



SPRING 2018 NEWSLETTER

Covered Bridge Equine

IN THIS ISSUE

From the desk of Dr. Peroni

Dear Friends,

I think we are all excited to see some small signs of spring! I don't know about you but I thought this winter was quite chilly. Sometimes I catch myself complaining about how cold it is and then I remember my friends and family back in Michigan! Growing up there I honestly was never bothered by the snow or the cold weather. As a kid I thought about building snowmen, having snowball fights and of course downhill and cross country skiing. My dad shoveled the driveway and the roof (seriously the roofs of houses need to be shoveled off so the snow doesn't damage them)! My mom took care of the horses and the other errands (which involved driving on the icy roads) so I didn't really think about the "work" involved with winter.

Our horses also seemed to do well in the winter in Michigan. They always had access to shelter and grew thick, wooly coats to help them stay warm. And of course we fed them hay 24 hours a day to keep them warm! And we never, ever put shoes on the horses in the winter because they would be like ice skates sliding around on the snow. I was thinking about some of these winter memories one day when I drove home in the middle of the day so I could refill my horse's water trough.

The trough was not frozen because I have a tank heater... but eventually I have to fill it and the water hoses were always frozen! So I had to time my trip to my house when the sun was shining brightly on the water hose to thaw the ice in it. I was also complaining to myself that I had to exert all of this extra effort into providing water for my horses.

And then I remembered what my mom used to do...rolling and unrolling frozen water hoses every other day for months during the winter. It was so cold that she had to run them from the house utility sink out to the horses (all of the outdoor spigots were frozen too). She would fill the tanks, then patiently unhook the hoses and roll them up (3 of them), and carry them back into our basement. She would position them over the drain so the water could slowly leak out. A few days later she would carry the 3 heavy hoses back upstairs and the process would start again. And this was normal for her! For months! Ugh. After I remembered this I decided not to complain anymore about my frozen water hoses ☺ Today mom still fills her water troughs with this same method. Except she discovered the "crinkle" hoses so this has made the process much easier for her. It's much easier to fill our troughs in Georgia!

Animal Chiropractic Care

Dr. Williams recently became a certified animal chiropractor! Learn more about how this service can help your horse.

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Animal Chiropractic Care

From the desk of Dr. Paige Williams

Hi everyone! I'm back!! For those of you who don't know, I have been taking week-long treks to the bustling metropolis of Wellsville, Kansas for the past several months to attend classes at Options for Animals Chiropractic School. I can now say that I have completed all of my examinations and am certified through both Options and the International Veterinary Chiropractic Association to be able to adjust animals. I can honestly admit that A). Kansas is not nearly as pretty as Georgia and the weather is worse. B). Our BBQ is definitely better. C). My Doritos set off airport security (true story). Some of you may already be regular clients of Dr. Peroni's chiropractic care and have seen the change in your horse. Some of you may be curious about chiro and why it can help your horse, or you are waiting anxiously to hear the story about my Doritos dilemma. Here are some of the things I've learned over the past few months.

What is Animal Chiropractic?

I'll admit, I had never been to the chiropractor prior to meeting Dana. After my first experience surviving dental season last year, I decided to try it out. I went to a chiropractor that was highly recommended and had the full work-up, including x-rays. After the adjustment, I realized that I hadn't been able to move my neck normally for quite a long time and had been compensating for it. I honestly felt better, and a little taller if you'll believe me! It's the same with horses (and other animals).

The spinal column is a series of joints that are designed to move.

If any of those areas don't move properly: muscles have to work more to compensate, nerves are not able to fire appropriately, blood cannot flow correctly (impaired circulation), inflammation occurs and the cycle continues to cause pain and contribute to disease. Chiropractic care is designed to work with the specific anatomy and correct any areas where the horse is "stuck" and promote full movement.



SIGNS A HORSE MAY BENEFIT FROM CHIROPRACTIC CARE:

- Trouble with gait changes-shortened stride, stiff to one side, difficulty collecting etc.
- Head tossing-after confirming teeth are not an issue
- Dragging hind toes
- Bucking after a jump or during lead changes
- Rushing a jump
- "Grumpiness"
- Can't round the back or stretch long and low
- Muscle pain or sensitivity, etc.

Chiropractic care is not designed to replace traditional medicine, but to work in conjunction with it.

Which horses can benefit from chiropractic care?

