

## Horseware Ice-Vibe Boots

As an eventer (and self-confessed product junkie), I'm always on the lookout for the best new gadget for my horse. I'm also always looking for a good pair of ice boots to help alleviate any soreness or swelling in my preliminary-level horse's legs.

I have two major criteria when looking for a pair of ice boots. No. 1: they should stay in place and not slide around while my horse is enjoying a well deserved munch of grass after cross-country. And No. 2: they should stay cold for at least 15 to 20 minutes.

I think I've found all that and more in Horseware Ireland's new Ice-Vibe boots. These boots not only cool, but also vibrate to help boost circulation in your horse's legs.

Each boot has a gel ice pack that needs to be frozen for at least a couple of hours and a small battery that needs to be charged (via a USB cable to your computer or with various electrical adapters provided). Once charged, the battery hooks up to a vibrating panel that you slip into a pocket on the inside of the boot. Then you can choose a low, medium or high vibration setting.

While the Ice-Vibes can be used with just the removable ice packs, or with the vibration and the ice packs after a workout to help with soreness, Horseware also designed them with the aim of boosting circulation to "warm up" the leg before riding.

My semi-retired horse has arthritis in his lower limbs, but he still does a little bit of flatwork and hacking, so I thought maybe using just the vibration would help him out before a ride. He's also quite a spook, so I wasn't sure how he'd handle the Ice-Vibe boots. But after my first week of putting them on during grooming time, I think he actually started to enjoy them! The vibrating panels have an automatic shut-off at about 10 minutes, so it was the perfect amount of time to use them.



After a hard jump school one day, I decided to try just the ice pack on my prelim eventer's front legs. I put them on without the actual boot (they have Velcro) and they stayed in place just fine and stayed cold for the desired amount of time. Since then, I've used them with the ice and vibration together, and my horse seems pretty pleased!

While I can't scientifically say whether the vibration function on the Ice-Vibe boots helped boost my horses' circulation or relieved pain, it certainly didn't hurt, and the Ice-Vibes are definitely a great pair of ice boots. At around \$230 a pair, they're a bit on the pricey side, but if you're looking for boots that are well made, stay in place and offer a little bit extra, they're worth the investment.

—Staffer Lindsay Berreth