

# **Middle California Region USPC**

## **Preparing For Your C3 Test**

### *Bandaging*

**For the C3 test, The USPC C3 Standard requires that the candidate:**

- **Independently apply a shipping bandage and a stable bandage.**
- **Discuss purposes and dangers involved with shipping and stable bandages.**

**Some questions to consider for the C3 test:**

- Would you sit to apply a bandage on your horse? Why?
- Do you know which materials are appropriate for bandaging a horse?
- What length should flannel bandages be?
- What would an incorrectly applied bandage do to your horse?
- Should you use polo wraps to bandage your horse?
- What leg padding is preferred for use in Pony Club for shipping bandages?
- Why should you not apply a continuous band of material around a horse's leg?
- What part of the leg does a shipping bandage protect?
- What are two reasons you would apply a stable bandage to your horse?
- Where should a correctly applied stable bandage end on the horse's leg?
- How many fingers should you be able to slip under the finished bandage?
- Why must liniments be used with caution on your horse's legs?
- Why should bandages be wrapped in the same direction as the leg pad?

#### **Important Points for Safe Bandaging**

- Don't sit or kneel when bandaging. Bend or squat so you can keep your balance and get out of the way should the horse move.
- Clean legs before bandaging.
- Use sufficient padding under the entire bandage. Be certain that padding is distributed evenly. Do not bandage over folds or lumps.
- Wrap snugly but not tightly. You should be able to slip two fingers under the finished bandage.
- A bandage must not bind at the knee, hock or fetlock joint. Don't bandage at the back surface of the knee as this can cause excessive pressure when the horse bends his knee. The padding must extend at least ½ inch beyond the top bandage to keep the edges from binding.
- A finished bandage should feel firm and even over its entire length. No part of the bandage should be looser or tighter. Consistent tension is the goal. No wrap or fastener should make an indentation in the bandage.
- A bandage must be wrapped in the same direction as the leg pad. This makes it smooth instead of creating a lump or ridge that could press against the tendons and cause cording or damage.
- Liniments must be used with caution. Some liniments can blister the skin if used under a bandage. Use liniments on the advice of your veterinarian.

## **Shipping Bandages**

A shipping bandage protects the lower leg, coronary band, and the heels during travel, in case a horse steps on his own feet or strikes his legs against the trailer.

A shipping bandage must cover the heels and coronary band, pastern, fetlock joint, and tendons, to the base of the knee or hock. It must be well padded firm, and snug, but never excessively tight (you should be able to slip two fingers under the bandage).

Shipping bandages must be fastened securely, as they can trip a horse if they are applied too loosely and slip down. They must be fastened on the outside of the leg so that the horse cannot pull the fastening loose if he should strike the inside of the leg with his opposite hoof.

