

Chiropractic, Physiotherapy, Acupuncture Which One and When?

We had a great turn out for our client evening last month and our meeting room was bursting at the seams!

Our thanks go to June Gregory a McTimoney Chiropractor and Celia Cohen a human and veterinary physiotherapist for giving up their time to explain what they do.



Chiropractic

How Does Chiropractic Work?

Chiropractors practice a drug-free, hand-on approach to health care. Chiropractic adjustments release muscle spasms, alleviates pain and restores normal range of motion. It is a gentle technique that works on the whole of the body rather than a specific area. The aim is to get the animal moving without restriction or pain. Chiropractors cannot move bones! What they can do is implement a change so that if the soft tissue is pulling on one side of say a vertebral mass, if an adjustment is made on the tense side the muscles are made to contract to find their homeostatic state and then rehabilitation can follow.



June also works with people and there is a correlation between the rider and the horse. The cause rather than the symptoms should be treated and sometimes the cause is actually the rider!

How Can Chiropractic Treatment Help?

Chiropractic treatment can help musculoskeletal problems. Treatment duration depends on what problems are found and what is needed to alleviate them in that particular horse. Every animal is an individual and treatments are tailored to suit that individual. June does a lot of soft tissue work and assesses the horse using stress points to feel any tension before releasing those particular stress points.

All the practitioners are aiming for the same goal. To alleviate pain, release muscle spasms and get free range of motion. The decision of who to choose is often down to that individual.

Physiotherapy

What is Physiotherapy?

Physiotherapy aims to restore normal movement and function after injury or disease. Being trained in both human and veterinary physiotherapy enables a unique understanding of the two.

Where and When does Physiotherapy Fit In?

The vet is the first port of call to rule out any underlying pathology. Physiotherapists will work in conjunction with the vet. Physiotherapy works on the soft tissue and helps to control musculoskeletal pain. It can help prevent injuries and return the horse to its athletic capacity. It is also useful as part of a maintenance programme for equine athletes.

Horses may show only subtle signs, altered performance, changes on the diagonal or reluctance on one rein. Ridden work increases the stresses and strains placed on our horses and horses often fatigue which leads to injuries. Physiotherapy plays a large part in prevention of injury as well as post injury.

Conditions Treated?

- Musculoskeletal injuries.
- Spinal injuries – Acute and chronic.
- Peripheral injuries – tendons and wounds.
- Chronic overuse injuries – annular ligament injuries.



COOMBEFIELD EQUINE CLINIC

Newsletter March 2017



Coombefield Equine Clinic
Summerleaze Farm
Kilmington
Axminster
EX13 7RA

01297 630515

Email: equine@axvets.co.uk

The office is open from
8am – 5pm Monday to Friday
and
10am -1pm on Saturday's
for
booking visits
ordering drugs
(please allow 24-48hrs)

For out of hours
(5pm to 8am)
Please call 01297 630515

24hr Emergency Service

Website
www.coombefieldvets.co.uk

or



www.facebook.com/coombefieldequinedepartment

Acupuncture

What is Acupuncture and How Does it Work?

Acupuncture (*acus* – needle, *punctura* – puncture) is usually defined as 'the insertion of a solid needle into the body for purposes of treating disease'. Acupuncture works by stimulating the nervous system having both analgesic and non-analgesic effects. It stimulates the release of the body's natural pain relieving and anti-inflammatory substances.

How Can Acupuncture Help?

Acupuncture can be used to treat a wide variety of conditions in all animals.

In horses acupuncture is most commonly used for:

1. Musculoskeletal problems
 - Back and neck pain
 - Sacroiliac pain
 - Pain relief in cases of arthritis



How Often and How Long?

Acupuncture is usually carried out once a week for between four and six treatments to assess the effects. After the initial course treatment frequency will be altered depending on the animal's response and may require maintenance treatments monthly or a few times a year.

Acupuncture can be useful alongside conventional veterinary treatment.

Acupuncture or Manipulative Therapies?

People often ask which one should I do? Acupuncture or another manipulative therapy? These modalities compliment each other remarkably well and interact synergistically.

Acupuncture as previously discussed works well by helping with pain relief but the other therapies help by restoring normal function and mobility.

If you feel your horse could benefit from one of the above therapies, please contact one of our vets to discuss your requirements further.

COOMBEFIELD EQUINE CLINIC



Coombefield Equine Clinic
Summerleaze Farm
Kilmington
Axminster
EX13 7RA

01297 630515

Email: equine@axvets.co.uk

The office is open from
8am – 5pm Monday to Friday
and
10am -1pm on Saturday's
for
booking visits
ordering drugs
(please allow 24-48hrs)

For out of hours
(5pm to 8am)
Please call 01297 630515

24hr Emergency Service

Website
www.coombefieldvets.co.uk

or



www.facebook.com/coombefieldequinedepartment