
MC FROM THE SIDELINES

(276) 644-4520

Issue II-Summer 2015

Marshall Chiropractic brings you local news and health information

Posture: It Counts!

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Marshall Chiropractic P.L.L.C.

We live in a society where technology reigns. Technology is credited with many of today's lifestyle advancements. However, it has had many side effects. One of those side effects is a new syndrome- Text Neck syndrome.

We have all seen it or experienced it ourselves. The ramifications of Text Neck go far beyond neck discomfort and headaches. We are putting undue stress on all our organs, most importantly undue stress on our nervous system.

To identify if you or a loved one suffers from Text Neck we must first explain it. Text neck occurs from looking down for extended periods of time causing: the chin to jut forward, straightening, or in some cases reversing, the cervical curve and forward rolling of the shoulders. When the cervical curve is no longer where it should be, the protective properties are no longer in place. The innate intelligence of the body says 'We need to help stabilize'. The Body begins to lay down protective, stabilizing bone. What you may experience is stiffness, loss of range of motion and possible discomfort. Because everything in the body is connected, you also lose the curve in your low spine

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Can you prevent Laminitis?

**Christy B. Miller DVM, MS, Diplomate, American
College of Veterinary Surgeons**

Mountain Empire Animal Hospital

You may be surprised but we can in a majority of the cases. What is laminitis (founder)? Strictly speaking it is inflammation of the lamina of the foot. Lamina hold the hoof and the coffin (pedal bone) in normal alignment. Laminitis results in deviation of that alignment causing pain, instability, and sometimes crippling lameness requiring euthanasia. So wouldn't it be worth our time and education to prevent occurrence? It may be easier than you think but it will require dedication and commitment to implement strategies for prevention.

Causes of Laminitis

The most common causes that we see and that most people are familiar with result from carbohydrate overload. Too much grass and grain are the primary sources. This is a complex pathophysiology but will consistently lead to the development of laminitis if not corrected. Examples are the fat little pony or overweight horse turned out to unlimited pasture and no exercise and the greedy horse that breaks into the feed room and eats 50 pounds of feed. Other causes that may go unrecognized are the horses that develop laminitis following illness or disease. Endotoxemia leads to laminitis in this situation and can result following an episode of Potomac Horse Fever, retained placentas in mares following foaling or any severe illness a horse may develop.

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Index Insight: Kestner Dressage

Samantha Kestner is the owner and trainer of Kestner Dressage at High Hopes Farm in Abingdon, VA. She is a USDF Bronze medalist and a United States Pony Club H/A graduate. We asked her a couple of questions so that everyone can get to know her a little better. When asked to describe herself she explains: "I am a hard working, go getter that doesn't take NO for an answer. I take every day in stride and don't get hung up on all the things that go wrong, but work diligently on fixing and making them better. I have been riding horses since I was a child. I "broke" my first horse at 10 years old. I strive to learn new things and develop new techniques daily. I will have at least 1 horse for the rest of my life, and when I'm too old to tolerate winter I want to move to the beach and take my horse."

What made you want to be a horse trainer?

"I love fixing things and solving problems in all aspects of my life. Some processes are instantly fixed and others take some time. I'm patient to get the whole picture but I expect no less than results when linking the right pieces together. I think that is why I love training horses so much. I develop a long term goal with each horse and daily have to find the link that fits the pieces together. Every horse is different so there is no set way to reach my goal, it is all a matter of problem solving and patience."

What is one of the most important things you tell a rider/client?

"One of the most important things I tell riders is, take yourself and your duty to the horse seriously. Think about it, every time you are on the back of a horse only YOU are responsible for the outcome of the ride. Even if being coached from the ground, the trainers words are only a tool for the rider, the horse ultimately does what the rider says. The horse can only take his job as seriously as you do. For myself when I put the bridle on and lead my horse to the arena its "work time". I'm a demanding but fair boss, who tries to find a way to make working enjoyable and fun, so that my horse will bring out the best in himself."

