

WHERE DOES MY DOG HURT?

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Find
the Source of
Behavioral Issues
or **Pain**:
A Hands-On
Guide



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CHAPTER 3

When to Consider Chiropractic (and When Not)

Symptoms: What Are They Telling You?

Chiropractic subluxations can be reflected by many different symptoms, whether behavioral, performance-related, or lameness-specific. I will deal with all three situations below:

Many dog owners and trainers quickly assume that when dogs are resistant they are just being cranky, stubborn, stupid, lazy, or they just don't want to exercise. By "resistant" I mean resistant to training, or not playing as usual, or not wanting to go for a walk, jump up in the car, or go up or down the stairs, for example.

More likely, however, resistance can mean their head, back, legs (or joints), or feet hurt.

Take a look at the sidebar to the right. The lists of potential symptoms can help you "hear" what your dog's behavior is telling you about his discomfort or pain. In addition, be especially mindful when you notice your dog can't manage a movement he used to be able to perform. It might be a sudden change. Maybe there was a known

COMMON SYMPTOMS THAT CAN INDICATE DISCOMFORT OR PAIN

Behavioral Symptoms

- "Snapping" at people
- Separation anxiety
- A "bad attitude," especially when being asked to do something
- Excessive chewing, including non-toy items
- Not wanting to exercise
- Crouching down or shrinking away from being petted or brushed
- Only lying down on one side
- Inability to climb stairs or jump onto raised areas
- Reluctance to move

Body Symptoms

- Lack of coordination in gaits
- Lameness that seems to move from limb to limb
- Stiffness or tension
- Warming up slowly
- Not traveling straight
- Incontinence
- Sensitivity to touch
- Stiffness after sleeping
- Stiffness when bending
- Back not swinging
- Shortened stride

Note: A more detailed, alphabetical list of common symptoms called the Comprehensive Complaints List can be found on page 159. With it, I provide the name of each Body Checkup you need to perform in order to find out whether the symptoms are the result of a chiropractic subluxation of a vertebra or joint, or whether the pain has a different primary cause, more medical in nature (see p. 19).

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traumatic event—a fall or injury—that caused the problem. However, many times we don't know what happened: the dog just comes in from playing and

When your dog is more obviously “off” at a trot rather than a walk, start with your veterinarian.

When your dog is more obviously “off” at a walk rather than a trot, start with your certified chiropractor.

suddenly has trouble climbing the stairs! Weird, I know, but it happens a lot.

Or, it might instead be a gradual change (a “worsening”) over a few weeks or months. Perhaps the sensitivity to being petted on his right side used to be just an irritated expression, but now, months later, if you even go near the right side, the dog is moving away from you.

Even a subtle sign such as the dog needing a longer and longer warm-up time before he can really run can be an indication of underlying pain. Many times we think the dog is just getting older, and in an effort to help we throw in joint supplements and painkillers.

It's time for dog people everywhere to learn

if and where their dog is hurting, before taking this (often expensive) step. Everyone will be much happier!

Your dog may show symptoms of lameness. A truly lame dog shows some kind of limp, with or without a head bob. When I refer to lameness in this book, I am primarily referring to “offness.” An “offness” is when the dog's movement is somehow “wrong” or asymmetrical, but difficult to see or describe.

“Offness” can be described in a variety of unique ways. People say things like:

- “He looks like a square peg in a round hole.”
- “She walks like two separate dogs, front and back. Like they're not connected.”
- “I don't think my dog knows she has a hind end.”
- “I notice my dog tripping on our walks, but there is nothing to trip on.”
- “There's just something funky about how he's moving.”

When you find yourself saying these types of things, it's time to find out where your dog hurts and whether or not the *primary cause* of this problem is something you need to discuss with your veterinarian or chiropractor (for more on *primary causes*, see the next page). First, with “offness” or lameness, consider this general rule: When your dog is obviously more “off” at *trot* rather than *walk*, start with your *veterinarian*. When he is obviously more “off” at *walk* rather than *trot*, start with your *chiropractor*.

