

Recovery:

Recovery from lameness depends on diagnosis or the cause of the lameness. Minor injuries may take a couple of days while major injuries may take up to 6 months.

A recovery plan should consist of: changes to lifestyle and recommended daily exercise

- In most cases restricted exercise will be required for full healing, particularly if the treatment is focused on the bone, tendon, or joints.
- Stall confinement for a short time is necessary as this will aid in regrowth and with the healing process. However, this can be a difficult transition. If the temperament of the horse is not good during this transition, sedation may be necessary, as this can keep the horse calm and tranquil.
- A close eye should be kept on the horse. The horse should be monitored properly or may need hand walking, once they are allowed out of their stall, until they are restored and back to health.

While many injuries in horses may heal initially, they can pose risk to causing arthritis later in the horse's life.