

## Why do Animals Need Chiropractic Care?

The musculoskeletal and neurological systems in horses and dogs are very similar to that of humans. Any sudden traumatic or ongoing repetitive stress placed on these systems can result in functional problems and symptoms in much the same way as humans.

Many owners know when their animal is not their normal self or underperforming in competition. Unless there has been a specific trauma, these signs often only become obvious once the problem has been there for some time.

When there is a compromise in the spinal joint biomechanics a cascade of events can follow. The following list is by no means conclusive but is a guide to owners.

- Local & referred pain
- Inflammation around affected joints
- Nerve irritation sometimes leading to numbness and tingling
- Accelerated joint wear and tear
- Abnormal gait and movement patterns
- Some forms of lameness
- Muscle trigger points and spasm
- Secondary joint and muscle problems elsewhere as the animal tries to compensate for the original problem
- Joint problems in the spine also have the potential to irritate Autonomic nerve fibers which innervate organ structures. Eventually this can cause health problems within these organs.

## Who is a Qualified Animal Chiropractor?

Unfortunately, Australia is well behind European countries and America. In these parts of the world proper training and registration are required before anyone is allowed to legally treat animals. In Australia there are many people treating animals without suitable training. This includes so called Equine and Canine Chiropractors.

As a result of this lack of regulation the Australian Veterinary Chiropractic Association was formed. To be eligible for full membership a practitioner must have completed a 2 year Graduate Diploma in Animal Chiropractic following a Veterinary or Chiropractic degree. Visit the A.V.C.A. website at [www.chirovet.com.au](http://www.chirovet.com.au).

Servicing NSW South Coast & surrounds  
& Sydney Southern Districts

[www.animalchiropractor.com.au](http://www.animalchiropractor.com.au)

## Veterinary Referrals

You do not require a Veterinary referral for your animal to see an Animal Chiropractor. However, Chiropractic is not a substitute for Veterinary care and we are happy to work with your Veterinarian to obtain optimum results.

## Enquiries and Appointments

To arrange an appointment call Lara directly on **0400 805 543**.

General enquiries can also be emailed to **[lara@animalchiropractor.com.au](mailto:lara@animalchiropractor.com.au)**  
Please allow a day or two for a reply.

Equine consultations start at \$88 (inc. GST). Additional traveling charges may be incurred in some cases. We generally run on time and would appreciate your horse caught and ready at the time of your appointment.

Initial Canine consultations are \$70 (inc. GST) and are conducted at Woollamia (Jervis Bay).



Member Australian Veterinary Chiropractic Association



**Chiropractic is a drug-free natural approach to musculoskeletal management and optimum wellbeing.**

Chiropractors identify dysfunctional vertebrae and joints which aren't moving properly. These areas of dysfunction stress adjacent joint tissues and irritate spinal nerves.

Nerve irritation interrupts the flow of nerve impulses. In turn, this may affect the function of organs, muscles for movement and respiration, circulation and co-ordination.

Joint structures and tissues under stress weaken and eventually break down. These structures include joint capsules, cartilage, ligaments and tendons.

Chiropractic adjustments restore proper joint motion, remove nerve irritation and stress on nearby structures and tissues.

Adjustments are a form of manipulation directed at dysfunctional vertebra or joints by the chiropractor using a carefully controlled force by hand or instrument.

Various soft tissue and adjunctive procedures may also be used to treat muscles and limbs directly.

## Limb Problems

Many limb problems have the potential to cause compensations higher up. Movement and muscle contraction patterns are altered to compensate for either pain or dysfunction in the affected limb.

Although the primary problem may involve a particular limb, secondary problems may manifest within the spine and surrounding structures. Chiropractic care may also be used in conjunction with traditional approaches to treating limb and foot problems.