### **How to apply a shipping bandage**

#### **You will need the following items:**

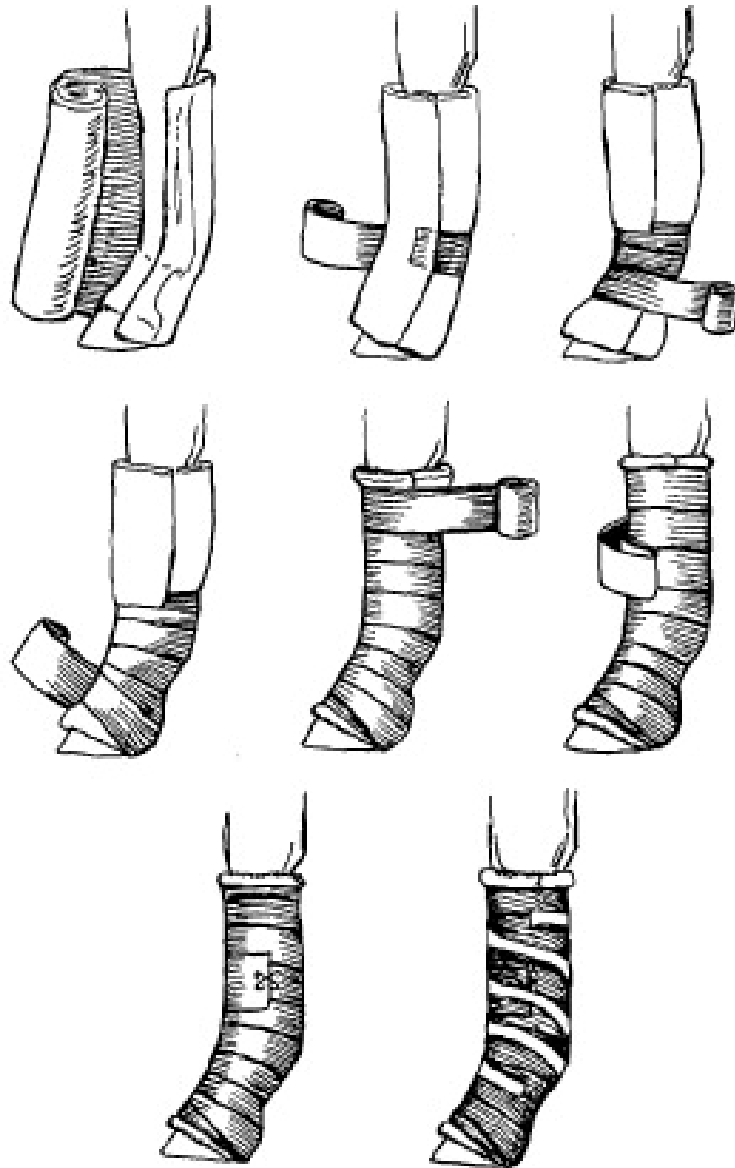
- Four bandages: knitted stockinette “track”, polyester, or flannel bandages, 12 to 16 feet long.
- Four leg pads (sheet cotton preferred) long enough to cover the leg from knee or hock to the ground. NEVER put on bandages without leg pads!
- Fasteners (two bandage pins for each leg; masking tape)

#### **Steps in applying a shipping bandage:**

- With padding touching the ground, wrap it smoothly around the leg. Start the edge of the leg pad next to the cannon bone on the outside of the leg. Wrap front to back and outside to inside.
- Start the bandage on the outside, near the middle of the cannon bone. Tuck the end under the edge of the pad, and wrap once around the leg to anchor the bandage. Always wrap the bandage in the same direction as the leg pad. This makes the inside of the bandage smoother and avoids creating a ridge that can press against the tendon.
- Wrap downward, overlapping each wrap about one-third to one-half the width of the bandage, keeping the wraps parallel to the ground. Pull the bandage snug by pulling backward against the cannon bone rather than pulling forward against the tendons. Make the bandage firm enough to compress the padding evenly, but not so tight that you cannot get a finger underneath.
- Make several turns around the bulbs of the heel and coronary band. At least half of the width of the bandaging must go under the heel to keep the bandage from sliding up. At least ½ inch of padding should extend below the bottom edge of the bandage, to keep it from binding.
- Bandage back up the leg to just below the knee or hock. Leave at least ½ inch of padding above the bandage, and be sure that it does not bind at the knee or hock. Continue bandaging back down the leg.

Finish the bandage on the outside of the leg in the cannon area, not over a tendon or a joint. Fasten with crossed bandage pins on the outside of the leg. Apply strips of masking tape in a spiral – not a circle – around the leg.

**Steps in applying a shipping bandage:**



Steps in Applying a Shipping Bandage

## **Stable Bandages**

Stable bandages are used for protection in the stable, to prevent “filling” or swelling, of the legs after hard work, for warmth, and sometimes to treat injuries or cover a wound dressing. When applying stable bandages, always bandage the legs in pairs – that is, both front legs, both hind legs, or all four. If one leg is bandaged and the other is not, the unbandaged leg may be stressed and may swell. Stable bandages must be removed and reset at least every twelve hours (morning and night).

A stable bandage is put on like a shipping bandage, but it ends just below the fetlock joint. It must be snug enough to compress the padding around the tendons and other structures of the leg. The pressure must be evenly distributed over the entire bandage, and not too tight (you should be able to slip two fingers inside the finished bandage). The bandage must be run in the same direction as the leg pad.

