

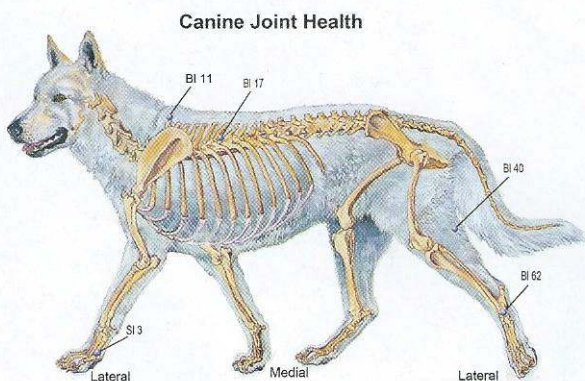
# MILE HIGH DOG<sup>TM</sup>



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# ACU-TIP: Canine Osteoarthritis

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Authors of ACU-DOG: A Guide to Canine Acupressure



Points	Location / Function
BI 11	Just off the dorsal midline at the spinous process of the 1st thoracic vertebra. <b>Supports the health of bones.</b>
BI 17	Just off the dorsal midline at the spinous process of the 7th thoracic vertebra. <b>Enriches blood and promotes circulation.</b>
SI 3	Near the joint on the outside of the 5th digit. <b>Increases chi and blood to the forelimb joints.</b>
BI 40	In the center of the popliteal crease (back of the stifle). <b>Enhances the flow of chi and blood to the hindquarters.</b>
BI 62	In a depression below the lateral malleolus, on the outside of the hind leg. <b>Commonly used for arthritis issues.</b>

It's common knowledge that older dogs are prone to developing arthritis. Young dogs can develop arthritis too, due to trauma to the joint, hereditary malformations, breeding issues, unstable joints, poor diet and infection. Early detection is the key to slowing the degenerative process and managing the dog's level of pain. Indicators of canine arthritis include:

- Reluctance to play, walk, run, climb, jump
- Swelling and heat at the site
- Favoring a limb (limping)
- Difficulty getting up or standing
- Moving stiffly
- Protecting a limb
- Avoiding being touched
- Change in attitude/personality
- Weight gain
- Less alert/sleeping more
- Crunching ("crepitus") sound when the joint is flexed

Your holistic veterinarian, acupressure practitioner and canine nutritionist are good resources for your dog to be as comfortable as possible for as long as possible. General arthritis acupressure points, given in the chart above, can help slow the degenerative process and reduce pain. (Note: acupressure points are bilateral).

Tallgrass Animal Acupressure Institute is offering an Introduction to Small Animal Acupressure course on March 16th (evening), 17th and 18th at Hounds on the Hill in Denver. Learn the basics of animal acupressure and maybe start a new career. For more information or to register for the class, visit [www.animalacupressure.com](http://www.animalacupressure.com) or call 303-681-3033.