

## ACUPRESSURE GETS YOUR DOG'S ATTENTION

Whether you have a sweet, active puppy or a mature dog who loves to romp, there's no reason why you can't get your dog's attention for training using acupressure-massage techniques. If your dog is not paying attention, training won't work.

Acupressure-massage is based on Traditional Chinese Medicine (TCM). Thousands of years ago Chinese doctors traveled from village to village keeping both people and animals healthy. Their livestock and smaller animals were important for the community to survive. The ancient Chinese were dependent on their animals for agriculture, transportation, and protection.

These Chinese "barefoot doctors," as they were called, knew that energetic pathways, or channels, need to flow throughout the body to circulate *chi*, life-promoting energy, and other vital substances necessary to nourish all the organs and tissues. There must be a harmonious, balanced flow of energy to maintain the health and well-being of humans, dogs, cat...all animals.



### ***Acupressure-Massage = Tui Na***

Acupressure-massage is called "*Tui Na*" (pronounced "tway" with a long "a" sound and a slight "e" sound at the end and "nah" with a flat "a"). *Tui Na* translates as "push-grasp," denoting movement. In acupuncture, once the needles are inserted in an acupoint, there is little or no movement. In *Tui Na*, we use our hands and fingers to gently, yet actively stimulate acupoints. Acupoints are located along the most accessible channels just under the skin. When we touch or hold an acupoint, we are influencing the flow of chi, blood, and body fluids needed to nourish

bones, tendons, ligament, internal organs, and the BRAIN!

We are going to be addressing the dog's feeling of well-being while being focused and able to retain what he has learned during training sessions. There are specific acupoints that are known to help with calming, mental clarity, focus, and making decisions. These are the attributes of the points we are presenting in this article. By working with these acupoints either the night before a morning training or a few hours before training, you and your dog should have a fun and worthwhile time together.

**Remember:** The beauty of *Tui Na* is that it is always available, gentle, and yet an extremely powerful form of bodywork. Have fun and enjoy working together because that's the best way for your dog to train and learn.

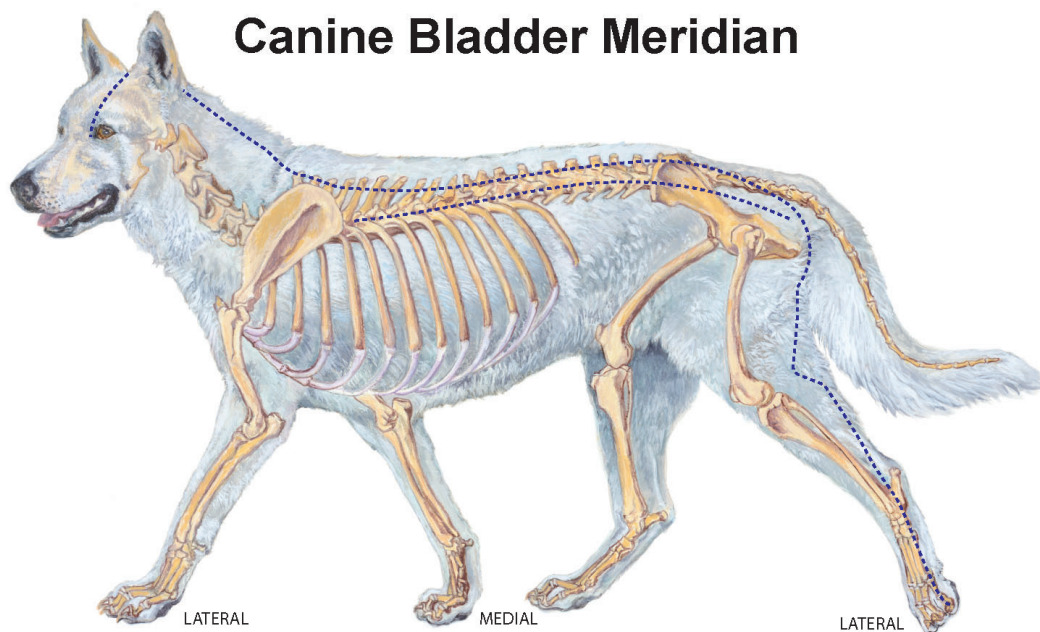
## ***Tui Na* Session**

The first step in preparing for a *Tui Na* session is for you to develop your intention in performing a session. Think about how you want your dog to benefit from the *Tui Na* session. What s would you like the outcome of this session to be?

### **Suggestions for your intention for your *Tui-Na* session with your dog:**

- Be calm
- Ignore distraction
- Clear your mind
- Able to focus
- Able to learn
- Retain training, and
- Enjoy and have fun together.

Once you and your dog are comfortable on the floor, dog bed, or couch and you have your intent firmly in mind, you are ready to begin the hands-on session.

