

Integrating Evidence-Based Acupuncture into Physiotherapy for the Benefit of the Patient.

Does acupuncture hurt?

Acupuncture needles are similar in width to a human hair, therefore acupuncture is generally painless. They are much thinner than needles used for general injections.

Is acupuncture safe?

Acupuncture is a safe treatment when administered by a competent AACP member; this is due to the strict safety and hygiene guidelines that our members adhere to, the initial foundation training & continued professional development.

Are there any side effects?

Side effects are uncommon but are generally very mild; may include bruising, mild bleeding & drowsiness. If you feel tired after a treatment, it's recommended you don't drive or operate machinery. If you're concerned about possible side effects, please speak to your physiotherapist.

Registered Practice Details

HCPC Number

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**Ask your
Physiotherapist
about Acupuncture**

What is acupuncture?

Acupuncture involves the insertion of very fine needles into specific points of the body. Acupuncture can be incorporated into a physiotherapy treatment to treat a range of common conditions, including pain.

How does acupuncture work?

Acupuncture promotes the body to produce endorphins and oxytocin, it's own natural pain and stress-relieving chemicals. It may also promote sleep by stimulating the release of melatonin and encourage a sense of well-being by stimulating the release of serotonin. In addition, Acupuncture also works to stimulate nerve fibres which may inhibit pain signals.

How many sessions will I need?

The number of required treatments will depend on the presenting condition and individual response. The frequency of treatments will be advised by your physiotherapist in relation to the treatment progress.

What happens when I have an acupuncture treatment?

A full medical history will be completed prior to the first treatment and consent for treatment will be sought. The number of needles used will depend on the condition being treated, but will typically range from 1 to 10 per session. It's advised to have something to eat within 2 hours prior to treatment and remain well hydrated both prior and post treatment.

Can anyone have acupuncture?

There are certain conditions that may prevent a person from having acupuncture or proceed with caution. It is important to inform your physiotherapist of the following:

- Seizures, fainting or epilepsy
- Pacemaker or electrical device
- Bleeding disorders
- Anti-coagulant medication
- Heart related conditions
- Active infections
- Pregnancy
- Known metal allergy
- Skin conditions
- Weakened immune system
- Diabetes
- Low blood pressure
- Certain prescription medication

More information can be found at
www.aacp.org.uk

