



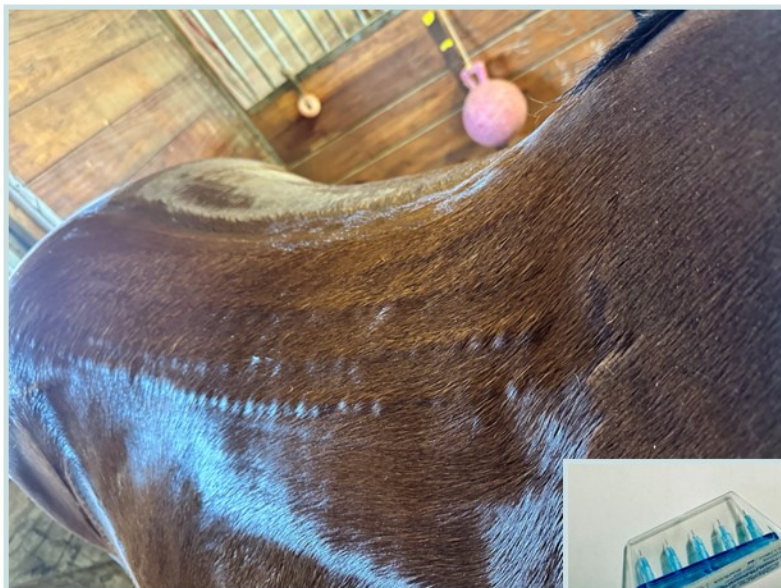
The Lead Line

"Leading your horse to a healthy future."

Elkhorn Veterinary Clinic

February, 2024

Back Pain? Mesotherapy & Shockwave Can Help!



Notice the small bumps on this horse's back created by the very fine needles (right inset).



This horse is receiving shockwave therapy on the back to help relieve inflammation and soreness.

Horses have the unique ability among our pets to also be a mode of transportation. It is truly remarkable that they are willing to piaffe, navigate trails, jump huge fences, sprint, sort cattle, or traverse miles upon miles with the added weight of the saddle and a rider.

It's no wonder that a huge proportion of equine athletes have back pain. There are numerous causes of back pain and inflammation; one of the most common is degenerative arthritis of the dorsal articular processes of the thoracolumbar and cervical spine (the joints of the back).

Mesotherapy is a French technique that was originally used in human medicine. It involves injecting the mesoderm (middle layer of skin) to stimulate nerve fibers called dermatomes that relay sensory information to the dorsal horn of the spine. The needles used are especially small in diameter and only a couple millimeters long. With a little afternoon cocktail of sedation, horses generally tolerate the procedure extremely well!

Mesotherapy is often used in conjunction with shockwave therapy to help relieve inflammation of the surrounding musculature that supports a horse's spine. These treatments can be used together or separately to address the following:

- Arthritis of the back and/or neck
- Pain and inflammation associated with sacroiliac joints.
- Kissing spine
- Stiffness of the neck and/or back
- Spondylosis
- Loss of topline

If your horse seems to be struggling with back pain, has intermittent stiffness/lameness that is difficult to localize to a particular limb, or is experiencing spinal muscle atrophy, we can help! If you have a horse who you believe could be helped by these treatments, or just want more information, please call or email the clinic. Our veterinarians will be happy to discuss these treatment modalities further with you.

Written by Dr. Kristen Zainer