



An Unexpected Education

By Holly Beach

It was New Year's Eve day, 2018. The past 16 months I had slowly been bringing back a fat little pony named Molly, into physical and emotional health. We had come such a long way together and were enjoying a wonderful ride. As we cantered to the right down the long side, transitioning to trot before the corner and came down the centerline, I felt her suddenly go very lame behind. My heart lurched as I silently said the universal prayer for lameness: "Let it be an abscess!"

New Year's Eve in 2018 was on a Monday. My veterinarian comes out every Tuesday, but with the next day being New Year's Day, I decided to give Molly a rest until the following Tuesday to see if the lameness would lessen or resolve. The following Tuesday, Molly presented fairly sound at the walk, but was very lame at the trot. My veterinarian suspected a right hind suspensory injury. She prescribed pen rest until an ultrasound could be done the following week.

The ultrasound did confirm some suspensory tearing. Molly was to continue pen rest with a recheck in a couple of weeks. Upon recheck, Molly was noted to be a grade 3 lameness on the right hind with a slightly more spastic action than previously shown, although still slight improvement in overall lameness. Her right hind lateral plantar nerve was blocked. After 10 minutes, there was a grade improvement, and after 15 minutes, no further improvement. I then brought up an area of concern in the right hindquarter where I had noticed a "divot" during some massage work. My vet examined the area and suspected a significant tear of the hamstring (semitendinosus) muscle.

On ultrasound of the hamstring muscle belly, an approximate 6" X 3" area of fiber disruption was noted, extending 3 cm to 5 cm deep. There was an area more proximally (at vulva level) that appeared to be developing some scar tissue/fibrosis at the deeper aspect of the margin. My veterinarian's findings were: "acute on chronic proximal suspensory desmitis – greater in the right hind than left hind (and) Sub acute stage significant muscle tear in the mid-body of the semitendinosus muscle."



Holly's first ride on Molly on Aug. 1, 2019, after eight months of

All in all, this was all pretty good news. The desmitis was probably from her previous life as a hunter/jumper pony for 10 plus years. No more jumping—not a problem. The hamstring muscle tear, although significant, was caught early enough that the prognosis was very good for a complete recovery. Time, with patience, was on my side.

The Healing and Rehab Process

Molly continued stall and pen rest with the addition of a DAILY regimen of five minutes of hand walking, 10 minutes of ice therapy and massage of the area of concern—particularly at the border/junction of normal vs. abnormal muscle tissue. I also utilized "Ice Vibe" therapy on both hind suspensories for 20 minutes daily. Laser therapy was started immediately on a once every three week schedule.

Continued on next page

Unexpected continued

Ten weeks after her injury, Molly had an ultrasound recheck which indicated she was developing healthy muscle tissue. I could now increase her hand walk time to 10 minutes each day and add a hamstring stretch a couple times a week. The 10-minute daily icing along with her Ice Vibe therapy remained on her schedule. A chiropractic session was also scheduled to address any developing compensation issues.

Molly was a very “vested” patient. I had felt from the onset of her injury that she really knew something was wrong and had put her trust in me. When a pony puts her head against your chest rather than into her hay net, something is wrong! She was quiet in her pen during the day, and cooperative in her stall at night with all the icing, “vibing,” and massaging, as well as focused during her short walks.

By Week 14, Molly was ready to start some real rehab work with equine physical therapist, Emily Rose of Reaching Strides Equine Rehabilitation. The next two months consisted of specific exercises for developing Molly’s core strength: tummy lifts, butt tucks, tail pulls left and right, tail pull backs, and hamstring stretches on both legs. After the first month, we added in Balance Pads for the tail pulls and standing on the pads diagonally. All of these exercises were done 2-3, then 3-4 times per week with hand walking continuing daily with increasing walk times by five minutes every two weeks.

