



Post-exercise muscle enzyme assessment following a standard exercise test

1. Collect a baseline blood sample into a red topped serum tube
2. Exercise for unfit horses:
 - 2-minute alternating intervals of walk then trot for up to 15 minutes.
 - Clinical judgment should be used, and horses should not be pushed if they seem reluctant to continue to exercise. Rather, allowing a horse to rest for a minute and then asking them to trot again often differentiates a lazy or unfit horse from one that has pain.
 - During the test, horses should be observed carefully for exacerbation of lameness, changes in impulsion, stiffness, shortened stride, and behavioural change.
- Exercise for fit horses:
 - 4 minutes of walk and 11 minutes of continuous trot.
 - During the test, horses should be observed carefully for exacerbation of lameness, changes in impulsion, stiffness, shortened stride, and behavioural change.
3. Collect the post-exercising blood sample into a red topped serum tube **4-24h after exercise**. The sample must not be collected shortly after exercise, as the CK will not yet have had time to become increased.
 - A **2- to 3- fold increase in CK** indicates chronic subclinical exercise associated rhabdomyolysis.
 - A normal serum CK response to exercise can occur in horses with the following:
 - No muscle disease
 - PSSM1 or recurrent exertional rhabdomyolysis (RER) on well-controlled diet and exercise regimes
 - PSSM2, myofibrillar myopathy or vitamin E/selenium deficient myopathy

Please contact us on 01626 355 655 if you have any questions.

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