



## **No More Horsing around, Let's get down to Business**

... Dressage Rider maintains posture with Chiropractic Treatment

**Westbury, Thursday 19<sup>th</sup> November 2015.** Leading Westbury Chiropractor, and Fellow of the Royal College of Chiropractors, Kay Pearce has joined forces with local International Grand Prix Dressage Rider Lucy Straker, to assist this talented and dedicated athlete achieve her dreams.

Actually, Kay has been treating Lucy for several years as a patient, sometimes after, but mostly before events, helping her to be ready for big competitions.

Kay says "Many patients know that we can get you functioning again as soon as possible after an accident or injury, but what is less recognised is that we can also make improvement, without injury, that can transform your sporting performance!"

"A lot of what we see in clinic is conditions that have built up over a long period of time. Often injuries that seem to come on very suddenly have underlying factors that have been building up over time and these can be due to faulty movement patterns, where a muscle may have been compensating for a weakness elsewhere."

The role of a chiropractor is to use manual techniques, known as adjustments, to relieve pain and to re-program movement patterns to prevent re-injury. This process can also be applied to athletes. When an athlete is "running" at optimal functionality their injury risk decreases and their performance enhanced.

Wiltshire based Lucy Straker, runs a livery and training yard as well as performing in Dressage Competitions across Europe. She has been visiting Kay for around three years, following a personal recommendation from a friend; previously she had visited an osteopath, but didn't feel it was working in the way she had hoped.

Lucy added "Kay was recommended to me, and is excellent in routing out weak points and putting them right with gentle adjustments after a deep tissue massage which really helps relax my muscles. For me it is all about posture and muscle tightness, I have a horse chiropractor visit the yard to attend to the horses before an event so they are in peak condition and I need to be too."

"Unfortunately earlier this year I had an accident loading a horse into a box, I stumbled off the ramp, and as I had the reins, the horse came with me and I was trampled beneath it's hooves. I was rushed to RUH then transferred to Bristol Royal Infirmary with six broken ribs embedded into my lung and my scapula broken in 3 places. After an operation, which saw me fitted with titanium ribs worth £25,000, and ten days in hospital, I made it home. A week or so later I was ready to return to Kay, I hobbled in but walked out. She is amazing."



Lucy continued to go to Kay every week for six weeks to gradually release the tense muscles which were going into spasm.

Lucy has now learnt to recognise small signs of imbalance or weakness and I can correct these before they lead to more significant injuries. Many recreational horse riders describe a sensation of not being straight or level in the saddle for example and this is one of the clues Kay listens out for to assess that the pelvis is level. This is especially important for dressage riders!

Kay has worked at The Olympics and other international sporting events in the past and is very much aware of how much support and funding athletes can achieve once they are a success. She says of sponsoring Lucy "I understand how difficult it is to achieve this success and how many sacrifices are made along the way, so am happy to help Lucy reach her goal to be a top level equestrian and dressage rider when she returns to competing in December. I feel if I can help in any way to assist a talented and dedicated athlete achieve her dreams then I know I have supported our local area's sporting stars of the future."

### **Notes for Editors**

Photograph – Lucy Straker on Farrimir and Dr Kay Pearce

For Interview or photograph opportunities please contact:

Debbie Betteridge, Way To Go Digital Limited  
0330 333 1014  
[dhb@waytgodigital.com](mailto:dhb@waytgodigital.com)

### **About Dr. Kay Pearce, BSc (Hons) MSc, DC, ICSSD. Doctor of Chiropractic, Maristow Chiropractic Clinic**

Kay graduated from the Anglo-European College of Chiropractic in 2001 with an honors degree in human science and a Masters of Chiropractic. Following this she completed the International Chiropractic Sports Science Diploma (ICSSD) in Turin, Italy in 2006.

She worked in two busy Wiltshire practices until opening Maristow Chiropractic Clinic in 2003. The demand was such that expansion was required and in 2010 the Clinic moved to the larger, current premises where Kay works alongside Dr. Alec Dolman.

Kay has a special interest in treating sporting injuries and was selected as a "Gamesmaker" for the 2012 Paralympic games as part of the medical services team. She has worked trackside at numerous other national and international sporting events.

Maristow Chiropractic Clinic, 8 Maristow Street, Westbury, Wiltshire, BA13 3DN.



More locally, Kay has been the team medic for Trowbridge Rugby Football Club since 2004 where she is responsible for all pitch side first aid and both pre and post match treatments.

Kay has been a European Instructor for Graston Technique and in 2012 formed Kinnective Limited with her good friend and former college classmate, Donna Strachan. Together with physiotherapist Mike Chisholm, the Kinnective team regularly instructs elite sports teams across the UK.

Kay is fully registered with the General Chiropractic Council (no.01280), is a member of the British Chiropractic Association and now a Fellow of the Royal College of Chiropractors.

For more information: <http://maristowchiropractic.com>

### **About Lucy Straker**

Lucy is based between Devizes and Westbury at the foot of Salisbury Plain. She runs a private livery and training yard catering for all levels of horse and rider. She is also a freelance trainer providing training to meet the needs of each horse and rider to instill confidence and knowledge in a friendly manner.

Lucy has been riding since the age of 9 and has had a taste of success at home and abroad. Currently riding Farramir (lovingly known as Alfie) who is a 16.2 hand, ten year old Gelding.

For more about Lucy: <http://www.lucystrakerdressage.co.uk/aboutus.html>



