

# HORSE TIME

## TPR's

### Temperature

The temperature of a horse is taken by using a digital or traditional thermometer. Temperature must be taken rectally. Before inserting thermometer be sure to put lubrication gel on the end of the thermometer so it does not hurt the horse. Make sure that the thermometer has a string tied to the end that can be held on to or attached to the horses tail (you don't want to lose the thermometer in there...).

### Pulse

The pulse of a horse can be taken in three different ways (*there are other ways but these are the most common*)

1. Under the left side of the jaw using the Mandibular Artery
2. Using the Digital Artery which is located on both the inside and outside of the horses leg just above the fetlock joint
3. Using the artery on the horses cheek just behind the eye

To take the pulse choose a place you want to try and put your forefinger and middle finger on the artery (do not use your thumb as you will probably feel your own pulse). Count the pulse for 15 seconds then multiply by four to get the actual BPM. If you do not have luck finding the pulse in one spot...try another!

### Respiration

The respiration of the horse can be taken by simply looking at the horses sides rising and falling. One breath is equal to the sides of the horse rising and falling once. Some say that you can also take the respiration by holding your hand under their nose...but the horse always seems to sniff your hand and it throws off counting.

Normal TPR Ranges for a Resting Horse	
Temperature	99.5-101 F (36.9-38.3C)
Pulse	30-40 beats per minute
Respiration	8-16 breaths per minute

The vital signs of a horse vary from horse to horse and can fluctuate due to time of day, external temperature, stress level, fitness level, etc. To get a good idea of what is normal for a certain horse, take the TPRs in the morning and evening for about a week and you should see a trend. Remember that the above chart is for a resting horse...even walking a horse for a few minutes then taking the vitals can change your results.