

Your Guide to

Acupressure for Joint Conditions

AQUACANINE
HYDRO & VETERINARY PHYSIO

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Introduction to acupressure

Acupressure is a technique that animal therapists use on animals to relieve pain. It works on the same principles as acupuncture; however, instead of piercing the skin with fine needles, the therapist applies pressure on the acupuncture point, having a similar effect as a needle.

Using one's fingertips, one simply locates an acupuncture point on one of the meridians and exerts a firm, even pressure for a few seconds. The effect of this pressure is to:

- release endorphins, the body's natural painkillers
- block pain pathways back to the brain.



A meridian, according to the Chinese, is a channel of energy that courses beneath the skin's surface. Each meridian follows aspects of the circulatory, lymphatic, muscular and nervous systems. Qi, or the life force energy, flows along these meridians, connecting all parts of the body.

In eastern medicine, when there is disease or an injury, it is believed that the Qi or life force energy is blocked and doesn't flow through the meridian. By doing acupuncture or acupressure on specific points, called acupuncture points, the therapist allows the energy to flow again.

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Acupressure technique

Acupuncture or acupressure points are usually located in the depressions between muscles, or between tendons and ligaments. These points are areas where there are often increased nerve endings and blood vessels, making them areas of increased electrical conductivity.

To perform acupressure: Use your thumb or your index finger. Apply pressure lightly at first and then continue to press more deeply.

You will know when to stop applying pressure, because the muscle or the animal begins to resist or becomes tense. When this happens, reduce the pressure slightly and hold for a further 5 – 10 seconds. This is called holding an acupoint.

As with massage, the best way to know how hard to press is to look and listen to your pet. If they are uncomfortable they will move away, stare, pull their ears back and at worst will try to snap.





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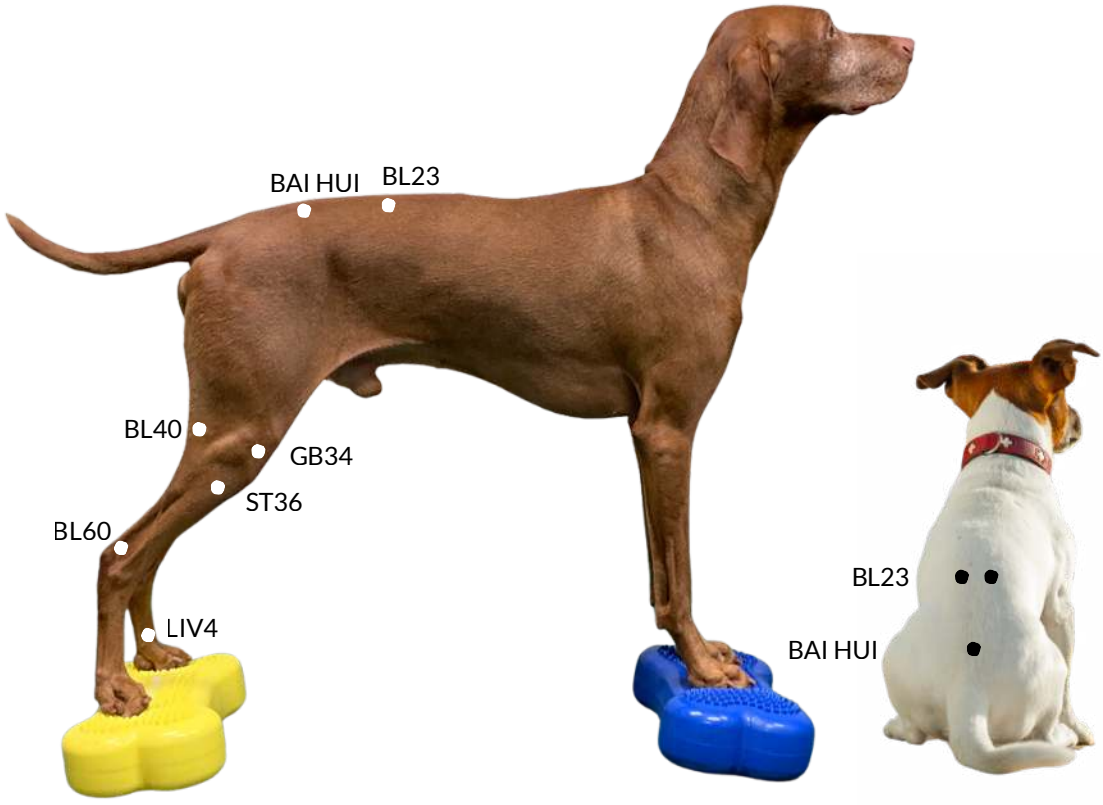
The acupressure points

Follow my acupressure illustrations.

