

## WHAT TO EXPECT

Prior to your pet's visit Elaine will ask for your permission to consult your vet to obtain any necessary information on their medical history that could influence the treatment. During the appointment an extensive case history of your animal will be taken, including details of the injury or change in behaviour and overall medical history.

During the physical examination Elaine will observe the animal's natural movement and then manually palpate and articulate various joints of the body to elicit areas of reduced mobility, muscle spasm, wasting, inflammation and pain. At the consultation your animal is checked from the feet upwards and from the nose to the tail, so it is all encompassing. In many cases an animal has learnt to compensate from an old injury and over time this manifests itself into pain elsewhere. In such cases the area of pain and the root cause are treated.

Treatments often combine osteopathy, acupuncture and laser therapy to provide the best results in the quickest time.



## HOW OFTEN AND HOW LONG ARE TREATMENTS?

Treatments may last up to 30 minutes depending upon the condition treated and method employed. Your first visit may be a little longer so we can get to know your pet and ensure they are relaxed and settled. Patients are often treated once a week, or very acute cases can be up to three times a week. A positive response is often noticed within the first 3 visits.



## ELAINE M BENNETT

DO (UK), MGOSC (UK), MOCNZ  
LIC AC (UK), MBACC (UK), MNZRA

Elaine Bennett has been an osteopath (both structural and cranial) and an acupuncturist for the last 20 years. UK trained, she moved to New Zealand in 2003.

As a devoted animal lover she has always been interested in expanding her work to treat our 4 legged friends.

Having completed further training in animal osteopathy and animal acupuncture in Australia, Elaine has opened animal practices in Ponsonby and the North Shore of Auckland.

Over the past few years she has built up a wealth of experience successfully treating horses, cows, goats, cats and dogs.

Like all health care professionals Elaine is fully qualified and insured to carry out her professional work on animals.



TEL 021 445 826

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TO ENSURE THAT WE PROVIDE YOU AND YOUR ANIMAL WITH THE BEST POSSIBLE SERVICE, WE WILL ALWAYS ASK YOUR PERMISSION TO CONSULT WITH YOUR VET PRIOR TO TREATMENT. HOWEVER, THIS IS NOT A NECESSARY REQUIREMENT AND THIS CONTACT IS ONLY MADE WITH THE PET OWNERS CONSENT.



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ACUPUNCTURE

OSTEOPATHY  
Cranial & Structural

LASER ACUPUNCTURE  
No Needles

LASER THERAPY

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## WHAT IS OSTEOPATHY?

Osteopathy is a system of examination, diagnosis and treatment, which uses the movement of the body to correct structural changes within the animal to help maintain and restore normal function.

It is a holistic therapy which aims to treat the tissues causing the symptoms and at the same time looking for and treating the root cause of the problem.

### HOW DOES IT WORK?

Animals, just like humans, suffer back, neck and muscular injuries from trips, falls and bumps. These can cause pain, stiffness and loss of mobility, lack of performance and even behavioural changes and just like humans, they benefit from osteopathy. The treatment with Elaine consists of a variety of techniques, including articulation of joints, soft tissue work, stretching, fascial release, cranio sacral therapy and manipulation, if appropriate.

### WHAT DOES IT TREAT?

Osteopathy can be beneficial for a wide variety of conditions and problems within the animal. Below are just a few examples that have been treated successfully.

- Arthritis
- Joint pain and stiffness
- Back and neck pain
- Muscle, ligament and tendon injuries
- Repetitive use injuries
- Behavioural problems

### IS IT SAFE?

Treatment will not hurt your pet, in fact, most animals enjoy the experience and become increasingly relaxed as treatment progresses.



A growing number of practitioners have discovered that animals benefit from acupuncture similarly to the way humans benefit from this treatment. Besides relieving pain and muscle spasms in animals, it stimulates their nerves and defence system, and provides numerous other health benefits.

Simply put, acupuncture makes an animal relax and feel good.

Acupuncture naturally stimulates the immune system by releasing various hormones, which improves an animal's response to injury and stress.

It promotes blood cell production and increases the circulation, rhythm and stroke volume of the animal's heart.

### WHAT CAN IT TREAT?

- Pain
- Joint pain and stiffness
- Muscle, ligament and tendon injuries
  - Degenerative, arthritic joints
  - Digestive disorders eg, colic, inflammatory bowel syndrome
  - Respiratory problems, nasal discharge, cough, wheeze, heaving.
  - Nervous disorders including traumatic nerve injury

### IS IT PAINFUL? HOW WILL MY ANIMAL REACT?

Acupuncture is usually performed with ultra-thin, sterile, disposable stainless steel needles. They occasionally experience a brief moment of sensitivity as the needle penetrates the skin in certain areas. Once the needles are in place, most animals relax. In fact, they often fall asleep during treatment.

When an animal is nervous or sensitive to needles we use laser acupuncture instead.

### IS IT SAFE?

Acupuncture is one of the safest therapies available when practiced by a competent acupuncturist. Side effects are rare. As treatment balances the body's healing system, and no chemicals are administered, complications rarely develop.

### WHAT DOES IT TREAT?

- Arthritis
- Degenerative joint disease
- Intervertebral disc disease
- Back pain
- Wounds
- Muscle, ligament and tendon injuries
- Sprains and strains
- Lick granulomas
- Dermatological injuries
- Ulcerations and open wounds
- Post-surgical and soft tissue trauma
- Neuromuscular disease
- Pain associated with aging

Elaine often administers laser therapy as an added approach with acupuncture or osteopathy to help relieve and improve various ailments. It is particularly useful with geriatric animals, especially when more invasive methods are not practical.

### IS IT PAINFUL? HOW WILL MY ANIMAL REACT?

Most animals will be very relaxed, as laser therapy does not hurt at all. Most dogs tend to fall asleep during their sessions. Horses are extremely relaxed. Your animal will usually feel instant relief.

### IS IT SAFE?

Laser therapy is one of the safest therapies available when practiced by an experienced laser therapist. Side effects are unusual with laser therapy.

## WHAT IS ACUPUNCTURE?

Acupuncture is an ancient technique that originated in China thousands of years ago to prevent and treat illness and relieve pain. This treatment regime involves inserting extremely fine needles into specific points on the body and is fast gaining widespread acceptance as an alternative therapy for people and animals.

### HOW DOES IT WORK?

Acupuncture is believed to produce an abundance of good health effects by enhancing or restoring the natural flow of energy (qi) in the body. According to acupuncture theory, qi circulates along meridians, or pathways. Each of these meridians links to internal organs and organ systems. Acupoints are the hundreds of spots along the meridians where needles can be inserted to stimulate the flow of qi, primarily affecting the muscular, skeletal, hormonal and cardiovascular systems.

## WHAT IS LASER THERAPY?

Laser therapy is a pain-free and drug-free treatment that is used to treat a variety of injuries, pain, wounds, fractures, neurological conditions, and dermatological problems in animals. It is extremely safe and effective and has no side effects, and no sedation is necessary.

### HOW DOES IT WORK?

Laser therapy is a treatment that prompts the body to heal from within. Non-thermal photons of light are administered directly to your pet's body and absorbed by the injured cells. The cells then become activated and reproduce at a higher speed. The laser also boosts circulation in the body and causes a natural anti-inflammatory reaction, which results in immediate pain relief and a dramatic acceleration of the healing process. There is no burning or stinging; the animal will only feel a little warmth on the affected area.

