ERC

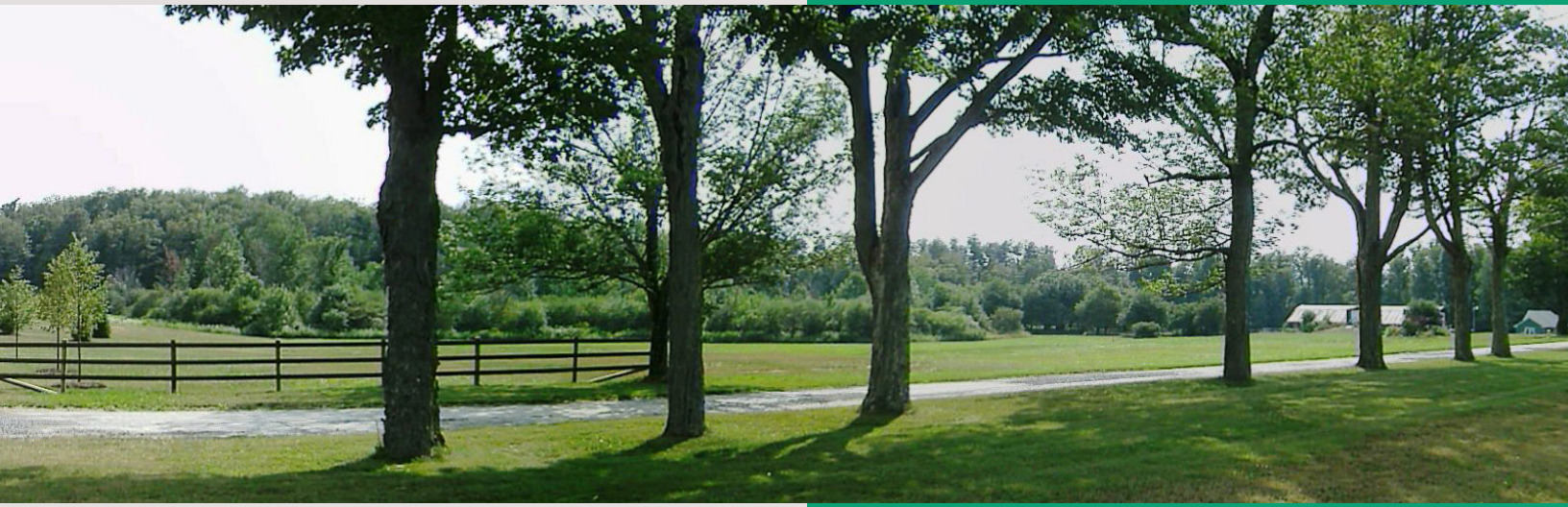
Equine
Rehabilitation Center
at SUNY Morrisville

About Our Facility

The SUNY Morrisville Equine Rehabilitation Center (ERC) offers equipment and rehabilitation techniques to keep healthy horses conditioned and to help injured equine athletes recover, post-injury or post-surgery. One of the very few publicly accessible equine rehabilitation facilities in the Northeast, the ERC is run by skilled, trained, and knowledgeable professionals who have dedicated their lives to horses.

Located on 103 acres of land three miles west of SUNY Morrisville's campus on Route 20, the multi-million dollar campus addition boasts a 40,000-square-foot riding arena, stabling for 40 horses, and a complete rehabilitation center with state-of-the-art equipment and therapeutic modalities.

The ERC houses the College's thoroughbred racing program and made way for a new equine physical rehabilitation option in the existing equine science bachelor degree program, giving students more opportunities to contribute to and find employment in the equine industry.



The facility offers the greater equine community of horse owners and trainers a unique level of service that, until recently, was unavailable locally. It also made way for an equine rehabilitation therapy concentration in the existing equine science bachelor degree program which will provide the equine industry with graduates who have had training in equine rehabilitation and therapy.

How to Reach Us

315.684.6601
equine.rehab@morrisville.edu
https://equinerehab.morrisville.edu
https://www.morrisville.edu/equine-rehabilitation-center

The Treatment Room allows our staff to condition and rehabilitate horses in a comfortable, secure atmosphere. Our treatment room houses our equine swimming pool, wash stalls, cold salt water spa, vibration plate, and underwater treadmill with open access to our solariums.

The ERC offers rehabilitation and conditioning programs tailored to the need of each individual horse. Dr. Erin Morgan-Paugh oversees all programs and works directly with veterinarians to develop a personalized therapeutic program integrating our services aimed at bringing horses to optimal health and fitness.

REHABILITATION PROGRAMS: Specifically designed to accelerate a horse's healing while decreasing its risk of further injury.

Programs are designed to return horses to full health and soundness through our rehabilitation therapies and exercises. Our staff is well-versed in all aspects of equine health, from our variety of rehabilitative modalities to nutrition and fitness.

CONDITIONING PROGRAMS: Focused on increasing a horse's stamina and strength while minimizing the risk of injury.

