



Acupuncture

What is acupuncture?

- Acupuncture is placing small needles into the skin in specific places to achieve a response
- The points are usually chosen where nerve bundles penetrate fascia, or the connective tissue surrounding muscles, and are close to blood vessels. Trigger points, or sensitive knots in muscles, can also be used
- The needles stimulate the nervous system to cause capillary (small vessel) dilation, immune activation and tissue repair which can help reduce inflammation and normalize circulation
- Does it hurt?
 - No! it feels like a very small pin prick, and most patients do not even notice.
 - It can cause a very dull ache or sense of a “traveling” impulse and then relaxation
 - It is safe as the needles are sterile and side effects are rare

How can acupuncture help my horse?

- Acupuncture should never be used in place of a modern medical workup but can greatly help with a variety of conditions with can include:

Arthritis	Wound healing	Nerve injury/paralysis
Back pain	lameness	Lamintis/founder
Tendon injuries	Allergies	Diarrhea
Nonsurgical colic	RAO/heaves	Corneal ulcers
Irregular reproductive cycling		

What to expect at your appointment

- Have your horse clean and ready. Acupuncture cannot be performed if your horse is wet or dirty
- At the first visit, we will focus on the myofascial exam and introducing your horse to dry needling. Since we cannot explain to our patients what we are doing, we want them to remain as calm as possible so that they enjoy the treatments
- We will then make a plan for further treatments, if needed
- The initial exam will last approximately 45 minutes