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Ring-Bone

Definition

Ring Bone is a form of Degenerative Joint Disease and the name given to new bone growth around the proximal interphalangeal & Distal interphalangeal joint. This new periosteal bone formation can be classed as True or False Ring Bone.

- ✚ **True Ring Bone (articular)** - Involves the joint capsule
- ✚ **False Ring Bone (peri-articular)** - does not involve the joint

Ring Bone is also split into 2 areas **High Ring Bone & Low Ring Bone** depending on what joint is involved.

- ✚ **High Ring Bone** - involves the Proximal interphalangeal joint
- ✚ **Low Ring Bone** - involves the Distal interphalangeal joint

Anatomy

The anatomical structures involved in the Ring bone are

- ✚ Proximal Phalanx
- ✚ Distal Phalanx
- ✚ Proximal Interphalangeal Joint
- ✚ Distal Interphalangeal joint
- ✚ joint cavity
- ✚ periosteum
- ✚ Joint Margin
- ✚ Tendon/Ligaments Insertion point

Causes

Ringbone can be caused by excessive straining of the tendons and ligaments that insert into the bones, as well as chronic overloading of the DIP Joint & PIP Joint. This can be due to poor conformation or poor shoeing. (Broken Back HPA or Broken Forward HPA) horses that are exposed to repetitive low grade trauma can also be affected.

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Tearing or straining of the joint capsule can cause an inflammation response to the periosteum and in response new bone is laid down.

Direct trauma can also cause ringbone, horses that interfere (Brushing) can be seen to of acquired ringbone.

Clinical Signs

Ringbone can be seen as a bony swelling over the affected area. There can be mild to moderate lameness and a pain response on manipulation. The affected joint will have a reduction of its articular range as will also produce a pain response on flexion and rotation. The joint may also show signs of a firm swelling just above the coronary band.

If lameness is prestart then this will be worse on hard ground when circled & abnormal shoe ware can also be seen.

Diagnosis

Ringbone can be diagnosed with clinical finding and the use of a Dorsal/Palmar Nerve block, and Radiographs.

A full foot radio-graphical exam should be used to rule out other causes of lameness and ensure that ringbone is the true cause.

Particular Attentions should be to

- ✚ Joint Spacing
- ✚ Extensor process

It is also important to note that early staged of ringbone may not have any radiographic changes.

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Treatment

Veterinary Treatment

The veterinary treatment can include Pain relief in the form of NSAID's and inter-articular injections (if the joint is involved).

Farriery Treatment

Farriery treatment is aimed at good foot function with attention paid to Medial/Lateral Balance Dorsal/Palmar balance. The Hoof Pastern Axis should also be realigned if broken back. Aiding in the reduction of brake over forces within locomotion with the correct shoes is also highly important, this can be achieved with the use of quarter clip shoes, Rolled toes or in severe cases the use of rocker bar shoes can be beneficial

Modern material can also be used to help reduce the impact forces of the stride. This can be done with sole pack or with the use of soft completion pads.

Prognosis

The prognosis for non-articular Ringbone can be good as long as the joint capsule is not involved and the horse can normally return to performance work.

Horses suffering with articular ringbone must be given a guarded prognosis due to the involvement of the joint and will probably have a limited performance career.

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