



# Melbourne Veterinary Acupuncture

- Integrative Veterinary Therapies -

**Dr Jennifer Robinson**

jenthevet@outlook.com  
www.melbournevetacupuncture.com  
Phone: +61478700681

## What is acupuncture?

**Acupuncture** - a key component of Traditional Chinese medicine (TCM).

Acupuncture is an energy-based system of healing that has the effect of activating the body's ability to repair itself.

Based on a holistic concept of diagnosis, acupuncture treats the entire organism rather than just focusing on one aspect of a disease or illness.

Being practiced for approximately 4500 years, acupuncture is the oldest and most field-tested system of medicine. Veterinary acupuncture developed simultaneously to human acupuncture. Since the founding of the International Veterinary Acupuncture Society (IVAS) in the United States in 1974, it rapidly expanded all over the world as a successful complementary treatment method to modern veterinary medicine.

In acupuncture, fine needles are inserted into specific points on the body to treat and balance the entire patient. The needles are left in place for a certain amount of time, depending on the indication and condition of the animal.

In addition to needles, other methods can be used to stimulate acupuncture points, e.g. acupressure, aquapuncture, electro stimulation, laser and moxibustion.

## How does acupuncture work?

*The science behind an ancient healing method.*

Acupuncture works by neuromodulation: Needle insertion causes micro trauma to the tissue and leads to a complex series of reactions that stimulate the nervous system.

By stimulating specific body points, blood flow is altered and the immune response of the body is affected.

The main effects resulting from needle insertion are:

- Pain relief
- Reduction of emotional and physical stress
- Activation and control of immune and anti-inflammatory mechanisms
- Acceleration of tissue healing by increasing the blood flow to the affected area
- Regulation of autonomic nervous systems

The effect of acupuncture may vary with the combination of points used, the type of point stimulation and frequency of treatment.

## What conditions can be treated with acupuncture?

- Musculoskeletal disorders:
  - Osteoarthritis, degenerative joint disease, intervertebral disc disease
  - Acute and chronic muscular injuries (sprains, strains, tears)
  - Postoperative pain and restriction of movement by swelling, scar tissue and muscle wastage
- Geriatric problems
- Chronic disorders of respiratory, urogenital and gastrointestinal tract, eyes, ears and skin
- Allergies and disorders of the immune system
- Behavioural problems (e.g. fear, separation anxiety)
- Acupuncture can also help to reduce the dosage of any pharmaceutical drugs that are used to treat a disease

## What can I expect at the first treatment of my pet?

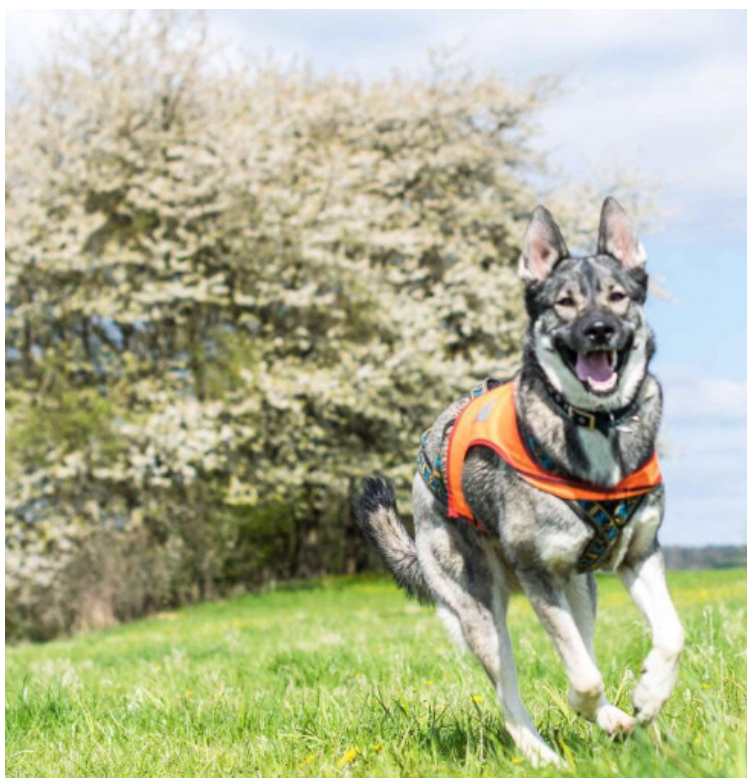
- The first consultation will take approximately one hour and involves collecting a detailed history of your pet from a TCM (Traditional Chinese Medicine) approach as well as a thorough physical examination of your pet
- After establishing a TCM diagnosis, a treatment plan will be created specific to your pet's condition and your pet will receive the first acupuncture treatment

## Things to know

- Acupuncture is usually well tolerated by animals and you may even find your pet running towards the treatment room after a couple of treatments!
- If your animal is food-driven and relaxes better with treats, feel free to bring your pet's favourite treats to the treatment sessions
- If your pet has a favourite blanket or bed to lie on and you think it may make your furry kid more comfortable during treatment, bring it along!
- To achieve the best possible treatment results, we ask you to provide us with the medical history of your pet from your regular veterinarian 48 hours PRIOR to your appointment
- If your animal is under current treatment with steroids, a slowed response to treatment with acupuncture is to be expected
- Depending on the condition and its severity, some patients do not respond to treatment, this is usually evident after 4-6 treatments. In these cases we will discuss further treatment options
- Please take your dog for a good walk prior to the treatment, if his/her condition allows this, as most dogs are more relaxed after exercise
- After your pet's acupuncture treatment avoid excessive exercise or stress for the rest of the day.

## What can I expect after an acupuncture treatment?

- In many cases there is marked improvement of symptoms in the first few days following an acupuncture treatment
- Sometimes there is no obvious change in the symptoms, but the animal may seem "brighter" or more energetic
- In some cases symptoms improve for 24- 48 hours, then can slowly regress again, or occasionally symptoms get worse for 12 - 24 hours, then improve rapidly- this is very different from patient to patient.
- Many owners report that their pet sleeps for several hours after the acupuncture treatment. Some animals have an increased appetite shortly after the treatment, some do not want to eat for the rest of the day - *Each patient is unique!*
- With subsequent treatments gradual improvement is to be expected, until there is complete recovery or a plateau is reached. For chronic conditions, several subsequent treatments may be required to maintain the plateau.



Acupuncture is a form of integrative veterinary therapy. As a veterinarian and veterinary acupuncturist I offer expertise in both, modern and Traditional Chinese Medicine. By combining science and ancient healing methods, my aim is to provide the best possible treatment for each individual patient to restore and maintain a high quality of life.

"Of course, it is worth searching for the best treatment, since treatment comes from outside. But healing comes from within, its source in our very nature as living organisms." - Dr. Andrew Weil