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Your Chiropractic Questions Answered with Dr. Ryan Lukens

Horse owners often joke that they take better care of their horses than they do themselves. While there are maintenance products that could be considered a luxury, veterinary chiropractic adjustments do not fall into that category. Palm Beach Equine Clinic veterinarian Dr. Ryan Lukens is a certified Veterinary Medical Manipulation Practitioner from the Chi Institute in Ocala, FL, and recommends every horse reap the benefits of regular chiropractic adjustments.



Dr. Ryan Lukens performing veterinary chiropractic adjustments to the (top left to bottom right) pelvis, cervical vertebrae, ribs, and temporomandibular joint. Photos courtesy of PBEC

From minis to draft horses and pasture pets to top sport mounts, the parasympathetic stimulation triggered by chiropractic adjustments improves multiple facets of health for any horse. Therefore, equine chiropractic adjustments improve more than just athletic performance, and for sport horses, Dr. Lukens considers them a necessity.

“One of the most beneficial outcomes of regular veterinary chiropractic adjustments is an increase in range of motion,” said Dr. Lukens. **“Ensuring the horse has proper range of motion can greatly reduce the chances of them having to physically compensate for an area that may not be functioning up to par. By reducing the chances of compensation, we reduce the chances of many common sport horse injuries. Most athletic injuries occur when a horse is slightly off balance due to compensating. Regular chiropractic adjustments help horses to maintain their natural balance.”**

According to Dr. Lukens, further benefits of veterinary chiropractic adjustments include:

- Relief of pain and soreness
- Reversal of muscle atrophy by increasing the frequency of nerve activation
- Increasing the speed and accuracy of athletic movement
- Helping calm the “fight or flight” response. This has a domino effect of improving various bodily functions, such as neutralizing stomach acids, improving hind gut digestion, lowering blood pressure, lowering cortisol levels, and strengthening the immune system.

[Understand the Essentials of Veterinary Chiropractic Adjustments](#)

Meet the PBEC Team

Hospital Manager Holly Hall

To properly operate an equine hospital, each member of the team must have the same goal in mind: high quality health care. Strong teamwork and leadership are essential, and Palm Beach Equine Clinic is fortunate to have our [Equine Hospital](#) led by Holly Hall. Born and raised in West Palm Beach, FL, Holly has been an indispensable member of Palm Beach Equine Clinic family for over five years.



PBEC Hospital Manager, Holly Hall. Photo courtesy of PBEC

Get to know PBEC Hospital Manager Holly Hall:

What is your background with horses?

My parents introduced me to horseback riding lessons when I was young. I rode English for a few years before finding that I had more of a desire for speed. I started barrel racing when I was eight years old and haven't stopped since. My parents bought me my first horse when I was about nine years old, and soon that one horse turned into multiple horses. Throughout my high school years, I went to school on the mornings, worked at the barn in the evenings, and barrel raced on the weekends.

What was your original role at Palm Beach Equine Clinic?

I joined PBEC as a part time night technician and have since worked my way up to Hospital Management. Since my first days at PBEC, I have loved the endless knowledge and experiences that I encounter and grow from every day. I immediately took an interest in emergency and surgical cases. I took every opportunity I could to experience and learn as many new things as possible about equine health.

[Learn More About Holly Hall](#)

PBEC Team News

Dr. Marilyn Connor on The Equestrian Podcast with Bethany Lee of My Equestrian Style

