

**Guidelines for Performing a Vet Check on Your Horse**

Parameter	Green	Yellow
Eyes	bright, clear	glassy
Mucous Membranes	pink, moist	pale, tacky
Capillary Refill	0 - 1 seconds	2 - 3 seconds
Jugular Refill	1 - 2 seconds	2 - 3 seconds
Skin Pinch	0 - 1.5 seconds	2 - 3 seconds
Heart Rate (after strenuous exercise)	<68 in 10 minutes	68 in 10 - 30 minutes
Gut Sounds	normal	reduced / increased
Respiratory Rate	relaxed, regular	panting / inversion
Joint / Legs	no heat or swelling	heat, swelling
Wounds Saddle/Girth	no visible marks	heat, swelling, tender
Muscles Back	relaxed	tight, tender
Anal Tone	tight	slightly loose
Rectal Temperature	<38.6 C pre-ride <39.6 C during ride	39.5 C - 40.5 C during ride
Impulsion	free, willing	stumble, short stride
Attitude	bright, eats, drinks	depressed, lethargic

Red
fixed stare, sunken eyeball
dry, purple, blue
4+ seconds
4+ seconds
4+ seconds
>68 in 30 minutes
absent
laboured / abnormal
pain, heat, swelling
pain, raw, bleeding
very tight, pain
loose
>40.5 C
stiffness
dull, not interested, absence of thirst / appetite urination / defecation