



professional

progressive

physiotherapy

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## Physioplus Fact Sheet - Western Acupuncture and Dry Needling.

### What is Acupuncture:

Acupuncture is the procedure of inserting and manipulating fine needles into structures of the musculoskeletal system (muscle, ligament, tendons, fascia etc.) to relieve pain, decrease muscle spasms or promote a healing effect.

### How does it work:

Acupuncture has local effects on the tissue it is inserted in, if inserted into a “trigger point”(hypersensitive, tight spot in muscles) it helps to restore the normal muscle tension so that the muscle can function better for example: It contracts better or can be stretched easier . It helps to relieve pain by various effects on the nervous system It modifies the chemical messengers (neuro-transmitters) within the nervous system, as well as stimulating the production of the body’s own painkiller-endorphins. It also acts on centers in the brain to modify the way pain signals are received.

### What is it good for:

Muscle spasms and chronic tight muscles associated with various musculoskeletal injuries and conditions (neck and back problems, shoulder injuries, tennis elbow, fibromyalgia, osteoarthritis etc.)

Various forms of headaches

Myofascial pain.

Acupuncture is very useful in conjunction with other physiotherapy treatment modalities.

Physiotherapists have the skill set to determine if Acupuncture is indicated.

### Please let your practitioner know if you:

- have a history of epilepsy, fainting
- have pacemaker or any other electrical implants
- have a bleeding disorder or use drugs that increase your bleeding risk
- have a disorder of your heart valves or increased risk of infection.
- are pregnant
- have diabetes, especially type 1
- have cancer
- have Hepatitis B or Aids
- are allergic to metal
- have immune disorders like Rheumatoid arthritis
- have any artificial implants (e.g. joint replacements, metal plates, breast implants)

Physiotherapists at Physioplus are well trained in the use of Western Acupuncture and Dry Needling. We all have to comply with standards and guidelines provided by our regulating authority, thus ensuring safe and effective acupuncture treatment. Acupuncture is only one of the many tools we use as physiotherapists to achieve the best possible results for our patients.