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-Ringside Essentials: Tips From the Pros
-Champion of PBEC Sponsored Division

Alternative Medicine at Palm Beach Equine Clinic

Palm Beach Equine Clinic (PBEC) offers a wide range of therapies, including alternative medicine. This type of treatment is often used in addition to traditional medicine and can be tailored to benefit a horse's performance, healing, and overall health. PBEC is proud to have skilled alternative medicine practitioners who specialize in acupuncture, veterinary medical manipulation, laser therapy, shockwave treatment, and Chinese herbal medicine.

Equine Acupuncture
Acupuncture is based on the principle that there are energetic pathways, or channels, throughout the body that influence associated internal organs and structures. Energy from these pathways surfaces at various points on the body, which are identified as acupuncture points. Extremely fine gauge needles are inserted into the selected points to stimulate them and activate the body's natural healing abilities.

Dr. Janet Greenfield Davis performing acupuncture on a horse.
Photo courtesy of PBEC

Acupuncture may provide physiological effects such as pain management, gastrointestinal regulation, decreased inflammation, and increased circulation. This type of therapy can also help with chronic conditions such as anhidrosis, heaves, and behavioral issues. Each acupuncture treatment is unique for every horse; sessions typically last 45 minutes to an hour.

Herbal Medicine
Herbal, or botanical, medicine can be used to promote a horse's health and remedy a wide range of issues. The goal of Chinese herbal medicine is to treat the underlying cause of an issue and to encourage the body to heal itself instead of using synthetic medications that can only temporarily treat the symptoms.

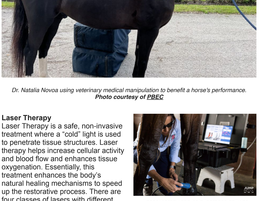
Chinese herbal medicines are a common type of alternative treatment used at PBEC.
Photo courtesy of PBEC

Chinese herbal medicine can be used to address anhidrosis, help behavioral issues, and aid digestion and circulation. This type of herbal treatment is often combined with other alternative therapies such as acupuncture.

Dr. Janet Greenfield Davis of PBEC is an expert in Chinese herbal medicine, as well as a certified veterinary acupuncturist. Dr. Greenfield Davis studied Chinese veterinary medicine at the Chi Institute in Reddick, FL.

Veterinary Medical Manipulation
Veterinary medical manipulation, commonly referred to as chiropractic adjustments, is a form of manual therapy where varying amounts of pressure are applied to specific areas of a horse's body. This therapy is often focused on the vertebral column and is used to address joint issues, aid in muscular development, stimulate nerve reflexes, and reduce pain. In most cases, veterinary medical manipulation is used for high-level performance horses across all disciplines. Horses with an uneven gait, collection issues, intermittent lameness, or decline in performance may benefit from this therapy.

Dr. Natalia Novoa of PBEC focuses on combining sport horse medicine with alternative medicine, especially veterinary medical manipulation. Dr. Novoa is trained in veterinary medical manipulation and received her qualifications through the Options for Animals College of Animal Chiropractic in Wellsville, KS.

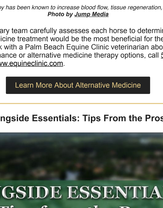


Dr. Natalia Novoa using veterinary medical manipulation to benefit a horse's performance.
Photo courtesy of PBEC

Laser Therapy
Laser Therapy is a safe, non-invasive treatment where a "cold" light is used to penetrate tissue structures. Laser therapy helps increase cellular activity and blood flow and enhances tissue oxygenation. Essentially, this treatment enhances the body's natural healing mechanisms to speed up the restorative process. There are four classes of lasers with different application protocols for power, duration, and wavelengths, and each one is used depending on the horse's individual condition.

Laser therapy can help increase cellular activity and blood flow as well as enhance tissue oxygenation.
Photo by Jump Media

Shockwave Therapy
Extracorporeal Shockwave therapy is another non-invasive treatment option that is offered at PBEC. Shockwave therapy promotes the body's ability to self-heal by targeting high-energy sound waves on the skin's surface to reach an intended tissue depth. This treatment has been known to increase blood flow, tissue regeneration, and circulation. Shockwave therapy can contribute to a successful outcome for conditions such as navicular disease, tendon injuries, ligament injuries, osteoarthritis, fractures, and wound healing.



Shockwave therapy has been known to increase blood flow, tissue regeneration, and circulation.
Photo by Jump Media

PBEC's veterinary team carefully assesses each horse to determine which alternative medicine treatment would be the most beneficial for the individual horse. To speak with a Palm Beach Equine Clinic veterinarian about your horse's performance or alternative medicine therapy options, call 561-793-1599 or visit www.equineclinic.com.

Learn More About Alternative Medicine

Ringside Essentials: Tips From the Pros

Learn what Alex Nevel keeps in his ring bag and how he prepares for a horse show day while working for Anna Buffini.

Check out the latest "Ringside Essentials: Tips From the Pros" presented by Palm Beach Equine Clinic at the Adequan® Global Dressage Festival. Alex Nevel works for well-known dressage rider Anna Buffini. In this video, Nevel discusses what he always keeps in his ring bag and what a typical day at the horse show looks like for him.

Watch Here

Congratulations to WEF 10 Champion, Callie Seaman

Callie Seaman and Moonshine earned the top prize during WEF 10 in the Amateur-Owner 3'6" 18-35 division, sponsored by Palm Beach Equine Clinic. ***Photo by Sportfot***

Callie Seaman and Hallowell Farm LLC's Moonshine secured top honors in the Amateur-Owner Hunter 3'6" 18-35 division, sponsored by Palm Beach Equine Clinic, during the Winter Equestrian Festival (WEF) in Wellington, FL. The duo earned two firsts as well as fifth and sixth places in the division to claim the championship.

View Division Results

Palm Beach Equine Clinic Works With AcutePlus

AcutePlus is a veterinary Wellness Membership Plan offered through Palm Beach Equine Clinic. The program is designed to give veterinarian practices a way to create a customized annual plan that they can offer directly to their clients and patients. AcutePlus provides veterinary discounts, equine protection, and equine loss protection.

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