### **How to apply a stable bandage**

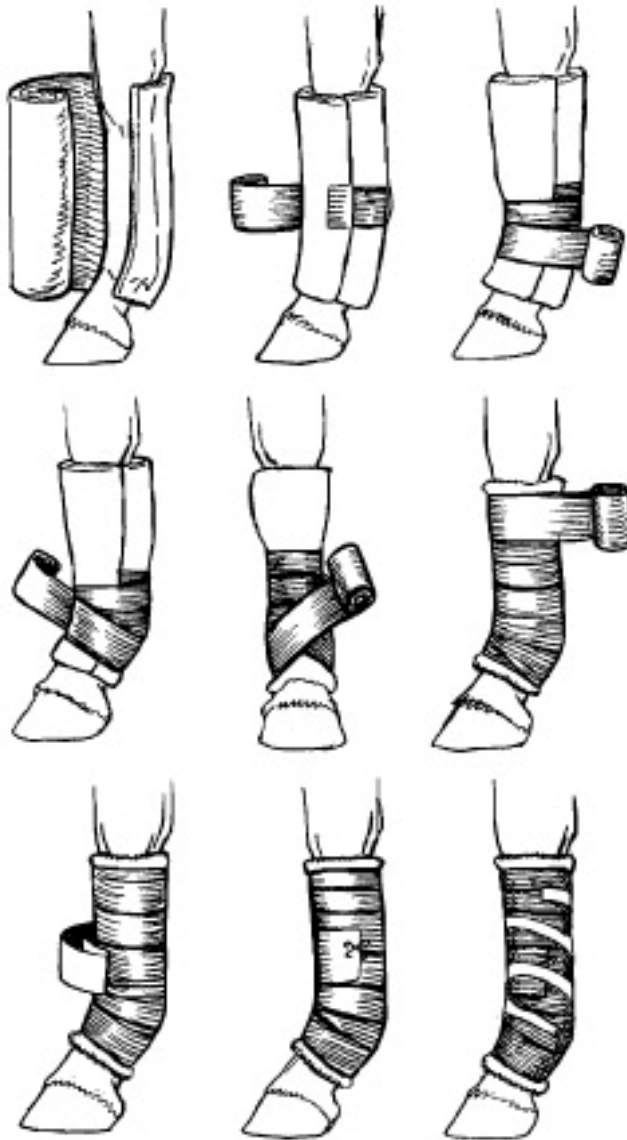
#### **You will need the following:**

- Two or four flannel, polyester knit, or cotton stockinette bandages approximately 10 to 12 feet long.
- Two or four leg pads (sheet cotton preferred). They should reach from just below the knee or hock to just below the fetlock joint (usually 14 to 16 inches long, depending on the size of the horse).
- Fasteners (two bandage pins per leg, masking tape)

#### **Steps in applying a stable bandage:**

- Apply the leg pad as in a shipping bandage, but the padding only comes to below the fetlock joint, not to the ground. Apply the pad starting on the outside of the leg behind the cannon bone, wrapping from outside to inside.
- Start the bandage as for a shipping bandage, and wrap down to the fetlock joint. Always wrap in the same direction as the leg pad. Keep the wraps parallel to the ground, with pressure snug and even but not too tight. Overlap each wrap one-third to one-half the width of the bandage. Adjust the tension by pulling backward against the cannon bone, not by pulling forward against the tendons.
- At the fetlock joint, drop the wrap under the back of the joint and bring it higher in front, to make an upside-down V at the front of the joint. This supports the fetlock joint and allows the leg to bend.
- Leave ½ inch to 1 inch of padding showing below the lower edge of the wrap, to keep the edge of the bandage from binding.
- Wrap back up the leg. Leave at least ½ inch of cotton above to top wrap to keep the edge of the bandages from binding the knee or tendons.
- End the bandage on the outside of the leg, in the cannon area, never over a tendon or joint. Fold the end back under for a few inches if necessary. Fasten with crossed bandage pins and reinforce with masking tape, applied in a spiral. Don't put a continuous band of material around the leg or pull the fastener tight enough to indent the bandage.

**Steps in applying a stable bandage:**



Steps in Applying a Stable Bandage

## Bandaging Mistakes:



Uneven Padding; does not cover heels; too short; lumpy and uneven.



Continuous band of tape indents bandage; padding uneven and sloppy.



Uneven padding; too short; no padding showing above and below edges of bandage; fastened with strings over a joint.



Uneven wrapping; pulling against tendon instead of cannon bone; indents bandage.