We strive to help horses reach their athletic potential through tailored conditioning programs designed to minimize concussive force with increasing stamina and strength. Our hydrotherapy services can be utilized for conditioning programs to help reach and maintain the fitness necessary for competition and injury prevention.

Swimming Pool

We house a concrete swimming pool that is 25 feet wide, 50 feet long, 14 feet deep and holds 115,000 gallons of water.

Physiologic Effects:

- Permits conditioning without concussion from weight-bearing
- Improves or maintains proper body and muscle tone
- Improves or maintains cardiopulmonary capacity
- Re-education of balance

Uses:

- Post-surgical reconditioning
- Maintenance of fitness during lay-up
- Recovery from neurologic disease

Underwater Treadmill

The underwater treadmill provides horses with buoyancy during exercise to minimize concussion while encouraging full joint range of motion. The underwater treadmill permits controlled movement and minimized concussion on joints to reduce risk of recurring injury, improve healing, and accelerate healing.

Physiologic Effects:

- Stimulates bone and cartilage growth while decreasing concussion on limbs
- Accelerates and improves quality of healing
- Provides resistance for reconditioning
- Develops muscles used in normal exercise
- Increases cardiovascular fitness
- Improves flexibility
- Promotes correct posture and balanced gait
- Reduces pain

Uses:

- Tendonitis
- Desmitis
- Arthritis
- Back pain
- Post-surgical & post-injury reconditioning
- Conditioning

Cold Saltwater Spa

The cold saltwater spa combines cold therapy with pressure and hypertonicity (dissolved salt) to maximally reduce inflammation and swelling. The spa uses turbulent salt water at a temperature of 35°-37°F (2°C) to accelerate healing and prevent injuries.

Physiologic Effects:

- Decreases inflammation
- Decreases pain
- Minimizes swelling

Uses:

- Tendonitis
- Laminitis
- Desmitis
- Arthritis
- Degenerative joint disease
- Splints
- Hoof bruises and abscesses
- Bursitis/synovitis
- Wounds
- Cellulitis
- Stress injuries

Game Ready™

Physiologic Effects:

- Decreases inflammation
- Decreases pain
- Minimizes swelling

Uses:

- Post-workout therapy
- Lameness
- Pre- & post-operative care
- Bowed tendons
- Stocked-up legs
- Wind puffs
- Injury prevention
- Ligament and tendon strains, sprains & tears

Our Game Ready™ unit combines the benefits of cold therapy (shown to reduce muscle spasms and pain, decrease swelling, reduce bleeding and decreases the metabolic rate of tissue damaging enzymes) and compression therapy (used to mimic the natural muscle contractions that encourage the reduction of swelling and edema, as well as driving the cold deeper into the muscles and tendons) in one easy-to-use system.

Game Ready™ Equine was developed with the help of veterinarians and the United States Equestrian Team (USET) using proprietary NASA spacesuit technology and was based on a similar product used by more than 90 pro sports teams, 500 professional athletes, and 160 universities nationwide.

Solarium

A horse solarium is a system of multiple large red lamps emitting infrared (IR) rays, a form of heat radiation.

Physiologic Effects:

- Increase in circulation & muscle elasticity
- Promotes relaxation in back muscles
- Decreases pain
- Reduces chronic inflammation
- May strengthen immune system

Uses:

- Muscle spasms
- Chronic inflammation
- Back pain

Therapeutic Laser

Therapeutic lasers produce electromagnetic radiation that stimulates individual cells to revitalize and reactivate their own natural healing process. Light is absorbed in irradiated tissue by specific biomolecules to alter nerve conduction, change blood flow circulation, increase the metabolism of serotonin, enhance the production of adenosine triphosphate (ATP) within cells and accelerate tissue healing.

Physiologic Effects:

- Stimulates fibroblasts and collagen formation to accelerate healing
- Accelerates cell division
- Improves efficiency of white blood cells
- Stimulates new blood vessel formation

Uses:

- Open wounds/non-healing wounds
- Soft tissue injuries (ligaments & tendons)
- Post-surgical healing
- Pain management and muscle soreness
- Arthritis
- Laminitis
- Navicular
- Acupuncture

