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## Sidebone

### Definition

Sidebone is the ossification of the collateral cartilages ( a very tough fibro Cartilage) and can be Uni-lateral or Bilateral, it is most common in the fore feet of horses affecting the lateral side but can also affect the medial side. Sidebone is also more common in larger breeds like draught horses. This ossification reduces the elasticity of the cartilages and reduces the natural expansion of the foot during weight bearing.

### Anatomy

The anatomical structures involved with side bone are:

- ✚ Collateral cartilages
- ✚ Distal phalanx
- ✚ Proximal Palmar Process
- ✚ 4 Collateral Ligaments

### Clinical Signs

Lameness is not common in Sidebone and once ossification has finished then lameness is rare. Visible bony enlargement of the Pastern region can be felt as a lump on the affected side.

Other Clinical Signs include

- ✚ Hoof Wall Contraction
- ✚ Coronary Shunting
- ✚ Atrophied Frog
- ✚ Poor Quality Horn Growth
- ✚ Abnormal Foot Fall
- ✚ Abnormal Shoe Wear (high wear on affected side)
- ✚ Loss of Symmetry & Function
- ✚ Lameness

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## Causes

The True cause of Sidebone is unclear. There are however some factors that can contribute to its development.

- ✚ Ossification due to age
- ✚ Direct Trauma due to concussion from road work
- ✚ Poor Foot Balance
- ✚ Toe out Conformation

## Diagnosis

The observation of the clinical signs can give an indication of Sidebone and can be confirmed with the use of radiographs. This can show the extent of the ossification and if the Medial/Lateral cartilages are involved. Nerve Blocks can also be used in the diagnosis

## Treatment

### Veterinary

Veterinary treatment involves NSAID for the initial treatment.

### Farriery

Farrier treatment involves achieving a level foot fall and promoting expansion of the heels this is done by matching shoe ware and nailing no further back than the widest part of the foot. A good foot trim is essential with correct Medial/Lateral Dorsal/Palmar balance.

### Shoe choice

A wide web shoe with a rolled toe, with the use of an anti-concussion pads can also help reduce concussion through the distal phalanx.

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## Prognosis

As Sidebone rarely cause lameness, and once ossification has stopped a good prognosis can be given.

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