

# Keeping the Silver Whinnys® in Place and Protected

Keeping the socks in place is important so they can do their job and aren't destroyed in the process. Electrical tape can help to support the socks. I began using it on my own horse that insisted, for no reason to rub down his rear leg socks. He has worn electrical tape on his rear leg socks since March 2017 safely and effectively. I have not lost a single sock or had a sock destroyed since and using electrical tape has never caused him any harm. He lives in pasture 24/7; electrical tape has helped the socks stay up and on his legs regardless of his activities. [Contact us](#) if you wish to discuss this use on your own horse.

Per the Instructions in our packaging and on the website, we remind you to begin using the socks properly. Following these instructions will most likely prevent damage to the socks and lead to easy acceptance by your horse. NEVER PUT MORE THAN 2 SOCKS ON YOUR HORSE IN THE FIRST 24-48 HOURS. Silver Whinnys® feel different from anything your horse has ever had on its legs. BEGIN IN THE MORNING WHEN YOU CAN OBSERVE YOUR HORSE'S LEVEL OF COMFORT WITH THE SOCKS. Some horses find it strange that the socks conform and move with the motion of the legs. Your horse must be comfortable with the first two socks during the day light hours IF you are to leave those two socks on overnight.

## How to Use Electrical Tape

Electrical tape is an inexpensive and safe way to help support the socks. It stretches so that if put on correctly, it won't hurt the horse. Electrical tape doesn't leave adhesive on the socks and it's easy on and easy off. We like it because electrical tape gives/stretches. Never use duct tape or another immobile tape to secure your socks as this can lead to severe damage to the animal's tendons underneath.

We suggest you practice on a table leg until you are sure you are wrapping the tape in the correct directions, for a right or left leg. Your vet can teach you proper taping as well.

There are two ways to tape. The spiral method of wrapping the tape creates a taping free of differential compression and was demonstrated by a vet.

The other method we have used safely is to put two or three single wraps of tape around the sock.

As long as both methods are done without tight tape, both are safe. **Wrap on only a single layer of tape.** If the sock and single layer of tape are pushed down onto the fetlock by your horse, the single layer of tape stretches and safely gives. This is why you see electrical tape on many veterinarians' trucks. It is inexpensive, and safe if used in a single layer.

*If you see an "indentation" caused by the pressure of the tape bearing on the socks, you have wrapped too tight. Remove the tape and begin again.*

Remember the acronym F.B.I.O. front to back, inside to outside. Always wrap to the back. Wrap clockwise on the right legs and counterclockwise on the left legs.



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#### The Rules:

- A. Single layer of tape only
- B. Wrapped just barely snug, never tight
- C. You should not see a dent in the sock material if this has been done correctly. If there are dents in the socks, start over.

#### METHOD 1: Individual Single Wraps of Tape.



Method 1. Two individual wraps of electrical tape.



1. Begin your taping on the inside of the leg heading forward.
2. Go around the front of the cannon bone and head back and around the rear tendon.

*Applying pressure with your hand to the tape and front on the cannon bone ensures that when you come around the rear tendon, you are not pulling the tape tight. Avoid putting the tape around the rear tendon tightly. We purposefully “lay” the tape lightly going around the rear tendon and never pull tape from the roll in a manner that causes the tape around the rear tendon to tighten.*

3. End the tape along the cannon bone where you began with a 1-inch overlap so it is well secured; hold the tape securely so that if you tear it off, you don't ruin your work by causing all of the tape to tighten. Using bandage scissors to clip the tape won't cause all of your nice light taping to tighten.
4. Then create a finger tab of tape so that you can easily grab the tape and pull it off.

Regardless of which method you choose: When you need more tape from the roll, grab the tape that is around the front of the cannon bone, hold it securely and pull off enough needed to either finish, or on a spiral wrap, continue. This prevents any taping from being drawn tight. Pull off enough tape from the roll so that you are never tugging on tape as you wrap. Keep the tape slack as you wrap it.

## Method 2: Spiral Pattern Taping



### Method 2: Spiral Pattern Wrapping

Remember the acronym F.B.I.O. Front to back, inside to outside. Always wrap to the back. Wrap clockwise on the right legs and counterclockwise on the left legs.

The same rules apply!

- A. Single layer of tape only
- B. Wrapped just barely snug, never tight
- C. You should not see a dent in the sock material if this has been done correctly. If there are indentations in the socks caused by the tape, start over.
  1. Keep the tape at all times free of tension. This method requires that you hold the tape often to make sure that as you are pulling tape off the roll or spiraling it down around the leg, you are not pulling the tape tight on the leg.
  2. Use your hands a lot to secure the tape against the leg which will help you keep that spiral lightly snug and do not allow the tape to tighten as you wrap. Wrap down around the fetlock (ankle) and onto the pastern.
  3. Cut the tape off and then press all the tape well up and down the leg.

Create a finger tab of tape so that you can easily grab the tape and pull it off.

For more related articles go to [Sock Support](#) and read:

“Helpful Wound and Sock Management Tips”

“Compression and Silver Whinnys®”

“What If the Electrical Tape Isn’t Working?”

“Put The Socks On Upside Down for Clever Horses and Donkeys”

[Purchase Silver Whnnys here.](#)

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