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Instructions for Care following a Chiropractic Treatment:

- No stall rest! Movement is essential to helping your horse integrate a chiropractic adjustment. Pasture turnout is fine. Please refrain from riding your horse for the first 24 to 48 hours following an adjustment.
- Ensure that your horse has plenty of access to fresh water and encourage it to drink as much water as possible in the 24 to 48 hours following an adjustment.
- Monitor manure for any changes in frequency or consistency.
- Observe your horse for any changes in energy level or behaviour.
- No Meds! Unless you have been given a prescription or your horse is already receiving prescribed medication, please do **not** administer any Bute, Banamine, or herbs to your horse without first contacting Dr. McCall.
- It is fine to begin any prescribed exercises 24 to 48 hours following your horse's adjustment. Detailed descriptions of exercises are available on our website (www.vetsportsmed.info) under the *Resources* section.
- For the sake of safety, please only do the exercises that were prescribed for your particular horse.
- The average recheck time following an *initial* chiropractic adjustment is 2 to 4 weeks. This may vary with the individual horse and exercise program.
- Please contact Dr. McCall with a brief update regarding your horse within the first 7 to 10 days following the chiropractic treatment.

Do not hesitate to contact Dr. McCall with any questions or concerns.

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