What do you do for fun?

"When I'm not riding horses or doing duties at the barn I enjoy flower gardening. I love to sit on my porch and see all the colors and sweet smells after a long day at the barn"

What is your favorite movie?

"I don't really have a favorite movie but the types of movies I enjoy watching the most are action/sci-fi."

What is your favorite color?

"I have a lot of favorite colors but green is my most favorite."

Have you had a defining moment in your career?

"I can't really say that there is ONE defining moment in my career. I feel that there are many things that I have accomplished and many things that I have had great successes in, which have helped define what I do and who I am. But then again I am my most difficult critic. I feel that any time I can coach someone through a great lesson, or be able to get a horse over a plateau, or just being able to work through and keep my horse calm when the skeletons start falling out of his closet is a defining moment for myself."

Any advice for the aspiring young equestrian?

"Some advice for aspiring young riders- One of the most damaging things in a career can be the phrase "I wish I had done..." or "If only I"... Ok so my advice is simple as this. If you CAN then DO! The only thing that can stop you is you... Really think what is most important to you, put it on a pedestal high above anyone or anything else, and focus on getting there, under no circumstances let "life" dictate that decision." ***



Samantha Kestner petting Stan one of her show horses Photo taken by Kestner Images.

To learn more about Samantha Kestner and Kestner dressage, check out the index for her contacts and website.

We hope to help you on your journey to the best version of you.

**Marshall Chiropractic
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820 Commonwealth Ave
Bristol, VA 24201

as your mid spine curve exaggerates. This is a slow transformation which does not happen overnight. What you may not realize is this new posture is having a greater effect on your body than simple discomfort or body stiffness.

The Nervous system, one of our most important systems, is stretched due to the new position it is in. When the nervous system is stressed, it cannot help the body function at its best. This means the cardiovascular system is not functioning properly. You may realize that you are out of breath much faster than you can remember. You may notice your digestion habits changing with intermittent constipation or diarrhea. You could also notice you avoid social situations. We have noticed as a society, many employers have vocalized, people do not know how to look others in the eye when having a conversation. Much of this has to do with our posture and technology habits.

So what do we do about it?

1) Get yourself to a chiropractor. Sure- we “straighten” spines. More importantly, we help the body reconnect with the nervous system. When the body has better communication, we function optimally, the way nature intended. Our body wants to function at its best. In fact, it innately works to make the best of every situation we throw its way. Chiropractors reconnect the body with the nervous system by addressing subluxations in the spine.

Chiropractors find these subluxations (a fancy word for bones not moving properly causing a disruption in the nervous system), apply a force in a specific direction to a specific bone; thus, allowing your body to heal and function better from the inside out

2) Find your neutral spine position. Chiropractors can adjust your subluxations; however, it is up to you to change your habits throughout the day which caused the syndrome. The best way to modify your lifestyle is to find your neutral spine position and find it as often as you can throughout the day. The easiest way to do this is to stand with you back against a wall, lay flat on the floor, or grab a broom stick securing the broom stick against your back with a belt. The back of your head, shoulders and buttock should be touching the wall, floor or stick. You should have a nice curve in your neck. You should only be able to fit your hand to the knuckles between the base of the spine and the wall, floor or stick. Many of us have too much curve, meaning you could fit your entire hand underneath the small of your back and the wall, floor or stick; or we have too little curve, meaning you cannot even fit a finger between the small of the back and

the wall, floor or stick. One way to imagine this is to think of the pelvis, the hips, as a bucket filled with water. If you have too much curve it will spill water out of the front of your bucket. If you have too little curve, you spill water out of the back of the bucket. When your spine is in neutral your bucket will be level maintaining its contents.

This should be a position you are in at any point of the day- driving, sitting at a desk, standing or even the starting position of lifting weights at the gym. Equestrians this is an essential position for all disciplines.

