TYING-UP IN HORSES
EXERTIONAL RHABDOMYOLYSIS

Industry Review...

**Tying-Up** – is the laymen’s term for (ER), which is a destruction of muscle cells occurring in horses either during or immediately after exercising.

**Classic Symptoms:**
Stiffness, “Shutting down” – the reluctance to move as a result of pain, muscle tremors, and often profuse sweating. Most often affected are the muscles up over the back, having become firm, tender and very sore.

**Other names for the condition:**
Azoturia or often called “Monday Morning Disease”.

**Causes:**
- Over exertion – exercising beyond the correct level of conditioning.
- Sudden change in training schedule.
- Exercising in hot, humid conditions – potentially related to electrolyte imbalance.
- High grain (starchy) diets low in fiber (lack of hay) resulting in lack of selenium, vitamin E electrolytes and minerals.
- High strung (nervous) horses
- PSSM (Polysaccharide storage myopathy), which is a result of abnormal accumulation of glycogen – (a polysaccharide sugar) in the muscles. This condition can be “genetically” pre-disposed by certain blood lines in the Quarter Horse breed.
  (Google – University of Minnesota – Dr. Valberg – PSSM)

**Treatment Measures:**
Stop exercising and call your veterinarian. Stall your horse, as he should not be moved, walked or exercised. The normal immediate therapy is Bute, sedative (Acepromazine), fluids, and electrolytes, followed in a couple days with small increases in activity.

**Prevention/Maintenance Measures:**
Feed high quality hay 24/7, with minimal grain or sweet feed, increase the fat in the diet with flax or coconut type oil, and add Selenium and Vitamin E to the diet.