



## Animals have spines too...!

### What is Animal Chiropractic?

Animal Chiropractic is a specialised field of animal health care that focuses on the maintenance and optimisation of the neuro-musculo-skeletal system (nerves, muscles and bones). The nervous system controls everything that happens in your animal's body and helps coordinate the body's ability to heal and regulate itself. Trauma, overuse or under use may cause vertebrae of the spine to become fixated, which can cause surrounding muscles to go into spasm, and ligaments to become inflamed. Closely related nerves often become irritated and/or compressed which can prevent impulses from reaching their final destinations i.e. (muscles, skin, organ systems, etc...). As a result these impaired structures may lose their ability to heal, which can ultimately impact on your animal's overall health.

### Does my animal need Chiropractic..?

Traditionally horses would have lived on the open plains, constantly on the move, always grazing therefore always with their heads lowered. In domestication, humans have forced confinement in the stable or in small paddocks. We then expect these animals to perform a specific task, carry a rider, and perform to the best of their ability. All these factors reduce the desired optimal performance that we require from our animals. Similarly with dogs there are numerous common stressful or traumatic situations that can affect our dogs such as boisterous play, car accidents, age and handling methods. Symptoms your animal may exhibit are vast and may include pain, spasm, sensitivity to touch, lameness, gait/movement abnormalities and postural compromise. Specifically horses may exhibit reduced performance such as difficulties with collected or lateral gaits, abnormal posture, pinning back the ears when being saddled or rugged, tail swishing or changes in behaviour. These are the symptoms that are easiest to detect. It may take a trained Animal Chiropractor to distinguish some of the more subtle changes.

### Treatment

The goal of an Animal Chiropractor is to **1) reduce pain/inflammation, 2) improve mechanical function 3) minimise muscle spasm, and 4) optimise nerve function**, thus allowing an animal or human to perform at their optimum potential. Chiropractic care is a very specialised treatment that utilises hands on 'gentle adjustments' to restore the normal motion of a spinal/vertebral 'Functional unit'. Even though horses have a very large, thick muscle mass over the spine, the vertebral joints are flexible and relatively easy to manipulate with minimal force. If the correct technique is used the ligaments are not adversely affected in any way. We combine adjustments with other mobilisation techniques, i.e. (stretches and trigger point release therapy) alongside advice on training and performance enhancement. In order to maintain the highest level of integrative care possible for your animal prior veterinary consent is required.

**Dr. E. Hurst** has an extensive background working with both horses and dogs. Emma has ridden since the age of 4 and between the ages of 12 and 18 rode for a competition yard breaking and training young horses with a particular interest in showing in which she regularly competed at county level. In later years she has kept up her riding exercising and training horses for owners. After working with and riding many different breeds and ages of horses it was key to Emma the importance of a healthy moving and working horse for it to function to its optimum. Over the last 6 years prior to moving to Jersey Emma has also worked with gun dogs where expectations were high for peak performance.

After completing a 4 year Masters Degree in Human Chiropractic Emma then went on to study Animal Chiropractic with the International Academy of Veterinary Chiropractic (IAVC). The IAVC provides the most comprehensive and current continuing professional development courses in Animal Chiropractic in Europe. The intensive courses are specifically designed for Veterinarians and Doctors of Chiropractic. Emma is also a certified member of the International Veterinary Chiropractic Association.

If you would like to know more about Animal Chiropractic and whether it can help your animal please call the **Jersey Chiropractic Centre** on **633060**.

## **Fees**

**Initial Consultation (Equine) £80**

**Follow up Treatment (Equine) £65**

**Initial Consultation (Canine) £60**

**Follow up Treatment (Canine) £45**

**\*All fees are inclusive of transport costs to you.\***