

## Methods of Physical Restraint

### 1) Halter and lead rope:

- Halter the horse and attach the rope to the halter.
- Tie the rope securely using a quick release slip knot or have an assistant hold the rope if the horse is not accustomed to being tied.
- Never wrap the rope around your hand or arm



### 2) Chain shank:

- Can be placed through the mouth and attached to the opposite cheek ring
- Can also be placed over the bridge of the nose and exerted pressure results in the nose being pulled down



Placed through the mouth



Placed over the nose bridge

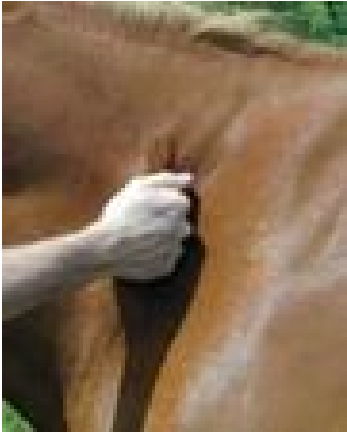
### 3) Twitch:

- Wrapped around the top lip of the horse and mild pressure applied.
- Severe pain from twisting the chain too tightly results in the horse pulling away or attempting to strike.
- Always hold the handle securely so that it would not be pulled away by the horse



4) **Hand twitch:**

- Grabbing a fold of skin from the shoulder area or applying pressure to one or both ears.



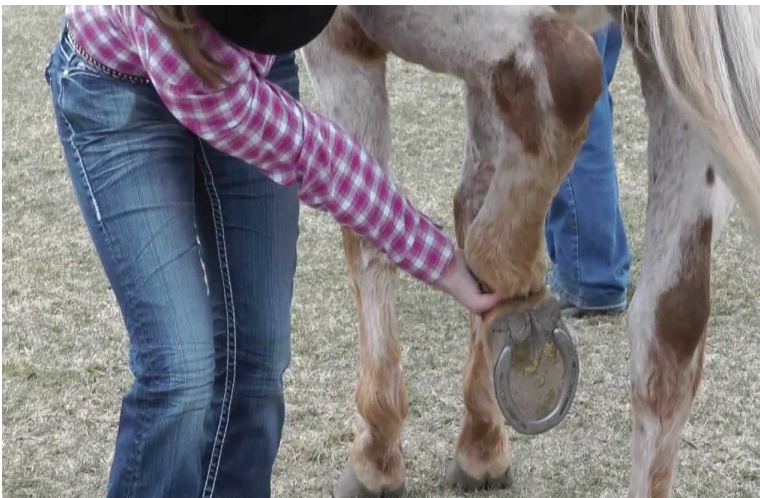
Hand twitch

5) **Limb lifting:**

- Lifting the forelimb via a rear or front approach.
- Always keep an eye on the back legs incase the horse decides to kick



Lifting the forelimb



Lifting the hindlimb

6) **Stocks:**

- Aids in containment of the horse
- Horses can attempt to jump out



(Information adapted from Years 1 to 3 DVM Skills Classes, UWI SVM)

## **References**

- 1) 7 commonly asked questions on how to use a twitch [Internet]. DVM 360. [cited 2020Oct4]. Available from: <https://www.dvm360.com/view/7-commonly-asked-questions-how-use-twitch>