Week 22, now the end of May, was an exciting week for us as Molly’s physical therapy increased to a new level with work on the lunge line! Still incorporating all of her core exercises throughout the week, we added three days per week of: 10 minutes of walk, 30 SECONDS at trot followed by 60 SECONDS of walk. We did two sets of these in each direction followed by a five-



Molly on the balance pads used diagonally to help her.

minute walk cool down. Between the change in direction, she had a three-minute walk. On one of these three days, I added three ground poles in a fan shape and asked Molly to trot over them during ONE of her 30-second trot intervals each direction. The ground poles were utilized to start encouraging stride symmetry. Each week the trot sessions were increased by 15 SECONDS. It is important to note that in her rehab work, only one new aspect was added each week and in very small increments: increase in duration/ repetitions of an exercise or adding a new exercise such as ground poles or Equibands. This would enable us to more easily determine what might be the cause of a setback.

At Week 24, Molly was still on pen and stall rest. She was now working on the lunge line for 20-25 minutes at walk and trot, five times a week. Ground poles were reduced to one time per week because Molly’s physical therapist was now

introducing the Equicore Equiband system into her rehab program. This system enhances the horse’s body awareness and encourages proper joint position. It supports core stability and control through motion. The Equibands were introduced VERY slowly. Only 1-2 minutes at walk and trot, increasing by one minute per week.

Seven months after Molly’s injury, I was able to turn her out into her paddock for one hour, gradually increasing her turnout time each day. Two weeks later she had graduated to full day turnout.

I was also able to stop the icing regimen! What a happy day for both of us.

On Aug. 1, after eight long months of diligent rehab work, I was able to sit on Molly for the first time. Our work under saddle consisted of 10-minute walk sessions 3-4 times per week, while also continuing our stretches, core exercises, and work on the lunge line over ground poles and using the Equicore system for the next six weeks. By the middle of September, I was riding Molly with the Equibands for about 15-20 minutes. In October, we took to the trails, building strength by walking up hills. More importantly, Molly and I were just enjoying fresh air, nature, and getting our minds off of rehabbing. Our first canter was out in the alfalfa fields with the wind and sun on our faces.

Continued on next page

Unexpected continued

Dec. 31, 2019, one full year after Molly's hamstring tear, we rode down the centerline of the indoor arena stronger than ever. Like the Rolling Stones song goes: "You don't always get what you want, you get what you need." A year bonding with my pony mare with ice packs, massages, core exercises, balance pads, hand walking, ground poles, and Equibands wasn't what I had planned on, or wanted. However, it was EXACTLY what we both needed. The education that I received surrounding this injury and rehabilitation gave me a better understanding of muscle development and the months (and years) it takes to achieve this. More importantly, it has shown me what needs to be done ON the ground with ongoing core exercises. Athletic

development does not happen in the saddle alone.

For Molly, who will be 16 this summer, I now have the tools to help keep her physically healthy, thus increasing the number of riding years we will have together. Being sidelined by the pandemic was fortuitous in that we continued our strengthening program without feeling rushed by "being ready" for a show. We look forward to coming



down a show ring centerline in 2021 fit, strong, and grateful!

You are invited to the...

Virtual WDCTA Annual Meeting & Awards Presentation

Saturday, March 6, 2021 from 3:30 to 4:30 p.m. CT

[How to join the event via GoogleMeet](#)

You will be getting an email invitation from state board secretary Melinda DeLuca: jjdmcd@gmail.com. The invitation asks if you are coming or not. It also contains a very important link—you need to click on it to be taken to the virtual GoogleMeet.

* FROM YOUR COMPUTER

Use any modern web browser—no download required. You can join the meeting from your desktop or laptop. There's no additional software to install.

* FROM YOUR PHONE OR TABLET

Download the Google Meet mobile app. Join, host, or share your screen from the Google Meetmobile app. Download from [Google Play](#) or Apple Store.

Once in, ***please mute your phone***. Note: You do not need to join using the video feature, although you won't be able to see the presentation slides. Give yourself some time prior to the start of the meeting, in case you need to download the application. ***If you get timed out waiting for the meeting to start, just click the link again.***

See you there!

