



# Feet First: Barefoot Performance and Hoof Rehabilitation

*Nic Barker*

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## **Feet First: Barefoot Performance and Hoof Rehabilitation** Nic Barker

This ground-breaking book explores the issues surrounding barefoot horses in the UK and looks in detail at how to improve overall hoof health, in both shod and barefoot horses. The book offers a practical, hands-on advice on achieving barefoot performance in a variety of disciplines - from eventing and hunting to endurance - focussing on the essential elements for healthy hooves: diet, environment, exercise and trimming or shoeing. In addition, the book has step-by step advice on rehabilitating problem hooves with case studies of horses with a range of issues, from navicular or tendon damage to metabolic disorders like laminitis and insulin resistance. The authors have successfully ridden and competed their own horses barefoot for many years and have helped many hundreds of their clients' horses work successfully without shoes.

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