This neutral spine position helps open up the chest cavity for deeper more efficient breaths, which is essential for your brain’s health. It helps decrease stress on the nervous system, which allows for a more optimum over all body function. It will also give you more confidence!

This is a position we should strive for throughout the day. While utilizing your phone, hold it at eye level. If you are at a computer most of the day, make sure your monitor is at eye level and your keyboard is at the level of your elbows. If you cannot work standing at the computer, make sure your feet are flat on the floor and your thighs are level with the floor or at a slight incline. Try to find this neutral position every 15-30 minutes throughout the day. It will soon become the natural and comfortable position for you. Remember posture counts and not just because your mom said so. ***

Dr. Marshall serves the Tri-cities and surrounding areas providing chiropractic care. She is dedicated to bringing the best chiropractic care, at affordable prices, to the community along with awareness of the chiropractic message. If you would like to learn more about chiropractic and to start on your journey to a healthier, happier you give Marshall Chiropractic a call today! Marshall Chiropractic offers several affordable payment options including membership!

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Stay updated on the MC by following us on Facebook at:

www.facebook.com/MarshallChiroCare

or our website

www.marshallchirocare.com

CALENDAR OF EVENTS

JUNE 2015

- 31-3- MCPHERSON ARENA- CAROL COPPINGER CLINIC
- 5-7- RIVER GLEN- JUNE HORSE TRIALS
- 6-MAGNAVISTA- FUN SHOW
- 6- WF STABLES- FUNSHOW (WESTERN AND ENGLISH)
- 6- SWVADA- CLINIC FLANAGAN STABLES
- 5-7 –SMOKYSHOWSERIES- TRI STATE EXHIBITION CENTER
- 6-7 – ETHJA- FOX HOLLOW- BRISTOL, TN
- 10- HOLSTON PONY CLUB- CLINIC CATHY WIESCHHOFF
- 13-SWVADA- CLINIC
- 13-14- ETHJA- WALNUT GROVE- TALBOT, TN
- 16- EMORY AND HENRY- COLLEGIATE BOUND SUMMER CAMP
- 20-SWVADA- DRESSAGE SCHOOLING SHOW
- 20-21- ETHJA- SELECT SPORT HORSES- GREENBACK, TN
- 27-28- ETHJA- WESTWIND ETC- FRIENDSVILLE, TN
- 27-28- ETHJA -HATTERDALE FARM- PINEY FLATS, TN

JULY 2015

- 4- WF STABLES FUN SHOW (WESTERN AND ENGLISH)
- 11-CDCT- DRESSAGE AT GREYSTONE
- 10-12- USDF- DRESSAGE AT LEXINGTON
- 11-12 – ETHJA- WALNUT GROVE, TALBOTT, TN
- 12- RVPC- SUMMER FROLIC
- 14- EMORY AND HENRY- COLLEGIATE BOUND SUMMER CAMP
- 18-SWVADA- DRESSAGE SCHOOLING SHOW
- 18-19- ETHJA- FIESTA FARM- KNOXVILLE, TN
- 21- HORSE HEALTH DISCUSSION WITH DR. MILLER AND DR. MARSHALL- HATTERDALE FARM
- 25-26 – ETHJA- SELECT SPORT HORSES- GREENBACK, TN
- 31-2-RIVER GLEN SUMMERTIME HORSE TRIALS
- 25-26- ETHJA- HATTERDALE FARM, PINEY FLATS, TN
- 31-MAGNAVISTA- FULL MOON RIDE AND BONFIRE

AUGUST 2015

- 1- SMOKEYSHOWSERIES- TRI STATE EXHIBITION CENTER
- 2- WF STABLES- FUN SHOW (WESTERN AND ENGLISH)
- 1-2 – ETHJA- FOX HOLLOW, BRISTOL, TN

A different path to laminitis can occur when a horse is non-weightbearing on one leg allowing excessive pressure on the "good leg". Another development may occur due to concussive forces often referred to as "road founder". This path to laminitis development can occur when horses are ridden on hard and or long rides with or without adequate hoof support i.e. barefoot horses on pavement or wagon trains.