Another Nine Lives Story



Caryn Vesperman Editor

All advertisements, articles and photographs (with photo release) should be submitted by the 15th of the preceding month of publication, unless you make prior arrangements for additional time.

Calendar of events will appear in both the eQuarter and on the WDCTA website.

Payment for advertisements should be submitted via PayPal through the WDCTA website (wdcta.org) or mailed with a check made out to WDCTA and mailed to the editor.

CONTACT INFO
(608) 695-9914
W1619 King Road
Brooklyn, WI 53521
newsletter@wdcta.org



Fortunately, this time is not about my losing another cat life because one of my horses tried to escape or pulled some nonsense. However, after last month's column about how our horses stress us out and cause us to lose some of our nine "lives," I thought this was too unusual not to share. (Fair warning to those who may be squeamish.)

This one is about a person I board with here in Florida—and talk about a freak accident! The boarder was hand grazing her horse who spooked, pulled her left-front shoe, and somehow it became spiked in the horse's left hind coronet band. The vet—who arrived within 15 minutes of the call—had to use a vise-grip pliers and a crowbar to get the shoe out. After a couple of days in the clinic with flushing, antibiotics and wrappings, the horse came home. Fortunately the shoe lodged between the hoof wall and the bone, so no damage was done to anything structural or a joint. Just wrapping and a month of nothing but hand walking or walking under saddle, and the horse will be good to go.



What will we wake up to next?!


Speaking of injuries, many thanks to long-time member, Holly Beach, who shared her story about the injury and rehab of her pony, Molly. I think it's great members are so willing to share their experiences so we can learn should something similar happen to our horses—and to just be inspired by the dedication, medical advances, and the heart of our horses.

On a completely different subject, the **WDCTA Annual Meeting and Awards Program** will again be virtual. Mark your calendars for Saturday, Mar. 6 at 3:30 p.m. The program should last no more than an hour and will include the awards presentation. Watch your emails for the meeting invitation. It will be held via GoogleMeet. This isn't an ideal way to hold this event, but it's the best we can do to keep everyone safe and still involved. Watch for the invitation from state board secretary Melinda DeLuca: jjdmcd@gmail.com. Check your junk mail in case you don't see it within the next few days.

Caryn

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**Support these
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Members!**

Calendar of Events

WDCTA Events

March 6
WDCTA Annual Meeting and Awards
Time: 3:30 p.m.
Location: Virtual
Stay tuned for call-in number, and other details

May 16
**Junior/Young Rider Clinic:
Ride-a-Test/Fix-a-Test**
Judge: Caryn Vesperman, "r"
Location: Beomor Farm
1785 So. Fish Hatchery, Road,
Fitchburg, WI 53575
(just south of Madison beltline)
Contact: Mary Barr,
rmbarr255@gmail.com

Postponed (Date TBD)
Laura Graves Symposium
Organizer: WDCTA Southwest Chapter

Other Events

**2021 Midwest Horse Fair -
CANCELLED**

Member Listings

STABLES

Grand Prix Farm
Jackie Luebke-Puetz
15034 Co. Rd. X
Kiel, WI 53042-9706
cvestor@aol.com
(920) 693-3367

Indoor arena w/ mirrors, heated barn and bathroom, H/C wash stall, screened facility, all turnout in PVC fencing—no bugs! Limited openings for boarders. Trails. Lessons available. No drama queens. *

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Megan McIsaac
4246 Schneider Drive
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Valerie Ahl
4321 State Road 138
Oregon, WI 53575
(608) 698-7924
veahl@wisc.edu

Large box stalls, turnout in small groups, indoor and outdoor arenas, wash stall, lounge.

Tailwind Farm

Andrea Schten
W350S6890 Ulrickson Road
Eagle, WI 53119
(262) 470-4557
aschten@hotmail.com
www.andreaschten.com

Heated barn and tack room, dry lots and large pastures. H/C wash stall, 10 x 12' stalls, Theraplate, indoor and outdoor arenas.

