaVet or Legend (or similar)

***Therapy in Naturopathy:***

- Acupuncture
- Homeopathy
- Massages
- Exercises

**Suggested BEMER VET Therapy**

**Basic daily treatment**

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 12 min at a time, at level 2

<b>Injury due to over-reach</b> <i>German: Ballentritte</i>
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The horse steps onto the heel (bulb or Ballen) of its front foot with its hind leg. This is a typical jumping or paddock injury. This can be caused by tiredness / exhaustion of the horse having been worked too hard, or alternatively by a confirmation fault of the horses legs.

Suggested BEMER VET Therapy

**Initial treatment**

Use the mat daily: 1x daily, 12 min     level 1

Apply IA locally daily, as often as practical every 2 to 3 hours for 12 min at a time, at level 2

For open wounds apply the Special Light Applicator, level 3 until a thin white film covers the wound. After that, apply 2x daily at level 3 for 4 minutes each.

**Basic treatment**

1 <sup>st</sup> week	Mat	1x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	1x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	1x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	1x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	1x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	1x daily, 20 min	level 3

Repeat if required

**Diaphragm inflammation**

German: Bauchfellentzündung

This is a life-threatening condition which is caused by penetration of dirt and /or bacteria into the abdomen.

**Consult a veterinarian immediately****Suggested BEMER VET Therapy****Basic treatment**

1 <sup>st</sup> week	Mat	3x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	3x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	3x daily, 20 min	level 3
4 <sup>th</sup> week	Mat	3x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	3x daily, 12 min	level 2
6 <sup>th</sup> week	Mat	3x daily, 20 min	level 1

Repeat

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 12 min at a time, at level 2.

**Splint***German: Beugsehnenentzündung*

Splints form as a response to weak bone being stressed. Each leg of the horse has two splint bones, one on either side of the cannon bone. The indication is a swelling along the cannon bone usually found on the front legs, usually the inside of the legs. Cause is most likely over-training. The swelling can appear suddenly or gradually with the horse lame before significant swelling can be seen or felt.

*Suggested BEMER VET Therapy***Basic treatment**

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**Additional treatment**

Apply the IA repeatedly until the swelling has been reduced on Level 3 for 6 minutes

Apply the Special Light Applicator (SLA) level 3 for 6 minutes as often as is practicable.

**Haematoma, Bruise***German: Bluterguss, Prellung*

A Haematoma is the equivalent of large blood blister, being a localised collection of blood from a damaged blood vessel. The blood does not clot at first being inside, rather than outside the body.

A haematoma is usually the result of some sort of trauma like a kick from another horse, or an unexpected impact from a solid object. It can also be caused from a fall

**Suggested BEMER VET Therapy****Initial treatment**

Apply the mat: 2x daily, 12 min level 2

Apply IA locally daily, as often as every 2 to 3 hours for 12 min at a time, at level 1 and then immediately for 6 minutes on level 3. The IA can be held directly against the haematoma

Repeat as often as necessary – approximately 2 – 3 days should be sufficient

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 12 min at a time, at level 2. Apply the IA repeatedly until the swelling has been reduced.

Apply the Special Light Applicator (SLA) level 3 for 6 minutes as often as is practicable, immediately after the IA has been used.

**Botulism***German: Botulismus*

Botulism is a life-threatening 'food poisoning' where the poison is produced by the bacteria, but is not the bacteria itself. Such a case must get the attention of a Veterinarian immediately.

Botulism is caused by toxins released by the causal bacterium, *clostridium botulinum*. This in turn causes paralysis of the nerves, often starting with those of the larynx that are involved in swallowing. Treatment is very difficult even if antitoxin is administered in time.

*BEMER VET as supportive therapy:*

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**COPD (Chronic Obstructive Pulmonary Disease)or “Steaming”** German: *Dämpfigkeit*

Steaming or COPD is the name given to the condition where a horse suffers chronic lung ailments. Most cases of COPD can be reversed, or at least, dramatically improved once a horse has been treated.

However, COPD can also be due to hypersensitivity to fungal spores in stabled animals and due to specific types of pollen in free ranging horses. This usually stays with the horse for the rest of its life. Evidence of COPD is coughing, being short of breath and represents a danger of fluid collecting in the lungs. Quality of life can be improved with proper stable management.