Use 1–15 points per session. If you work on too many points per session, the effect will be diluted and you will not get the desired result.

There are some general arthritis points, as well as specific points for certain areas. Don’t be too stressed about knowing where the exact point is. Even if you are close to the point, your pet will still receive the benefit.

GENERAL ARTHRITIS POINTS



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Neck

These points can be used to treat the following conditions:

- Osteoarthritis
- Chronic disc disease
- Spondylosis
- Wobblers syndrome
- Secondary muscle tension

POINTS FOR NECK



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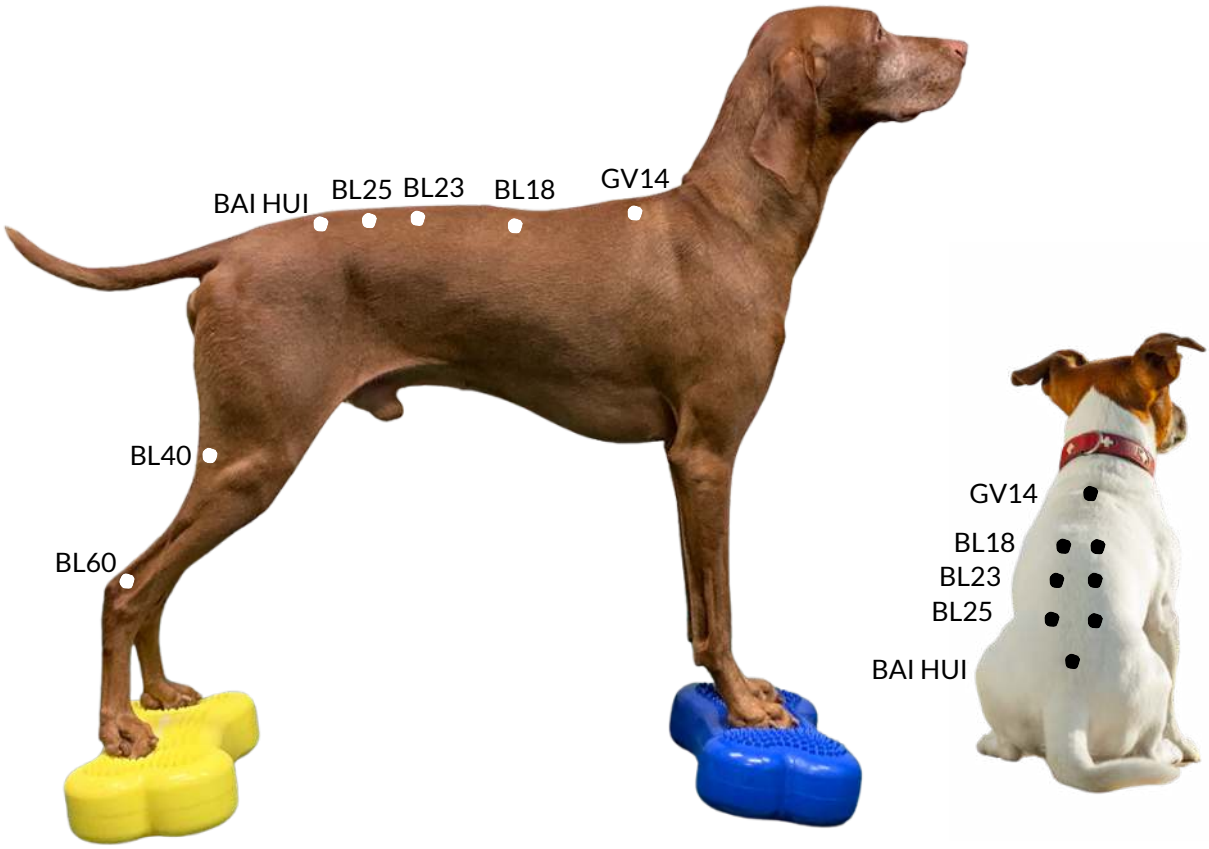
Thoracic spine