# Lara Rogers Animal Chiropractor

Servicing  
NSW South Coast  
and surrounds &  
Sydney Southern  
Districts

**B.Sc., Master of Chiro.,  
Graduate Diploma of  
Animal Chiropractic (RMIT)  
Member Aust. Vet. Chiro. Assoc.**



## How to Identify when Chiropractic can help your horse...

### Signs that your horse may need chiropractic care include any of the following:

- Pain or discomfort eg: when brushing
- Avoiding leads, gaits or jumps
- Unbalanced gaits
- Change in behavior or attitude towards work
- Loss of performance
- Arthritis & stiffness especially on one side
- Apparent low (or high) head carriage
- Gait changes including some forms lameness
- Coat changes in a specific area
- Girth pain syndrome or pain under saddle
- Stumbling or poor coordination
- Difficulties flexing to one side
- Changes in posture or conformation
- Shortness in stride or step
- Difficulties standing square
- Head shaking or tossing
- Bucking or pigrooting under saddle

### Pleasure Horses

Most horses would benefit from Chiropractic care whether they are in light or heavy work or competition. Falls in paddocks, ridding and floating accidents all take their toll. Human intervention has forced horses to adapt to things they would not have to deal with in the wild. Saddles, bits, rider imbalances, exercise routines and unnatural living conditions all place stress on their body. Chiropractic care can help your horse adapt to these stressors and many age related conditions.

### Performance Horses

Because chiropractic is concerned with the function of joints and tissues, many potential injuries can be picked up before they become a structural or pathological problem. Many missed training days can be avoided with regular chiropractic care to keep your horses in tip top condition.

The rigors of training and the repetitive nature of training activities, together with many lifestyle factors eventually take their toll. In order for your horse to tolerate the training regimes and perform at his or her best, it is essential that all systems function at their best.

Ideally asymptomatic horses should be checked when resuming work, leading up to competition and post competition.

### Hoof Care

Horses with good hoof balance often hold their Chiropractic adjustments longer. It is for this reason we suggest Chiropractic appointments are made shortly after feet are trimmed or shod, when possible.

### Saddle Fit

Poorly fitting saddles can often cause or aggravate an existing problem. If you would like your saddle checked, please have your saddle ready and mention this when making your appointment.

## How to Identify when Chiropractic can help your dog...



### Signs that your dog may need chiropractic care include any of the following:

- Pain or discomfort eg: when grooming, yelping
- Change in behaviour or attitude towards exercise. eg: tiring more quickly
- Loss of performance
- Stiffness or difficulty moving
- Arthritis
- Apparent low head carriage
- Gait changes or abnormalities
- Secondary affects of Hip Dysplasia
- Secondary affects of primary limb problems
- Stumbling or poor coordination
- Changes in posture or conformation
- Difficulties jumping in and out of cars
- Shortness in stride or step
- Difficulties standing Square
- Difficulties climbing or jumping. eg: stairs
- Difficulties getting up and getting comfortable

### Canine Information

Many dogs suffer from similar musculoskeletal problems as humans. For example; arthritis, muscular, ligament and joint problems, hip dysplasia, difficulties with mobility, injury from accidents and repetitive strain injuries. Like humans, they can experience varying levels of pain and disability. These problems aren't always obvious until later in life, despite the fact that the dog may have had an underlying problem for several years. In the case of competition dogs, their body has to adapt to the rigours and stress of training and competition.

**Canine consultations are conducted at Woollamia (Jervis Bay)**



## Chiropractic can be used

- to reduce symptoms
- to enhance performance
- as part of your animals Preventative Health Care strategy

### The Initial Consultation

During this time a complete health history of your animal will be taken. This is followed by a thorough examination of the animals posture, gait, muscles, spine and limbs. It is essential to properly identify which tissues and structures are abnormally functioning, what needs to be treated and whether there are any underlying conditions which may require modifications to treatment or veterinary referral.

Once your animal has been thoroughly assessed a functional analysis is made and treatment can be initiated. You may also be given home exercises to assist in the rehabilitation and healing process.

### Treatment Procedures

Establishing a rapport with the animal patient is essential. Although animals in pain can often initially appear nervous, many of them appear to enjoy their treatment. RMIT graduates use Chiropractic procedures which do not scare or hurt the animal.

Most manipulative procedures are done by the Chiropractor applying a gentle but controlled and specific force with his or her hands to the joint involved. Sometimes an adjusting instrument may be used. There is no yanking or jerking of limbs. Sedation is not required as it is not uncomfortable for the animal.

In addition many adjunctive procedures may be used. These may include mobilizations, soft tissue procedures such as trigger point therapy, myofascial releases, stretching and specific soft tissue massage.