

Acupuncture Information Leaflet



AMS

PHYSIOTHERAPY

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Member of the
Acupuncture Association of Chartered Physiotherapists

AMS Physiotherapy

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What Is It and How Does It Work?

Acupuncture is one of the oldest forms of medicine, used in China for over 3000 years. Research has shown that it stimulates the brain to release endorphins, natural chemicals, which assist the body to heal itself and relieve pain. The Chinese explain that good health is achieved by a balance of two equal and opposite forces, Yin and Yang, which flow as “Chi” energy through meridians in the body. Ill-health or dis-ease occurs when this balance is lost. By stimulating acupuncture points, this balance may be restored.

What to Expect

Stimulation of acupuncture points can be by needle, laser, gentle pressure, massage, heat or a small electrical current. When needles are used there is a slight prick on insertion, and the needle is then stimulated by hand to produce a not unpleasant sensation. The needles can be left in from 30 seconds to 20 minutes.

Is Acupuncture Safe?

It is a generally very safe when practised by someone with appropriate training. Serious side effects are very rare — less than one per 10, 000 treatments. You need to be aware of the following;

Drowsiness occurs in a small number of patients.

Minor bleeding or bruising occurs in about 3% of treatments.

Pain occurs during treatment in about 1% of treatments.

Symptoms can get worse after treatment (<3%), but this can be a good sign.

Fainting can occur in some patients.

The needles used are disposable and pre-sterilised. Chartered Physiotherapists are trained to the strictest hygiene and are kept informed by the Department of Health of the latest sterilisation techniques. The Acupuncture Association of Chartered Physiotherapists has it’s own code of practice to ensure safe and effective treatment.

Will It Work For Me?

Research has shown that most people gain relief from pain and other symptoms with acupuncture. A few people do not respond at all, but frequently good results are obtained in conditions that have not responded to conventional treatment. It is not necessary to believe that acupuncture will work. Some Chartered Physiotherapists treat animals with acupuncture with excellent results. If acupuncture is not appropriate for you, we are able to offer other therapies which may be of more benefit. Sometimes acupuncture is used in conjunction with other treatments at the same time.

What Conditions Will Acupuncture Help?

Many conditions, both recent and long-standing, respond well to acupuncture. It is often worth trying for conditions which have not responded to orthodox medicine. Problems commonly seen include;

Arthritis

Rheumatism

Sports Injuries

Stress

Headaches

Respiratory Problems

Back & Neck Pain

Skin Conditions

Bladder Trouble

Digestive Problems

Gynaecological Problems