For example, if a Border Collie has an obvious

A TRAINER “IN THE KNOW”

It can be beneficial to work with a trainer familiar with dog chiropractic and experience with the “before and after” of chiropractic treatments. He or she can help you see any “offness” and discern behavior and performance problems that are happening as a result of pain. Consequently, this type of trainer is worth any additional fees up front because potentially, he or she can save you a lot of money in vet bills later.

head bob at the trot, and only a very subtle head bob at the walk, call your veterinarian. Conversely, if a Golden Retriever tracks up one inch shorter on the left hind at the *walk*, but tracks up evenly at the *trot*, it's time to call the chiropractor. This rule is not 100 percent accurate, but it's a great place to start.

Primary Causes: When Chiropractic Is *Not* the Answer

The behavior, performance, and “offness” symptoms I just discussed are typical of dogs with chiropractic subluxations that need correcting. Sometimes, however, dogs can have these same symptoms, yet the cause may not necessarily be chiropractic. The main, or *primary*, cause of the problem is what needs to be addressed first.

Primary causes are many: harness fit; vitamin and mineral imbalance; toenail lengths; teeth issues; leg-joint arthritis; tendon or muscle overstrain; medical internal issues; and more.

Vitamin and Mineral Supplements

Why does nutrition matter? It may seem strange that overall poor nutrition caused by a lack of necessary vitamins and supplements factors into a dog becoming subluxated, but it does happen. Perhaps I should say that inadequate nutrition certainly doesn't contribute to the dog's body being able to stay in alignment.

A dog's vitamin and mineral needs fluctuate along with any changes made in his food or supplements, work levels, weather temperature and barometric pressure, and vaccinations, to name just a few

items. In addition, lack of one specific mineral can cause others to become unbalanced. For example, when a dog is low in mineral A, mineral B becomes too *high*, and high levels of mineral B cause minerals C and D to become *low*. This unbalancing effect continues until the dog's entire system becomes completely out of whack.

Does a dog look sick when he is deficient in one mineral? Unlikely. But he'll eventually become desperate to get that mineral: he'll chew wood, eat dirt, or eat grass or weeds needed for balance.

When a dog's system is unbalanced, it will affect him in different ways, depending on which minerals are involved.

Let's say that the imbalance causes his muscles and ligaments to become too “tight,” and should he stumble, his body is not flexible enough to allow him to recover his balance.

Obviously, a fall will cause subluxations, but even if the dog manages to “save” himself and doesn't actually fall, the “pulling” on his inflexible muscles will cause subluxations, anyway. And when vitamin or mineral imbalance is significant, heavy work alone may be enough to cause subluxations. This is why it is really important to offer the correct vitamins and minerals at all times.

When to Supplement

There are some clues as to when it is a good idea to add supplements to your dog's diet. First, your dog's hair coat and feet should be healthy. If not, there is

NOT every behavioral problem, performance issue, and lameness can be fixed with chiropractic treatments.

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most likely a vitamin or mineral deficiency. A shiny coat is healthy; dull hair or dry flaky skin is not. Toenails should not chip away easily.

Second, some dogs show signs of needing a vitamin or mineral by eating dirt or sand; eating bark or weeds that other dogs will not; licking wood or metal; licking you incessantly; or drinking mud puddles. A lot of people believe these behaviors to be a “cute” habit—some dogs have had them even since birth—but they should be taken seriously and, if possible, the reason for them tracked down. When a dog is severely deficient in a vitamin or mineral (or the opposite—has way too much), there will be specific signs of illness. These symptoms are too numerous to list and you should involve your veterinarian at this point.

Third, you can check for vitamin and mineral needs with a hair mineral analysis. Even though you may be giving the correct amounts of vitamins and minerals, your dog may not be *absorbing* the correct amounts, and hair analysis is a good way of finding out.

