






## Bruised Sole

### Definition

A bruised sole is the rupture of the capillary beds between the distal surface of P3 and the horny sole.

### Anatomy






The Anatomical statures involved with bruised sloe are.

-  Distal Phalanx
-  Solar Corium
-  Horny Sole

### Cause




Bruised sole can occur in a wide range of horse but can be more common in thin soled horses that are working stony/hard ground.

Other causes include

-  Type of Working Surface
  - Hard Ground
  - Stony Ground
-  Poor Farriery
  - Over trimming can leave to sole weigh baring
  - Shoes that have inadequate seating out
-  Direct Trauma
-  Chronic Laminitis (Distal Rotation of P3)
-  Thin Soles (Due to lack of protection )

### Clinical Signs

The Clinical signs of a bruised sole are

-  Reddening of the sole due to burst blood vessels
-  Lameness
-  Reluctant to walk on stony or uneven ground.

### Diagnosis

The Diagnosis is based on the clinical signs








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## Treatment

The primary treatment is to remove the cause. This can be achieved by reducing the workload or changing the working surface.

## Pads

If the workload cannot be changed the use of pads will give the sole time to grow, there are several types of pads.

-  Leather Pads - Offer adequate protection in most cases
-  Plastic Pads - Are rigid and come in different thicknesses
-  Sole Packs - Sole Pack is reserved for the most severe cases

## Shoe Choice

A suitable shoe for bruised soles are wide webbed shoes with deep seating. This shoe offers good protection for the sole.

## Prognosis

In the majority of cases an excellent prognosis can be given. However in severe chronic cases demineralization of the distal phalanx can occur severely reducing the prognosis.

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