

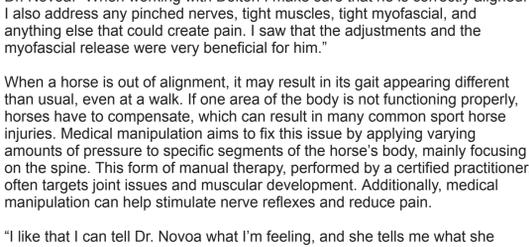


**What's in This Newsletter:**  
**-Veterinary Medical Manipulation**  
**-In the News**  
**-PBEC Extern, Intern, and Resident Programs**  
**-Join the PBEC Team**

### Paralympic Gold Medalist Dolton Benefits From Veterinary Medical Manipulation

In order for top-level performance horses to compete at their best, they must have full range of motion throughout their bodies as well as the ability to move freely. When a horse is out of alignment, a joint, whether it is in the spine or elsewhere in the body, is restricted in its normal range of motion. **Veterinary medical manipulation**, or what is known as a chiropractic adjustment in humans, is a form of alternative medicine that aims to solve this issue. The goal of any adjustment is to restore the optimal range of motion to that joint, which will subsequently alleviate inflammation and pressure on surrounding nerves and soft tissue.

Dolton, a nine-year-old Hanoverian gelding owned by Karin Flint, is a well-known name in the para dressage world. The gelding won two individual gold medals with Roxanne Trunnell on the U.S. Para Dressage team at the 2020 Paralympic Games in Tokyo, Japan. Dolton was special from a young age and won his first bronze medal when he was only six years old at the 2018 FEI World Equestrian Games. The pair is trained by Andrea Woodard, who often rides Dolton herself and stays very involved in all aspects of his care. Woodard and **Dr. Natalia Novoa** of Palm Beach Equine Clinic (PBEC), who have worked together to treat Woodard's own horses, thought Dolton could benefit from medical manipulation.

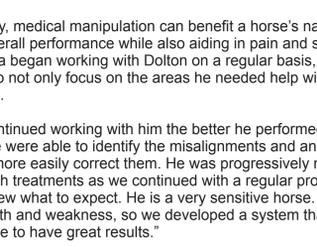


*Dr. Natalia Novoa regularly helps Dolton, a para dressage horse, with veterinary medical manipulation. Photo courtesy of Dr. Novoa.*

"What I found with Dolton was very common with any dressage horse," noted Dr. Novoa. "When working with Dolton I make sure that he is correctly aligned. I also address any pinched nerves, tight muscles, tight myofascial, and anything else that could create pain. I saw that the adjustments and the myofascial release were very beneficial for him."

When a horse is out of alignment, it may result in its gait appearing different than usual, even at a walk. If one area of the body is not functioning properly, horses have to compensate, which can result in many common sport horse injuries. Medical manipulation aims to fix this issue by applying varying amounts of pressure to specific segments of the horse's body, mainly focusing on the spine. This form of manual therapy, performed by a certified practitioner, often targets joint issues and muscular development. Additionally, medical manipulation can help stimulate nerve reflexes and reduce pain.

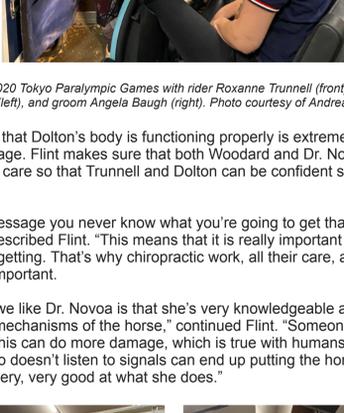
"I like that I can tell Dr. Novoa what I'm feeling, and she tells me what she feels," described Woodard. "We trust each other's judgment, which helps in pinpointing where the issue is in the horse. Sometimes it's something in Dolton's body that's not sitting how it's supposed to. If something is out of position and Dolton is not moving how he is supposed to, other parts of his body can get sore."