Strategies for Prevention:

Overweight Animals can have reduced intake initiated with the implementation of exercise. This can be accomplished by utilizing grazing muzzles, restricting direct excessive pasture access, establishing dry lots, and using low starch feeds.

Introducing exercise programs for a sedentary horse should be done gradually keeping in mind the age and current physical condition of the animal. Store feeds in a secure location to prevent unlimited access to the feed room.

Study the metabolism of your horse and assess it annually realizing that as they age, their metabolism and dietary requirements change. Caloric needs also change with current work load. Since our horses are living longer with good health care and nutrition, we are seeing conditions such as insulin resistance and Cushing's disease affecting their metabolism and physiology making laminitis prevention more complicated in these cases.

Maintain a current vaccination status to prevent and reduce disease occurrence. Provide good prenatal and follow up care to pregnant and foaling mares. Remember mares should pass their placentas within 3 hours post foaling with the majority of normal passage occurring within 30 minutes of foaling.

Provide consistent hoof care by a qualified farrier to keep the balance and support to their feet in the best shape for their current discipline and work load. The old adage "No foot, no horse." is spot on. Remember to assess you pastures and feed requirements as the seasons change. If you use common sense and educate yourself, implementing these changes may keep your horse sound for years to come.***

Dr. Christy B. Miller is one of many great Veterinarians from Mountain Empire Animal Hospitals. For More information on Laminitis and other Health Care needs for your furry family members you can contact them:

(423)282-3771
4340 N. Roan St.
Johnson City, TN 37617

2015 CONT.

3- ETHJA- NOAH'S ARK FARM, LENOIR CITY, TN
8- SMOKYSHOWSERIES- STONE GATE FARM (ENGLISH)
9-SWVADA- CLINIC
8-9- ETHJA- WESTWIND ETC- FRIENDSVILLE, TN
15-16- ETHJA- NOAH'S ARK FARM- LENOIR CITY, TN
15- SMOKEYSHOWSERIES- ROANE STATE (WESTERN)
16-MAGNAVISTA- NATURAL HORSEMANSHIP CLINIC
22- ETHJA- STONE GATE FARM- KNOXVILLE, TN
22-23- ETHJA- HATTERDALE FARM, PINEY FLATS, TN
29-30- CDCT- DRESSAGE AT GREYSTONE- DRESSAGE CLASSIC

CLUB AND UNIVERSITY NEWS

Congratulations to Emory and Henry's riding team as they are the 2015 IDA Champions! Holston Pony Club is hosting a clinic with Cathy Wieschhoff! If you are interested in participating or auditing please give Kim Bradley a call at (423)341-2032 or email at mbbkbb@gmail.com. All proceeds from the clinic benefit the HPC. Dr. Miller and Dr. Marshall will be discussing horse health and lameness at Hatterdale Farm on the 21st of July. The discussion will begin at 6:30. Please RSVP by calling the Marshall Chiropractic. If you would like to share your team or clubs accomplishments please let us know about them.

We have included links to the groups which organize the shows in the calendar. We have also included links for some of the organizations which are more nationally known. We realize this list does not represent all the organizations in the area but it is a start. You may find more information about the shows above including prize lists and contact information at these sites below:

<http://www.smokyshowseries.com/>

<http://www.river-glen.com/index.htm>

<http://www.ehc.edu/>

<http://www.cdcts.org/>

<http://www.ethja.org/>

<http://wfstables.com/>

<http://www.usdf.org/calendar/competitions.asp>

(TN= Region 3, VA= Region 1)

<https://www.usef.org/IFrames/competitions/calendar/calendar.aspx> - Zones/Regions change per discipline

<http://useventing.com/competitions>

www.swvada.org

Summer time Delight!