These points can be used to treat the following conditions:

- Osteoarthritis
- Chronic disc disease
- Spondylosis
- Secondary muscle tension

POINTS FOR THORACIC BACK



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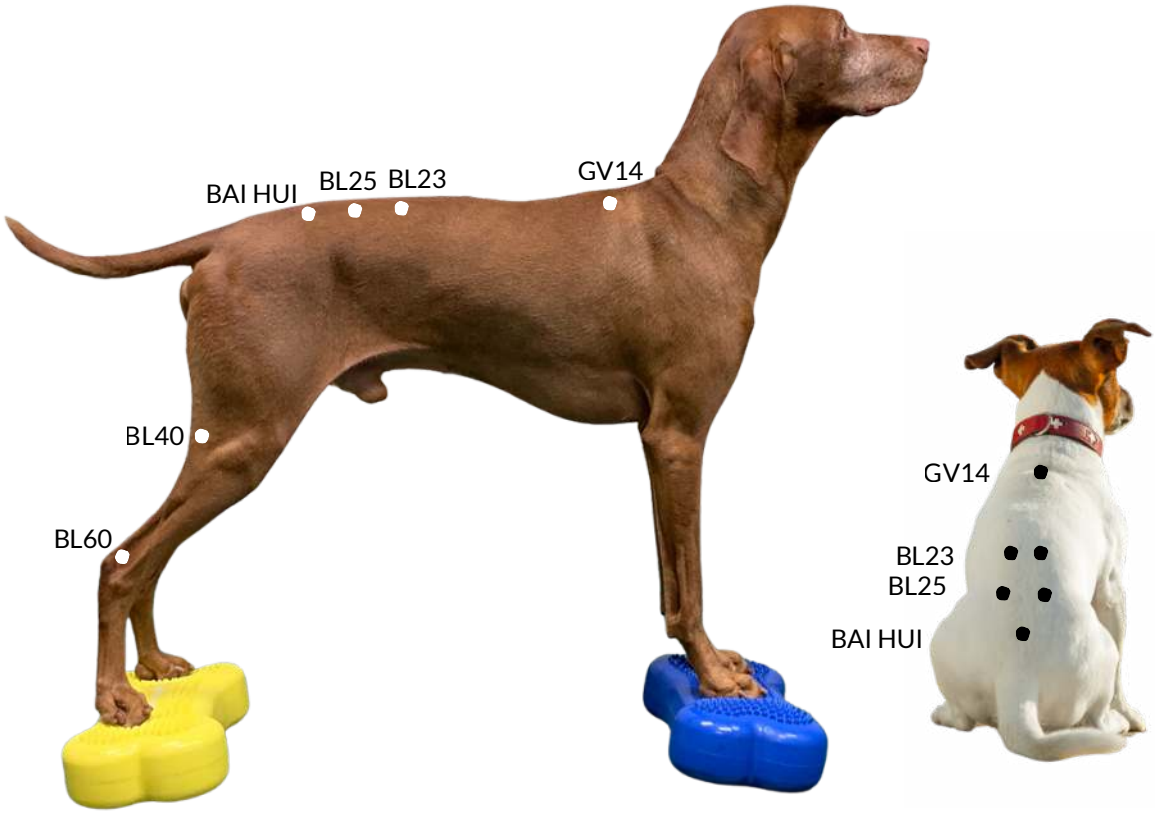
Lower back

These points can be used to treat the following conditions:

- Osteoarthritis
- Chronic disc disease
- Spondylosis
- Secondary muscle tension
- Lumbosacral disease

