

Acupressure For Pets

Definition

“Acupressure is a form of touch therapy that utilizes the principles of acupuncture and Chinese medicine. In acupressure, the same points on the body are used as in acupuncture, but are stimulated with finger pressure instead of with the insertion of needles.”

<http://medical-dictionary.thefreedictionary.com/acupressure>

The 12 Paired Channels

Qi (vital energy) flows through the twelve channels and completes one cycle every 24 hours. Each channel has maximum energy for two hours. There are 6 Yang channels and 6 Yin channels. All 12 channels are paired and run along each side of the body. Generally, Yang channels are located along the outer body surfaces (e.g., back, outer thighs) and Yin channels along the inner body surfaces (e.g., belly, inner thighs).

Channel/Organ	Channel Location	Maximum Flow of Qi	Related Western Organs and Diseases	TCM Element Body Part Emotion
LUNG (LU 1 – LU 11)	Chest to Front paw (Yin)	3 – 5 AM	Lung – respiratory diseases, forelimb problems	Metal Skin & Hair Grief
LARGE INTESTINE (LI 1 – LU 20)	Front paw to Head (Yang)	5 – 7 AM	Intestines – gastrointestinal diseases, face and tooth problems	
STOMACH (ST 1 – ST 45)	Head to Back paw (Yang)	7 – 9 AM	Stomach – gastrointestinal diseases, hindlimb problems	Earth Muscles Worry
SPLEEN (SP 1 – SP)	Back paw to Chest (Yin)	9 – 11 AM	Pancreas – gastrointestinal diseases, pancreatitis, hindlimb problems	
HEART (HT 1 – HT 9)	Chest to Front paw (Yin)	11 AM – 1 PM	Heart – mental problems, heart disease, forelimb problems	Fire Vessels Joy
SMALL INTESTINE (SI 1 – SI 19)	Front paw to Head (Yang)	1 – 3 PM	Intestines – gastrointestinal disease, forelimb problems, neck and shoulder problems	
BLADDER (BL 1 – BL 67)	Head to Back paw (Yang)	3 – 5 PM	Bladder & Spine – urinary disease, hindlimb problems, neck and back pain, disc disease, seizures	Water Bones Fear
KIDNEY (KI 1 – KI 27)	Back paw to Chest (Yin)	5 – 7 PM	Kidneys – kidney disease, hindlimb problems	
PERICARDIUM (PC 1 – PC 9)	Chest to Front paw (Yin)	7 – 9 PM	Heart – mental problems, heart disease, frontlimb problems	Fire Vessels Joy
TRIPLE HEATER (TH 1 – TH 17)	Front paw to Head (Yang)	9 – 11 PM	(No Western organ) – ear problems	
GALL BLADDER (GB1 – GB 44)	Head to Back paw (Yang)	11 PM – 1 AM	Gall Bladder/Liver – gall bladder and liver disease, ear, eye and hindlimb problems	Wood Tendons Anger
LIVER (LIV 1 – LIV 14)	Back paw to Chest (Yin)	1 – 3 AM	Liver – gall bladder and liver disease, ear, eye and hindlimb problems	

Extra Channels

Channel	Channel Location	Indications
GOVERNING VESSEL (GV 1 – GV 28)	Along the back midline from anus to nose	Fever, pain/stiffness anywhere from head to tip of tail, urine leakage, emergencies/shock
CONCEPTION VESSEL (CV 1 – CV 24)	Along the abdominal midline from anus to chin	Urinary problems, vaginal discharge, coughing

Basic Anatomy (Feline and Canine)

7 cervical, 13 thoracic, 7 lumbar vertebra, sacrum, tail, 13 ribs

Association Points

These points are arrayed on the back, along the Bladder channel, parallel to the spine. Each point targets or is associated with an internal organ. If the associated organ is experiencing problems, it's Association point may feel painful or radiate heat.

Chinese Organ	Bladder Point	Location on Body	Common Uses
LUNG	BL 13	In the depressions at the tip of the 3 rd thoracic vertebra, approx. at the level of the front end of the shoulder blades	Cough
PERICARDIUM	BL 14	In the depressions at the level of the 4 th thoracic vertebra	Regulate Qi flow
HEART	BL 15	In the depressions at the level of the 5 th thoracic vertebra	Heart disease, anxiety
LIVER	BL 18	In the depressions at the level of the 10 th thoracic vertebra	Liver disease, aggression
GALL BLADDER	BL 19	In the depressions at the level of the 11 th thoracic vertebra	Gall bladder, liver disease, joint stiffness
SPLEEN	BL 20	In the depressions at the level of the 12 th thoracic vertebra (between last two ribs)	Digestive problems, pancreatitis
STOMACH	BL 21	In the depressions at the level of the 13 th thoracic vertebra	Vomiting, poor appetite
TRIPLE HEATER	BL 22	In the depressions at the level of the 1 st lumbar vertebra	Thyroid disease, diabetes, back pain, vomiting, diarrhea
KIDNEY	BL 23	In the depressions at the level of the 2 nd lumbar vertebra	Kidney disease
LARGE INTESTINE	BL 25	In the depressions at the level of the 5 th lumbar vertebra	Diarrhea, constipation
SMALL INTESTINE	BL 27	In the depressions at the level of the 7 th lumbar vertebra	Urinary and genital problems, lower back pain, diarrhea/constipation
BLADDER	BL 28	Over the sacrum, at the level of the 1 st and 2 nd intervertebral space	Urinary and genital problems, lower back pain, diarrhea/constipation

