

ABOUT COMPRESSION AND SILVER WHINNYS®

Silver Whinnys are built with a light, resting level of compression. They are not “therapeutic compression socks.” Little information is accessible about applied compression levels relative to the structure of the equine leg. The information available bases applied equine compression quantities on human leg studies.

Compression applications use mmHg, which stands for millimeter of mercury, a unit of measuring pressure. When measuring compression stockings for humans, mmHg refers to how tightly the elastic medical stockings support the veins in the leg. The higher the mmHg number, the greater pressure the graduated stocking will apply to the patient’s leg.

Even manufacturers of the Jobst Pump-type equine compression equipment, used to stimulate fluid movement up and down equine legs use human studies as the basis for determining the amount of mmHg to apply to a leg given certain medical conditions. If there are studies in applicable mmHg for equines, we would welcome this information.

In the absence of studies relative to equine structures and mmHg, we will leave products sold for the purpose of applying “compression” to other companies that wish to take on those liabilities.

Sox For Horses, Inc. defers to those with knowledge of application, the veterinarians and the Equine Lymphatic Drainage Message Therapists. They are the “boots on the ground”. They can feel the tissues and in doing so determine the amount of pressure that would be helpful or unsafe.

This is why our socks will offer no more compression than the existing light, resting level of compression that lightly support the socks up on the legs.

Are they subject to falling down? Yes, They could. They can also stay up nicely on many horses but adding compression does not equal “stay-up”. Our socks offer leg protection that is safe on equine legs in pasture, paddock or stalls. Our socks are leg protect from the dirt, debris and insects of the equine environment. They are also bandages, tools that fit into your or your veterinarian’s treatment plan to assist healing through superior technology in construction and materials.

Any equine owner, skilled or unskilled is able to use our socks without fear of putting them on wrong and causing undue compression. That is the sock we offer. We have provided advice for helping the socks stay up and on equine legs.

Silver Whinnys can be worn safely 24 hours a day, 7 days a week, in pasture, paddock, or stall. They do not need to be removed from the legs before a horse is turned out. They do not need to be removed after a few hours to relieve pressure.

That being said, the compression values in Silver Whinnys are based on “normal, healthy” sizes of the cannon, fetlock, and pastern collected by survey on equine leg sizes. The

legs of horses suffering from edema due to injury, chronic cellulitis, lymphedema, or lymphangitis are not normal, healthy legs!

Below in this article we offer lab tested compression values (mmHg) for you and your veterinarian to study and consider. We are also available to help with our tech support.

Silver Whinnys should not be utilized as a 'compression' tool unless advised by a veterinarian or a practitioner skilled in lymphatic drainage. Silver Whinnys can be used to protect legs from external hazards that can trigger episodes of edema. Proper fit for animals with edema conditions is very important.

Proper fit allows a woman's hand to slide down between the sock and the cannon bone of the leg and still not feel tight. Snug, yes, but tight implies that your hand is experiencing a compression that is uncomfortable and you perceive it to be too much for your horse. You are the "boots on the ground," and if the socks feel too tight, the fit might not be right. Contact us if you are in doubt. We are glad to help.



If the socks are already tight and the leg swells, the socks will apply too much pressure on the tissue. Horses with chronic cellulitis, lymphedema, or lymphangitis are very sensitive to pressure. Discuss compression with your veterinarian before ordering our socks for this purpose.

If your horse is prone to unpredictable swelling, then proper fit is essential so that the socks can serve their purpose of protecting the legs as an antimicrobial barrier without becoming tight under any circumstances. For draft, draft cross, and large Warmbloods, custom-made socks are needed and these are made to be light against the skin so there is little chance that a sudden onset of edema will cause undue pressure.



Custom sock made for a Clydesdale

Check the fit of your socks when you get them. Many have found that the light level of compression offered by our socks is helpful in reducing stocking up after performance or when the horse is at stall rest. The light compression on a healthy horse can be restful. Horses with proud flesh benefit by this light compression as it can help to reduce or inhibit the development of proud flesh.

Sox For Horses, Inc. does not believe in inhibiting circulation unless the application is recommended and overseen by knowledgeable veterinarians or practitioners skilled in the art of lymphatic drainage. Horses suffering chronic conditions of cellulitis,

lymphangitis, lymphedema, or excessive edema due to injury should be professionally assessed to determine the leg's ability to withstand pressures. Too much sustained compression on a horse suffering from acute conditions of edema causes pain and complications.

Silver Whinnys offer a valuable antimicrobial barrier to protect legs from external hazards of the outside environment once your vet has the edema and inflammation handled.

