

## OSTEOPATHY – AQUA TRAINING – DENTAL TREATMENT FOR HORSES

### Therapy Center for Horses Michael Stuckenberg

Welcome to Therapy Center for Horses Michael Stuckenberg. You are looking for individual treatment, muscle increase or therapy for your horse?

We offer: Ambulant or in-patient treatment for your horses, modern therapeutic methods, professional dental treatment, health-rehabilitation including aqua-training, alternative medical treatment such as osteopathy, (link to basics and possibilities of horse osteopathy), acupuncture, leech-therapy.

We are also happy treating your horse on location.

For in-patient treatment of your favorite, we have 32 spacious boxes with paddock, including two boxes for mare and foal with separated foal-paddock.

Our therapy center also has an outside riding ground and a fenced race track of 700m length.

### Contact:

#### Michael Stuckenberg

Reha- und Therapiezentrum  
Michael Stuckenberg  
Severinghauser Str. 20  
49434 Neuenkirchen-Vörden

telephone (mobile): +49 (0)170 / 2 444 700  
telephone (landline): +49 (0)5493 - 99 29 575

[info@stuckenberg.eu](mailto:info@stuckenberg.eu)

## REHABILITATION CENTER FOR HORSES

### Center for exercise- and other therapy

Individual treatment, muscle increase and possibilities for other therapy within Michael Stuckenberg Center for Rehabilitation and Therapy, offering space for 32 horses and also including aqua trainer, solarium, paddocks, an outside riding ground and a fenced race track of 700m length.

Our competent and caring team make your horse feel comfortable while staying with us. In addition to mobilization therapy and aqua training, we offer more **measures for rehabilitation.**, such as

- acupuncture
- physiotherapy (magnetic field rug)
- homoeopathic treatment
- special forms of therapy e.g. osteopathy
- laser therapy
- treatment of respiratory system
- massage

As a support of rehabilitation, **osteopathy** may always be reasonable. By osteopathic treatment, willingness to perform and subjective well-being can be increased in the long term, mobility and health can be conserved. Our facilities contain 32 spacious and bright boxes each with a window. All horses will get the possibility to be outside in a paddock as well.

## AQUA TRAINING

### Aqua Trainer for Horses

The main advantage with aqua training is the relief of tendons and joints while simultaneously training musculature and strengthening tendons. On weak musculature, defective position of extremities is developing much faster. A defective position already acquired however, can only be improved by frequent **osteopathic treatment**. and simultaneous muscle training. To fully utilize the positive effect of exercise within the water, the aqua trainer (container with water and a treadmill) can adapt the speed of the treadmill and the level of water to the individual needs of the horse. By this, the aqua trainer offers ideal conditions for a focused course of therapy.

### Process of Aqua Training

The begin is to become acquainted with the aqua trainer, for which reason the horse will be led into the device which has a door at each end. Then, the waterproof doors are shut and the treadmill is started at low speed. During the first trainings, no water is filled in. Only, when the horse has become used to this procedure, at first it will begin slowly with few waters. Gradually, with each training lesson, the water level will be increased. The full level will only be used when the horse has developed a significant improvement of muscular status. Another possibility for regulation is the continuously adjustable speed of the treadmill.

A detailed training schedule, in addition should be inter-coordinated with your vet.

During the whole time of training in the water, your horse remains under constant observation and has direct contact to the therapist. Observing the movements of your horse in the water the osteopath can very well spot possible defective positions of the pelvic bone and vertebrae. Additionally, it can excellently be observed how the horse strains back and croup muscles working in the water on simultaneously lifting the hoofs.

### When does the Aqua Trainer come into operation:

- post-fracture treatment
- post to surgeries of any kind
- problems with tendons, ligaments, joints and muscles
- problems with knee ligaments
- cardiac and circulatory training
- under-performing horses
- patients with chronical arthrosis
- deficiency of musculature
- problems with respiratory system

## EQUINE OSTEOPATHY

### Osteopathy for horses

Horses have to face physical and psychic stress which leads to muscular tension, musculoskeletal blocks and decrease of performance. By osteopathy, a long-term improvement of competitiveness and well-being can be effected, as well as conservation of mobility and health of your horse.

If you, observing your horse, notice **decrease of performance** and **loss of mobility** or find indications for pain **of movements**, **osteopathic therapy** can be a possible way of recovery. Orthopedic indications however, such as distortions, are not treated by the osteopath.

### **Osteopathic treatment can help your horse with:**

- anomaly of position
- disbalances of the pelvic bone
- muscular tension
- blocks of joints
- limitations of musculoskeletal system
- lameness
- chronical diseases
- when horses refuse performance (obstacles, requirements of the rider, farrier treatment)

### **Methods of treatment**

We offer the following four methods of treatment:

- osteopathic treatment
- acupunctural massage
- therapy of soft tissue
- passive measurements

Every treatment is done under reconciliation with **veterinarian, horse dentist, farrier** or **saddler**. On demand, treatment can be done in your own stables.

**But – osteopathy has its limits** – whenever the self-healing powers activated are not sufficient for recovery, for example existence of heavy infections fractures and acute injuries or tumors.

## **EQUINE DENTAL TREATMENT**

### **Dental treatment for horses**

#### **Equine Dental Treatment, causation and necessity:**

Horse teeth eject app. 3mm every year from the dental boxes and not very seldom the rear teeth are liable to unbalanced abrasion. This causes the development of rough edges. Partial usage of the dentation in general leads to transformation of the frontal incisors which then prevent a balanced usage of the molar teeth. **Unbalanced abrasion and disbalances of the dentation** should be corrected as soon as

possible. To prevent future problems the **dentation of the horse should be checked latest when the second dentition starts.**

Dentation, when not in balance, can cause other diseases. A horse with dental problems unfortunately will not be able to tell you that it can't chew in the right way or is suffering pain.