Suggested BEMER VET Therapy

1 <sup>st</sup> week	Mat	3x daily, 20 min	level 1
2 <sup>nd</sup> week	Mat	3x daily, 20 min	level 2
3 <sup>rd</sup> week	Mat	3x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	3x daily, 20 min	level 1
5 <sup>th</sup> week	Mat	3x daily, 20 min	level 2
6 <sup>th</sup> week	Mat	3x daily, 20 min	level 1

Repeat

<b>Strangles</b> <i>German: Druse</i>
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Strangles is a highly infectious disease and can quickly spread to other horses in the stables. Some horses may be carriers but show no symptoms themselves. The bacteria become trapped in the lymph nodes around the horse's jaw and throat. Glands swell up and abscesses form. When the abscesses burst inwards thick pus appears at the nostrils and the horse develops a high temperature.

**Consult the veterinarian immediately.**

*BEMER VET as supportive therapy:*

**Basic treatment**

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat if necessary

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 12 min at a time, at level 3.

Apply the Special Light Applicator (SLA) 2x to 3x daily level 3 for 6 minutes as often as is practicable. Avoid contact of the SLA with the skin.

**After treatment, disinfect!**

<b>Foal lameness (Joint ill)</b> <i>German: Fohlenlähme</i>
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An ailment occurring in foals of 1 to 2 weeks.

**Consult the veterinarian immediately.**

*BEMER VET as supportive therapy:*

**Basic treatment**

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 6 min at a time, at level 1.

<b>Mange</b> <i>German: Fußräude</i>
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Mange is caused by mites which damage the upper layers of skin. This can occur anywhere on the body including the face and causes the horses to scratch until bald areas are visible.

Sweet itch can also occur and is an allergic reaction. The horse becomes hypersensitive to the saliva injected into the skin by biting midges. This intense irritation causes the horse to rub the areas bitten by the midges.

**Consult the veterinarian immediately** as drugs may be needed

*BEMER VET as supportive therapy:*

**Basic treatment**

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat if necessary

**Additional treatment**

Apply the Special Light Applicator (SLA) 2x to 3x daily level 3 for 6 minutes as often as is practicable. Avoid contact of the SLA with the skin.

**After treatment, disinfect!**

<b>Inflammation of the joints</b> <i>German: Gelenkentzündung</i>
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Most inflammation is caused by working the horse too hard. However, a number of other factors can have an impact on causing this condition. When managed correctly, the can reduce the susceptibility of a horse to this condition. These are:

- a. diet,
- b. stabling,
- c. proper exercise,
- d. proper shoeing practice
- e. and overall wellbeing.

*BEMER VET as supportive therapy:*

1 <sup>st</sup> week	Mat	3x daily, 12 min	level 2
2 <sup>nd</sup> week	Mat	3x daily, 12 min	level 3
3 <sup>rd</sup> week	Mat	3x daily, 20 min	level 3

Repeat

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 6 min at a time, at level 3, to the affected area or joint.

This condition is the inflammation of the sensitive laminae between the pedal bone and the hoof due to poor circulation and poor oxygen supply of the affected area. It can also be caused by a high sugar intake from rich grass.

If a sufficient amount of the laminae tissue is destroyed the pedal bone will cease to be attached to the inside of the hoof wall and will rotate within the hoof. Lack of living laminar tissue can also cause the whole pedal bone to sink down.

In both cases the result is a very painful condition of the horse which can spread to all four legs due to weight distribution on the still healthy feet.

*BEMER VET as supportive therapy:*

**Basic treatment**

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 20 min at a time, at level 3.

Apply the Special Light Applicator (SLA) 2x to 3x daily level 3 for 6 minutes as often as is practicable, to all 4 hooves. Avoid contact of the SLA with the skin. After treatment, disinfect!

<b>Roarer</b> <i>German: Kehlkopfpeifen</i>
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Roarer is caused by a numbness of the nerve which controls the muscles around the windpipe. Breathing then becomes increasingly difficult as the ailment progresses.

**Consult a veterinarian**

*BEMER VET as supportive therapy:*

**Basic treatment**

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 12 min at a time, at level 2.

**In case surgery is necessary:**

Before and after anaesthetic :      Level 2 for 6 minutes

Local, after surgery:                      IA level 3 for 6 minutes

SLA level 3 for 6 minutes, repeated

<b>Colic</b> <i>German: Kolik</i>
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Colic is an expression for a range of ailments where a horse suffers pain in the abdominal region. This can be caused by constipation, gas or cramps, stomach stretch or stress.

