

Equine WELLNESS

For a long, healthy life!

Holiday
ISSUE

GIFT
GUIDE

**FALL AND WINTER
HOOF CARE**

HOLIDAY TREATS
Check out our Chia recipe!

First rule of
FEEDING

Integrative care for
KISSING SPINES

**WINTER
FIRE
SAFETY**

**RED LIGHT
THERAPY**

HERBAL TEAS
FOR YOUR HORSE

**WINTER
ELECTROLYTES**

dating

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SLOW DOWN

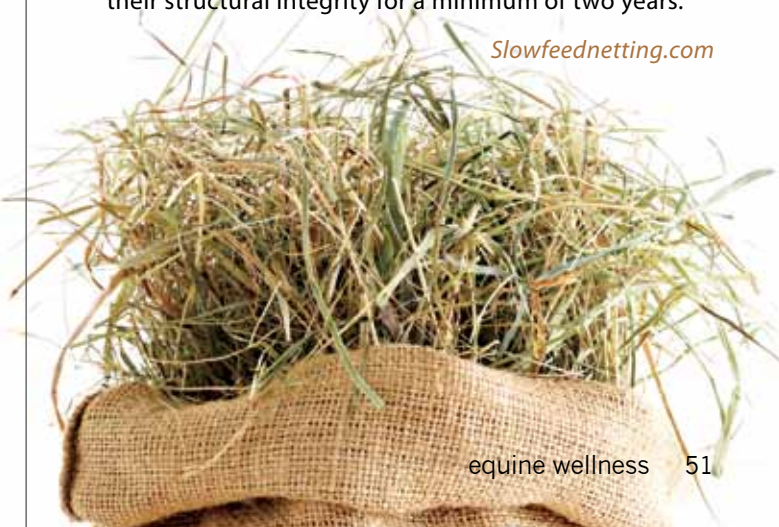
By Tim Proctor

Slow feeding is quickly being accepted as a commonsense way to feed horses, as it comes closer to how nature intended. This healthier system regulates feed consumption while making sure feed is continually available. It reduces waste, herd issues, and health problems.

Four years ago, a customer of ours attended a course with the Swedish Hoof Academy, and came to me with the idea of creating a product that would help horse owners. Slow Feed Nets was born, and offer the following benefits:

- Horses cannot get their entire heads into the bale, thereby reducing respiratory problems.
- Hay is always available, and this mimics natural grazing.
- Smaller portions make the horse chew his feed better and slows down consumption.
- There's very little wastage as the horse will eat whatever falls from the bag onto the ground.
- Any size of bag can be custom made for the customer.
- The webbing won't shrink when left in the rain or snow.
- The nets have an added UV inhibitor and hold up very well to adverse weather conditions. In the unlikely event holes should arise, simply mend or tie them closed using the repair twine that comes with your order. Most Slow Feed Nets used under normal conditions retain their structural integrity for a minimum of two years.

Slowfeednetting.com




An improper stance, like we see here, causes the horse to use muscles differently from how they were designed to be used. This can lead to fatigue/stress, and other problems.

DEVELOPING AN ACTION PLAN

What can be done if your horse has been diagnosed with kissing spines?

- Chiropractic care will help maintain as much movement in the joints between the kissing spines as possible.
- Joint supplements should help decrease inflammation.
- Cold laser and alpha stim – neither of which should heat the tissue – will help decrease pain.
- All-natural cooling liniments may also be used (even under the saddle area) to help reduce pain.
- Physical therapy, including stretching, will increase flexibility in the back all the way to the lumbosacral junction. There is a ligament (supraspinous) that attaches the tips of all the spinous processes together. When the horse's head is dropped to the ground, the spinous processes are spread apart; when the head is raised, the processes are brought together.

Unless severe radiographic changes are noted, you should still be able to ride your horse. But saddle fit becomes of utmost importance; you must make sure that the gullet of your saddle is both tall and wide enough to ensure no weight on the spinous process of the vertebrae. Padding the rib cage to allow proper motion of the supraspinous ligament also becomes very important. Proper collection with a rounded back should relieve the pressure of kissing spines.

Just like most problems with your horse, the treatment and prognosis of kissing spines requires an accurate diagnosis, whether you plan to use alternative or traditional treatments and therapies. 

William Ormston, DVM and Amy Hayek, DVM have a combined experience of 40 years, allowing them to teach movement to other veterinarians. Dr. Ormston owns Jubilee Animal Health in Celina, Texas and Dr. Hayek owns East Coast Equine in Summerville, South Carolina. In addition to practicing, both doctors are well known lecturers and travel extensively all over the US and internationally. They can be reached via HYHH.TV or Animalchiropracticeducation.com.