

# Animals 4

## McTimoney Treatment



My name is, Peggy Sofley I have been practising McTimoney Treatment for Animals since 2000. I acquired my two year post graduate diploma at the McTimoney College for Chiropractic in Abington, Oxfordshire. Even so my main workload constitutes of work on horses, my dog practise is growing substantially, and is run from a consultancy at Meadow Farm. Rumour has it that I have been seen treating chickens, sheep and some firstly enormous but very pretty bulls. In my little but precious free time I tend to my horses, dogs, cat, two children and husband Alan.

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When joints start seizing up and back pain becomes an issue you may want to call a spinal manipulator. The same is true for your horse and dog. Animals get sore backs too. McTimoney treatment can help with muscle spasm, tension, unbalanced posture and abnormalities in movement. Re-instating balance after injury and lessening stiffness like experienced in chronic conditions can improve the animal's general well-being and performance.

People have been using complementary treatment, to manage their back pain, for years. Spinal Manipulation was first documented in an ancient Chinese document 2700 BC. The late John McTimoney, 1950, established that this kind of therapy can also be beneficial to animals. I, first came in contact with spinal manipulation when my Arab mare was lame on her left fore when ridden. Thorough veterinary examination led to no

result, but manipulation and a correctly fitted saddle did. I was fascinated by the result, there was so much more to horsemanship. I had caught the bug, I wanted to be able to make animals comfortable, more flexible and happier in their great desire to please us.

As it stands, the McTimoney College for Chiropractic in Abington, offers the only

formulated and University validated post graduate Diploma course for Animal Manipulation Treatment.

**Chiropractic is a protected title, and used in conjunction with human treatment only. So, I am not a Chiropractor.**



# Balance

## for Animals



The technique, which involves subtle manipulation of joints, can be used on any vertebrae animal. However, back manipulation on horses appears to be the most established. That may be due to the fact that horses are more exposed to problems, as their muscular skeletal well being is influenced by many factors:

- ill fitting tack
- incorrect foot balance
- dental issues
- un-balanced rider
- hard work
- restricted turn out
- eating habits
- repetitive activities

As this will substantiate in poor performance and changes in behaviour, such as bucking or rearing, it becomes apparent to

the owner/trainer in a very compelling way.

Dog's lives are risky too, but their complaints are not as influential to the owner's life and get overlooked easily. The dog's spine is pretty flexible and joints between vertebrae allow for a respectable range of movement, however evidently innocent daily activities, accidents or degenerative/chronic conditions can impose stress on their musculo-skeletal system:

- pulling on the lead
- repetitive jumping, like in and out of the car
- walking on a lead on the same side
- slips, falls or skidding
- rough playing, bumping into each other

- twisting movements, such as chasing a Frisbee
- agility

All joints allow for a certain range of movement, but some activities can take the joint to its extreme. This will then cause the muscles surrounding the joint to tighten, in an attempt to correct or prevent further joint movement. This is very affective protection most of the time. However, if this tension remains it will lead to muscle spasm. The joint will get fixed in this incorrect position, which will lead to inflammation and results in pain. At its worse, the corresponding nerves can be irritated and disturbed in their proper function. This process can develop over time, and is not always in direct connection with the influential event. That's why preventative treatment is very useful, as it can detect a mis-alignment before it becomes too influential. Once the animal is in pain, it will start compensating as it is crucial for herd animals to appear fighting fit. However, this adaptation in movement will expose stress on other structures.

**Treatment on animals in the UK by non-veterinary therapists is only permitted with veterinary permission.**