INSTRUCTORS

Abby Onsgard
Abby Onsgard Dressage
521 Memphis Avenue
Madison, WI 53714
abbyonsgarddressage@gmail.com
(608) 8439552

30 years of teaching experience, USDF Bronze and Silver medals (Gold pending). WDCTA, regional and national championship wins through FEI levels and numerous year-end awards. Active Grand Prix competitor, trainer, and coach, with USDF medals earned on self-trained horses. Students have multiple national, regional championship wins and WDCTA/IDCTA awards and medals. Completed the "L" judging program and is available to judge schooling shows. School horses available. Will travel. *

Andrea Schten
W350S6890 Ulrickson Road
Eagle, WI 53119
(262) 470-4557
aschten@hotmail.com
www.andreaschten.com

USDF Bronze, Silver and Gold medalist, regional championships: Training through Grand Prix on self-trained horses. Multiple students have earned Bronze and Silver medals. Schoolmasters available. Trailering in for lessons welcome. Available for clinics; travel for lessons.

Tracey Dikkers
W4835 Aspen Court
Wild Rose, WI 54984
(608) 220-2628

USEF/USDF Silver and Bronze medalist, trained through Grand Prix. 25+ years of experience. USEF/USDF "r" judge. Will travel. *

Joan Leuck Waak
Angels Flight Farm
4823 Range Line Road
Manitowoc, WI 54220
(920) 323-9645

35+ years of experience. Silver medalist working toward Gold medal. Has earned year-end USDF champion and reserve in all breeds FEI level; several show high-point awards at national and FEI levels. Will teach intro through Prix St. George. School horses available. Will travel. *

Jackie Luebke-Puetz
15034 Co. Rd. X
Kiel, WI 53042-9706
cvestor@aol.com
(920) 693-3367

Will teach through 2nd level, earned USDF Bronze medal. Served on USDF education committee, USEF steward. Will travel. *

Megan McIsaac
Lindinhof Equine Sports Zentrum
4246 Schneider Drive
Oregon, WI 53575
lindinhofllc@gmail.com
(608) 445-8531

FEI trainer, USDF-certified instructor thru 4th Level, 2014 national champion with Kingsley. USDF Gold, Silver, Bronze medalist, all USDF bars. Competed four horses at GP. Competed successfully at Dressage at Devon and West Coast Festival. Year-end USDF, USEF, WDCTA awards. 15+ years teaching experience. Students competed through GP, earned rider awards and medals. Travel for lessons and clinics. *

Kate Van Sicklen
110 Merrill Crest Drive
Madison, WI 53705
katherinevansicklen@gmail.com
(608) 669-0148

40+ years of teaching experience. British Horse Society instructor certification. USDF "L" graduate with distinction. USDF Associate Certified Instructor. USDF Silver Medal. Shown through Prix St. George. Will teach through 4th Level. Specialize in teaching horses and riders correct basics. Will travel. *

Member Listings

BUSINESS

Tracey Dikkers - USEF/USDF "r" Judge
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(608) 455-2208

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BREEDERS

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Jackie Luebke-Puetz
15034 Co. Rd. X
Kiel, WI 53042-9706
cvestor@aol.com
(920) 693-3367

Standing Section A Welsh stallion, Too Cute to Shoot, bay, 13.2 h, cuter than a bug's ear and several times qualified for USDF breeding championships. In 2018, was third in halter for Welsh Association. *

Renew Today!

Time to renew your membership and your stable, instructor, business and/or breeder listings.

The cost is so reasonable!
See forms toward end of this newsletter or go online at wdcta.org.

