

# two-0-six

## ACUPUNCTURE INFORMATION SHEET

In the clinic we use acupuncture for the treatment of painful muscle and joint conditions. Clinical research has shown that it works by stimulating the brain to produce natural pain relieving chemicals such as endorphins, melatonin and serotonin and can release muscle tightness or contraction due to spasm..

All the physiotherapists at Two-0-Six Physiotherapy are qualified in the use of acupuncture and are members of the Acupuncture Association of Chartered Physiotherapists (AACP). We are trained to use acupuncture to promote pain relief and are bound by professional codes of conduct through the Chartered Society of Physiotherapy (CSP) and Health Professions Council (HPC).

Acupuncture involves the insertion of fine, sterile needles into specific points on the skin. The needles are left for varying lengths of time depending on the response required. When using it to relieve muscle tightness they may only be left 5 -10 minutes but for a stronger pain relieving effect the needles may be left in situ for up to 20 minutes.

Individuals react to acupuncture in varying ways, it is difficult to predict if you will be a 'strong reactor' or not. It is quite common to have 2 or 3 treatments of acupuncture before you start to respond and feel benefit from the treatment so don't be disheartened or put off if there appears to be no change in your symptoms initially. A small number of people, about 5%, do not respond to acupuncture at all.

Acupuncture treatment can have some side effects, these are a normal response and often last no longer than 24 hours (except in the case of bruising).

### **The following are common side effects;**

- Feeling drowsy or relaxed. This can occur during the session for the strong reactors, or later the same day. Some people may not experience it at all. This does not necessarily mean that Acupuncture won't work. Many patients sleep very heavily on the same night as their first treatment.
- Discomfort at needle site
- Bruising at the needle site
- Temporary increase in pain or worsening of symptoms. This can be seen as a positive sign as it indicates that you respond to acupuncture but adjustments may need to be made to the acupuncture treatment to promote a more positive response.
- Fainting or feeling faint. This sensation usually occurs during treatment rather than afterwards.

**If you have any concerns following your acupuncture treatment, please do not hesitate to contact your Physiotherapist to discuss them.**