

Treatments

Acupuncture

An Ancient Remedy for Modern Times

What Is Acupuncture?



Acupuncture is a therapeutic method used to encourage natural healing, reduce or relieve pain and improve function of affected areas of the body. Acupuncture is safe and effective and is often successfully used as an alternative to medications or even surgery. "Classical" acupuncture was developed in China as a system of diagnosing and treating pain and disease with fine needles.



How Does Acupuncture Work?

Acupuncture stimulates the body to produce its own pain relieving chemicals called 'endorphins.' These chemicals mimic morphine by attaching to opiate receptor sites found throughout the nervous system. Endorphins help to block pathways that relay pain messages from the body to the brain, resulting in relief of pain, general relaxation and biochemical restoration of the body's own internal regulation system. The improved energy and biochemical balance produced by acupuncture stimulates the body's natural healing abilities, reducing inflammation, and promoting physical and emotional well-being.

Does It Hurt?

People experience differing sensations with acupuncture. Most patients feel only minimal discomfort as the fine, stainless steel needles are inserted; some feel no pain at all. Once the needles are in place, there should be no significant discomfort.



How Many Treatments?

The number of treatments will vary with each individual and the condition being treated. For acute problems, only a few treatments may be required. In some cases, one treatment will be sufficient. For

complex or longstanding conditions, one or two treatments a week for several weeks may be recommended with less frequent treatment as improvement occurs. Treatment sessions usually last between 15 and 30 minutes and are incorporated into your usual physiotherapy treatment time. Relief may be immediate, occur within a few hours, or after a few days.