



### What's in This Newsletter



PALM BEACH  
EQUINE CLINIC

- Veterinarian Technician Highlight
- PBEC Service of the Week
- PBEC Expansion Plan Begins
- Photo of the Week From WEF
- Upcoming Classes Sponsored by PBEC
- Catch Up With PBEC on Instagram

## Palm Beach Equine Clinic Veterinarian Technician Highlight: Sarah Panico

Sarah Panico has been a part of the Palm Beach Equine Clinic team for the past seven years. Panico is one of the Hospital Technicians and an integral member of the Hospital Management team.

Panico grew up riding horses, and by age 14 she was the assistant manager of a private stable in Coconut Creek, FL. She later began teaching lessons, running summer camps, training horses, and more. Panico started competing and traveling on the show jumping circuit in New York, Kentucky, and Canada. In 2015, at the age of 19 she decided she was ready for a change and applied for a position at Palm Beach Equine Clinic. The rest was history, and Panico found her true passion as a Hospital Technician.



Sarah Panico has been working at Palm Beach Equine Clinic for the past seven years. Photo courtesy of Sarah Panico

"I absolutely love spending time with my patients and pouring every ounce of my abilities into the care of these amazing equine athletes," commented Panico. "It's such a great feeling being able to help them. There's no greater feeling than watching a patient you've spent so much time caring for and rooting for improve and get to go home. On the other hand, there are days when sad moments occur too. Having the opportunity to be the person who is with these horses, providing them with love and compassion in their final moments, is certainly difficult but honorable at the same time."

A typical day for Panico at Palm Beach Equine Clinic starts with doing early morning treatments, running blood work, placing catheters, performing physical exams, and admitting patients for elective surgeries or procedures. If there is a patient that is in a more critical condition, the majority of her time is dedicated to that patient. Being part of the Hospital Management team means that she handles the more critical cases and assigns the other patients accordingly.



Sarah Panico performs a variety of tasks throughout the day while caring for patients in Palm Beach Equine Clinic's hospital barn. Photo courtesy of Sarah Panico

"There are days we have multiple emergencies come to the clinic at all different times, and sometimes there are multiple emergencies at the same time," explained Panico. "Some end up going into emergency surgery right away. Time management, communication, and delegation are vital in this profession. You never know what is in store for the day, and honestly that's probably my favorite part. I enjoy the unknown as to what my day will be like, the fast-paced environment, caring for critical patients, aiding the doctors, and the unique cases that come in."



Sarah Panico driving her drift car. Photo courtesy of Sarah Panico

Outside of Palm Beach Equine Clinic, Panico can be seen driving her drift car. Although it is something she does for fun, she is looking forward to being able to compete next year. She also enjoys traveling, boating, fishing, going to the gun range, and spending time with her German Shepherd, Layla.

For more information about Palm Beach Equine Clinic, visit [EquineClinic.com](http://EquineClinic.com).

## PBEC Service of the Week: Alternative Medicine

### Veterinary Medical Manipulation

Palm Beach Equine Clinic provides several forms of alternative medicine, including veterinary medical manipulation, commonly referred to as chiropractic adjustment. Veterinarians apply manipulation with varying amounts of pressure to specific anatomical areas. This form of therapy is most often focused on the vertebral column and used to address joint issues and muscular development, as well as to stimulate nerve reflexes and reduce pain. Horses with a decline in their performance, uneven gait, collection issues, or intermittent lameness may benefit from veterinary chiropractic manipulation.



Palm Beach Equine Clinic offers veterinary medical manipulation as a form of alternative medicine. Photo by Jump Media

Dr. **Natalia Novoa** provides veterinary medical manipulation therapy and received her qualifications through Options for Animals College of Animal Chiropractic.

"Chiropractic adjustment is an excellent complementary modality that can be used for diagnosis, treatment, and prevention of selected neuromusculoskeletal disorders," explained Dr. Novoa. "The practice of chiropractic focuses on the relationship between structure (primary spinal column) and function (coordinated by the nervous system) to restore it. The goal is to treat soft tissue injuries or articular dysfunction to optimize health through manual therapy and to detect and treat abnormalities and alleviate pain."



Dr. Natalia Novoa provides veterinary medical manipulation for clients at Palm Beach Equine Clinic. Photo by Jump Media

Veterinary medical manipulation is thought to optimize equine health by restoring normal joint motion, reversing mild pathology, and helping to slow the progression of degenerative joint and spine disease. Over the years, this therapy has become a valuable adjunct for competition horses.

[Learn More](#)

## PBEC Expansion Plan Begins



Photo by Jump Media

Palm Beach Equine Clinic's facility is expanding! Plans include doubling the size of the hospital barn to accommodate more patients. This addition will include six more stalls as well as a feed room. The first segment of the project is underway and will be completed in January 2023.

## PBEC Photo of the Week From the Winter Equestrian Festival



Photo by Sportfot

## Upcoming Classes Sponsored by PBEC

### Winter Equestrian Festival Week 2

January 21: \$50,000 Palm Beach Equine Clinic National Grand Prix during Saturday Night Lights

[Wellington International Live Streams](#)

### Adequan® Global Dressage Festival Week 7

February 23: Palm Beach Equine Clinic Grand Prix CSI4\*

February 25: Palm Beach Equine Clinic Grand Prix Special CSI4\*

## Catch Up With PBEC on Instagram



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Dr. Stephen O'Grady will be available for consultation work starting January 17 at Palm Beach Equine Clinic. Dr. O'Grady combines his skills as a veterinarian and a farrier to better understand and treat problems of the foot.

## Palm Beach Equine Clinic Works With AcutePlus



AcutePlus is a veterinary Wellness Membership Plan offered through Palm Beach Equine Clinic. The program is designed to give veterinarian practices a way to create a customized annual plan that they can offer directly to their clients and patients. AcutePlus provides veterinary discounts, equine protection, and equine loss protection.

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