POINTS FOR LOWER BACK



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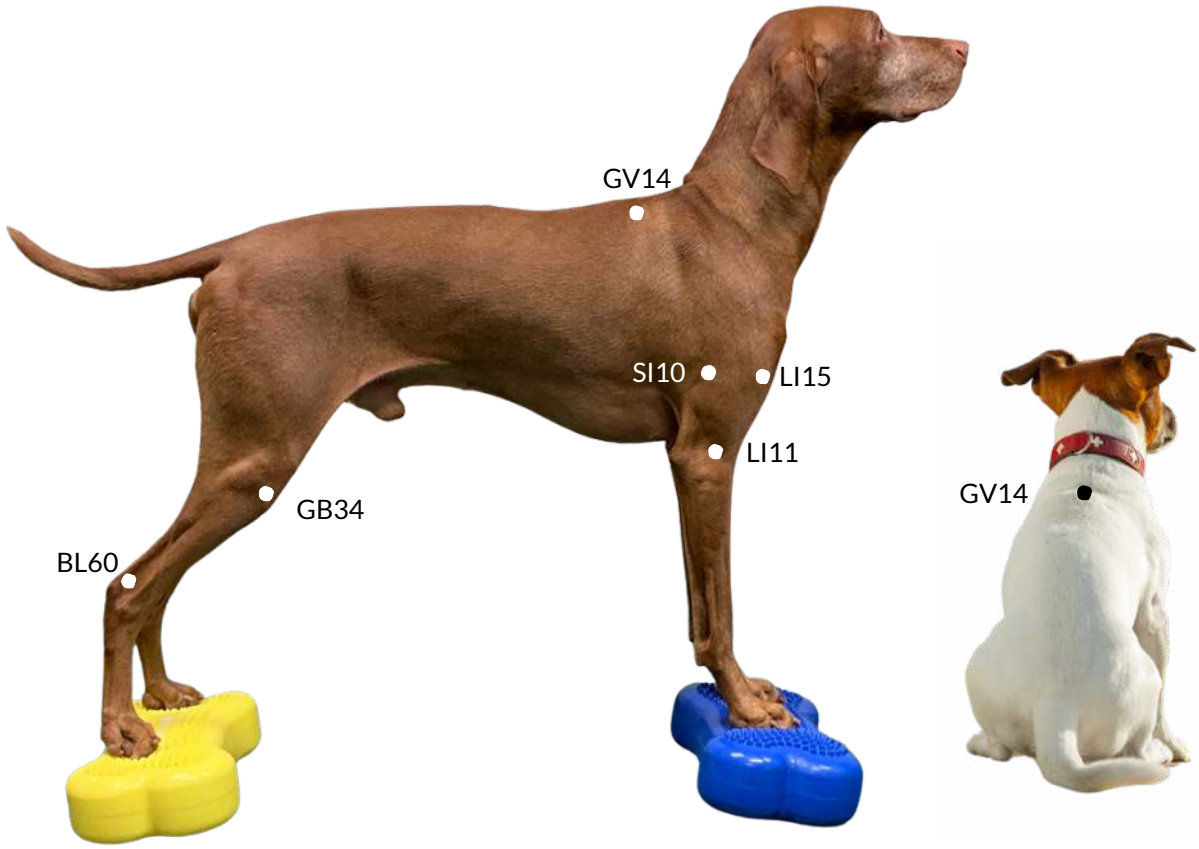
Shoulders

These points can be used to treat the following conditions:

- Osteoarthritis
- Medial shoulder instability
- Bicipital tenosynovitis
- Secondary muscle tension
- Nerve damage