SERIOUS MEDICAL EMERGENCIES REQUIRING IMMEDIATE VETERINARY ATTENTION Per Dr Steven Soule:

Symptoms of the onset of cellulitis or lymphangitis:

1. Sudden and unexpected swelling
2. A high fever
3. Pain on touching or palpating
4. A three-legged lameness, when the horse can't put the leg down on the ground and is avoiding your touch.

Your response in minutes, NOT hours can make a difference between permanent damage and a positive recovery outcome for your horse.

Dr. Steve Soule states in our article, "Circulation, Not Compression, Critical to Cellulitis, Lymphangitis Relief" published in EquiManagement on-line magazine: "I never compression wrap a horse with cellulites or lymphangitis. I demonstrate how a wrap is not the right choice by asking a client to lightly press a finger down on their hand and tell me what happens. The depressed area turns white. They can see how little pressure it took to have blood flow leave the area and immediately reduce circulation where pressure was applied."

Dr. Soule adds, "Heavy compression stops the motion of fluids. This is easy to understand when you see swelling pool above the wraps. Heavy compression bandages can add problems, creating pressure sores on joints and opening new sources of infection while taking away oxygen, inhibiting healing and impeding fluid from moving up and down the legs. Also, wraps don't breathe and I want air reaching broken skin tissue, to aid in healing."

To sum up, we care about your horse and strive for a positive outcome at all times. We leave compression application determinations to the pros.

We encourage you to research human studies regarding mmHg values in doctor-prescribed compression stockings so that you have a baseline understanding of why Sox For Horses Inc. created a light level of compression that is safe on horses in the pasture or stalls and that will not cut circulation even if the horse pushes them completely down around the pastern.

As an "Aside Note", Many manufacturers make compression stockings for people but that does not mean that they correctly apply compression per tested US study-based

standards and guidelines. If you personally utilize compression socks for yourself, avoid socks made outside the United States and talk to your doctor about recommended, dependable brands that meet US study-based standards of applied compression.

LABORATORY COMPRESSION TESTING RESULTS FOR SILVER WHINNYS®.

The results in our compression testing are relative to the sizes of socks offered. Four socks in each size were tested to achieve an average compression (mmHg). Testing is conducted based on circumference measured in centimeters: 1 cm is equivalent to 0.39370 inches. Translate these measurements to inches by multiplying the circumference by 0.393. That will give you the conversion in inches. Then you can measure your own horse in inches to determine how our socks will fit your horse.

<p>Warmblood/Thoroughbred with <u>mid cannon</u> Circumference measurements of 22 cm = Ave. 14.7 mmHg 24 cm = Ave. 15.8 mmHg 28 cm = Ave. 16.5 mmHg</p>	<p>Quarter/Standard with <u>mid cannon</u> Circumference measurements of 18 cm = Ave. 13.8 mmHg 20 cm = Ave. 15.1 mmHg 24 cm = Ave. 18.3 mmHg</p>	<p>Sport Pony with <u>mid cannon</u> Circumference measurements of 18 cm = Ave. 18.5 mmHg 20 cm = Ave. 16.8 mmHg 22 cm = Ave. 20.8 mmHg</p>
<p>Warmblood/Thoroughbred with <u>fetlock</u> Circumference measurements of 28 cm = Ave. 12.1 mmHg 30 cm = Ave. 13.4 mmHg 32 cm = Ave. 17.9 mmHg</p>	<p>Quarter/Standard with <u>fetlock</u> Circumference measurements of 24 cm = Ave. 12.4 mmHg 26 cm = Ave. 12.7 mmHg 29 cm = Ave. 14.0 mmHg</p>	<p>Sport Pony with <u>fetlock</u> Circumference measurements of 24 cm = Ave. 13.2 mmHg 26 cm = Ave. 14.4 mmHg 28 cm = Ave. 15.3 mmHg</p>
<p>Warmblood/Thoroughbred with <u>pastern</u> Circumference measurements of 20 cm = Ave. 6.8 mmHg 22 cm = Ave. 8.8 mmHg 24 cm = Ave. 8.6 mmHg</p>	<p>Quarter/Standard with <u>pastern</u> Circumference measurements of 16 cm = Ave. 4.6 mmHg 18 cm = Ave. 5.0 mmHg 22 cm = Ave. 9.1 mmHg</p>	<p>Sport Pony with <u>pastern</u> Circumference measurements of 16 cm = Ave. 6.5 mmHg 18 cm = Ave. 7.3 mmHg 20 cm = Ave. 9.9 mmHg</p>