



**Cleary Lake Veterinary Hospital**  
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## **Equine Restraint**

Restraint does NOT equal physical force.

Horses are individuals and have individual personalities. They also have breed characteristics and age characteristics. Be aware of these when choosing appropriate restraint techniques.

There are three main categories of restraint: *verbal, physical and chemical*. They may be used alone or together.

### **VERBAL**

- ❑ Talking to horses has a major effect. A soothing, reassuring tone goes a long way in calming a nervous or even fractious horse.
- ❑ An authoritative tone accompanied by a correction with the lead rope may help keep a fidgety horse in place.

### **PHYSICAL RESTRAINT**

- ❑ Always use the minimum restraint required: A halter and lead rope. We have found that rope halters may be great for training but less than ideal if additional restraint is needed.
- ❑ Chain over nose.
- ❑ Chain under upper lip.
- ❑ Neck twitch
- ❑ Nose twitch.
- ❑ Ear twitch (not recommended)

### **CHEMICAL**

- ❑ Chemical restraint (Sedation) may be required for certain procedures.

Always be aware of what is going on around you. We do not always see what our horses see.

When restraining for another person make sure you are: on the same side of the horse, watching the animal's body language, and verbally communicating. Wear appropriate clothing and footwear.

*Always use safe practices around horses. Sometimes less is more.*