

# Integrative Medicine

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# What is Integrative Medicine?

Using conventional treatments like Western medicine along with complementary forms of holistic medicine like acupuncture, massage therapy, or laser treatments.

Treating the body along with the mind and soul!

# Examples of Integrative Medicine

## Acupuncture:

Needles aren't scary! In this method, small needles are inserted into the skin at specific locations around the body in an effort to relieve pain and treat various conditions related to mental, emotional, and physical health.

# Examples of Integrative Medicine

## Laser Therapy:

This might sound strange, but low-level lasers stimulate cell function! This is frequently used to hasten wound healing in a variety of animals.



Photo courtesy of Kim Knap

# Examples of Integrative Medicine

## Electrical Stimulation

Electrical stimulation provides an electric current to a specific area and can actually help reduce pain, swelling and improve range of motion!



Photo courtesy of Kim Knap

# Examples of Integrative Medicine

## Underwater Treadmill:

This type of therapy is commonly used during physical therapy. It's a great way to get moving and build muscle back from surgery while having very little to no impact that could cause pain in our animal patients.

Next time your joints hurt from running try swimming!

# Examples of Integrative Medicine

## Heat Therapy:

Heat therapy is a great way to reduce stiffness, increase blood flow and relieve pain. It is a good form of integrative medicine to use as an additional therapy mechanism for pets who have undergone surgery, or are experiencing arthritis.

Different forms of heat therapy include: hydrotherapy, continuous circling water devices, and therapeutic ultrasound



# Examples of Integrative Medicine

## Cold Therapy:

Cold therapy is similar to heat therapy. It is a great way to reduce pain and inflammation immediately after injury.

Cold therapy can be administered by: ice packs, cold baths, ice massage, and hydrotherapy



Photo courtesy of Kim Knap



# Examples of Integrative Medicine

## Massage Therapy:

This is a fantastic way to release tension, stress, and pain that animals carry in muscles. After all, our pets have very stressful days of sleeping on the couch.



# Examples of Integrative Medicine

## Range of Motion:

Range of motion exercises are a common form of therapy used on pets who have just undergone surgery. These exercises help to decrease recovery time and increase flexibility, strength, and endurance.



Photo courtesy of Kim Knap