Send some of your dog’s hair (usually with the root) to a lab that does this kind of work. (You can do an online search for “dog hair mineral analysis,” or your veterinarian may have a recommendation.) Costs vary but typically range from \$50 to \$150. It is worth doing, if for no other reason than making sure that you are not wasting supplements!

Free-Choice Supplementation

You may well ask if correcting such a dietary imbalance will take months to solve the behavior or lameness issue. Surprisingly, it won’t. When you

offer *separate, free-choice* (not in the dog’s feed) vitamins and minerals, your dog’s system can become balanced in three to eight weeks. Just don’t be surprised if your dog wants to eat 20 pounds of a certain mineral! (Don’t worry, dogs are quite capable of balancing themselves—as long as they are not sick or debilitated.)

You can purchase separate vitamins and minerals of all kinds. However, vitamin E and selenium are always distributed together (see more on this below), as are calcium and phosphorus, because they balance each other out. Calcium and phosphorus also come in different ratios, depending whether your dog is still growing or not. But—before you think this is too complicated—all you need to do is *offer* them to your dog, and he will eat exactly the amount he needs.

I also recommend feeding minerals separately from salt. The reason for this is that once a dog has enough salt, he will no longer eat a mineral mix that includes salt, even though he may still be mineral-deficient.

Selenium

Consult your veterinarian (or local agricultural extension office) for the types and amount of supplements recommended for your area due to its soil. Take selenium, for example. Dog foods are made as either carnivore or omnivore. In the case of carnivore, the meat was an animal eating grass, grown from the soil. In the case of omnivore, the vegetable portion of the food was grown in soil. In certain areas of the United States, selenium *deficiency* is a

problem. In other areas, there is an *excess* of selenium in the soil. Selenium is necessary for healthy muscles that can completely flex and extend. A selenium-deficient dog's muscles feel tight all the time, and his movement is stiff.

Toes

Toenail lengths can give excellent clues to problems in the leg or body. If one toenail is too long, for example, the dog's body compensates for this, and this compensation eventually causes subluxations. Continuing this example, that one long toenail may cause the dog to walk more on one side of his paw. Walking more on one side of his paw will strain one side of his joints more than the other side. Eventually that strain will cause the pelvis to shift (subluxate) to alleviate that strain.

Be sure that your dog's feet—pads and toenails—are in good shape. Ask your veterinarian if you're not sure what is normal for your dog.

Teeth

Be sure your dog's teeth are examined by a competent veterinarian. Dental issues can cause a dog to “freeze” his jaw (clamp his teeth together) to avoid pain. You will not be able to see him doing this but the action causes a lack of flexion in his neck, which promotes stiffness—and eventually subluxations—all the way down the back.

Arthritis

The same kind of compensatory situation can happen with arthritis. When the right hock is arthritic,

the left sacroiliac and lumbar joints will be subluxated. This is simply because they are being overused due to their compensating for the right hock. In this situation, the *primary cause* of arthritis needs to be addressed before the chiropractic subluxations can be permanently corrected.

Tendon or Ligament Overuse

Let's say that your dog is overusing his right front suspensory ligament. Regardless of the reason—chiropractic or otherwise—in order to protect it, he will compensate and subtly shift some weight over to the left leg. Because the dog's legs work in a diagonal manner, the right hind leg will also have to compensate, and he'll probably have a subluxated right sacroiliac joint. So, yes, there is a chiropractic subluxation of the right hind; however, the *primary cause* is the right front suspensory ligament. This ligament must be healed first. Then the secondary chiropractic subluxations can be corrected through adjustment.

Medical Issues

If you suspect a medical issue is causing your dog's behavior, performance, or lameness symptoms, obviously your veterinarian should be involved. A good example is tooth infection, which is common in small dogs. Dogs with a tooth infection may appear “on edge,” unable to concentrate or learn new things, or unable to keep still. However, there are dogs with teeth issues and no obvious symptoms. Ask your veterinarian to look your dog over if you see any suspicious behavior.