POINTS FOR SHOULDER



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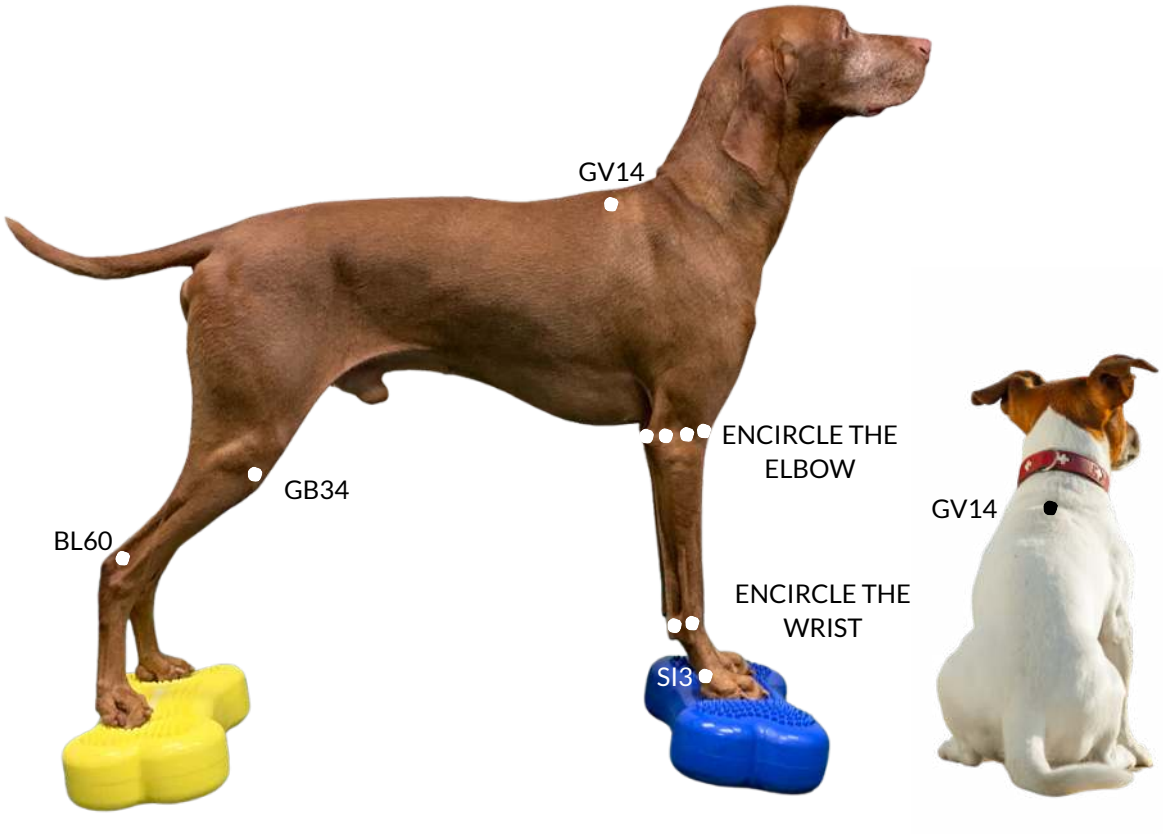
Elbows and wrist

These points can be used to treat the following conditions:

- Osteoarthritis
- Elbow dysplasia
- Secondary muscle tension
- Carpal hyperextension
- Nerve damage

POINTS FOR ELBOW AND WRIST



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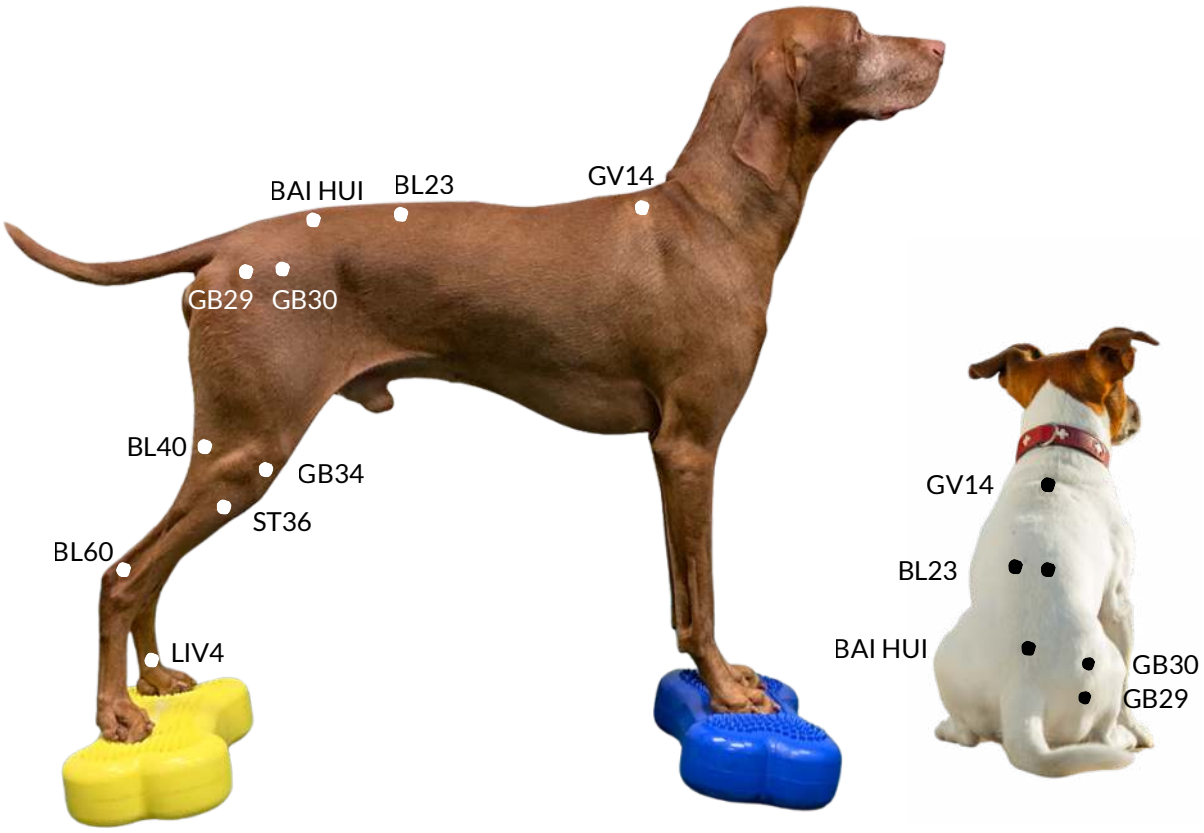
Hips

