

Equine Sports Therapy

An in depth look at Shu and Ting Point Therapy

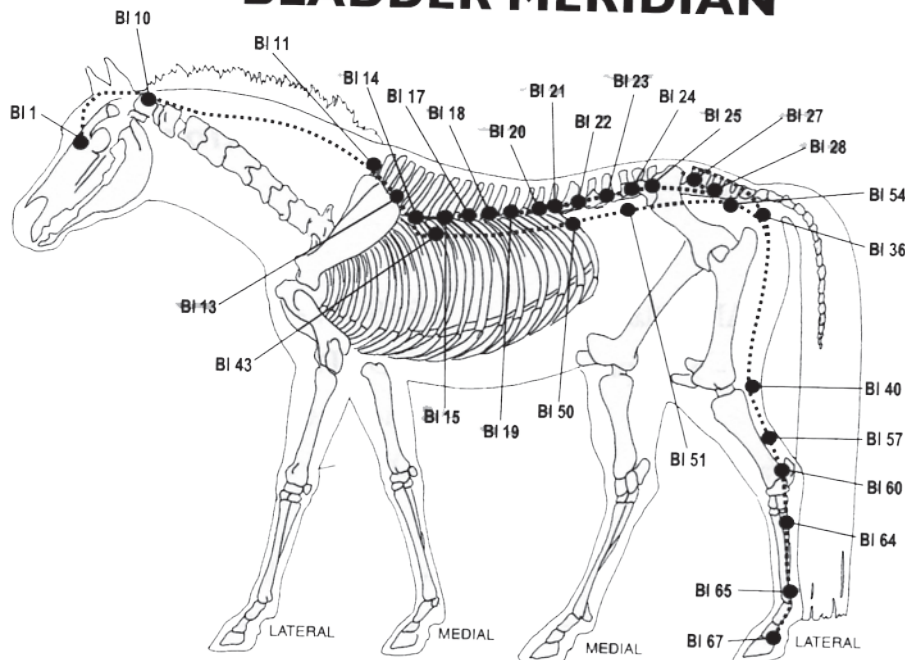
By Kristen Giglio

Like humans, horses have numerous acupressure points. Ting points are located along the coronary band on the front and hind hooves and are associated with specific organ meridians that have been proven to be very affective in the treatment of many chronic and acute ailments.

is reactive to light pressure it is an indication of an acute problem. The bladder meridian is unique in the fact that it is able to help balance the entire meridian system. Corresponding Back Shu points, when cleared, can help to affect the following problems.

Bladder Shu Point = BI

BLADDER MERIDIAN



Back Shu or Association points, along the bladder meridian are the map work as to which ting points may be under stress or congestion. Selective bladder points are directly associated with any twelve of the major meridians.

Back Shu points; located along the bladder meridian, that are reactive or tender to touch may be indicative of an energy imbalance to the corresponding meridian. Either acupuncture or acupressure can stimulate these points. If a horse is chronically sore or stiff the Back Shu points will almost always become reactive. If a Shu Point reacts to a deeper pressure it is a chronic imbalance, however if

BI 13; Lung – Used for lung weaknesses

BI 14; Pericardium – Helps to calm agitated or nervous horses

BI 15; Heart – Regulated energy flow, also used as a calming point
BI 18; Liver – Used for liver disorders and is used for back and tendon weaknesses.

BI 19; Gall Bladder – Beneficial for tendon and ligament ailments.
BI 20; Spleen – Helps to alleviate digestive problems, but also used for medial (inner) stifle problems.
BI 21; Stomach – Used to treat GI disorders and lateral (outer) stifle problems.

BI 22; Triple Heater – Relieves abdominal pain, hormonal imbalances and lower back pain.

BI 23; Kidney – Arthritis point, also help to relieve chronic lower back pain and to strengthen the immune system.

BI 25; Large Intestine – Used in the relief of both constipation and diarrhea. Relieves neck, shoulder and lower back pain as well as stifle and hock arthritis.

BI 27; Small Intestine – Used for the relief of lower back and siatic pain as well as indigestion.

BI 28; Bladder – Affective in the treatment of urinary tract problems, used for back and neck pain as well as a colic point.