Chiropractic care can help any and every horse. Now, is it the miracle cure for hock arthritis, chronic stifle and back issues or sore feet? No. It isn't. Nothing can reverse arthritis, but we can do things that help make the horse comfortable. Typically, these horses are compensating the most due to their inability to move normally, which causes multiple joints to move inappropriately and an increase in pain and inflammation. In conjunction with regular veterinary care, chiro helps restore normal mobility, which helps decrease inflammation and subsequently, pain.

Performance horses are athletes and get sprains and strains constantly. Adjusting these horses on a regular basis helps keep them performing to the best of their ability and decreases compensations for those chronic, repetitive stresses and injuries.

What does an adjustment look like?

Honestly, a chiro appointment is pretty peaceful. We like to watch the horse go for a few minutes and listen to any issues the rider or owner is noticing: "He just can't get his left lead anymore."

"My heel horse is rearing when I try to dally."
 "I've just noticed that he's spending a lot of time laying down lately."
 "Why is my mare so angry when I go to ride?"

We do a full physical and make sure the horse is otherwise healthy and doesn't need other kinds of veterinary care first. After an exam, we will pull large blocks out of the truck to help us get to the proper height and alignment to apply a specific force to the joint to put it back in normal motion. This is NOT brute strength. It's very specific and fast. That Force = Mass x Acceleration equation is useful after all. Dr. Peroni is small, but she's very quick! That's how she is able to adjust the giant warmbloods! We will go through the entire neck, spine, and legs to fully evaluate where the horse is having problems. After the adjustment, we take the horse for a walk to let them stretch and typically, you can ride them the following day.

How often do they need to be adjusted?

Each horse is different. Most performance horses typically get adjusted monthly while they are in full work and horses in lighter work can get adjusted every 8 weeks or so if needed. We'll work with you to find a schedule that works for you and your horse.



Changes at CBE

by Dr. Dana Peroni

We have a lot of changes here at CBE to report! We are sad to announce that two of our wonderful employees have left the practice. Madelyn, who was our long-term technician, left the practice in order to take a flexible position at an area farm. We miss her dearly and she says she misses us too. Then she smiles with a twinkle in her eye and says "I don't miss you when it's 16 degrees outside!" Amanda Ledford, who worked with us for a year and a half, also left in January to pursue her interests in riding and training horses. She also stays busy running Allison Creek Farm Services, a local business specializing in trailer maintenance and safety. We are happy to announce the addition of **Alexa Jones**, our new technician, who will be helping us on farm calls. We also hired **Debbie Fleming**, who will be assisting Marie in the office. We feel very fortunate that we were able to find such great additions to our equine practice! Please make these two new CBE members feel welcome!

Do you or your horse have exciting news? Do you have a chiropractic success story or has CBE helped you reach your equine goals?

We want to hear from you!! Send us your stories and pictures to coveredbridgeeq@yahoo.com!

It's Time for Spring Vaccines!

From the desk of Dr. Katy Mayhew

Don't forget spring is also when most horses are due for their vaccinations! Covered Bridge recommends all of our patients be vaccinated for Eastern and Western Encephalomyelitis, Tetanus, West Nile virus, Equine Influenza and Equine Herpes twice a year and Rabies once a year. Additionally, horses that go to shows or travel may need additional vaccinations such as the strangles vaccine. Many horses need to be dewormed in the spring and it is an excellent time to do a fecal egg count. During a typical vaccine appointment, we perform a complete physical as part of the wellness exam and have time to discuss any other health concerns you have for your horse. Many small problems can be caught early as a result of these exams and help us to stay on top of your horse's care. All our veterinarians are happy to discuss the best vaccine and deworming practices for your horses and to help you develop a plan for your farm! Just give our office a call!

General Preventative Care Schedule:

Twice a year: 5 Way (eastern and western encephalomyelitis, tetanus, influenza and herpes) or 3 Way (eastern and western encephalomyelitis and tetanus) vaccine, West Nile Virus vaccine, Fecal Egg Counts

Once a year: Rabies vaccine, Coggins test, Strangles vaccine (may vary depending on horse's situation), Dental floats (may vary depending on your horse's needs), routine bloodwork for senior horses or horses with Cushings.

Dr. Mayhew is available for routine wellness care appointments on certain Saturdays this spring from 8-12:30. Please call the office to schedule, no emergency fees apply to pre-scheduled appointments!

April 14th, April 21st, May 12th, May 19th and June 2nd.

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