

Return 2 Motion

Acupuncture is the insertion of needles into specific points on the body to produce a healing response. In Traditional Chinese Veterinary Medicine, disease is the imbalance of energy (Qi) in the body. Acupuncture is based on correcting this imbalance, thereby allowing the body to heal itself. Acupuncture can stimulate nerves, increase blood circulation, relieve muscle spasm, and cause the release of hormones, such as endorphins (one of the body's pain control chemicals) and cortisol (a natural steroid).

Prior to their first treatment, your pet will be evaluated by a certified veterinary acupuncturist to create an individual treatment plan based on their specific need. During the treatment, we provide a comfortable and relaxing environment for your pet. Sedation is not required and most pets don't even notice that the needles are being inserted. Each session typically lasts 20-30 minutes.

In general, the earlier in the course of disease that acupuncture is started and the more frequent the treatments, the better the response tends to be. As a very rough guide, about $\frac{1}{4}$ of patients show major improvement, $\frac{1}{2}$ show significant improvement but still have some symptoms, and $\frac{1}{4}$ show little or no benefit. Following surgery, it can improve the patients' comfort level and speed up the post-operative recovery period. In some cases, it may reduce or eliminate the need for chronic medication. Most pain medications and anti-inflammatory drugs are quite safe, but may affect organ function. When acupuncture is used in conjunction with traditional medicine, we are able to decrease the dose and number of medications our pets are on.

The effects of acupuncture treatment are cumulative, so there is a benefit to repeated sessions, but the goal is to achieve the greatest degree of improvement with the fewest treatments necessary. Side effects of acupuncture are rare, but some dogs may be sore or stiff following a treatment session, while other patients appear tired. These effects are an indication that some physiological changes are occurring and usually resolve within 24-48 hours, followed by a noticeable improvement.