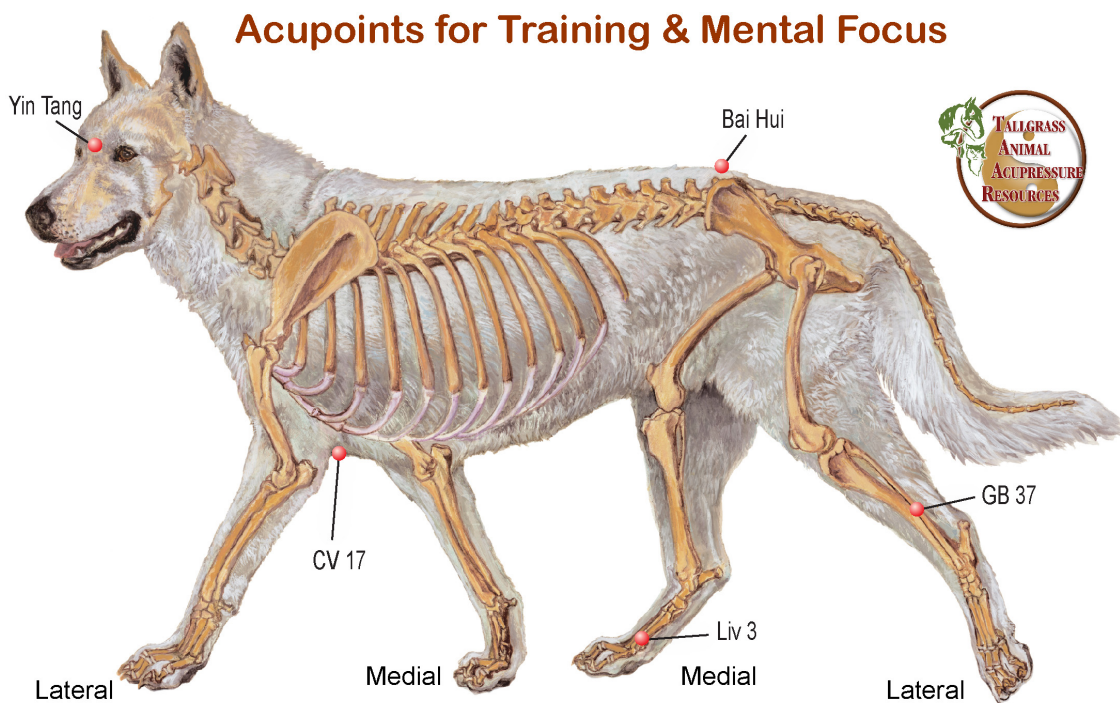


## Opening /Adaptive

Slowly and gently, using the back part of your palm, trace the Bladder channel, also called “meridian,” from the head or neck, down the dog’s back and down his hind leg to the fourth digit. On a small dog, you can use the soft, flat part of your thumb to trace the meridian.

Repeat tracing the Bladder meridian three times on one side of your dog and repeat tracing three times on the opposite side. This process communicates that you are beginning intentional touch, not just petting him. Plus, it’s a soothing technique known as *Tui Fa* and it reinforces your connection.

## Point Work / Analgesic



Points	Location
Yin Tang	On the dorsal midline, just above the center of the eyes.
Bai Hui	On the dorsal midline at the lumbosacral space.
GB 37	On the lateral aspect of hind leg, 3 cun above the tip of the malleolus, on the border of the fibula.
Liv 3	Between the 2 <sup>nd</sup> and 3 <sup>rd</sup> metatarsal bones at the junction of the metatarsophalangeal joint.
CV 17	On the ventral midline, at the level of the caudal border of the elbow, 4 <sup>th</sup> intercostal space.

The first acupoint is the **Yin Tang** point located between the dog's eyes and slightly above his eyes. Simply rub your pointer finger from the stop on his muzzle up and back to the *Yin Tang* point. Continue this rubbing technique for a slow count to 20 before moving to the next point. This point is both calming and helps with focus. It draws the dog's thought together.

The next acupoint is the "feel Good" or "Happy Point" for dogs. Most dogs find this point calming and comforting. The **Bai Hui** point is located on the dorsal midline, at the lumbosacral space, where there's a soft little area. You can rub the point or give it a scratch for a slow count to 20.



The **Conception Vessel 17 (CV 17)** follows. This point is on the ventral midline at the level of the caudal edge of his elbow. This acupoint helps slow the dog's breathing helping to reduce stress and can lower the possibility of being distracted. Go to the dog's elbow and place your finger on the midline of his chest and gently rub in small clockwise circles.

From here we travel down to the dog's hind leg to **Gall Bladder 37 (GB 37)**. This point is named "Light and Clear." This point is selected because it will help your dog make the right decisions during training. The Gall Bladder is responsible for decision-making and this point helps to clear the mind of distractions and confusion.

Gall Bladder 37 is located above the lateral malleolus. Draw your finger up the middle of the dog's hind leg from the tip of the malleolus until you feel the tendon connect to the bone. Make a little tent with your middle finger on top of your pointer finger and gently press lightly up and down on GB 37 for a slow count to 20. Repeat this procedure on the opposite leg.

The last acupoint in this full *Tui Na* session is **Liver 3 (Liv3)**. This is a powerful point known to help with concentration, focus, and retention. It is a bit tricky to find but give it a try. On the dog's hind paw place your finger on the webbing between his first and second digit, then draw your finger up, when you feel the "V" closing and stopping your finger, that's Liv 3. This can be a sensitive acupoint so press lightly up and down for a count to 20. Repeat on the opposite paw.

## **Closing / Dissipative**

Now it's time to tidy up the dog's energy just the way you began the session. Trace the Bladder meridian three times (3xs) on each side of your dog. This process smooths the movement of energy you have created during the *Tui Na* session. It helps the dog feel connected with his body.

If your training is in the morn, we suggest you perform this *Tui Na* session the night before. If training is in the afternoon or evening, try to fit your session a few hours before. We want the flow of *chi* to have a chance to circulate before training.

By taking time to offer all or most of this *Tui Na* session, you are giving your dog the best chance for success. We have seen good results with even the feistiest pups.



Contact Tallgrass Animal Acupressure Resources: [AnimalAcupressure.com](http://AnimalAcupressure.com)