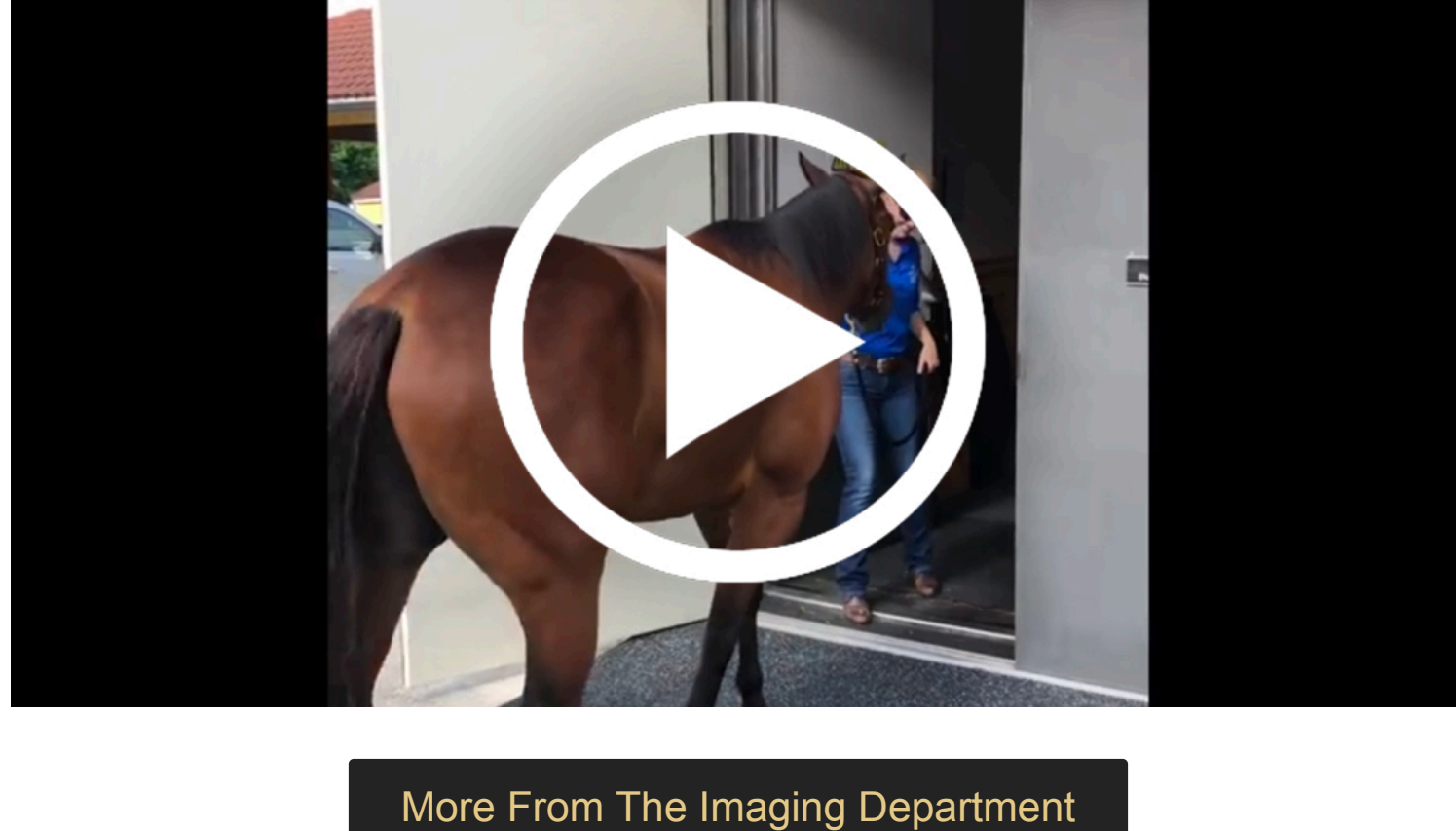
Originally from the just north of Dallas, TX, Dr. Marilyn Connor attended Texas A&M University, graduating with minors in, and received a Bachelor of Science in Biomedical Science with minors in Chemistry and Business. In 2014, Dr. Connor returned to Texas A&M University to complete her veterinary education at their College of Veterinary Medicine and later found a professional home with Palm Beach Equine Clinic. Tune in to Dr. Connor's episode of [The Equestrian Podcast](#).



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Step Inside the Equine MRI Suite

Magnetic Resonance Imaging allows veterinarians to examine hard and soft tissue in highly focused sections across anatomic planes. PBEC's [Hallmark Veterinary Imaging](#) MRI allows sections to remain standing and only under light sedation throughout the scan.



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