Quick Reference Guide
A/P (Front to Back) Hoof Balance

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6 Steps to Evaluate A/P Hoof Balance (without shoes)

1. Locate/Mark the Back of the Frog or Dimple (A)
2. Locate/Mark the Frog Apex (B) [Apex should be rounded. If apex is pointed and narrow, use the Reference Guide to the Right and Measure forward from Dimple (A)]
3. Measure Back 1” from Frog Apex (B) and Draw a Line (C). This line is Approximately the Widest Part of the Foot (WPOTF) & Center of Rotation.
4. Mark the End of Each Heel (D).
5. Mark the Front of the Toe or Where the Wall Starts to Roll [point of breakover] (F)
6. If there is More Mass ahead of the WPOTF than Behind, then the Foot is Out of A/P Balance. If there is More Behind or they are Equal, then A/P Balance is Good.

**These Steps are for a Basic Evaluation Only. Concerns & complete hoof balance evaluation should be followed up by a qualified hoof care professional. -- www.eqsshoofcare.com

Foot Size: 00-0
Approximate Frog Length = 3”

LESS

MORE

1”

GENERAL FROG LENGTH REFERENCE

Foot Width | Foot Size | Frog Length
-----------|----------|-------------
4.5-4.75 | 0-0       | 3.00
5.0-5.25 | 1-2       | 3.25
5.5-5.75 | 3-4       | 3.50
6.0-6.25 | 5-6       | 3.75

*Measurement are Approximations Only

PLR Race Sport Shoe used in this Example

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2. Locate/Mark the Frog Apex (B) [Apex should be rounded. If apex is pointed and narrow, use the Reference Guide to the Right and Measure forward from Dimple (A)]
3. Measure Back 1” from Frog Apex (B) and Draw a Line (C). This line is Approximately the Widest Part of the Foot (WPOTF) & Center of Rotation.
4. Mark the End of Each Heel of the shoe (D).
5. Mark the Front of the Shoe Where the Wall Begins [point of breakover] (F)
6. If there is More Mass ahead of the WPOTF than Behind, then the Foot is Out of A/P Balance. If there is More Behind or they are Equal, then A/P Balance is Good.

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