

FAQ for Integrative Veterinary Medical Manipulation



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What are signs that my animal needs Veterinary Medical Manipulation?

- Abnormal gait or undefined lameness
- Abnormal posture or stance
- Reduced performance or lack of power
- Sitting to one side or "Puppy Sitting" in dogs, or refusal to lay down in horses
- Reluctance to move, jump, or climb stairs
- Stiffness or reluctance to bend
- Pain during certain movements or when lifted
- Discomfort when being groomed or hypersensitivity to touch
- Recurrent digestive problems or incontinence
- Difficulty with lead changes or lateral work
- Recurrent infections or inflammatory conditions
- Lick granulomas

What are some common conditions that respond well to VMM?

- Lameness without a structural cause
- Back and neck pain
- Decreased performance
- Chronic musculoskeletal problems such as sacroiliac disease, hip dysplasia, luxating patellas, arthritis
- Intervertebral disc disease (IVDD)
- Nerve pain such as sciatic neuralgia
- Infertility/reproductive problems
- Geriatric animals- to maintain function and mobility

Regular manipulative treatments are beneficial for all animals to optimize health and prevent injury and disease!



What is Veterinary Medical Manipulation (VMM)?

Veterinary Medical Manipulation (VMM) involves the manipulation and adjustment of the spine and other joints in animals and is performed by a trained and certified Doctor of Veterinary Medicine (DVM). The health of cartilage, muscles, and nerves are dependent upon normal motion. If a joint becomes restricted in its motion, this will result in abnormal mobility, which leads to muscle tension, pain, weakened muscles, malnourished cartilage, abnormal gait, reduced function, and decreased performance.

Restrictions affecting the vertebrae may cause impingement of the spinal nerves, which can lead to lameness, organ dysfunction, and reduced immune response.

How long does each treatment take?

Treatments may take 5 to 20 minutes for small animals and 15 to 45 minutes for large animals.

Does VMM hurt?

VMM involves very specific and gentle manipulations that, unlike other manipulative techniques, work only within the normal range of motion of the joint. Animals accept this treatment well and resolution of the restriction often results in immediate relief from pain. Most animals enjoy their treatment.

Clients with performance animals find that with regular preventative VMM treatment their animals are able to train and compete with fewer set-backs or injuries.



What are the methods and goals of VMM?

The goal of VMM is to identify areas in the body that are not moving normally, and to restore normal range of motion by applying a very specific and gentle thrust. VMM does not replace conventional medical therapy, but does enhance the animal's health and ability to heal by improving biomechanics, nerve function, and immune response. VMM is often the key to solving cases that are difficult to diagnose or are not responding to other treatments. One of the goals of regular VMM is to treat restrictions in motion to restore normal function and prevent conditions from progressing to the point of requiring conventional medical care.

How many treatments are needed?

Number of treatments depend on the nature, severity, and duration of the disease process. A single treatment may suffice for a minor or acute problem. A severe or chronic problem may require 3 or more sessions for maximum improvement. Sessions are generally spaced 1-4 weeks apart when a disease process is present. Optimally, VMM is performed as preventative healthcare every 1-3 months to aid in the prevention of injuries and disease. High performance animals benefit from more frequent treatment, every 2-4 weeks during the competition season.

What physiologic affects are induced by VMM?

Restrictions between two adjacent vertebra may result in nerve impingement that blocks the flow of information between the brain and the muscles, skin, and organs supplied by that spinal nerve. Treating that restriction may result in:

- Improved joint range of motion
- Reduced pain
- Reduced muscle tension
- Improved organ function
- Normalized gastrointestinal and reproductive systems

Are there any precautions or contraindications to be aware of?

VMM is used with caution in pets with fractures, pregnancy, severe skin disease, spinal instability, and any significant disease processes. VMM is performed by a Doctor of Veterinary Medicine (DVM) because they have the training to know when another modality is needed before the animal is manipulated.

What about massage, acupuncture, and herbal therapy?

Veterinary Medical Manipulation can be used in conjunction with massage, acupuncture, and herbal therapy. Acupuncture and Veterinary Medical Manipulation work very well together and give excellent results. Massage or *Tui-na* of the muscles helps to relax the muscles around the restricted area so that it is easier to manipulate and also may help the manipulation hold for a longer period of time. Herbal medicines assist to resolve underlying patterns of disease and are especially helpful in patients that are only able to be seen infrequently. These modalities often work synergistically for a faster and more powerful result.

How safe is VMM?

VMM is very safe when performed by a trained and certified veterinarian. Side effects are rare and are usually limited to transient discomfort that lasts no more than 1 to 2 days.

How much does a VMM treatment cost?

Cost depends on location, species, and disease. A typical range of fees for a single session is \$70-150 for a small animal or \$80-250 for a large animal.

Who is qualified to perform VMM?

Qualified individuals must have a Doctor of Veterinary Medicine (DVM) degree and be trained and certified in VMM.

Where can I find a practitioner certified in VMM?

Visit the Chi University website at chiu.edu.



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