



***San Diego chiropractor applies first-hand experience to help horses & fellow riders.***

Dr. Bek Jarzombek is the owner of Giddy Up Chiropractic, an equestrian rider and Doctor of Chiropractic for horses, riders, dogs, cats, livestock and exotic animals. She has been riding and competitively showing horses since childhood. The combination of her being a rider and chiropractor gives her work an elite level of expertise. She is known in the equestrian community for amplifying athletic performance, preventing injuries, and speeding up recovery time for both two-legged and four-legged members of the team.



In addition to Dr. Bek's human licensure, she has been granted an additional animal certification by the American Chiropractic Certification Commission (ACCC) of the AVCA American Veterinary Chiropractic Association; the world leader in animal chiropractic. This establishes that Dr. Bek has met specific standards of knowledge and clinical competency with the chiropractic and veterinarian professions.

Bek had her first personal experience with chiropractic after sustaining a significant horse-riding accident at the age of 14. She was thrown from her horse and severely injured. As a result, her health and athletic performance took a decline. After receiving consistent chiropractic care, her body healed and regained strength, speed, agility and stamina.

Due to her life being significantly changed by chiropractic, Dr. Bek has dedicated her professional career to this non-invasive wellness specialty for humans and animals. Chiropractic ensures that the nervous system of the body is turned on to 100% maximum capacity. The nervous system includes the brain, spinal cord, and spinal nerves which help run all the other systems of the body. It is housed inside the spine. There is a misconception that chiropractic is only for joint health. Beyond that, nerve health is impacted, as well. Which means overall health is impacted. The joints of the body are used as an access point, during the chiropractic adjustment, to ensure that all nerves can do their job.

### **FAQs**

#### **How can chiropractic benefit the horse and rider?**

- Athletic performance
- Injury prevention
- Speed up recovery and healing time
- Maintenance of joint and spinal health
- Solve "mystery" lameness
- Issues with lead changes
- Stiffness/trouble with collection
- Anxiety, irritability
- Chronic behavioral and training issues
- Neck, back, leg, hip pain
- Soreness
- Muscle spasms, nerve problems
- Jaw or TMJ problems, difficulty chewing or taking the bit
- Post-surgical care
- Internal disorders

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