



ACUPUNCTURE & PHYSICAL REHABILITATION SERVICES

Performed by ...

Tina Ting, DVM, CVA

Certified Veterinary Acupuncturist

MEETING YOUR REFERRAL NEEDS

Dr. Tina Ting is a native of Long Island who completed her veterinary undergraduate requirements at the State University of New York at Stony Brook. She completed her professional veterinary coursework at the Mississippi State University College of Veterinary Medicine and earned her Doctor of Veterinary Medicine degree. Dr. Ting then returned home to Long Island and began her veterinary career in a multi-doctor, small animal private practice. During her time in private practice, Dr. Ting was able to treat a large variety of patients with different illnesses and found she had an interest in emergency medicine as well as alternative therapies. In order to further her holistic and alternative medicine interests, Dr. Ting enrolled in veterinary acupuncture coursework and became a Certified Veterinary Acupuncturist through the Chi Institute. She enjoys combining care for patients with the best of eastern and western medicine and will often practice integrative medicine by pulling from both realms to treat a variety of ailments and diseases. Her interest in emergency medicine stemmed from the many cases she saw during her 6-year private practice career. In order to further pursue emergency medicine, Dr. Ting joined the VMCLI emergency and critical care department as an emergency clinician in 2012. Here, she is able to treat and stabilize patients who present in emergency situations and also provide acupuncture on stable patients who need additional care.



VMCLI
Veterinary Medical Center of Long Island
24 Hour Emergency & Specialty Services

Our Goal is to Exceed Your Expectations.

Advanced Imaging, Treatment Therapies & Diagnostic Modalities

- 24 Hour Critical Care
- Arthroscopy
- Bronchoscopy
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- Endoscopy
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- High Speed Spiral CT
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- Ultrasound



In Practice CE Events Are Now Available Right in the Comfort of Your Own Hospital

Call or visit us on the web at www.VMCLI.com to customize a CE Event to fit your practice needs!

Acupuncture & Physical Rehabilitation Services Performed at the VMCLI

Physical Rehabilitation Services Offered

- Acupuncture
- **Underwater Treadmill System**
- Joint Measurements, Posture & Gait Assessments
- Therapeutic Exercise & Manual Therapies
- Athletic and Performance Conditioning
- Cold Laser Therapy
- Pulsed Electromagnetic Field Therapy (PEMF)

Physical Rehabilitation Is Available Six Days a Week!

The Physical Rehabilitation Team is available to accommodate consultations and referrals Monday through Saturday. To speak with Dr. Ting, please call **631.587.0800** for more information. Thank you for your continued support of both our services and our programs!



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Veterinary Acupuncture is the practice of inserting needles into certain points on the body. These points are highly specific and have designated locations. A trained practitioner is able to find these points by palpating "depressions" or very fine divots in the underlying subcutaneous or muscular tissues and by detecting them based on their precise anatomic landmarks. The acupuncture points typically lie within specific meridians along the body. Meridians are energy channels along which the body's Qi flows. Each meridian typically corresponds to certain body systems in Chinese medicine, which are in turn translated in to usage with western medicine. Once the practitioner has obtained a thorough history (both western and eastern) and has performed a physical exam, the acupuncture points are then determined based on the patient's eastern and western diagnoses. The points are also chosen based on accessibility to the patient and cooperativeness of the patient.

Acupuncture is now known to affect all major physiologic systems. It works primarily via the central nervous system, affecting the musculoskeletal, hormonal, and cardiovascular systems. However, acupuncture does more than just relieve pain. Acupuncture also increases circulation, causes a release of many neurotransmitters and endorphins, relieves muscle spasms, stimulates nerves, and stimulates the body's defense system, among many other beneficial effects. The particular method in which it works depends on the conditions being treated and the points used. Usually more than one mechanism of action is involved when each individual acupuncture point is 'needled'. In Traditional Chinese Medicine theory, disease is an imbalance of energy in the body. Acupuncture therapy is based on balancing the energy, correcting the flow of energy, and thereby healing the patient.

Acupuncture is performed with sterile, single use needles of varying lengths and gauges depending on the size of the patient and the location of the chosen points. There are different techniques which can be employed in order to achieve the greatest level of success. Such techniques include: dry needle, electric stimulation (electroacupuncture), aquapuncture, pneumoacupuncture, and moxibustion. Dry needle is the insertion of acupuncture needles by themselves. Electroacupuncture is the attachment of electrical leads to certain acupuncture needles to stimulate acupuncture points at varying, low intensities and frequencies. Aquapuncture is the injection of acupuncture sites with various solutions (saline, diluted vitamin B12, or adequan). Pneumoacupuncture is the subcutaneous injection of acupuncture points with air. Moxibustion is the warming of acupuncture points with a moxistick. Moxibustion is not typically employed in practices due to the intense odor and mild chance of burns. With needle acupuncture, typically 20-40 needles are used based on the sites chosen. The needles are left in for 15-20 minutes. An entire acupuncture session typically lasts approximately 45 minutes. The owners are encouraged to remain in the room with their pets during the session. The needles can then be removed by a trained assistant. The complete appointment from start to finish is typically 45 minutes.

The frequency of acupuncture treatments varies with the ailment that is being treated. Some minor injuries such as mild muscle strains can be treated with 1-2 sessions. Other problems such as IVDD, arthritis, or post-operative cases usually require 1-3 treatments per week for 4-6 weeks. Clients are advised to allow at least 3-4 sessions before they will see significant improvement, although many have reported improvement after the first session. Once the ailment is controlled, the maintenance sessions are recommended and tapered to achieve the greatest amount of symptom free time in between sessions, which can be anywhere from once a month to twice a year. Acupuncture has been shown to increase healing and assist with recovery of patients post surgically, so it would be an excellent addition to physical therapy programs and as adjunctive therapy for post-operative surgical and neurosurgical cases. Acupuncture combined with Chinese herbal therapy can also be employed as adjunctive therapy for other illnesses, such as seizures, renal failure, gastrointestinal diseases, and musculoskeletal problems.

Side effects from acupuncture are few and far between. The most common side effect is that patients may seem to feel worse for the first day or two after treatment. Some patients may be extremely fatigued and may sleep for extended periods for the first day or two. If this occurs, however, that period is typically followed by a marked improvement in the patient's condition.

Upon referral, your patient will be evaluated by Dr. Ting to identify the limitations your patient faces and the goals necessary to help restore them to their optimal quality of life. We will determine the most appropriate treatments and implement them in our state-of-the-art facility equipped with a full physical rehabilitation department. Including a underwater treadmill, electrical stimulation, therapeutic laser, and therapeutic exercise equipment. Additionally, your clients will be instructed in techniques to reinforce these treatments at home, enhancing their pet's recovery.