**The following symptoms can make you trace dental problems:**

- decrease of performance
- colic
- tensions of musculoskeletal system
- blocks in cervical or vertebral lumbar spine
- unexplained loss of weight dull coat
- pain in temporomandibular joint
- failure of ovulation of mares (hormones)
- rider has problems with flexion and bending of the horse
- contumacy against the rider's requirements

**These abnormalities can be an indication to have your horse's dentation checked.** After the first findings, individual intervals for checks and treatment will be stated.

I always attach great importance to a gentle and conservative treatment.

## **PHYSIOTHERAPY**

### **Physiotherapy for horses**

Physiotherapy is a wide spread specialist field. It is applied for **prevention, therapy and rehabilitation of dysfunctions of the musculoskeletal system** of the horse.

Most horses after only few physiotherapeutical sessions show a significant improvement. Chronical medical condition very often requests several sessions.

### **Example: Test Cervical Spine**

The cervical spine consists of seven cervical vertebrae which are palpated one by one with respect to mobility. The horse's nose should be able to touch the scapula. If

not, there is a **block of the cervical spine**. This block has to be remediated by mobilization of each cervical vertebra.

#### **Reasons for mobilization:**

- inconsistent position of the head
- tension of cervical musculature
- unregulated head-shaking
- complete lowering of the head to the ground not possible

## **ALTERNATIVE THERAPIES**

### **Naturopathic treatment in equine therapy**

With naturopathic therapy diseases or injuries can be treated gently but effective. Alternative treatments or natural remedies have been proved to be curative or at least helpful on many diseases. There are **many different naturopathic treatments that can be applied in horse therapy**.

#### **Following methods have proved their worth in praxis:**

- Magnetic Field Therapy
- Bio-resonance Therapy
- Matrix – Rhythmic – Therapy
- Autologous Blood Treatment
- Enzymatic Therapy
- Acupressure
- Acupuncture

### **Example: Magnetic Field Therapy**

#### *Pulsing magnetic fields and their effects*

Magnetic fields have been applicated in medicine for more than 1000 years. Magnetic fields are to be found in nature, the artificial producing of pulsing electromagnetic fields and the application in medicine therefor is a natural treatment. It helps to normalize the metabolism of cells and to activate the self-healing powers of the body. Lack of oxygen brings the cell to a vicious circle. Even if the blood circuit post to stress brings enough oxygen to the cell it has trouble to regenerate, if not nature itself does not help with electromagnetic interaction. This is what therapy with

pulsing magnetic fields takes advantage of. Pulsing electromagnetic fields, by very different and various mechanisms support and stimulate regulating and regenerating processes in the whole organism. Within that, activation of the oxygen metabolism is of essential significance.

**It has been verified, that blood flow, partial oxygen pressure, saturation with oxygen and utilization of oxygen improve under the influence of magnetic fields.**

Typical application fields of therapy are acute and long-term treatment of fractures, inflammations of tendons and synovial sheaths of tendons, arthropathy, distortions tensions of musculoskeletal system and back problems. The success of a therapy primarily depends on correct diagnosis. Also essential is the observation of the horse's reaction on the therapy applied. Magnetic field therapy is not a method to be applied on the off chance.

The application of pulsing magnetic fields causes a significant tranquillization and recreation effect. During and after being treated, the horse appears extremely relaxed and content; intestinal mobility increases.

### **Example Matrix Rhythmic Therapy**

#### **Muscular Resonance Spectral Coordination**

- Abatement of chronic pain within shortest time
- Optimizing of regenerative time of cell and cell matrix
- Instant relaxation of muscles
- Increase of extracellular matrix clearance

#### **Scientific basics, methodic principles**

Matrix Rhythmic Therapy has its origin at the university of Erlangen/Nurnberg. There, latest studies in cell biology have led to the finding that rhythms of the body (rhythm of heart, breathing and brain) can be detected up to the cells and that even a healthy musculoskeletal system at rest is oscillating with a characteristic specter of frequency and amplitude and not only under extreme conditions such as shivering.

Certain rhythmic-regulating pulse-giving frequencies are distinguishing healthy tissue!

By synchronizing effects of the musculoskeletal system, a pumping/sucking effect is generated that supports the myocardium. While the myocardium is pumping blood into the smallest blood vessels and by that leads oxygen and nutritive substances to the cells, a sound musculoskeletal system is needed to significantly

ensure the lymphatic and venal way of removal, (disposal of end-products of the metabolism) and connective tissue (intercellular matrix).

Malfunction of muscular processes lead to conglomeration within the matrix which causes the cellular areal concerned not to be supplied sufficiently any longer. At first, functional unspecific but often painful disturbances are initiated which then step by step will cause structural changes in the muscular, bone, cartilage, vessel and nerve tissues. At this point Matrix Rhythmic Therapy is applied to optimize processes. By modulation of amplitude and frequency, Matrix Rhythmic Therapy reproduces the characteristic quality of tissue resonance even in the deeper parts of the tissue.

The specially formed Resonator is interconnecting phasic-synchronized magneto-mechanic vibrations into the body up to the depth. By this asymmetric tissue pressure is created which simulates the pumping/sucking effect and simultaneously stimulates physiologically the nerve ends with the purpose to normalize derailed biochemical and physical processes interconnected to rhythm.