

Section Two: Quick Point Charts

The charts in this section provide acupressure points that are commonly used to support the horse's health. The points work in many situations. Horses with health-threatening or complex conditions, however, require assessment and treatment by trained practitioners.

Caution: If your horse has a medical emergency call your veterinarian and follow her advice. Use the chart of vital signs on page 22, below, to help you assess the severity of the situation. In these cases, apply acupressure as time and safety permits.

On each quick point chart in this section, the points are listed in the order of their importance. Thus, the first acupressure points on the list are the most powerful ones for that subject. That said, if the horse doesn't want you to touch him where a powerful point is located, listen to him. Choose a point on the list that's located in an area the horse will tolerate and work from there.

Here are a few tips:

- ◆ Prior to using these charts familiarize yourself with the list of cautions and acupressure how-to instructions in Section One.
- ◆ If you are new to acupressure spend some time practicing the methods on a calm horse who likes to be touched. This will help you gain confidence in finding the points and using the techniques.
- ◆ Begin the session with acupressure on one or more of the calming points from Quick Point Chart 2. These points usually work fairly quickly to relax the horse and quiet his mind. Your goal during a session is to have the horse relax into a deep sleep state and let go of all emotional and physical tension.

Table of Contents

Emergency Points	23-24	The Liver and Gall Bladder	43-50
Chart 1 Help the horse in shock, cardiac or respiratory arrest; help prevent shock and collapse in the seriously ill or injured horse while medical help is on the way		Point Strategies for the health, stiffness or pain of the horse's neck, shoulders, knees, hindquarters, hip joints, stifle joints and low back.	
The Heart and Pericardium	25-30	Chart 15 Support the health of the muscles, tendons and ligaments. Relieve tightness, inflammation and pain of the muscles, tendons and ligaments.	
Chart 2 The calming points (settle the shen)		Chart 16 Ting points	
Chart 3 Ease the angry, irritable, hard to touch horse		Chart 17 Local points for the head, neck, shoulder, rib cage, front legs, knees and front feet	
Chart 4 Help the fearful or grieving horse		Chart 18 Local points for the back, hip joints, hind legs, stifles and hocks and hind feet	
Chart 5 Support heart health, ease heart conditions		The Conception Vessel	51-52
The Lung and Large Intestine	31-34	Chart 19 Calm the horse, improve digestion, support heart, lung and throat health	
Chart 6 Strengthen the lungs, improve endurance, prevent respiratory infections; provide relief for a dry cough or shortness of breath from allergies or heaves		The Governing Vessel	53-54
Chart 7 Respiratory infection with or without a fever, cough, or mucous (phlegm)		Chart 20 Strengthen the low back and hindquarters, relieve pain and stiffness in the back, tail and spine, calm the horse, heal spine and brain trauma and neurological conditions such as EPM and wobbles	
Chart 8 High fevers and heat stroke; help the horse stay healthy during hot weather		The Eyes and Skin	55-57
The Spleen and Stomach	35-38	Chart 21 Eye health, infection, irritation, vision issues	
Chart 9 Strengthen digestion, prevent colic, build blood and strong muscles, relieve dryness of the skin and hair and improve learning ability		Chart 22 Skin health, dryness, dandruff, itching, hives	
Chart 10 Colic (abdominal pain)		Vital Signs Record Chart	58
Chart 11 Choke (blockage of the esophagus)		Acupressure Session Notes	59
The Kidney and Bladder	39-42	Notes	60
Chart 12 Strengthen the low back, hip joints, stifles and hocks and relieve pain and weakness in these areas; build energy to maintain health, heal injuries and illness			
Chart 13 Strengthen the bones, relieve arthritis and joint and bone injuries			
Chart 14 Help the older horse and the cold horse, address urinary tract issues, strengthen the will to live, help the horse stay healthy during cold weather			