

How-To: GIVE A WRAP

By KATHARINE LARK

*Wise up to a wily
way of wielding
well-turned weaves!*

EXERCISE wraps (the spongy, soft bandages for work rather than shipping) can be applied in an assortment of ways, but the following is the most efficient and safest.

Start the wrap by taping the end right at the back of the knee with the bandage rolling the opposite of usual. Run a length of the wrap down the back of the tendon and flip the bandage just under the fetlock so it can be unrolled onto the rest of the leg. This also creates a little "pillow" on the sesamoids. The strip of bandage down the back of the leg will protect the tendon better and buffer it against slight variations in tension created by the rest of the wrap.

Bring the bandage down below the fetlock and start wrapping it with even pressure up the leg. Unroll it onto the inside of the cannon and give a little tug as the bandage comes around to the outside. This keeps the wrap from pulling on the tendon.

When the wrap is just under the knee, remove the tape and fold the excess down, then wrap over it to secure the bandage. The bandage can be fastened with velcro or taped. Care must be taken so that no folds or wrinkles are allowed to form.

When wrapping hind legs (for any reason), tie the horse's tail in a simple knot to keep it out of the way.

These hints will help keep the application of bandages to horses' legs from becoming overly frustrating. ★



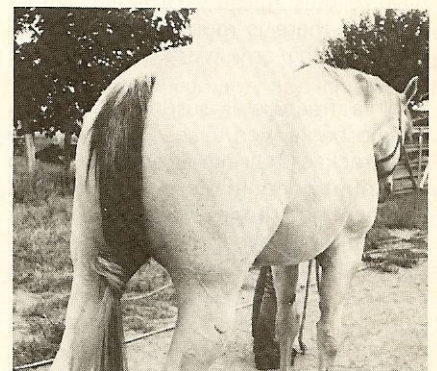
Fuzzy standard elastic polo bandage is taped at top.



Flipped under fetlock, bandage is rolled back up leg.



Untape top, turn down, finish wrapping and secure it.



When you have to wrap the hind legs, you'll find that your working area will be freer (sans swishing) if you tie a simple knot in the horse's tail.