

# What is Chiropractic?

# Chiropractic

- Holistic approach to health care
- Complementary to other health care modalities
- Purpose is to optimize health by tapping into the body's innate recuperative power which is integrated through the nervous system

# Chiropractic

- Focuses on the intimate relationship between the vertebral column and the nervous system and the effects on the restoration and preservation of health and optimal biomechanics
- Manual therapy-uses controlled force applied to specific joint to induce a therapeutic response
- Changes joint structure, muscle function, and nerve reflexes

# Subluxation

- The bones aren't really "out of place"!!!
- Vertebral motion segment=2 adjacent vertebrae and the soft tissues that hold them together
- Abnormal force causes altered proprioception, protective muscle guarding, altered intervertebral disc and joint biomechanics, increased tension and stress on joint capsules and ligaments

# Indications your horse would benefit from chiropractic therapy

- Poor performance
- Back or neck pain/reduced flexibility
- Difficulty raising/lowering head/neck
- Local muscle tightness
- Vague lameness
- Uneven/asymmetric gait
- Short strided

# Indications your horse would benefit from chiropractic therapy

- Discomfort with saddle placement
- Resents girth/cinch
- Stiff/slow to warm up
- Bucks/pins ears when under saddle
- Lamé only when ridden
- Pulls on one rein/won't flex at the poll
- Stiffness in lateral movements

# Indications your horse would benefit from chiropractic therapy

- Difficulty with leads/cross canters
- Refuses jumps
- Resists collection
- Difficult to turn
- Constantly stumbles or drags toes
- Asymmetric muscles/pelvis
- Won't stand square

# Indications your horse would benefit from chiropractic therapy

- Can't stand for the farrier
- Holds tail to one side
- Resents grooming
- Behavior change
- Diagnosed problem: arthritis
- Poor conformation
- Trauma: trailer accident, flipped over backwards, fall



# What happens during a chiropractic treatment?

Determine if chiropractic treatment is indicated or if patient would be better served being treated by another health care modality

- Thorough history including diet, environment, previous injuries/illnesses/ailments
- Observation of posture and movement
- Physical exam
- Neurologic exam

# What happens during a chiropractic treatment?

- Identify muscle spasm/hypertonicity, pain
- Palpation of vertebral column and extremities
- Assess range of motion of each joint-  
motion restriction impairs function of  
nerves

# What happens during a chiropractic treatment?

- Adjustment: high velocity low amplitude thrust applied to specific joint in specific direction
- Return joints to normal motion
- Optimize neural function
- Alleviate muscle spasm and pain

# What happens after chiropractic treatment?

- Water
- Rest-may be mildly sore for 24-48 hours
- Homework: strength training exercises, massage, stretching techniques, musculoskeletal and nerve rehabilitation

# Who should perform chiropractic on my horse?

- Thorough knowledge of anatomy of vertebrae and joint biomechanics
- Proper technique: correct direction, force, amplitude, and velocity
- No sedation, no 2x4s, no “popping bones back into place”
- Certified veterinarian or chiropractor

# For example

- Licensed equine veterinarian for 5 years before pursuing post-graduate certification in veterinary spinal manipulation therapy (VSMT)
- Healing Oasis Wellness Center
- 226 hour course open only to veterinarians and licensed chiropractors
- Nationally accredited and approved by American Veterinary Chiropractic Association
- Practical experience on large and small animals