Harness or Collar Issues

A poorly fitting harness can cause subluxations. Even when not obviously tight, a poor fit may put uneven pressure across the dog's body. This is particularly important in service dogs. Uneven

pressure in a harness causes subluxations in the thoracic vertebrae and ribs of the dog.

Dogs walked with a collar may have neck subluxations. Especially little ones who get “pulled along” or big dogs who “pull along” their

owners. All the pressure along one to two neck vertebrae definitely causes issues. Collars are great for identification, but for walking, a harness is preferred.

Multiple visits to correct the exact same chiropractic pattern are not the answer.

Chiropractor or Veterinarian?

It is challenging to figure out whether symptoms of discomfort are from chiropractic subluxations or other *primary causes* that need a veterinarian's attention, and which professional to aim for at first. I

will discuss these options case by case in the 23 Body Checkups (see Part Two, p. 37).

Sometimes, you can start with a chiropractor but find the problem keeps coming back. In another case, there is a prior injury (for example, a tendon laceration that has built up scar tissue) that repeatedly causes chiropractic subluxations. A chiropractic maintenance schedule is certainly reasonable; however, multiple visits to correct the exact same chiropractic pattern are not the answer. Remember, a “muscle memory” effect does not occur if the primary cause has been resolved. Be wary of a chiropractor who tells you that due to muscle memory, multiple visits are needed for an adjustment to fully hold. When you continue to have the same problem over and over again, it's time to search for a different primary cause.

In summary, when your dog has a behavioral, performance, or “offness” problem, first be sure your dog's teeth, feet, diet, and collar/harness fit are all in good shape. Then call your vet when you have an “offness” that is *more obvious at the trot*. Otherwise, call your certified chiropractor for consultation.

Three Sample Checkups

EXAMPLE ONE

Chiropractic Adjustment Works

Let's say you have a lovely, five-year-old, blue Doberman (I'll call her Queeny), and she is consistently tripping. She trips enough that you've already had your veterinarian look at her, but needless to say, the day you brought her in she did not trip the entire time! Now, with this book in hand, you are armed with information and ready to try again to help solve Queeny's problem.

Step One: First, you check the Top Ten Complaints List on p. 153. You find that tripping is not on it, so you continue on to Step Two.

Step Two: You look through the Comprehensive Complaints List (p. 159), and while doing so, you are reminded of a few more symptoms that Queeny has displayed from time to time. You write down all her symptoms and make a list of the Body Checkups you need to do.

Queeny's Symptoms

- Tripping
- Short striding
- Sometimes "off" in front

Queeny's Body Checkups: To Do

C7, p. 68; Shoulder Blade, p. 75; Shoulder, p. 80; Elbow, p. 89; Wrist, p. 92; Metacarpals,

p. 98; Toe Digits, p. 103; Thoracic Spine, p. 108; Ribs, p. 116

You start thinking, "Yikes, that is sooo many! I can't learn all of these Checkups!" But you take a deep breath and just start through the step-by-step instructions, looking for subluxations. What happens next is interesting: you can't find anything wrong with the shoulder blade or knee, but the C7, the shoulder, and the elbow all seem to be subluxated.

You think a metacarpal bone is also possibly subluxated but aren't quite certain. However, now you don't have to finish *all* the exams! You already have found *more than three* probable subluxations, so you know that you need to get a certified chiropractor to look at your dog.

Your chiropractor comes out and adjusts Queeny, who becomes immediately much happier with a bright look in her eye. After a few days' rest, you take her out for light exercise and she is not tripping and her stride is definitely improved. After a week of no symptoms, you finally start celebrating! *You* were the one to solve your dog's mystery. Yes, the chiropractor did the physical work, but you took the initiative to find out *where* Queeny hurt and how you could help her. Congratulations!