**WISCONSIN DRESSAGE & COMBINED TRAINING ASSOCIATION
2021 MEMBERSHIP APPLICATION**

MEMBERSHIP TERM: December 1 – November 30

___ RENEWAL ___ NEW - Referred by _____



LAST NAME _____ FIRST NAME _____ MI _____

ADDRESS _____

CITY/STATE _____

ZIP CODE _____ PHONE _____

EMAIL _____

FARM OR BUSINESS NAME _____

New members: Please tell us how you learned about WDCTA/
 ___ Clinic or Event
 ___ Midwest Horse Fair
 ___ USDF ___ USEF
 ___ USEA
 ___ Pony Club
 ___ Facebook
 ___ Current WDCTA member (name) _____
 ___ Web Search
 ___ Other _____

*** Would you like to receive other horse-related mailings that are not affiliated with WDCTA? **YES NO**

DISCIPLINES:

___ Dressage
 ___ Eventing
 ___ Breeder
 ___ OTHER

RIDER STATUS:

___ Professional
 ___ Adult Amateur
 ___ Young Rider (*age 18-21)
 ___ Junior Rider (*age 17 or less)

CHAPTER AFFILIATION:

___ **Southwest** (SW Wisconsin, Madison and surrounding area)
 ___ **Upper Peninsula** (Upper Michigan and northern WI)
 ___ **Central** (Portage, Green Bay, Stevens Point, and central area)
 ___ **Kettle Moraine** (Milwaukee, Sheboygan, FDL and southeast WI)

* Age as of January 1

MEMBERSHIP CLASSIFICATION AND FEES (Includes the \$4 increase for USDF.)

- \$164 BUSINESS Membership** – Includes one USDF Group membership; emailed newsletter; one voting privilege; recognition & business card in eQuester, listing & logo on WDCTA website. Also, INCLUDES Stable, Instructor, Breeder & Business listings (choose one or all four) in eQuester & website.
- \$64 FAMILY Membership** - Includes one USDF group membership; emailed newsletter; two voting privileges. USDF requires that an additional USDF membership be purchased for each additional family member. Add \$10 for each additional family member.
 - \$10** Add'l family member name _____ Birth date if age 21 or less _____
 - \$10** Add'l family member name _____ Birth date if age 21 or less _____
- \$52 INDIVIDUAL Membership** (Age 18 & over) . Includes one USDF group membership; emailed newsletter; one voting privilege.
- \$39 JUNIOR Membership** -- Birth date _____ (must be age 17 or less as of January 1st. Do not use in conjunction with a Family Membership. Includes one USDF group membership; emailed newsletter; one voting privilege.

As a member of WDCTA, I may choose to volunteer for Association responsibilities or activities. I expressly agree that my services are being provided as a volunteer and that I am not an employee of the Wisconsin Dressage & Combined Training Association. I am neither entitled to nor expect any present or future salary, wages, or other benefits for these volunteer services. I agree to abide by the WDCTA Standard of Conduct: to act honestly, fairly, ethically and with integrity and treat all WDCTA members with respect and courtesy.

Applicant Signature _____ Date _____

WDCTA STABLE, INSTRUCTOR, BREEDER, BUSINESS LISTINGS -- Listings on website & eQuester. **Must fill out listing form available on WDCTA website and include payment.** (These listings are free when purchasing a Business Membership.)

- \$10 Stable listing \$10 Instructor listing \$10 Breeder listing \$10 Business listing \$35 for all four listings

Make check payable to WDCTA & mail to Diane Brault, 5184 County Road HH, Barneveld, WI 53507
membership@wdcta.org or 608-924-1808

Date Received _____	Check # _____	Amount \$ _____
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Stable, Instructor, Breeder and Business Listing Form

For only \$10 per category or \$35 for all four, you can have your stable, instructor, breeder or business listing appear in the eQuester newsletter and on the WDCTA website. This advertising is for WDCTA members only. Must be a WDCTA member to be listed.

(Please limit your information to 35 words per category.)

CHECK ALL THAT APPLY: STABLE INSTRUCTOR BREEDER BUSINESS

MEMBER NAME: _____ PHONE: _____

STABLE/BUSINESS NAME: _____ EMAIL: _____

ADDRESS: _____

STABLE FACILITY FEATURES: (OUTDOOR/INDOOR ARENA, TURNOUT, LOUNGE, WASH STALL, TRAILS, LESSONS AVAILABLE)

BREEDER INFORMATION: (STANDING STALLIONS, BLOODLINES, BREEDS, ETC.)

BUSINESS INFORMATION: (TYPE OF BUSINESS, DAYS OPEN, HOURS, LOCATION, ETC.)

