

ACUPUNCTURE

Acupuncture is an ancient Chinese healing technique used to treat a variety of health conditions. Thin needles are used to stimulate the body at specific anatomic locations, or "acupuncture points." Stimulation of these points, which are selected on examination of the patient, promote pain relief, muscle relaxation, self-healing, hormone and endorphin release, and nerve stimulation.



HOW DOES ACUPUNCTURE WORK?

Physiologically, acupuncture works in multiple ways to improve the health of patients.

- Acupuncture causes muscle relaxation both locally and in other areas of the body, which **relieves pain**.
 - Acupuncture needle placement stimulates blood flow. This improves oxygen delivery to the tissues and **stimulates healing**.
 - Acupuncture **stimulates the nervous system**. This makes acupuncture helpful in the treatment of multiple conditions, including nerve damage, weakness and paralysis.
 - Acupuncture induces the release of natural pain relieving chemicals in the body (norepinephrine, enkephalin), an anti-inflammatory hormone (cortisol), and promotes a feeling of well-being through serotonin release.
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ACUPUNCTURE CAN HELP PROVIDE RELIEF FROM MANY HEALTH CONDITIONS

- **Musculoskeletal discomfort** from conditions such as arthritis, tendon and ligament injuries, neck and back pain, hip dysplasia, laminitis, and navicular.
- **Neurological conditions** including nerve damage, intervertebral disc disease, and facial nerve paralysis.
- **Skin problems** including lick granulomas, slow-healing wounds, and allergies.
- **Cancer associated discomfort** and side effects including nausea and inappetence.
- **Respiratory conditions** such as asthma and COPD.
- **Ocular problems** such as "dry eye."
- **Gastrointestinal conditions** including colic and stomach ulcers.



WHAT HAPPENS DURING MY PET'S ACUPUNCTURE APPOINTMENT?

Patients are examined at the beginning of each appointment to determine appropriate treatment. Most pets are very accepting of acupuncture. Animals can feel the needle placement, but due to the small size of the needles the sensation is slight. Once the needles are placed it is common for the patient to relax. Dogs and cats will often fall asleep! Appointments are approximately 30-45 min in length. Typically several appointments are necessary to attain maximum therapeutic benefit.



WHO PERFORMS ACUPUNCTURE TREATMENTS?

Acupuncture treatments are performed by a veterinarian with advanced training and certification in animal acupuncture.

QUESTIONS?

Contact us at 218-486-5660 with questions or to schedule an appointment.

References:

Schoen AM. *Veterinary Acupuncture Ancient Art to Modern Medicine*. St. Louis, MO: Mosby; 2001.