EXAMPLE TWO

An Adjustment Is Not the Whole Solution

After your sweet success with Queeny, you are not overwhelmed when your daughter's dog, Pumpkin, starts acting up. Pumpkin, a 12-year-old Dachshund

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who has always been “queen of all dogs,” suddenly is not following your daughter around all day. They normally go everywhere together. From the bedroom to the couch to the backyard. But now Pumpkin is occasionally just staying where she is, leaving your daughter by herself. This is not normal, and your daughter is quite upset.

As you sit down with this book to figure out what to do, you think to yourself, “It doesn’t make any sense that one week Pumpkin was fine, and the next week she wasn’t. I’m going to check things out myself.”

Step One: You look through the Top 10 Complaints (p. 153), but Pumpkin’s symptoms are not listed. You go on to Step Two.

Step Two: You look through the Comprehensive Complaints List (p. 159) and find Pumpkin’s symptoms with corresponding Body Checkups.

As you read through the list of complaints, you remember that your daughter has complained that Pumpkin keeps putting her head down when she tries to pet her. You end up with the following:

Pumpkin’s Symptoms

- Reluctance to be petted
- Stiff
- Unwilling to do normal activities

Pumpkin’s Body Checkups: To Do

Occiput, p. 55; Atlas, p. 49; Neck, p. 64; Thoracic Spine, p. 108; Lumbar Spine, p. 120; Sacrum, p. 124; Sacroiliac, p. 129

Because this Body Checkup list is pretty long anyway, you decide to go ahead and check all the areas of the dog. You think to yourself, “This is just the kick in the pants I need to learn this stuff. I’m going to learn it all perfectly!”

You do a great job with your Body Checkups but are now scratching your head at the results. You were expecting to find a lot wrong with Pumpkin, given her symptoms. But the only Checkups where you’ve found probable subluxations are:

- Atlas
- Lumbar spine

Since you found fewer than three probable subluxations, you realize that Pumpkin’s main problem is most likely not with her alignment.

You call your vet, who luckily also knows chiropractic. Your vet is able to adjust Pumpkin’s atlas and lumbar spine. Then your vet runs some tests and finds out Pumpkin’s liver is acting a little sluggish, making her feel kind of sick. Your vet gives you a nice liver cleanse supplement, and in a few days, Pumpkin is following your daughter around again. Nice job!

EXAMPLE THREE

A Simple Answer

Now that your coworkers know that you're an expert in finding out where a dog hurts, they start asking you questions. One woman gets out the journal she keeps with notes on her dog's problems and starts reading it to you. Before your eyes glaze completely over, you ask her: "Is the 'offness' more obvious at the walk or the trot?"

"Oh," she replies. "It's always worse at the walk, which I think is why the dog trainer thinks I'm crazy. That and the fact that I have this journal."

"If it is more obvious at the walk," you respond, "your best bet is to start with the certified chiropractor. Nothing is 100 percent, but it's most often a chiropractic issue when the problem is worse at the walk."

"Wow!" the woman exclaims. "You have just saved me weeks of figuring this out and lots of money in vet bills. Let me take you out to dinner!"

Body Checkups: Final Instructions (and Caveats)

The 23 Body Checkups are divided into *four* sections to cover the dog's entire body by starting at the head and finishing at the tail: the *Head and Neck* (five Checkups, p. 47); the *Front End* (eight Checkups, p. 73); the *Back* (four Checkups, p. 107); and the *Hind End* (six Checkups, p. 123).

Each Checkup is organized in a similar manner and contains the following information:

Common Symptoms

These are *some* of the symptoms you may see when a joint in question is subluxated. I have organized each Checkup's list of common symptoms under the headings: *Very Common*; *Frequent*; and *Occasional*. Remember these only pertain to the "average" dog, and *your* dog may show one, some, or all of these symptoms, or he may show an *Occasional* symptom *all the time*. (Note: When your dog has a subluxated joint that is a *secondary subluxation* brought on by a *primary cause*—rather than a primary chiropractic issue—your dog may show *none* of these symptoms. See more about primary causes on p. 19.)

