

# Equine & Canine

Chiropractic + Massage



When my human patients find out that I also treat animals they are often rather surprised and ask how can you tell that they need treatment.

To many of you animal owners it is obvious when your animal is not quite right and in need of a chiropractic tune-up. But I have come across quite a few instances where it is not so obvious or perhaps as a new owner of horse, dog or other animal this question is very relevant.

## So how can I tell if my animal needs chiropractic?

Generally if their movement or behaviour changes from the usual pattern this is a very good indicator that something is not right and needs looking at.



For example:

- A dog that usually jumps onto the sofa or into the car and stops doing this
- They start flinching when you go over a particular area whilst brushing them
- A horse that is usually fine to saddle or to rug up starts pulling faces or lifting legs when you put something on them
- They seem to predominantly rest one leg
- Their general mood seems to have changed and they are more subdued or even aggressive



Some animals are far more expressive than others, so it is good to know your animal well and learn to read the signs. Of course if you have not had your animal long it may be more tricky to decide if they are just

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having an off day or for example in mares they be more sensitive when they are in season, or if there really is something wrong.

### Listen with your heart

The key is to pay attention to any small changes and go with your gut instinct if you are not quite sure. Animals do communicate with us; it's just done without sound most of the time.

Deep down we often know what our animal is feeling or trying to say; we just have to accept what they are telling us!



### What about the Vet?

In some cases it may be necessary to consult the Vet first to rule out conditions that need more than just chiropractic, for example infections, diabetes, skin conditions, eye problems or digestive complaints.

But in many instances it is a case of restricted movement in the joints and tightness and soreness in the muscles causing discomfort and stiffness for which the Vet can actually do very little other than give painkillers and anti-inflammatories. This may make it feel better temporarily but doesn't address the underlying dysfunction, which chiropractic can correct.

If your Vet is not sure about giving consent for your animal to have chiropractic treatment I am very happy to speak to them and explain what happens in a treatment.

### Quote of the month

Lots of people talk to animals.... Not very many listen, though.... That's the problem.

~Benjamin Hoff, *The Tao of Pooh*

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