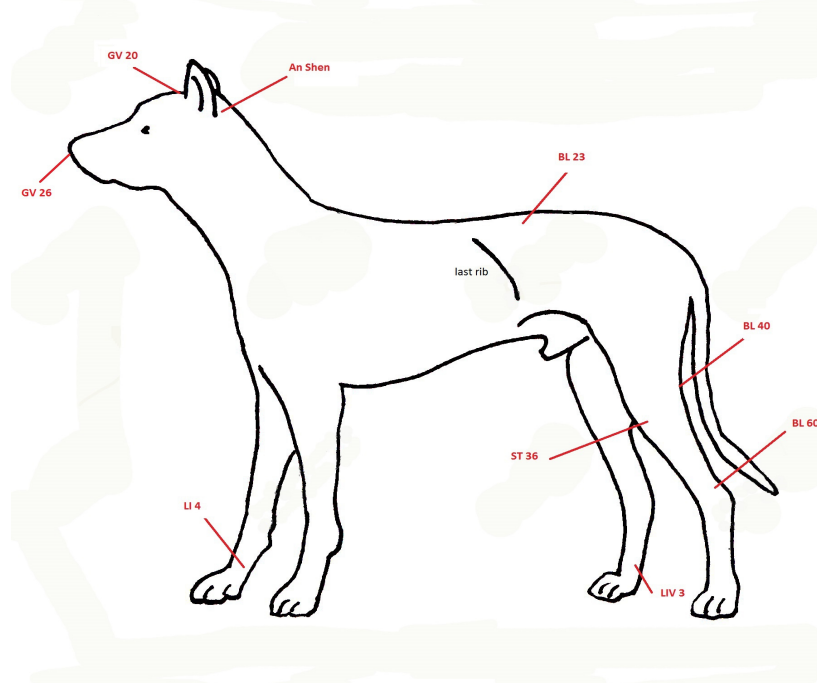
Frequency & Duration of Treatment

Chronic conditions: every 1-2 weeks

Acute Conditions: every 1-3 days

Apply steady, light to moderate pressure at a depth that is comfortable to your pet and hold the point for 15-60 seconds.

Commonly Used Acupressure Points in Pets



Acupuncture Point	Location on body	Indication(s)
ST 36	On the outside hind leg, just below the knee, in a depression in the middle of the muscle toward the front of the leg	Low energy, no appetite in the morning, digestive problems, IBD
GV 20	On top of the head, in a notch just forward of boney protuberance on the midline, between the ears	Epilepsy, calms the spirit, clears the mind
GV 26	On the midline below the nose	Emergencies, resuscitation
An Shen	In a large depression just behind the ears	Epilepsy, calms the spirit, clears the mind
LI 4	Inside the the first toe, in the web between the dewclaw or where the dewclaw would be	Pain in face & forelimb, arthritis, IBD, epilepsy (use together with LIV 3), low energy
LIV 3	On the inside hind paw, above the innermost toe (not dewclaw). Find a slight depression about a third of the way between the top inside toe and the bottom of the ankle joint	Arthritis, epilepsy (use together with LI 4)
BL 23	On the middle of your pet's side, locate the last rib, then go straight up to the spine. Find the point in the indentation beside the 2 nd lumbar vertebra	Arthritis, back pain, kidney support
BL 40	On the back hind leg, in the very center, right behind the knee	Inflammation, arthritis, stiffness and pain in the back, hip, and knee
BL 60	In the depression just above the ankle joint, on the outside of the leg	"Aspirin Point", pain in hindlimb, lower back, ankle

Resources

- *Four Paws Five Directions. A Guide to Chinese Medicine for Cats and Dogs* by Cheryl Schwartz, DVM
- *Acu-Cat: A Guide to Feline Acupressure* by Amy Snow and Nancy Zidonis
- *Acu-Dog: A Guide to Canine Acupressure* by Amy Snow and Nancy Zidonis
- *Canine Landmark Anatomy & Acupoint Energetics – DVD* by Tallgrass Animal Acupressure Institute
- *Canine Acupuncture Point HD Pro* by Chi Institute of Chinese Medicine. Available on iTunes