Function

This section gives a brief summary of the most common functions for the body part you are checking. All body parts have multiple functions. The functions mentioned here are the ones most applicable to the Checkup.

Normal Range of Motion

"Range of motion" is the term used for how a body part normally moves. Since you will be checking range of motion of a joint or vertebra, you need to know its normal parameters. Please note, however, that all bones and vertebrae move in *three dimensions*. The Body Checkups covered in this book are described in a *two-dimensional* manner for ease of communication.

How To—Testing and Diagnosing

There are always many ways to check the same body part. The methods I describe are the ones that I use every day and find easiest for most people to learn.

The accompanying photos show what a close-up of the anatomical part you are examining will look like, as well as an idea of how you should stand and how your dog should be positioned. You may have to “tweak” your own stance depending on your size, and your dog’s. Don’t be concerned if your position doesn’t look exactly like the person’s in the sample photos. You are free to move however you need to so that you and your dog are comfortable.

Summary

Each summary analyzes the Checkup’s results. It includes a list of “additional possibilities” to consider when you fail to find evidence of subluxation. This list, not in any special order, contains the most commonly seen “other causes,” but it is *not* all-inclusive.

Lastly, in the summary I make some suggestions about what to do when you find a problem in the area you are checking. Just remember, these are only “suggestions.” Do what *your* gut instinct tells *you* to do.

BODY CHECKUP

THE NECK

(C2-C6)

4

Thinking my idea to be helpful, I asked, “What about patching the hole in the fence?”

Benji the mixed-breed dog sat contentedly while I worked on his neck. Again. “I mean, if Benji keeps sticking his head through the hole in the fence—messing up his neck—wouldn’t fixing the hole solve this continuing problem?”

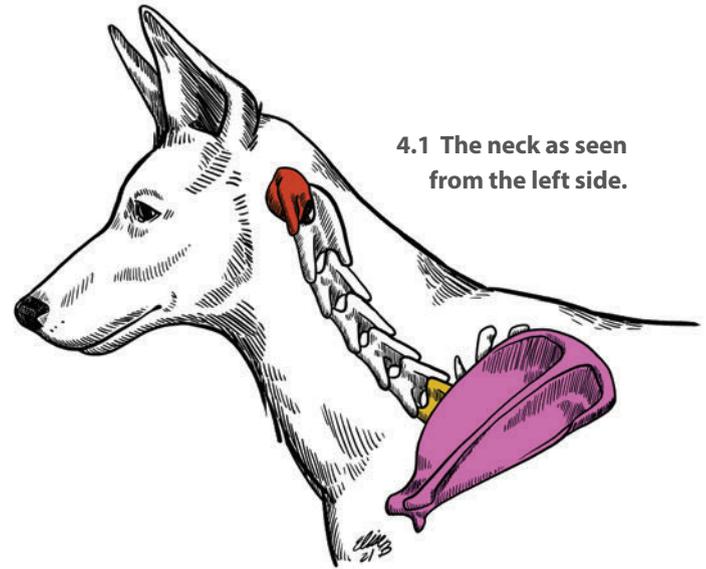
Benji’s mom looked rather perplexed. She replied, “Benji is looking for his friend through that hole. He can’t see through the rest of the fence, you know.”

“Well, if he’s just looking, then how does his neck get so misaligned?” I asked her. “He can’t even bend it to either side.”

She sighed, “His friend moves around a lot. They like to play.”

“How so?” I asked, still confused by what was happening.

“It’s like this,” Benji’s mom continued. “His friend pops up in the fence hole, and Benji comes running, shoving his entire head through the hole. Then his friend—the cat—goes back and forth, swishing his tail under his nose. Benji just loves to try and grab that tail! It’s so adorable. That’s why I don’t want to fix the hole—because what would he do for friendship?”