*Dolton, a two-time Paralympic gold medalist, enjoys when Dr. Novoa comes to the barn. Photo courtesy of Dr. Novoa.*

If done routinely, medical manipulation can aid a horse's natural balance, topline, and overall performance while also helping in pain and soreness relief. Once Dr. Novoa began working with Dolton on a regular basis, it became easier for her to not only focus on the areas he needed help with the most, but also to fix them.

"The more I continued working with him the better he performed," commented Dr. Novoa. "We were able to identify the misalignments and any patterns so that we could more easily correct them. We was progressively more comfortable with treatments as we continued with a regular program in place because he knew what to expect. He is a very sensitive horse. I know his areas of strength and weakness, so we developed a system that works for him, and we continue to have great results."

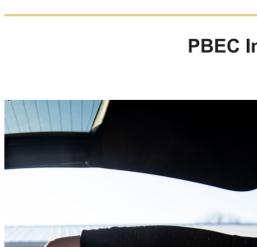


*Dolton at the 2020 Tokyo Paralympic Games with rider Roxanne Trunnell (front), trainer Andrea Woodard (left), and groom Angela Baugh (right). Photo courtesy of Andrea Woodard.*

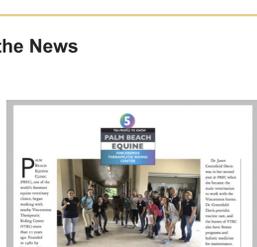
Being certain that Dolton's body is functioning properly is extremely important in para dressage. Flint makes sure that both Woodard and Dr. Novoa are integral in his care so that Trunnell and Dolton can be confident stepping into the ring.

"With para dressage you never know what you're going to get that day with your body," described Flint. "This means that it is really important to know what horse you're getting. That's why chiropractic work, all their care, and overall health is so important."

"The reason we like Dr. Novoa is that she's very knowledgeable about the physics and mechanisms of the horse," continued Flint. "Someone who isn't familiar with this can do more damage, which is true with humans too. Someone who doesn't listen to signals can end up putting the horse in more pain. She is very, very good at what she does."



*Dolton's owner, Karin Flint, holding the gold medal. Photo courtesy of Andrea Woodard.*

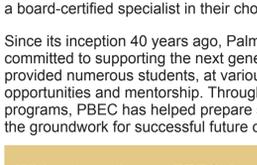


*Dolton preparing for his Paralympic performance this past summer in Tokyo, Japan. Photo courtesy of Andrea Woodard.*

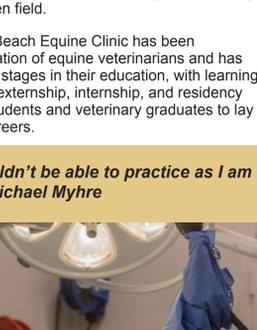
Sport horses are able to perform at their best when they are comfortable and have proper range of motion throughout their body. It is helpful to have horses examined by a certified veterinary medical manipulation practitioner to check that their body is moving properly and to decrease the chance of an injury due to compensation. Call Palm Beach Equine Clinic today at 561-793-1599 to set up an appointment.

[Learn More](#)

### PBEC In the News



*Dr. Richard Wheeler of PBEC gives a Masterclass on Joint Injections 101 for Noelle Floyd's Equestrian Masterclass*



*Read all about Palm Beach Equine Clinic as one of "Ten People to Know" in the latest issue of EQ Living!*

### Fostering Future Veterinarians

*Palm Beach Equine Clinic Provides Veterinary Students Opportunities to Further Education and Career*

The path of the undergraduate medicine involves many years of devotion to education, both at the undergraduate and graduate level, prior to putting that knowledge into practice. Only a handful of those students choose to pursue equine medicine, and an even smaller subset then take on the challenge of becoming a board-certified specialist in their chosen field.

Since its inception 40 years ago, Palm Beach Equine Clinic has been committed to supporting the next generation of equine veterinarians and has provided numerous students, at various stages in their education, with learning opportunities and mentorship. Through externship, internship, and residency programs, PBEC has helped prepare students and veterinary graduates to lay the groundwork for successful future careers.

