



# Chiropractic

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The mission of my practice is to “maximize health, comfort, and performance”. Chiropractic achieves these goals by improving the motion, flexibility, and neural communication of the body. This translates into improved athletic performance. For my older patients, it might mean success in getting up and down stairs or to and from the paddock.

I want to introduce you to how chiropractic works and why it is such an effective modality. The body is controlled by the nervous system’s connection to the muscles and organs of the body. The sensory nervous system takes information from the outside world, extremities and internal organs, and sends it along to our brains. It’s the brain’s job to integrate and to send out an action plan through the motor nerves to respond to the environment. Knowing where are limbs, fingers, and toes are in space comes from all of the receptors in our extremities constantly communicating to the brain. Our ability to stand and move while gravity is constantly exerting a force on our bodies is a good example of this constant and seamless transfer of information into and out of our nervous system.

What if, however, there is a problem with the sensory information coming in or the motor signals going out. This will lead to neural output that is not appropriate to the needs of the body. Joints will not be properly supported and will be perceived as painful because the bones are not floating in the soft tissues the way they do normally. It is like when you are walking down a staircase and you reach the bottom when you think there is still one more stair. Your body is jarred from the joints not getting the appropriate support for the environmental challenge. The goal of chiropractic is to find and correct these discrepancies between our sensory and motor output systems to prevent painful motion.

Locating where there is increased pain and decreased motion is usually a good place to start. Once an area of concern is localized, then I get to figure out why. Adjusting a joint is a way to stimulate the local joint receptors via a fast stretch. This signal is transmitted to the brain which will then reestablish normal motor output to this same area. The adjustment is a wakeup call to the nervous system to establish balance to the area.

In this picture, I am noticing that this horse did not have good motion between his skull and atlas (first neck bone). I am getting ready to adjust this area to stimulate the receptor cells to this segment of the spine. This stimulation will travel up the spinal cord and to the brain. The brain will then realize that the area I am working



on needs its help in restoring motion equally to this part of the body. I can usually feel an immediate return to normal motion after making the adjustment.

These are the basics of chiropractic. It helps the body heal itself by restoring the balance of the nervous system. It helps the athletes and the old animals and everyone in between. It is usually greatly appreciated during a treatment and will help animals for days to weeks after a treatment. It really is a great strategy for health and a big boost when animals are struggling with disease or pain. Stay tuned for future information on muscle testing and other chiropractic techniques which will maximize the health of your animal.