



# ACTION SPORTS CLINIC

## ACUPUNCTURE

### **What is acupuncture?**

Acupuncture is the practice of inserting thin sterile needles into specific points in the body. It is sometimes done with manual or electrical stimulation.

There are two approaches to acupuncture which sometimes overlap. Traditional Chinese acupuncture is based on a belief that the needles stimulate energy flow in the body. Western medical acupuncture adapts the traditional Chinese approach and applies a scientific method to understand and explain its effects. Ask your physiotherapist which method they use.

Acupuncture produces changes in nerves, muscles, connective tissue (fascia), hormones and circulation. By stimulating specific points, acupuncture releases the body's own painkillers: endorphin and serotonin.

Acupuncture impacts the muscular, skeletal, neurological, digestive, respiratory, urinary and reproductive systems. Physiotherapists use Acupuncture as a modality, as they would with heat/ice/ultrasound and interferential, to aid in the treatment of musculoskeletal conditions.

Acupuncture is most effective when used in combination with exercise therapy, traditional physiotherapy and medication. It should be used in combination with other physiotherapy treatments.

### **What conditions does acupuncture treat?**

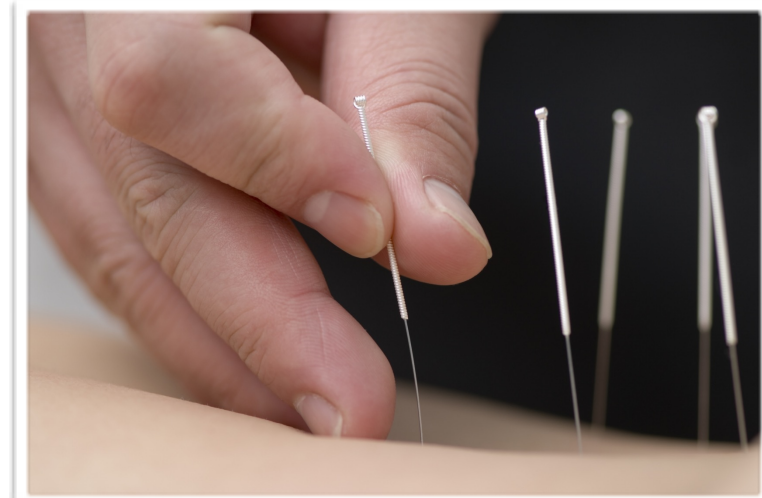
Research shows that acupuncture is useful in the treatment of:

- Musculoskeletal Conditions
- Painful muscle conditions and injuries (e.g., shoulder pain and ankle sprains)
- Hip and knee osteoarthritis
- Neck pain
- Chronic low back pain
- Headaches (migraine and tension)
- Fibromyalgia
- Sciatica
- Carpal Tunnel
- Nerve Pain

### **What should I expect from treatment?**

The number and location of needles used will vary based on your condition and treatment goals. Some notice the effects of treatment on their first visit, while others may need 5-8 treatments to see better results.

Your physiotherapist will routinely check your progress to ensure acupuncture is helping you.



Go to [ACTIONSPORTSCLINIC.CA](http://ACTIONSPORTSCLINIC.CA), email [reception@actionsportsclinic.ca](mailto:reception@actionsportsclinic.ca)

or call (403) 263-BACK (2225) to book your appointment!

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### Are there any complications associated with acupuncture?

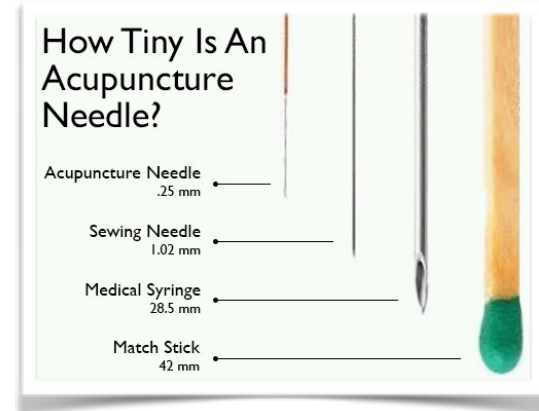
Yes. Any technique that punctures skin has a risk of complications. Your Physiotherapist will inform you about the risks of Acupuncture.

Common, mild complications that usually resolve on their own include:

- Pain with needle insertion or movement
- Bleeding or bruising at the needle site
- Post treatment drowsiness or fatigue

Less common complications that range from mild to significant include:

- Dizziness
- Extreme drowsiness or fatigue
- Forgotten needle
- Fainting
- Nausea
- Post-treatment pain or nerve irritation
- Emotional reaction



Sometimes, serious complications that may require attention from other health-care providers may occur, including:

- Breakage of needle within the body
- Infection
- Puncture of vital tissue (a puncture of lung tissue causing it to collapse, also known as a pneumothorax)

### Can the risks of complications be reduced?

To reduce the risk of complications:

- Eat before your appointment
- Show up well rested to your appointment
- Tell your physiotherapist if you have any concerns, including past experiences where you have fainted from receiving a needle
- Let your physiotherapist know if you experience pain, dizziness, nausea, shortness of breath or if you are feeling unwell
- Follow your physiotherapist's advice about positioning and movement during and after treatment
- Inform your physiotherapist of any changes to medications such as blood thinners or pain relievers

**Communicate with your physiotherapist throughout the treatment. Discuss your treatment and ensure your questions are answered. You can request, at any time, that your physiotherapist stop needling.**

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