These points can be used to treat the following conditions:

- Osteoarthritis
- Hip dysplasia
- Secondary muscle tension
- Legg-Calvé-Perthes disease
- Nerve damage

POINTS FOR HIPS



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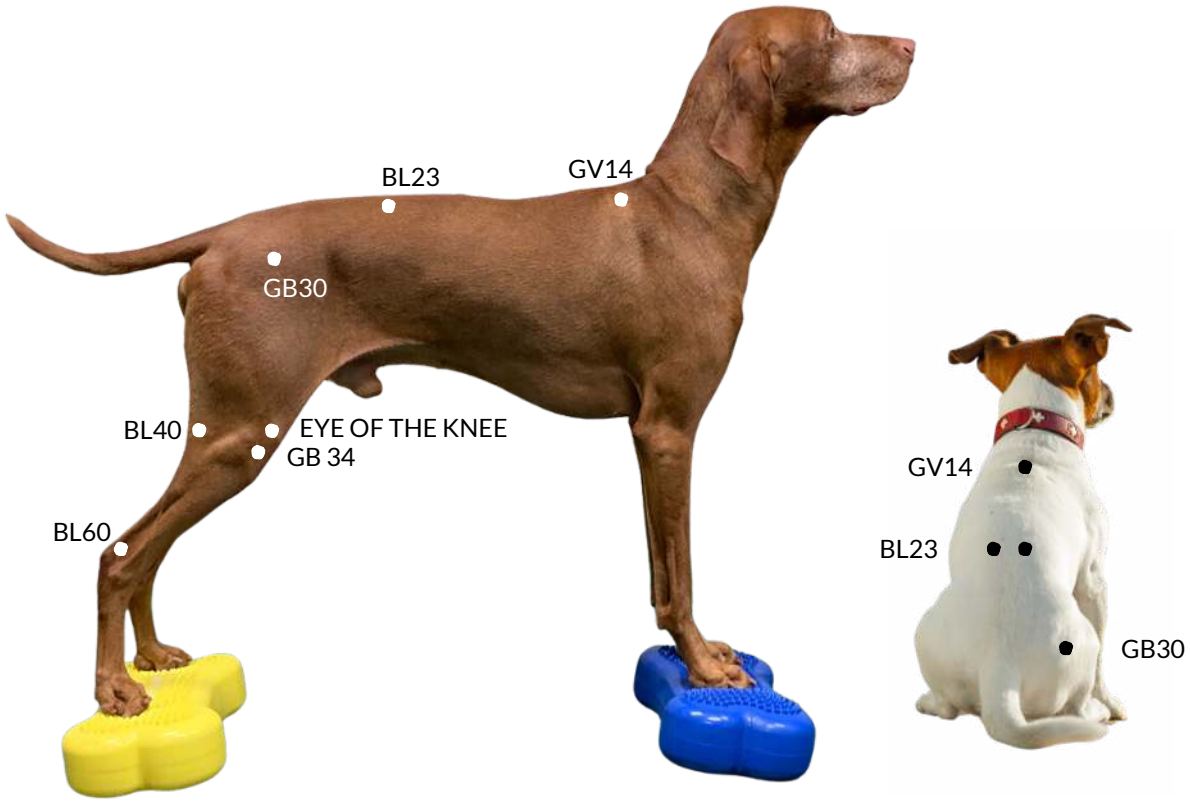
Knees

