

## How are Subluxations Corrected?

Once identified, the subluxation or “stuck” vertebra is corrected with an ADJUSTMENT. An adjustment is a short, rapid thrust onto a vertebra in a very specific direction that will restore movement into the fixated joint. Adjustments are made on each vertebra not by jerking on legs or tails. There are many different techniques to perform an adjustment, but the use of pads, mallets, or other devices to strike the horse is unnecessary and can easily injure your animal. Beware of these types of practitioners.

After the adjustment, there is a healing time. The Doctor does not “cure” anything. He simply restores motion and health to the “stuck” joints, and the horse’s body does the rest. This can take time and patience. Also the number of adjustments needed are on a case by case basis. Chronic conditions take more time to resolve than minor conditions, although age and physical condition play a part in the length of the treatment plan.



## Keeping Your Athlete Performing

- Veterinary examinations - routine evaluation of the musculoskeletal system for any joint, ligament, tendon or muscle issues
- Conditioning - proper warm-up, training, cool-down over an appropriate length of time
- Massage and stretching - increases blood flow and nutrition to muscles and carries waste by-products away and is essential to do before and after workouts
- Hoof trimming/Shoeing - need a properly trimmed and balanced hoof with support, to maintain spinal alignment
- Equipment - need to have proper application and use of training aids
- Saddle - needs to fit the horse; properly fitted saddles do not require special pads
- Environment - more time outside of stall helps with coordination, and bucking or rolling can help maintain the motion in the spine
- Veterinary Chiropractic Care - very cost effective way to maintain motion in the spine and eliminate the source of pain or dysfunction



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# *Equine Health Solutions*

**"Providing Quality Solutions for the Health of Your Horse"**



Equine  
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Care

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## What is Chiropractic Care?

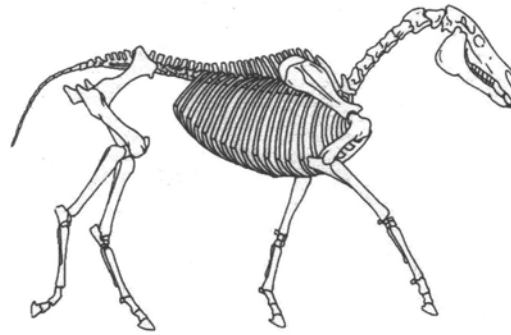
Chiropractic Care is a manual therapy that focuses on the biomechanical dysfunction of the spine and joints of the extremities. The biomechanical dysfunction effects the entire nervous system including balance, proprioception, muscle strength and neuro-coordination. Chiropractic Care uses a very specific, high velocity, low amplitude thrust to try to return the joint or motion unit back to its normal function. Since motion is 90% of the input into the nervous system, joint motion is key to body biomechanics and organ function. Chiropractic care is a supplement to traditional veterinary care and not a replacement for veterinary care.

## The Spinal Column

The spinal column is a complex network of vertebra, ligaments, muscles and most importantly nerves. The spinal column acts as a framework to support the body, is attachment for many of the body's muscles, protects the spinal cord and nerves, and protects the internal organs. The nerves exit the spinal cord at the location of the movable joints between the vertebra. The motion of the joint helps with the function and integrity of the nerve. But when a subluxation or VSC(vertebral subluxation complex) occurs, the spinal column and nerve function is diminished. A subluxation is a very specific condition or disease of the spinal column in which one or more of the joints are not moving properly. You could say the bones are "stuck" and this condition causes the nerve to be "physiologically pinched" or compromised.



Even if only one of the over 175 joints in the spine is stuck, the entire spinal column will lose flexibility and the horse will become STIFF, RESISTANT, and begin to LACK IN PERFORMANCE. These "stuck" joints pinch and decrease nerve function, and also make the nerve painful. Pain inhibits your horse from maximum performance.



## What Causes Subluxations?

- **Trauma:** slips, falls, cast in stall
- **Conformational Traits:** long back - short legs
- **Birth:** trauma during delivery or pregnancy
- **Confinement:** constant confinement decreases balance and coordination
- **Performance Injuries:** each occupation has its own dangers that affect the horse
- **Equipment:** poorly fitting tack may cause problems in the spine
- **Age:** with age, the spinal column naturally loses some flexibility
- **Shoeing:** Unbalanced or lack of proper hoof trimming and care
- **Trailers:** extended rides, poor suspension or accidents
- **Rider Ability:** horse having to compensate for an unbalanced load

## Is My Horse Subluxated? (Symptoms)

A variety of symptoms ranging from mild to severe can occur, with pain being the most common. Horses in pain will compensate gait or posture and often refuse to perform certain tasks. Symptoms that may indicate pain from a subluxation include:

- Discomfort when saddling or riding
- Abnormal posture when standing
- Evasion type maneuvers like extending head or hollowing back
- Wringing tail, pinning ears, or bucking
- Refusing or unwillingness to go over jumps
- Refusal or resistance in performance, like lateral or collective movements
- Development of unusual behavior patterns
- Sensitivity to touch
- Facial expression of apprehension or pain

Subluxations can cause change in muscle coordination and flexibility which can cause:

- Uncoordinated gaits or improper frame
- "Lameness" that seems to shift from limb to limb
- Stiffness coming out of stall
- Stiffness in lateral movement of body or neck
- Muscle atrophy or shrinking
- Shortened stride in one or two limbs
- Decreased extension in front or hind legs
- Inability to lengthen top line
- Inability to engage hind quarters
- Rope walking or plaiting
- Pulling against one rein
- Difficulty flexing at poll
- Rider can't sit centered on horse

