

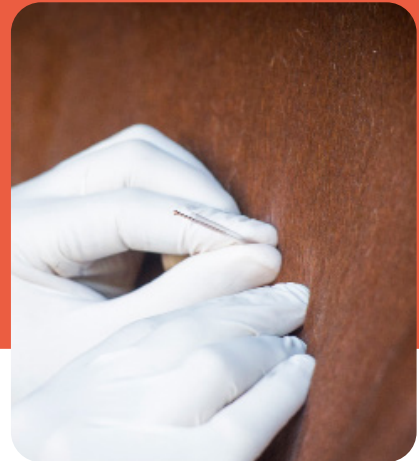
Fact Sheet

Acupuncture

What is acupuncture?

Acupuncture is a traditional Chinese therapy using thin needles to stimulate specific points on the body, promoting healing and pain relief.

In veterinary medicine, it's used to treat pain, arthritis and recovery after injuries, offering a natural complement to conventional treatments.



What does it involve?

During an acupuncture session, a trained practitioner carefully inserts thin, sterile needles into specific points on the horse's body, targeting areas that correspond to nerves, muscles and connective tissues. Sessions typically last between 20 to 45 minutes, depending on the condition being treated. Multiple sessions may be recommended for the best results.



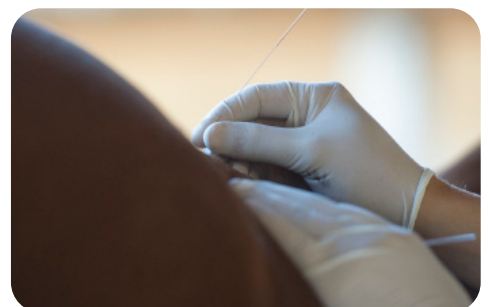
Can it be painful?

Acupuncture is generally well-tolerated by horses and is not typically painful. The needles used are very thin, much smaller than those used for injections and most horses remain calm during treatment. Some may feel a slight tingling, warmth, or mild discomfort when the needles are inserted, but this sensation usually subsides quickly. In fact, many horses become relaxed, lower their heads, or even doze off during a session. However, if a horse is particularly reactive or uncomfortable, adjustments can be made to ensure a more comfortable experience.

How does it help?

Equine acupuncture can be used to treat a number of conditions in horses including:

- **Relieves pain** – Helps with arthritis, injuries and muscle soreness
- **Improves circulation** – Promotes healing and reduces inflammation
- **Relaxes muscles** – Eases tension and enhances mobility
- **Aids digestion** – Supports gut health and colic relief
- **Boosts performance** – Increases stamina and coordination
- **Supports nerve function** – Helps with neurological issues
- **Reduces stress** – Calms anxious or nervous horses
- **Enhances overall health** – Strengthens immunity and wellbeing



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Who can perform acupuncture?

By law, acupuncture can only be performed by a qualified veterinary surgeon that has undergone special training in the technique. This is because it is an invasive procedure that requires a thorough knowledge of veterinary anatomy and physiology.

Insurance

Often the cost of acupuncture can be claimed for on your insurance – please check with your own individual policy or with your insurance company, prior to embarking on a course of acupuncture.



Acupuncture as a preventative treatment

Acupuncture can be a valuable preventative treatment for horses. By stimulating specific points, it enhances circulation, boosts the immune system and helps balance energy in the body. Regular treatments can prevent the onset of illness by addressing imbalances before symptoms arise and reducing inflammation. It serves as a holistic complement to traditional veterinary care.

Regular examination and treatment throughout the year can catch injuries at an early stage. By restoring normal blood supply and function to the muscles, they heal quickly and your riding schedules are uninterrupted.



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This factsheet was created by the VetPartners Equine Team, with assistance from our Marketing Team and Veterinary Regulatory Advisors.

For further information, please contact your local VetPartners Equine Veterinary Practice on:

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VetPartners Equine has a diverse range of practices and expertise within the group.

Together with our practices, our focus is on providing an excellent service to our equine clients.

No two practices are the same, and we understand and embrace that independent spirit.