INSTRUCTOR INFORMATION: (COMPLETE BELOW)

EQUESTRIAN EDUCATION BACKGROUND: (DO NOT INCLUDE NAMES UNLESS PROVIDING WRITTEN PROOF OF PERMISSION)

YEARS OF TEACHING EXPERIENCE: _____

LEVELS WILL TEACH: _____

LEVEL OF RIDING EXPERIENCE: _____

SCHOOL HORSES AVAILABLE: YES _____ NO _____

WILL TRAVEL: YES _____ NO _____

REFERENCES AVAILABLE UPON REQUEST: YES _____ NO _____

AWARDS EARNED:

ADDITIONAL INFORMATION:

*Only WDCTA members can be listed.
One name per instructor listing.*



**COMPLETE FORM AND
SEND PAYMENT TO:**

Diane Brault
5184 Co. Rd. HH
Barneveld, WI 53507
608-455-1037
membership@wdcta.org

Instructor/Trainer Profile

For WDCTA Members Only

These questions are only to get the ideas for your profile started. Use as many of them as you want, and add others as needed. Email or mail this sheet and additional pages. The editor will follow up with any additional questions or clarifications.

Please submit some photos of yourself, facility, horses, etc. to:

Caryn Vesperman, newsletter editor
W1619 King Road, Brooklyn, WI 53521
newsletter@wdcta.org



Name: _____
Address: _____ **City** _____ **State** _____ **Zip** _____
Phone(s): _____
Website: _____ **Email** _____

Teach dressage, jumping, both: _____ **Riding Since Age:** _____

Background History:

Current and Past Instructors/Mentors:

Horses -- Past and Current:

Your Showing/Riding Accomplishments:

Students' Accomplishments:

If you own your facility, describe:

Dream or What Inspires/Motivates You:

Interesting or Amusing Personal Story:

Riding/Training Philosophy or "Motto" or Belief You Try to Pass to Students:

Anything Else?



eQuester Advertising Rates

Mechanicals:

Ad size below. Photos should be submitted as jpegs. Or, mail to editor for scanning. Include self-addressed, stamped envelope for its return.

Deadline:

All calendar submissions, ads and payment must be received by the 15th of the month prior to publication. Make checks out to WDCTA.

WDCTA members receive special rate (in **ORANGE).**
See calendar information at bottom of page.

Editor Contact Info:

Caryn Vesperman
newsletter@wdcta.org
W1619 King Road
Brooklyn, WI 53521

Description	1 x	6 x	12 x
Business Card 3.5 x 2": In <i>eQuester</i> newsletter with link to email OR website.	\$10 (\$9)	\$50 (\$45)	\$100 (\$90)
Classified Ad Up to 50 words. In <i>eQuester</i> newsletter with link to email OR website.	\$5 (\$4)	\$25 (\$20)	\$50 (\$45)
Quarter Page 3.5 x 5": In <i>eQuester</i> newsletter with links to email OR website.	\$15 (\$12)	\$85 (\$70)	\$150 (\$135)
Half Page 7.5 x 5" or 3.75 x 10": In <i>eQuester</i> newsletter with links to email AND website.	\$20 (\$15)	\$100 (\$90)	\$195 (\$175)
Full Page 7.5 x 10": In <i>eQuester</i> newsletter with links to email AND website.	\$40 (\$35)	\$150 (\$175)	\$300 (\$350)
Website Banner Ad 180x150 pixels, and can be a .jpg, .gif or .png	N/A	\$200 (\$150)	\$400 (\$300)

eQuester and Website Calendar of Events Submissions: *For WDCTA members only. (Up to 20 words).*

INCLUDE THIS: Date > Event > Location > Contact (Name/Phone/Email) > WDCTA-Sponsored Event (Yes/No)

WDCTA Event: Link to organizer's email and registration form, if applicable

NON-WDCTA-Sponsored Event: Link to organizer's email only.

Member-hosted private riding clinics cannot be advertised in the newsletter at this time.