**As colic can be deadly, consult a veterinarian immediately.**

*BEMER VET as supportive therapy:*

**Immediate treatment**

Mat on level 1 for 12 minutes followed immediately by level 2 for 12 minutes. After 1 hour repeat.

Repeat every 3 hours

To **avoid ongoing symptoms** in a horse which may be prone to colic, use the basic programme below.

In the **event of surgery** use the same programme

**Basic treatment**

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**Wind sucking***German: Koppen*

Horse swallows air. This ailment is often caused by boredom

*BEMER VET as supportive therapy:*

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**Azoturia***German: Kreuzverschlag*

This used to be known as a “holiday sickness” due to lack of exercise of the horse and / or a high carbohydrate diet. However, excessive working of the horse can also cause the same condition.

*BEMER VET as supportive therapy:*

**Main treatment**

BEMER treatment under the guidance and supervision of the veterinarian, for 12 minutes at level 1 every 2 hours.

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 12 min at a time, at level 3, across the rump and behind the saddle areas.

**Greasy Heel** is characterised by the inflammation of the skin in the fetlock region. The skin forms hard scaly crusts which then split causing considerable pain. The cause is usually due to rather wet / humid stable bedding or dehydration or poor drinking habits of the horse.

In the case of **Mud Fever**, the condition can occur in not only wet conditions but also in dry conditions where dust can have a sandpaper like effect and cause areas of broken skin which become infected. The lower legs are the areas usually affected, but if left untreated, the infection can spread to the upper parts of the legs and the underbelly. Mud Fever forms hard scabs which are usually stuck very close to the horses skin. Before treatment with the BEMER, all scabs need to be removed otherwise re-infection can occur. Soaking the scabs with warm water or oil will usually soften them sufficiently to remove them.

In both Mud Fever and Greasy Heel, the hair needs to be cut away from the infected areas.

*BEMER VET as supportive therapy:*

**Basic treatment**

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**Immediate treatment**

Apply IA locally - on the kidneys - daily, as often as practical every 2 to 3 hours for 6 min at a time, at level 3.

Apply the Special Light Applicator (SLA) 2x to 3x daily to the affected areas at level 3 for 6 minutes as often as is practicable.

**Avoid contact of the SLA with the skin.  
After treatment, disinfect!**

**Bonespavin***German: Spat*

This condition is a thickening of the bone on the inside with a typical lameness which improves during exercise.

***BEMER VET as supportive therapy:***

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 12 min at a time, at level 3.

Apply the Special Light Applicator (SLA) 2x to 3x daily level 3 for 6 minutes as often as is practicable.

**Avoid contact of the SLA with the skin.  
After treatment, disinfect!**

<b>Thrush</b>	<b>German: Strahlfäule</b>
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This is an infection of the frog of the hoof, which produces a bad odour due to rotting tissue. The cause of this ailment is due to wet / humid stable conditions, or lack of proper stable care when cleaning out the hoof.

*BEMER VET as supportive therapy:*

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2
5 <sup>th</sup> week	Mat	2x daily, 12 min	level 3
6 <sup>th</sup> week	Mat	2x daily, 20 min	level 3

Repeat

**Additional treatment**

Apply IA locally daily, as often as practical every 2 to 3 hours for 6 min at a time, at level 3.

## Wounds

All open wounds can be treated in a similar way depending on the severity of the injury.

In superficial wounds the BEMER Vet therapy can be applied in conjunction with the treatment of antibiotics and any other healing aids.

**When a wound or injury is severe, consult a Veterinarian immediately!**

BEMER VET as supportive therapy:

1 <sup>st</sup> week	Mat	2x daily, 12 min	level 1
2 <sup>nd</sup> week	Mat	2x daily, 12 min	level 2
3 <sup>rd</sup> week	Mat	2x daily, 20 min	level 1
4 <sup>th</sup> week	Mat	2x daily, 20 min	level 2

Repeat

### Additional treatment

Apply IA daily, as often as practical every 2 to 3 hours for 6 min at a time, at level 3 – in the area of the wound or injury. Should the injury be bandaged, apply over the bandage.

Apply the SLA directly to the wound when changing dressings for 6 minutes on Level 3.

**Take care not to touch the wound.  
Disinfect immediately.**

All open wounds can be treated in a similar way depending on the severity of the injury.

**Notes**