



Movement Chiropractic

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Introduction to Acupuncture

Acupuncture originated in China over 5000 years ago. The traditional Chinese believe that Qi (the energy of life) flows along meridians in our bodies just as blood flows along blood vessels. These meridians of pathways are lined to specific internal organs and organ systems. The uninterrupted, balanced flow of this energy keeps us alive and healthy. If this energy is impeded in any part of the body, disease (or dis-ease) results.

Acupuncture helps correct or rebalance the flow of energy consequently relieving pain and/or restoring health. This aspect of acupuncture philosophy, which parallels chiropractic, is what draws many chiropractors to this healing art and many patients to the benefit of acupuncture.

A. What are the benefits of acupuncture?

Several effects of acupuncture include:

1. Pain relief.
2. Relaxation or sedation.
3. Homeostasis or regulatory effect.
4. Immune enhancement.
5. Anti-inflammatory response.
6. Anti-allergic response.
7. Psychological.
8. Assists in muscle recovery.

B. Does it hurt? How does a treatment feel?

At the insertion of the needle, you may feel a slight sensation of pain similar to a mosquito bite. This sensation may include: numbness, heaviness, slight soreness, distension, or a radiation along a pathway.

C. Are there any complications of acupuncture?

Complications may include the following:

1. Pain - Usually very minimal.
2. Bleeding - This occurs occasionally upon removal of the needle (usually 1-2 drops).
3. Fainting.
4. Infection - Very rare. All needles are of high quality surgical steel, disposable and sterile. The area to be needled may be swabbed with a disinfectant before insertion if deemed necessary.
5. During Pregnancy - Treatment in the first and third trimester is not recommended.

D. When can I expect results?

Your Doctor will discuss expectation of improvement related to your specific presentation. Most patients report and notice improvement after the first couple of treatments. If no improvement is experienced within 6-8 treatments expected changes may be minimal overall.