***Without my time at PBEC, I wouldn't be able to practice as I am now." – Dr. Michael Myhre***



*Former PBEC Resident Dr. Michael Myhre (left) assisting Dr. Weston Davis, a board-certified surgeon, in the surgery room. Photo by Jump Media.*

### Equine Medicine in the Equestrian Capital

One of the key benefits of the programs is that PBEC is based in Wellington, Florida, an area that has rightfully earned its title of "Winter Equestrian Capital of the World." The region is home to show jumping, dressage, polo, racing, and western performance horses, allowing ample opportunities for veterinarians to become well-rounded sports medicine practitioners.

"We are one of the foremost equine medical centers in North America and based in the epicenter of the equine industry," said Dr. Scott Swerdlin, the president of PBEC who also spearheads the clinic's Internship Committee. "The opportunities we are able to offer students looking to pursue a career in sports medicine are unmatched. In this regard, we are fortunate to attract top talent from some of the most prestigious universities around the world. Our interns get to be part of all the action and learn in an environment where every aspect of the horse's health is examined with a fine-tooth comb."



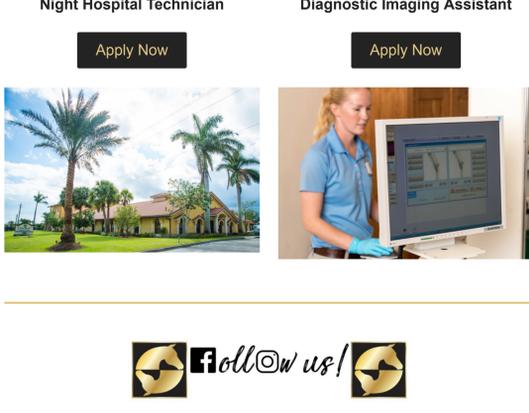
*Dr. Sidney Chanutin, who went through the internship program at PBEC and is now an associate veterinarian, performing surgery. Photo courtesy of PBEC.*

### A Melting Pot of Expertise

PBEC's team encompasses more than 35 veterinarians who hail from across the U.S. and abroad to Canada, Colombia, Argentina, Australia, the U.K., and beyond. Their areas of expertise are wide-ranging, from lameness to acupuncture and breeding to dentistry, including board-certified specialists in surgery, diagnostic imaging, and internal medicine.

Dr. Sidney Chanutin grew up immersed in the horse world and spent time shadowing nearly every veterinarian at PBEC while she was in high school. After earning her doctorate in veterinary medicine from the University of Florida, she returned to officially join the PBEC team as an intern.

"What I most enjoyed about the internship was learning from a diverse group of veterinarians," said Dr. Chanutin, "along with their different backgrounds, styles of working, and varied approaches to problem-solving. Everyone is willing to help and offer their unique perspective, so it's a truly cohesive team."



*Associate veterinarian Dr. Santiago Demierre observes a surgery with board-certified surgeon, Dr. Bob Brusie. Photo courtesy of PBEC.*

The first introduction to PBEC for many students is an externship. Qualified veterinary students in their final years of school can spend a few weeks with the PBEC team shadowing emergency cases in the hospital, on ambulatory calls, and at sports medicine appointments at the industry's top competition venues. Externships also act as an introduction to the practice for many students seeking an internship upon graduation. This allows both the aspiring veterinarian and the PBEC team to become familiar with each other and see if they may potentially be a good match for a 12-month internship position.

Dr. Santiago Demierre is originally from Argentina and completed his degree in veterinary medicine from the Universidad de Buenos Aires in 2012. He validated his veterinary degree in the United States in 2017 through a certification program with the American Veterinary Medical Association. Dr. Demierre was an integral part of PBEC initially as an intern before becoming an official staff veterinarian.

"The high caseload and long-term partnerships working and learning alongside great veterinarians helped me not only in improving my professional skills and knowledge but also with other aspects such as communication with clients and colleagues," Dr. Demierre reflected.

[Read More](#)

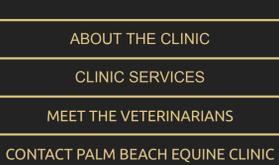
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