

In Review...



Tying Up:

Rhabdomyolysis, which simply translated means muscle (*rhabdo*) breakdown (*lysis*). Most cases of **Tying up** are not that severe and usually present in a horse that has been off for several days and is then exercised aggressively. In the middle of the ride (or sometimes right at the end) the horse's stride shortens and he cramps up. **Tying up** can also be brought on by exercising in hot, humid conditions (potentially related to electrolyte imbalances); diets issues (diets low in selenium/vitamin E or diets high in soluble fibers) or possible viral respiratory tract infections.

Signs/Symptoms

- Stiffened gait/reluctance to move
- Cramping typically in hind legs
- Sweating
- Increased heart rate

Nutritional Support

- Vitamin E
- Selenium

PSSM:

Polysaccharide storage myopathy (PSSM) is a disorder that is characterized by the abnormal accumulation of glycogen (a multibranched polysaccharide of glucose that serves as a form of energy storage in animals). Unlike sporadic cases of **tying-up**, recurrent or continual episodes are most frequently caused by an underlying genetic condition that may be a result of Insulin Resistance (IR). **PSSM** affects the horse by keeping an excessive and abnormal storage of sugar (polysaccharide or glycogen) in their muscle cells due to a mutated gene.

Symptoms

- Muscle stiffness
- Sweating
- Reluctance to move/laziness
- Shifting lameness
- Tense abdomen
- Tremors in Flank area

Nutritional Support

- Vitamin E
- Selenium
- Magnesium

Management

- Daily turn-out & Exercise
- Diet: Should consist of low NSC (non-structural carbohydrates) & low starch grains