It's that time of year. It's HOT outside. While it is important to stay hydrated during the hot summer months plain water can get boring to both adults and kids. Switch things up a bit by making infused waters! By adding different fruits to your water it adds flavor and nutrients without all the added unhealthy sugars from fruit drinks. You can even add things like cucumbers to add a crisp flavor while providing some electrolytes. There is no wrong way to make infused waters. However, a few we like are listed below. You can also turn pureed fruit into popsicles!

Write your life. Make it an inspirational tale.

*1 gallon of water

*1/2 cucumber sliced

*4 (or more) Strawberries quartered

* 1/2 lemon sliced

*1/2 lime sliced

* 1 handful of Raspberries, Blackberries and/or Blueberries lightly mashed

*Add ice cubes to keep cold

You can substitute any of these items depending on what you have in your refrigerator. You can add most fresh herbs, mint is our favorite, to add flavor and nutrients.❖

Summer camps!

Check out the index for equestrian facilities who offer summer camps and riding lessons. Riding lessons and camps allow for your child, or you, to not only learn to ride safely but also how to safely work around horses. Horse shows are also a great way to spend the day with family. They are an inexpensive way to enjoy the outdoors and animals.

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Abingdon, VA:

Kestner Dressage at High Hopes Farm
Training, Lessons, Boarding, Sales,
Clinics
(276)608-2176
www.skdressage.com

Blountville:

Hawley Farm
Boarding, Lesson, Camps
(423)914-9666
www.hawleyfarmstables.com

Bluff City:

Majestic Acres
Boarding, Training/Breaking, Lessons,
Foaling, Sales
(423)646-9292
majesticacres@charter.net

Sorrows End Farm

Boarding, Training, Lessons, Starting
young horses
(423)538-8427
www.sorrowsendfarm.com

Bristol, TN:

Evermoore Farm
(Whicker Dressage)
Boarding, Training
(724)322-2704

Magna Vista Farm

Boarding, Training, Lessons, Barefoot
Trimming
(423)956-9386
www.magnavistafarm.com

McPherson Arena

Boarding, Training
(423)878-3801
www.mcphersonquarterhorses.com

Bristol, VA:

Garner
Boarding, Training
(573)310-3459
www.garnershowhorses.com

Dandridge:

Gray:

Greenville:

Jonesborough:

Brae Mont Farm
Boarding, Lessons, Training,
Consignment sales
(423)913-2765
www.braemontfarm.weebly.com

Tri-cities Equestrian Center

(Crispin Unlimited)
Boarding, Lessons, Birthday parties,
Camps, Clinics
(423)741-8674
www.crispinunlimited.com

WF Stables

Lessons, Boarding, Trail Riding,
Camps, parties, corporate events
(423)753-7105
www.wfstables.com

Kingsport:

**Small Miracles Therapeutic Riding
Center**
In need of Volunteers
(423)349-1111

Kingston:

Yellow Brick Road Eventing
Boarding, Clinics, Equine Massage,
Beginner lessons
(865)963-9563
www.facebook.com/YBReventing

Knoxville:

Lenoir City:

Limestone:

Maryville:

**Mountain Meadow Equestrian
Center**
Boarding, Training, Lessons, Showing
(865)856-8500
www.ridemountainmeadow.com

New Market:

River Glen Equestrian Park
Shows (English/Western)
(865)475-1005
www.river-glen.com

Oakridge:

East Tennessee Riding Club
4-H, Boarding, Shows
(865)483-7504
Member- Owned/Operated

Piney Flats, TN:

Hatterdale Farm
Boarding, lessons, organic meats and
veggies
(423)677-6412

Tazewell, VA:

Mare's Run Farm Riding School
Lessons(English/western/therapeutic)
Camps
(540)230-9777
www.maresrunridingschool.com