

ACUPRESSURE SESSION WITH DIEGO

Diego Cinco De Mayo Rivera

House Rabbit-4yrs.old Neutered Male

PRE-TREATMENT

Summary of The 4-Examinations - Visual Observations, Listen/Smell, History, General Physical Condition

Diego's body appears rigid, some muscle spasms at thoracic/lumbar junction. He is very thin but muscular. Fur is shiny and shedding. Coat generally smells good but there is slight scorched smell around belly area. Eyes are bright and clean. Ears smell good, no wax apparent. No breath smell. Nails long and strong. Pungent urine smell around hip and perineal area. Normal gut sounds with slight gurgling. Diego is alert and purring.

Diego is approximately 3-4 yr old domesticated rabbit. Weight 5.5 lbs at time of back injury in shelter system, 5-5-03. Subsequent hind-leg paresis with right leg more severe. No vertebral injury apparent on x-rays. Incontinent, has problems with urine scald and occasional excess cecals. Good digestion and appetite. Diet is hay and fresh herbs/greens daily plus timothy pellet-1/8 cup. Current weight is 4 lbs. Drinks a lot of water daily. Cool to touch, loves sun baths. Heat treatments include hot water bottle or warm stones during daily massage/passive exercise time for muscle spasms and atrophy of rt hind leg. Uses cart for mobility 2-3 hrs, 5x's weekly. Gets daily butt baths. Receives Vet. acupuncture treatments for pain management.

Uses right fore leg to counterbalance hind paralysis. Spine is rolled to right and rt. pelvis is rotated under body. Right hind leg is permanently extended under body. Shoulder blades in constant contracted position with body pressure on forelegs for support. Uses forelegs to pull self around. Very strong with moderate energy.

Demeanor is out-going, assertive, opinionated. Diego will growl slightly if person trespasses into his pen. He does enjoy touch, often nudging for attention. Appears to have good quality of life.

TREATMENT

Acupressure Treatment OPENING using the Bladder Meridian and the Association points - Assessing through touch

Body feels cool, except hips/legs warm. Back feet cool. Open Bladder Meridian- cool soft/protruding at BI 21-23,25. Spasms at BI 22,23. Warm hard at BI 28. Opened SP, GB, TH, HT, KI, SI based on opening and 4-Examinations.

POINT WORK - Selection and reasoning of Acupoints

GV 20- Calming point. Good place to begin.

Starting on left/stronger side of Diego:

HT 9- Tonify and Balance the Heart Meridian, which stores the Shen or the spirit. Important to fortify for a paralysed animal.

SP 21- General Connecting Pt. Good because rabbits may not allow some yin point work in medial or supine/vulnerable areas. Point for muscle pain throughout the body.

KI 3- Benefits the Immune System. Strengthens the lumbar spine. Benefits arthritic hocks, Jing, or organic essence, as well as addresses instinctual fear (abundant in rabbits).

TH 3- Tonify the Triple Heater to regulate body temperature in cold damp weather. Enhances the lymphatic system. Diego has poor circulation in his hind quarters.
SI 3- Tonification Pt. Clears the mind. Strengthens the spine. Good for arthritis of shoulder, ankle, wrists. Has the important task of nourishment for the body. Necessary for Diego's rt. Fore leg fatigue when in cart.
ST 36- Master Point for Abdomen and G.I Tract. Aids in digestion. Strengthens the Immune System. Relieves fatigue. A favorite fortifying point for rabbits as they have very sensitive digestive systems.
GB 34- Influential Point for muscles, tendons. A must for joint stiffness in cold weather.
Bl 40- Master Pt. for Lower Back and Hips. Also for arthritis in stifle joint.

Using hot stones, retrace Bladder Meridian with emphasis on Association Points: Bl 11 (Influential Pt for Bone), Bl 21 (Stomach), Bl 22 (Triple Heater), Bl 23 (Kidney), and sedate Bl 28 (Bladder).

Since Diego is a disabled animal I must limit the amount of specific points per session.

Observations during POINT WORK:

Very alert during the opening, especially vigilant when opening down the front legs. Purring at GV 20. When working down the Bladder Meridian at 21,22,23, Diego's eyes become soft. Eyes alert once again at Bl 25.

Very still and concentrating at forefeet/metacarpals for HT,TH, and SI points (unusual for a paralysed rabbit). Audible sigh at SP 21. Presents legs for hind leg pt. work. Hold ST 36, then BL 40. When I hold rt. hind leg KI 3 (with index finger on BL 60) the leg begins to shake. As I work down the Bladder again with the hot stones, Diego stretches down low and purrs loudly but as I trace over Bl 28 then down the lateral leg, he gets very restless and begins digging in his towel. He turns to his left and looks back as I work GB 34. Spasms cease at mid back.

Observations during CLOSING all the meridians on Point Work performed:

Close SP,GB, TH, HT, KI, SI with a few sweeps. The closing settles Diego down again. During final 3 sweeps down Bladder line. Diego is very relaxed and purring. Finish with gentle hind leg and shoulder stretches. He really seems to enjoy the fore leg work.

POST TREATMENT Observations and Recommendations:

First few hours:

Diego is relaxing and licking his stiff rt.hind leg. He is laying more stretched out, not so coiled tight. 3 hours later he is laying comfortably and grooming. Some licking of the rt. fore leg.

Morning after treatment:

Early day, Diego is shivering. He is showing less energy, mostly laying in one spot. Frequent urination, very wet on loin area of bad hip.

Paralyzed rt.hind leg is very stiff and protruding into the air. Difficulty balancing.

24 hours after treatment:

Diego appears calm, shows good energy when in cart. Great appetite and water consumption. Body relaxed and warmer. Licking bilateral mid ribcage area when touched near SP 21, GB 24 and LIV 14. Note: address muscle soreness, SP21- GB24 and the liver meridian, LIV 14, for digestive, joint, tendon and ligament issues during next treatment to balance meridians.

Assess, Assist, Suggest:

Recommend consistent acupressure treatments to supplement monthly acupuncture treatments. T-Touch and Massage with Hot Stones/Heat treatment for circulation, back spasms and muscular re-education 2-3

times week. Explore a warming diet, perhaps adding oats for heat, celery and burdock root to dry dampness as well as beneficial herbs and greens such as dandelion and wheat grass for kidney and bladder support. Offer water and wet greens to hydrate tissues and flush bladder. Passive exercise/stretching daily. Lavender herbal spritz and immortelle hydrosol may be beneficial to cool urine scald and clean toxins from the skin. Calendula cream, aloe vera gel or rescue remedy cream may help sooth, nourish and cool the perineal skin.

Above suggestions are offered in conjunction with regular Veterinary Care.

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2-23-05