4.1 The neck as seen from the left side.

Who can argue with that kind of logic? I just realign Benji’s neck on a regular basis, and everyone is happy. Especially the cat.

Common Symptoms

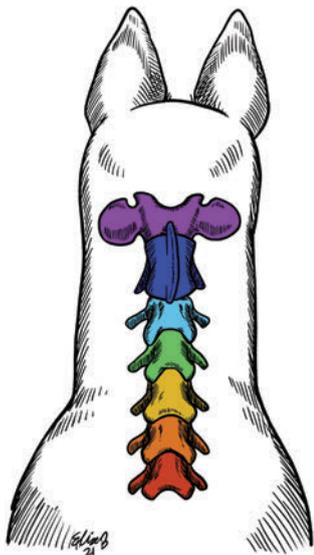
Behavioral or Performance Symptoms

Very Common

- ▶ Stiff neck or body
- ▶ Unable to bend neck right or left

Frequent

- ▶ Difficulty lowering neck to eat off floor
- ▶ Reluctant to bend body
- ▶ Reluctant to run
- ▶ Reluctant to chase other dogs or toys



4.2 The head and neck as seen from above.

Occasional

- ▶ Stiff or slow to get up from sitting
- ▶ Uncomfortable with collar or harness

Physical Symptoms:

Current or Prior

- ▶ Uneven neck muscles

Checkup Directions

Function: Neck (cervical) vertebrae enable movement of the neck,

both right to left, and up and down.

Normal Range of Motion: The neck vertebrae have some of the widest range of motion in the entire body. They can move up and down and side to side, as well as twist. You will check the vertebrae at the position where the bones most easily rotate.

NECK CHALLENGE LEVEL ★★
Locating Anatomic Area: ★
Positioning of Person or Dog: ★
Subtle Range of Motion: ★★
Complex Evaluation of Checkup: ★★



4.3 The dots placed show the location of the neck vertebrae.

HOW TO

As you go down the cervical spine, after the atlas there are six cervical vertebrae (numbered C2–C7) that can be felt (fig. 4.3). These are located on the side of the neck in the lower segment of the widest part of the neck. All the neck muscles are above these vertebrae. For a few minutes, practice feeling the spaces between the vertebrae: As you run your hand along them, you'll feel a hard area (a vertebra) followed by a slight drop into a small soft spot (a joint). This is immediately followed by another vertebra.

Check each vertebra at the point where it has the greatest movement. In order to do this best, the dog's neck should be curved slightly toward the hand on the neck, which eliminates some of its ability to move. This way you can isolate the vertebra you want to check.

