

Kissing Spines
ALTERNATIVE VETERINARY MEDICINE CENTRE
Information Sheet WS052/07
Christopher Day - Veterinary Surgeon

Copyright © 2007 AVMC
Chinham House, Stanford in the Vale, Oxon SN7 8NQ UK
01367 710324
This is a page from www.alternativevet.org

KISSING SPINES

What is it?

This condition has only recently been recognised by the veterinary profession, as a result of the work of Professor Leo Jeffcott, in Cambridge. A presumptive diagnosis can now be made rather often, when there is back pain, since there has been a scientific paper about this particular back condition. There can, however, be many other (and much more common) reasons for back pain in horses. The condition of 'kissing spines' is manifest by X-Ray visualisation of bony changes of the vertebral spines, in the region behind the wither, and/or of excessively close proximity to each other of the vertebral spines of the more caudal thoracic vertebrae. When these X-Ray changes are seen, the diagnosis can be confirmed. However, in some cases, the X-Ray findings may be an 'incidental' finding and not necessarily the root of the problem an equine patient may be suffering.

How does it arise?

The cause is not described but, at the AVMC, we are of the opinion that it could well arise, in some cases, from long-term and repetitive back-dipping, usually in avoidance of back pain (e.g. as a result of [saddling](#) problems). This is rather similar to human RSI (repetitive strain injury).

In some cases, of course, a single severe injury to the spine in this region may be the cause.

Is it responsive to treatment?

We are **reasonably** optimistic about restoring comfort and function to the area, using intensive [homeopathy](#) and [acupuncture](#), with the support of [chiropractic](#), [diet](#), [saddling](#) improvements and [LASER therapy](#). The skeleton is constantly recycling and remodelling, hence the opportunity for improvement, under

Kissing Spines - AVMC

optimal management and medication. We also advise on **static and dynamic exercise programmes**, to enable and to enhance healing.

Once the problem has been satisfactorily resolved, long-term attention to detail and a consistent holistic programme are necessary, if the condition is not to return.

See also: [Back Problems](#)

See also: <http://www.chiropractic-vet.co.uk>

To return to the web site of the AVMC, click the 'BACK' button of your browser or click www.alternativevet.org

This site is subject to frequent ongoing development and expansion - please revisit to view new material

