

Equine & Canine

Chiropractic + Massage



Most of you have had one or more of your animals treated by myself or may even see a chiropractor for your own health but could you actually explain what chiropractic is?

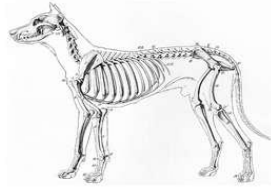
What is Chiropractic?

Chiropractic is a holistic form of healthcare that utilises the body's inherent recuperative powers by removing interference from the nervous system and restoring proper function to joints, particularly along the spinal column. No drugs or surgery is used and treatment is carried out by hand. It restores the relationship between structure and function for restoration and maintenance of health.

The chiropractor will evaluate the animal (or person!) by looking at posture and gait, and using static and motion palpation. Motion palpation involves feeling the springiness in each joint and assessing if it moves well, is partially restricted, sitting out of its normal neutral alignment or is completely stuck.

This is what chiropractors call a subluxation - a joint that is not moving correctly and can then cause changes in nerve, muscle and vascular function.

The primary form of treatment used in chiropractic is the adjustment of these subluxations. A chiropractic adjustment is defined as a high velocity, low amplitude thrust along the plane of the joint. For this exact knowledge of the angle of each joint is required to get the alignment of each adjustment correct. This restores correct joint motion and nerve function, particularly normalising proprioceptive input (more details on this on my websites).



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During treatment the animal remains standing and is not sedated. This is would be counter productive as it would mean the proprioceptive mechanisms are not functioning properly and diminish the response to the adjustment. With sensitive, considerate handling most animals come to enjoy the treatment and will stand happily once they know what to expect.



Part of the assessment I carry out is also to check the muscles for tightness and pain. Muscles can develop "trigger points" which are tight, tender spots that can restrict movement, cause weakness and refer pain. These should also be treated with soft tissue techniques.

Maximising Health

As chiropractic is a holistic form of healthcare we also try to address other areas that affect health, not just the physical side, these being nutrition and stress. Luckily in animals we can usually control what they eat and what stress they are exposed to. If you have read some of my previous newsletters you will know that these areas are common topics!

One of the difficulties can be determining the cause of a problem. That is where for horses checking the saddle and other tack, the teeth, shoeing and the rider is important. For dogs there are less external factors to consider but consistently pulling on the lead can cause neck problems.

Please don't hesitate to contact me with any questions!

Quote of the month

Find peace with yourself by accepting not only what you are, but what you are never going to be.

Unknown Author

For more information contact:

Petra Langen-Pieters BHS AI EBW DC

07787 514271 or 01932 857782