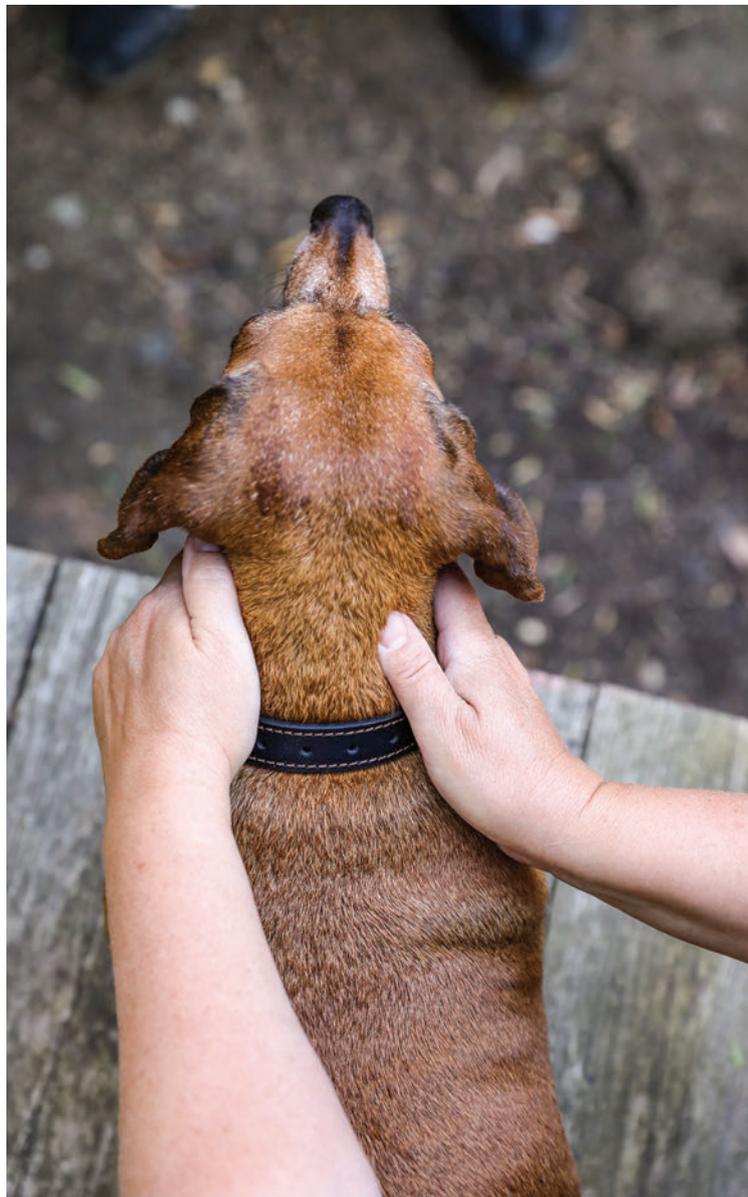
Place your hand lightly over or under the neck to ask the dog to slightly curve his neck to the side



4.4 A Neck Checkup as seen from the side: My left hand supports the neck and keeps it from moving away as I push forward and downward, toward the nose.



4.4 B Neck Checkup as seen from above.



4.4 C A view from above of the Neck Checkup on a small dog. My left hand is gently keeping the neck still, while pushing forward and down on a neck vertebra with my right thumb.

(figs. 4.4 A–C). It is important not to use force to pull the neck because that causes neck muscles to tighten, which will interfere with the Neck Checkup.

Run your hand along the dog's neck, and when you get a feel for where each vertebra is located, check it as follows:

Place the pad or edge of thumb on the center of an individual neck vertebra (fig. 4.5). Gently push down at approximately a 45-degree angle from the top of the neck. As you push down, the vertebra should move down approximately 25 percent of its width. For example, if the neck vertebra is 1 inch long, then it should easily rotate down one-quarter inch toward the ground. Use the amount of pressure that you would use to massage the top of your own forearm.

Diagnosis

You are looking for a “bounce” or a “give” to the bone as it moves downward: It should move down with your hand pressure and come back up (this is the “bounce”) when you release the pressure. If, instead, it feels as if your hand is pressing against an immovable rock, you are feeling a subluxation. This “rock” feeling is literally as if you're pressing on solid bone, with no “give” at all. Be sure to check both sides of the neck. One side may feel perfectly “bouncy,” while the other side feels like rocks.

Another sign of a subluxation is when you find the dog is repeatedly sensitive to the area you are checking.



4.5 This is an alternative position for the Neck Checkup. Here I am encouraging the dog to stay with my right hand, while checking the neck vertebrae with my left thumb base.

Summary—Neck

- ▶ When either, or both, subluxation indications found, call chiropractor.
- ▶ No chiropractic issues found, but symptoms of a neck problem remain, check for:
 - Chiropractic subluxations at thoracic 3–7, ribs, lumbar area (pp. 108, 116, 120)
 - TMJ or dental issues
 - Neck abscess, either chronic or acute (caused by vaccine or bug bite, for example)