

Experiencing DE Qi often means a better effect from the treatment.

The effects of acupuncture are cumulative, with a build up as the treatment progresses. It does not work for everyone but we find it a very useful technique to help relieve pain, especially for people who suffer with chronic pain or for whom conventional medicine has failed.

Why see a Physiotherapist for acupuncture?

All the Physiotherapists at our clinics who practice acupuncture have developed a special interest in it and have undergone Post Graduate Training. They are all members of the Acupuncture Association of Chartered Physiotherapists (AACP). This means that we are bound by a code of professional conduct and standards set by the AACP including attendance of regular training courses.

Chartered Physiotherapists are in a unique position of being able to combine acupuncture with other natural treatment methods, such as manual therapy, electrotherapy and exercise.



The National Blood Transfusion Service approves acupuncture treatment provided by AACP members. Please ask for a certificate.

Your Physiotherapist will discuss all these things with you before treatment and advise you about the number of sessions you may need.



Acupuncture



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What is it?

Acupuncture is one of the oldest recorded forms of treatment originally used in China as part of Traditional Chinese Medicine. It is now practised widely and accepted in its own right as a very effective treatment for a variety of conditions.

Acupuncture literally means 'needle piercing': the practice of inserting very fine needles into the skin to stimulate specific anatomical points in the body (called acupuncture points) for therapeutic purposes.

How does it work?

There is now increasing scientific evidence to support the effects of acupuncture, and research has shown that 70% of people gain relief from pain through its effects.

The traditional view is that Qi (energy) flows freely around the body through channels called meridians when the body is in a healthy state. If there is a problem, then this energy stagnates and this can manifest itself as pain.

These pathways or energy meridians are mapped out on the body. All along each meridian are named acupuncture points.

The Qi that flows through the body along these meridians can be influenced by the insertion of very fine needles into specific acupuncture points.

The aim is to balance the energy meridians to permit the body to 'heal itself' and relieve pain. Research has also been able to show that acupuncture stimulates the brain to produce endorphins. These are the body's natural pain relieving chemicals. They assist the body to heal itself and enhance pain relief.

As an alternative to the use of needles, acupuncture points can also be stimulated by massage (acupressure) or electrotherapy methods.

What is it used for?

Acupuncture can be used to treat a wide range of conditions, but at our clinic we use it mainly for the treatment of pain caused by muscle and joint problems.

Acupuncture can also be used effectively in the treatment of migraines, menstrual pain and more chronic (long standing) pain.

When acupuncture is used it may be combined with a range of other treatment techniques such as exercise and manual therapy.

Who is able to have it?

Acupuncture is widely available as a treatment. Before proceeding, your Physiotherapist will fully assess your suitability, including a 'check list' which will provide you with information and gain your consent for treatment. Your Physiotherapist will guide you through the form and answer any questions you may have.

What does it involve?

After assessment, a list of points will be drawn up relating to the pain you have come with, and fine needles will be inserted into the skin either by hand or through a guide tube. This is usually quick and painless.

People experience acupuncture differently but most feel no or only mild discomfort as the needles are inserted. Some people are energized by treatment while others feel relaxed. We use fine single use sterile needles made from stainless steel, of varying lengths depending on the part of the body they are to be used on. The effect gained can be altered by the number of needles used, the length of time they are applied and stimulation of the needle itself.

When a needle is stimulated it usually produces a mild aching sensation which is called DE QI.