

Chiropractic: Koren Specific Technique



By Dr. Andi Harper

Harper's Ridge Chiropractic

Hello, my name is Dr. Andi Harper and I am a Doctor of Chiropractic and a Certified Animal Chiropractor. I own and operate Harper's Ridge Chiropractic Care, LLC. I have been certified by Options for Animals to adjust animals for the past 8 years. I have been seeing dogs and cats exclusively for more than 6 years. I work closely with three veterinary clinics: Belleview Animal Clinic in Englewood, Harmony Animal Wellness in Kittredge/Evergreen, Peak Performance Veterinary Group in Colorado Springs and I've just added Dody Family Chiropractic in Littleton, open for pets and their humans.

What is Animal Chiropractic Care?

I correct a serious form of nerve stress caused by distortions in your pet's spine and body structure. This stress is known as subluxation. Subluxations can cause physical and emotional malfunction. They are associated with loss of energy, pain, weakness, neurologic issues and disease of all types.

What causes subluxations?

Subluxations may be caused by physical, chemical or emotional stress, trauma, injury, muscle strain/sprain and arthritis to name a few. They can also occur following the stress of a surgery. This statement goes for all bodies, dog, cat, horse and human. The purpose of chiropractic care is to remove this stress/subluxation from the body/mind complex so that your pet may become

physically and mentally healthier (don't disregard the human-pet bond, have you ever thought about how much your pet takes on for you?)

In my practice I offer a unique, breakthrough approach to chiropractic care called Koren Specific Technique (KST). There is no twisting, turning, "cracking" or "popping" of joints with KST. Instead, your pet will receive gentle, specific corrections to their spine, structural and organ systems. Most adjustments are done with your dog sitting or lying down.

With KST-based chiropractic care I can:

- Quickly and easily analyze and adjust the structural system of the dog, cat or human for subluxations. This includes cranial bones, TMJ, the entire spinal column, pelvis, pectoral girdle, sternum, coccyx, ribs, extremities—anything/anywhere.
- Adjust discs.
- Use low force. Most patients actually like the adjustment instrument (even though it makes noise and moves).
- Get results from even the most difficult patients.
- Employ a technique which is gentle enough to use on all ages, from puppies and kittens to seniors (my oldest dog patient is 17 years old).
- Know exactly where to adjust (without X-rays, computers, MRI or other analytical equipment).
- Immediately know if the subluxation was corrected—no more over-adjusting (this is very important when your clients cannot talk to you).
- Analyze my patients more thoroughly than ever before, with the adjustments holding better and for longer periods of time.

So what is KST?

In late 2003, as a result of research and clinical experimentation, Tedd Koren, DC developed an improved form of chiropractic spinal care that he now calls Koren Specific Technique. Patients can be analyzed more thoroughly than ever before and the unique type of adjustments hold better and for longer periods of time, allowing for less frequent adjustments. KST is made up of three steps (the 3 Cs):

Step One:

The first step, challenging, is part of the analysis procedure. In a relatively short period of time the entire structural system can be checked: skull, spine, discs, hips, ribs, sternum, shoulders, arms, legs, hands, feet—anything that is out of position can be analyzed.

Step Two:

The second step, checking, tells me if the body part is in its proper position. The base of the skull is used as a yes/no device. Thus we have a binary or yes/no system telling us if an area needs or does not need to be corrected or adjusted. This system is akin to muscle testing (applied kinesiology or AK) wherein a muscle will become weak when confronted with a negative impulse.

Step Three:

Correcting is step three. When an adjustment is needed, the area is corrected using the ArthroStim™ adjusting instrument. ArthroStim™ is an FDA-approved instrument developed by IMPAC Technology in Oregon. It has been continuously refined and perfected over its 22-year history. It introduces energy/force/information into the body to realign segments and remove nerve pressure at a speed of 12 "taps" per second (12 hertz). It provides a fast, accurate, low force and controlled adjustment, meaning that only the segment that is out of position is adjusted. There is no twisting, turning or "cracking" of joints. This technique permits adjusting in different positions.

A major advantage of KST is that it permits your pet to be analyzed and adjusted in different positions: standing, sitting, lying down and/or in the position of injury or dysfunction/subluxation. This is very important because sometimes a problem can only be reproduced in a certain position. For example, one client who was limping in the front left leg because she likes to jump up and slam her legs onto a fence, was put into position of jumping on the fence for the adjustment. We had her place her front paws on her owners legs during a short portion of the treatment.

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Dr. Andi using the ArthroStim adjusting instrument to treat one of her canine patients.

Every pet is different. With most pets, owners report back that their pet went home and slept for about two to three hours and woke up with a little more pep and was moving better the next day and even better on the third day.

On rare occasions owners have reported a worsening of symptoms before they get better. This may be attributed to a healing phenomenon called retracing. Bodies have many layers, be it dog, cat, horse or human. After the correction of what the body is showing at the time, older injuries, older distortions, older subluxations and older symptoms (both physical and emotional) may surface to release. The release and healing of old injuries is known as retracing and is usually part of the healing process. I always encourage my clients to contact me with any symptoms they are concerned with. Although retracing usually passes relatively quickly, owners have been known to terminate their pet's care as a result of it. This may cheat their pet out of a complete recovery.

I have also noticed that it is very important to restrict all activity for the day of the adjustment and the following two days. This is hard when your pet is feeling so much better, but it is necessary for the KST adjustment to "hold."

Dr. Andi provides KST at the following locations:

Bellevue Animal Clinic

200 West Lehow Ave
Englewood, CO 80110
303-518-3688, ext 1
Tuesday & Thursday afternoons & Saturday mornings
Dogs and Cats

Harper's Ridge Chiropractic Care

Located at Dody Family Chiropractic
3625 West Bowles Ave, #18
Littleton, CO 80123
303-518-3688 ext 2
Tuesday, Wednesday & Friday mornings
Dogs, Cats, Horses and Humans

Harmony Animal Wellness

26290 Highway 74, #5
Kittredge, CO 80457
303-518-3688, ext 3
1st & 3rd Thursday morning of the month
Dogs and Cats

Peak Performance Veterinary Group

Located at Veterinary Specialty Center
5520 North Nevada Avenue, Ste 150
Colorado Springs, CO 80918
303-518-3688, ext 4
2nd & 4th Thursday morning of the month
Dogs and Cats

Douglas County Fairgrounds - Indoor Arena

One Monday night each month from 7:00 to 9:00 p.m.
Check out my calendar at www.harpersridge.com
Email me for details: drandi@harpersridge.com
Dogs and Cats

Jefferson County Fairgrounds - Event Center

One Wednesday night a month from 6:00 to 8:00 p.m.
Check out my calendar at www.HarpersRidge.com
for dates or e-mail drandi@harpersridge.com
Dogs and Cats

I also attend about one agility trial per month. Please check out my calendar at www.harpersridge.com for locations, dates and times.

Dr. Andi Harper is a Certified Animal Chiropractor and Doctor of Chiropractic who works on dogs, cats, horses and people. For more information, please visit her website www.harpersridge.com. To schedule an appointment, please call the numbers listed at the clinic locations above or call 303-518-3688 ext 0 (voice mail only). She may also be reached by e-mail at drandi@harpersridge.com.