

POLO WRAPS

Polo wraps or Sandown bandages are fleece bandages that are designed to be used without padding underneath. They are slightly stretchy, conform easily to the shape of the leg, and are quick and easy to apply. They are often used in place of exercise bandages for light leg protection during longeing, schooling, turnout, and ring work.

Polo wraps are not recommended for jumping or cross-country work because they are neither as secure nor as protective as correctly applied exercise

bandages, sport-medicine boots, or galloping boots. Because they are used without padding underneath, they can easily apply too much or uneven pressure to the tendons, causing impaired circulation and possible tendon damage. If used in wet conditions, they absorb water and may stretch, slip, or come loose. Because of these drawbacks, polo wraps are not permitted in U.S. Pony Club competitions or rating tests.

4. Wrap downward, over the bandage end, keeping each wrap parallel to the last, overlapping half the width of the bandage and keeping the tension even.
5. At the fetlock joint, drop half the width of the bandage down underneath the joint, bringing it up in front to form an upside-down "vee." It should not be loose, but must not be tight enough to restrict movement of the fetlock joint.
6. Wrap upward and finish the bandage on the outside of the cannon bone (not on the tendon, shin or fetlock joint). Most polo wraps have Velcro closures. These should be reinforced with pins or spiral tape.