Therapeutic Ultrasound

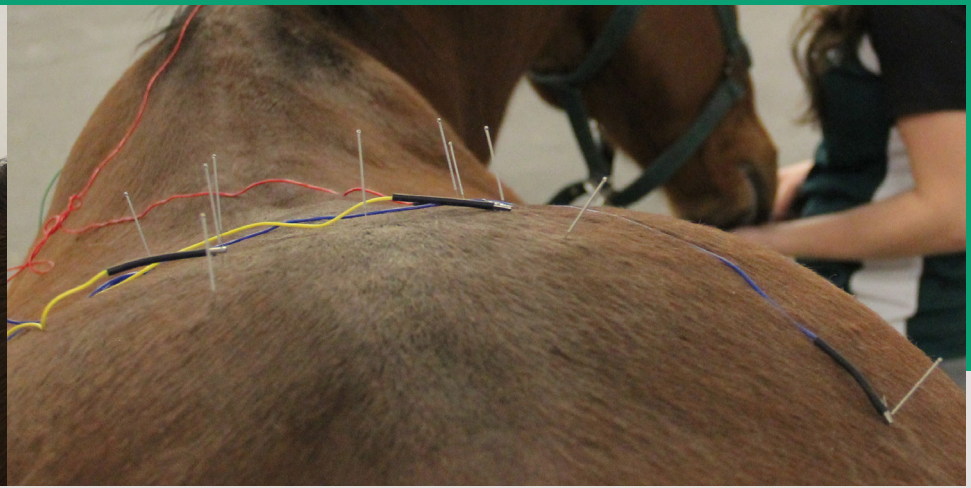
Therapeutic ultrasound is a passive, non-invasive therapy where thermal waves are produced from the pressure of vibrations transmitted into soft tissue.

Physiologic Effects:

- Increases blood flow
- Reduces swelling
- Softens scar tissue
- May increase collagen production to accelerate healing

Uses:

- Pain management
- Muscle spasms
- Break up scar tissue
- Tendonitis
- Bursitis
- Arthritis
- Tissue Healing



Acupuncture

Acupuncture involves the insertion of a needle through the skin at predetermined sites for the treatment or prevention of disease, including pain. The effects of acupuncture creates a series of interactions between the nervous, endocrine, and immune systems. Acupuncture is best used to complement other rehabilitative techniques.

Physiologic Effects:

- Increases local tissue immune response
- Improves local tissue blood flow
- Analgesic effect
- Hormone and reproductive regulation
- Immuno-regulation

Uses:

- Aid in diagnosis by indicating sensitivities
- Relieve pain, discomfort or soreness
- Laminitis
- Controlling various neurological, respiratory, gastrointestinal, and reproductive problems

EquiVibe®

Whole body vibration is a rapidly expanding form of biomechanical stimulation (the rapid, involuntary contraction and relaxation of muscles) that is ideally suited to reduce the effects of stall confinement.

Physiologic Effects:

- Increases bone density and strength
- Increases blood flow
- Promotes bone healing
- Accelerates remodeling
- Promotes cartilage healing

Uses:

- Tendon and ligament injuries
- Arthritis
- Hip and back injuries
- Hoof issues
- Laminitis
- Navicular syndrome
- Bucked shins and splints
- Muscle soreness

Pulsed Electronic Field Therapy (PEMF)

Pulsed electromagnetic field therapy (PEMF) creates a pulsing electromagnetic field that helps to restore cell membrane potential and help restore health on a cellular level.

Physiologic Effects:

- Pain relief
- Increased circulation
- Enhanced muscle function
- Decreased inflammation
- Stress reduction
- Improved blood oxygenation

Uses:

- Back pain
- Trigger points
- Muscle soreness/fatigue
- Patellar ligament desmitis
- Carpal pain
- Capped hocks and elbows
- Osteoarthritis and synovitis
- Bucked shins
- Stifle, fetlock, pastern, coffin joint, poll
- Bruised soles and abscesses
- White line disease
- Tendonitis
- Suspensory desmitis
- Sesamoiditis
- Navicular syndrome and navicular bursitis

Therapeutic Exercises

Specific therapeutic exercises have been developed to help horses activate core muscles and improve balance and flexibility.

Physiologic Effects:

- Developing muscles to help horses work in a round frame and minimize risk of injury
- Improves flexibility
- Increases joint range of motion
- Improve balance

Uses:

- Back and neck pain
- Post-surgical recovery
- Recovery from neurologic disease
- Arthritis

RockTape

RockTape kinesiology taping is a method of athletic taping which improves movement and biomechanics through lifting of the skin and improved neurosensory feedback.

Physiologic Effects:

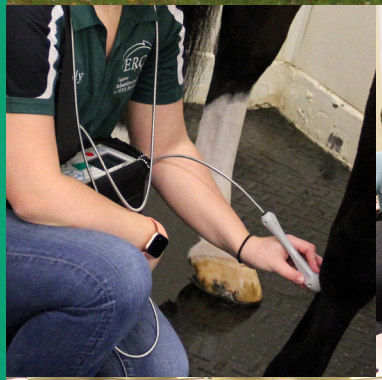
- Pain relief
- Improved posture
- Decreased inflammation and swelling
- Facilitation of movement
- Decompression of tissues
- Neurosensory stimulation and proprioceptive feedback

Uses:

- General swelling and inflammation
- Muscle soreness
- Lumbosacral and sacroiliac pain
- Osteoarthritis and joint injuries
- Proprioceptive deficits
- Tendon and ligament injuries


ERC
Equine


EQUINE
Rehabilitation Center




HORSE-TRAINER WATER USA


MORRISVILLE STATE COLLEGE
EQUINE REHABILITATION CENTER
FOUNDED 2010

Equine
Rehabilitation Center
at SUNY Morrisville
PO Box 901
4414 State Route 20
Morrisville, NY 13408