

RVC

Equine

Royal Veterinary College


Equine Mesotherapy



Talk to the RVC about your equine healthcare needs

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Mesotherapy and equine rehabilitation

There has been an increased interest in the last few years in the field of equine sports medicine and rehabilitation. To go with this growing field of practice, various modalities and techniques have been made available on the market to the equine practitioner.

The most obvious objective for most of those modalities is to facilitate return and/or improve performance.

To be effective, an accurate diagnosis of the horse's pathology is essential to put in place an appropriate treatment plan together with regular assessment during therapy. Among many of the therapies that we use in the field of equine rehabilitation, mesotherapy has been recently added to the lists of modalities offered at the Royal Veterinary College.

Mesotherapy is a method of drug delivery that was first introduced in France in 1964 to manage painful conditions.

How does mesotherapy work?

It consists of the use of multiple intradermal injections of a mixture of highly diluted drugs, using a linear injector and multiple fine needles, over painful areas. The length of the needle is important, as it has been shown that injections should not be given at a depth greater of 4mm to be most effective. Its use is based on the gate-control of pain principle and the concept of meso-interface (the more fragmented the substance injected, the greater the number of dermal receptors activated). Therefore, it is thought to be useful in relaxing muscles and improving healing. In the equine field, it is generally used for treatment of back and neck pain, and can be an alternative to surgery in some cases.

A complete lameness examination should always be performed on the patient prior to using mesotherapy, in order to rule out secondary back/neck pain due to lameness. Radiographs of the neck and back should also be taken in certain cases to rule out bony involvement.

Medications involved

Medications used in mesotherapy include local anaesthetic such as mepivacaine, sarapin, vitamin D complex and in certain cases corticosteroids such as dexamethasone. The procedure is carried out similar to an intra-articular injection, and a sterile preparation is performed over the targeted area. The procedure will leave some small bumps over the injected region which should resolve in a few days. Very few adverse reactions are reported however, infection at the injection site is always of concern, and therefore the sterile principles should be applied when performing mesotherapy.

Post-treatment management

It is recommended not to wash the horse nor put a rug on for 24-48 hours post-procedure to limit risks of reaction at the injection site. Most of the horses will show some clinical response in 5-7 days following treatment. The number of treatments performed is function of the severity of the problem and also varies with each individual. In certain cases, mesotherapy can also be used in conjunction with other rehabilitation modalities such as shockwave or low-level laser therapy.



Sports Medicine and Rehabilitation Services

- **Acupuncture**
- **Mesotherapy**
- **Stem cell therapy**
- **Overground endoscopy**
- **Sensor evaluation for lameness**

To make an appointment, please call 01707 666 297.

Mesotherapy is available to both RVC Equine practice clients and also to our hospital referral cases.