These points can be used to treat the following conditions:

- Osteoarthritis
- Cruciate ruptures
- Secondary muscle tension
- Patellar luxation
- Nerve damage

POINTS FOR KNEES



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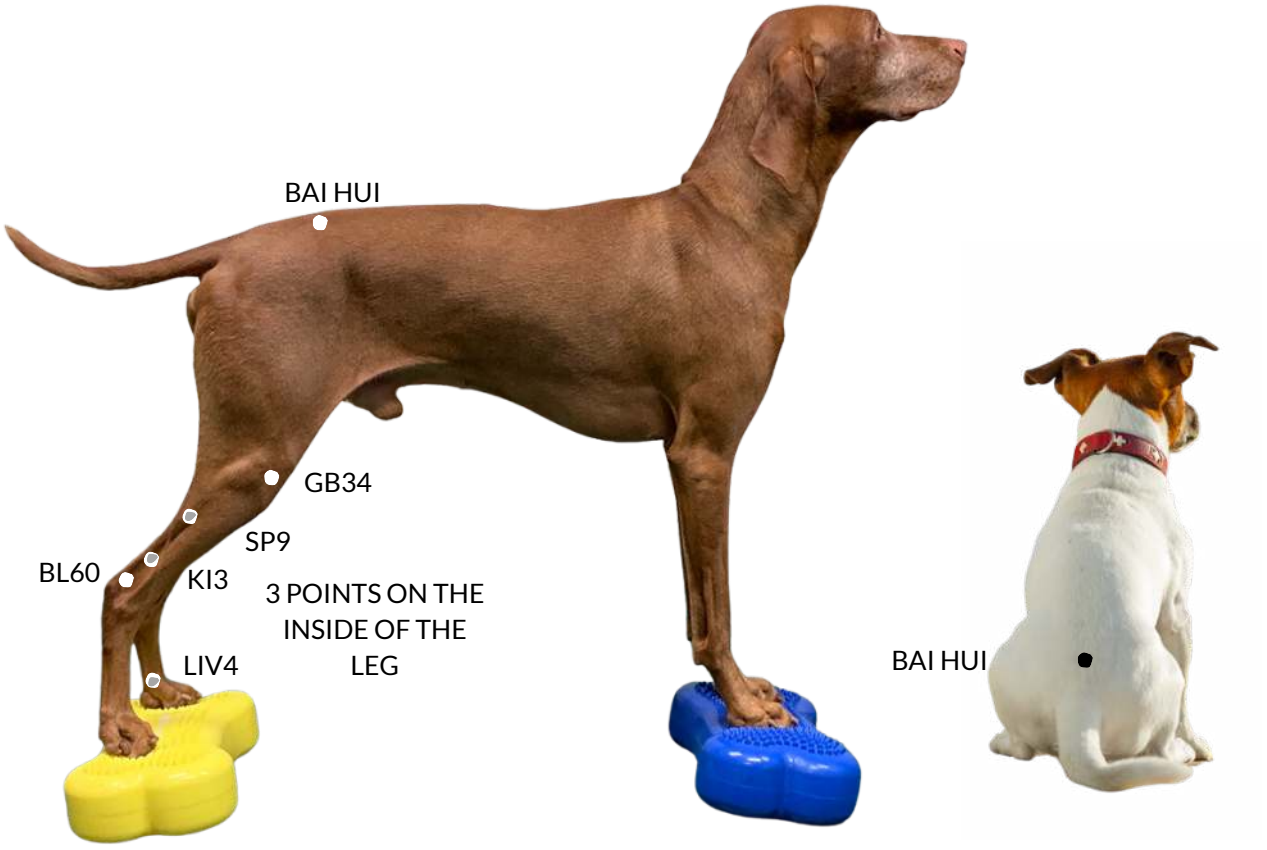
Ankles

These points can be used to treat the following conditions:

- Osteoarthritis
- Achilles tendonitis
- Secondary muscle tension
- Nerve damage

POINTS FOR ANKLES



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