

Jo Tait

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BROUGHTON ASTLEY PHYSIOTHERAPY CLINIC

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ACUPUNCTURE IN PHYSIOTHERAPY

Recent research confirms that acupuncture works for over 70% people. Acupuncture works by stimulating the brain to release natural pain relieving chemicals called endorphins and enkaphalins. This helps the body to heal itself, reduce pain and inflammation. It can lift the mood reducing feelings of stress, anxiety or depression that can be associated with chronic pain. If you haven't been sleeping well you may be deficient in a chemical called serotonin. This controls your temper, concentration and appetite; acupuncture can also regulate this. There are few side-effects making acupuncture safer than many prescription drugs.

Some Chartered Physiotherapists are qualified at Post-Graduate level to perform acupuncture for pain relief. The needling technique is safe, hygienic and usually totally painless. The needles used are pre-sterilised, individually packaged and disposable so they will not have been used on anyone else before you. They are incredibly fine and sometimes coated in a layer of silicone to ensure that they slide in and out easily. They do not hurt like an injection and usually the points used do not bleed at all. If you cannot have needles for medical reasons eg you are haemophiliac or you simply cannot bear the thought Laser acupuncture can be an effective alternative. This uses a laser beam to stimulate the same points.

Another effective use of acupuncture is the treatment of "trigger points". These are the painful nodular areas in muscles eg the "knots" in your shoulders. Although massage can be helpful this takes time/repetition and is frequently painful-just 5 minutes with a needle in can release the knot permanently.

You will be assessed as to which treatment modalities are most appropriate to relieve your symptoms. Acupuncture can be combined, if necessary, with the other ingredients of physiotherapy such as mobilisation or manipulation, massage, electrotherapy such as ultrasound, specific exercises and all relevant advice to prevent your problem recurring in the future.

To see a Chartered Physiotherapist privately you do not need to be referred by your doctor.

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