

Get In Touch

Contact Information



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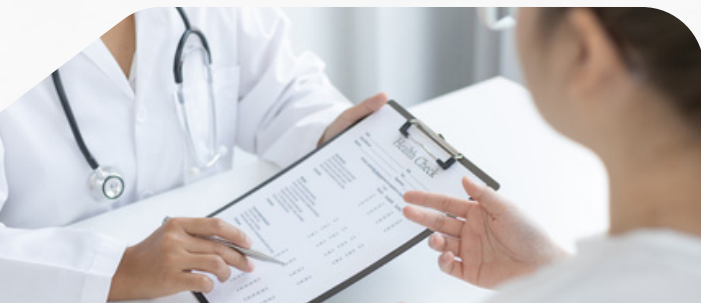
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Our Location

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Medical Acupuncture

Western Medical Acupuncture involves the insertion of sterile, single-use acupuncture needles directly into the skin. This procedure causes biochemical changes within the body, which help reduce pain.

Essential features of Western Medical Acupuncture:

- Medical history and examination are used to establish a diagnosis.
- A tailored treatment is given and repeated according to the patient's initial response and changes they report.



Medical Western Acupuncture

Is It The Same as TCM Acupuncture?

Western Medical Acupuncture uses the same needles as Traditional Chinese Medicine (TCM) acupuncture; however, it is not the same technique.

Western acupuncturist makes a medical diagnosis and uses needles to influence the physiology of the body.

TCM acupuncturist make diagnosis in terms of a disturbance in the body's 'balance', which needs to be corrected by needles

Treatable Conditions:

- Back and Neck pain
- Postural problems and tension
- Arm pain (shoulder impingements tennis or golfer's elbow)
- Headaches
- Buttock and Leg pain sciatica pain)
- Hamstring strains
- Knee pain
- Calf tightness or cramps

These are just some of the musculoskeletal conditions that can be treated successfully.

How Does It Works

LOCAL EFFECTS

Acupuncture produces many of its effects by stimulating nerve fibers in skin and muscles. This will cause the local blood vessels to dilate, so the local blood flow increases.

- Acupuncture promotes local healing

SEGMENTAL ANALGESIA

Acupuncture inhibits pain from any part of the body by targeting nerves in the spinal cord that targets that body part.

- Acupuncture reduces pain in the segment where the needles are inserted

EXTRASEGMENTAL ANALGESIA

The signals produced by the acupuncture needle then travel up to the brainstem. Here, the signals stimulate the body's own pain-suppressing mechanism, which decreases pain throughout the whole body.

- Acupuncture reduces pain throughout the body

CENTRAL REGULATORY EFFECTS

The signals produced by the acupuncture needle then travel up to the brain. This is where the acupuncture needle gets registered and affects the deeper structures such as the hypothalamus and limbic system.

- Acupuncture has a calming effect and improves wellbeing

MYOFASCIAL TRIGGER POINTS (MTrP)

When a muscle has been heavily overloaded or suddenly stretched it can develop a small area of damage that can be slow to heal and cause persistent pain.

- Acupuncture can inactivate MTrP

Is it Painful?

The initial insertion of the needle does not usually cause any discomfort. Most patients describe treatment as feeling uncomfortable, but not painful. It is common to feel some soreness post treatment as with many manual therapy techniques. Typically, soreness can last anywhere between 1 hour and 2 days post treatment.

However, once soreness has subsided there should be an improvement in the initial symptoms. Some patients require 1-2 sessions, while others require 8-10. Individual results will vary.



What Can I do After Treatment?

You may be advised to use heat or ice over the area to help alleviate post-treatment soreness. You may need to temporarily modify your exercises or activities for 1 to 2 days afterwards.