



# Back to Work: How to Rehabilitate or Recondition Your Horse

*Lucinda Dyer*

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## **Back to Work: How to Rehabilitate or Recondition Your Horse** Lucinda Dyer

Nursing and bringing a horse back to work after a long layoff can be tedious and frustrating, and is a time fraught with pitfalls. However, this book, chock full of rehabilitation advice and know-how, helps you avoid problems while keeping your spirits high as you tackle the task.

In *Back to Work*, you find guidance from 11 highly regarded veterinarians and professionals—all experts in rehabilitating horses. You also read the stories of 40 amateur riders from all walks of life (some of them tantalizingly close to having achieved their competitive goals) as they come to grips with diagnosis of tendon and ligament injuries, colic surgery, or laminitis. They share their heartbreak and day-to-day struggles as they juggle career responsibilities, put aside relationships, and reorganize family life in order to devote time and energy to their horse's convalescence. More importantly, they tell us how they overcame the odds, providing countless tips, detailed recovery timelines, and the tools and techniques that were invaluable as their horses recuperated.

In addition to these heartfelt accounts of horses' recoveries, author Lucinda Dyer interviewed six riders who suffered nerve-shattering falls from horseback, broken legs, dislocated arms, car accidents, and cancer surgery. Read about their experiences as they regained lost confidence, conditioning, and locomotion in the saddle—proving just how strong our love for horses and riding can be when put to the ultimate test.

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