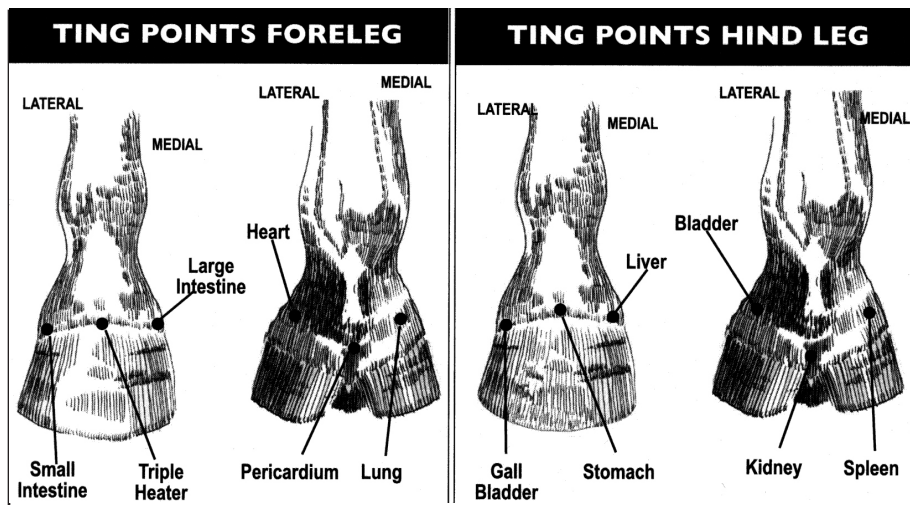
Ting Points are the beginning and end points to the associated meridian. Ting points can also be stimulated by acupuncture needles which allow for a deeper clearing or by deep pressure to the points; acupressure.

Acupressure can be held for a few seconds or up to a few minutes depending on when the release occurs; exhibited by licking, chewing or yawning. Because horses are sensitive animals, the response to acupressure has been found to be affective and safe for treating excessive or deficient ting point areas. This type of pressure is a non-invasive technique, which helps to stimulate the repair process.

Ting point therapy can be used, not only for the treatment of injury, but to help maintain your horse's balance and well being. It aids in releasing muscle tension, promotes circulation, and releases energy congestion causing a balanced energy flow. These points are positioned equally around the circumference of the coronary band; there are six points on the fore leg and six on the hind.

Ting Points that are not balanced usually present themselves as both spongy and warm, or hollow and dry when palpated. A pitted depression is commonly indicative to a chronic problem, whereas a swollen or bumpy point shows an acute problem present. Ting points are powerful diagnostic tools and, when stimulated, can help to balance the corresponding meridian and restore its energy flow. It aids in the body's natural healing process. Each Ting Point can be used for the following problems:

*Lung Ting Point; Is commonly used for respiratory emergencies, and it



helps to strengthen the immune system and aids in cases of laminitis.

*Large Intestine Ting Point; Another emergency point. Helps with all hoof problems, especially laminitis, ringbone and navicular disease.

*Stomach Ting Point; Used for the relief of abdominal pain and indigestion. It is also beneficial for treating hoof problems and colic.

*Spleen Ting Point; Used for regulating blood and energy flow. Helps with the treatment of laminitis and arthritis.

*Heart Ting Point; Used for cardiovascular emergencies and fever.

*Small Intestine Ting Point; Aids in the treatment of laminitis and sidebone.

*Bladder Ting Point; Balances the entire meridian's energy. Benefits all hoof problems along with back and hock weaknesses.

*Kidney Ting Point; Aids in the treatment of shock.

*Pericardium Ting Point; Beneficial for the hooves and fore limb joints.

*Triple Heater Ting Point; A colic point as well as being beneficial for laminitis and ringbone.

*Gall Bladder Ting Point; Aids in the treatment of arthritis, laminitis and

hock weaknesses.

*Liver Ting Point; Beneficial in the treatment of laminitis and sidebone.

Most horse that I have seen have really benefited by the integration of acupressure in the treatments, whether it be an acute or chronic problem. In just stimulating selected points, the improvement is always visible and the natural healing process is accelerated.



Kristen Giglio is a Certified Equine Therapist and Animal Health Veterinary Technician.

She owns/operates Advanced Connections Equine Therapy and offers such services as massage therapy, magnotherapy, trigger point therapy, applied kinesiology, saddle fitting and acupressure. Contact Kristen at (250) 370-9951, or visit www.acetherapy.ca. Veterinarian recommended. Available seven days a week.