

## What can I expect to feel?

- Theoretically, acupuncture should not cause pain, as needles are very thin. Most people feel minimal or no discomfort.
- You may experience slight sharp pain if hitting a blood vessel, going into tight guarding muscle, or through a ligament.
- People feel varying sensations, ideally you will feel a deep ache, but may also experience a warming, tingling, numb, itchy or heavy feeling.
- Following acupuncture you may continue to have the sensation that needles are still in for minutes to hours.....this is a good response.
- Some people may feel tired following treatment as it can drain energy.

## What should I do prior to acupuncture?

- Avoid tobacco, caffeine, alcohol and sedatives ~2 hours prior to treatment.
- Do not engage in strenuous activity for ~2 hours before and after treatment.
- Avoid eating large meals ~1 hour prior to treatment.
- Do eat small amounts of food before treatment.

## Acupuncture at Motion Plus Physiotherapy

Kendra Stetler, Registered Physiotherapist, currently provides acupuncture using the anatomical approach. Kendra received her training and certification through the Acupuncture Foundation of Canada Institute (ACFI).

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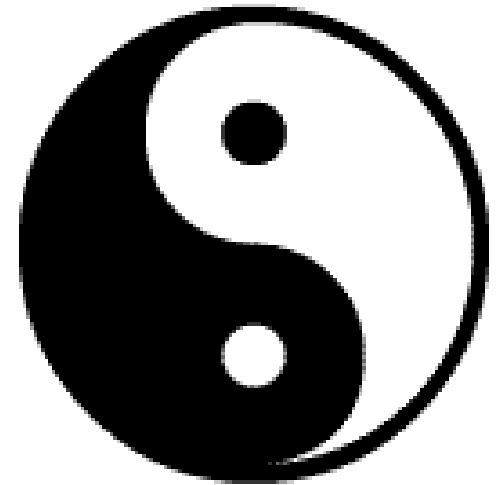
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***MOTION<sup>plus</sup>PHYSIOTHERAPY***  
*Orthopaedic, Sport and Neurological Physiotherapy*



***ACUPUNCTURE***

## What is Acupuncture?

### *Classical Acupuncture*

- Based on the philosophy of Taoism which believe that two equal and opposite forces coexist, Yin and Yang.
- Yin and Yang must be balanced to achieve harmony, an illness is thought to be due to an imbalance between Yin and Yang.
- Needles are inserted into certain points to increase or decrease energy in a given organ system and thus restore this balance.
- Energy flows through the body via 12-paired meridians, 6 Yin and 6 Yang, which correspond to organs.

### *Anatomical Acupuncture*

- The approach taken by western-trained healthcare workers.
- Combines knowledge of acupuncture with anatomy, physiology and pathophysiology allowing healthcare workers to integrate acupuncture into clinical practice.

## What are acupuncture points?

- Almost all points correspond to known neural structures.
- They display a lower skin resistance than the surrounding skin.
- Location is constant from person to person.

## What does acupuncture do?

- Decreases pain by stimulating endorphin release (mimics morphine) and attaches to opiate receptors blocking pain relaying pathways to the brain.
- Stimulates blood circulation to the area to encourage natural healing.
- Restores neuronal stimulation for muscles.
- Restores autonomic homeostasis
  - *Sympathetic switch*—promotes general relaxation
  - *Parasympathetic switch*—enhances energy

## What conditions can be treated?

- Pain
- Arthritis
- Joint sprains and strains,
- Decreased muscle activation
- Increased muscle tone or spasm
- Dural tension or nerve impingement
- Tension and cervicogenic headaches
- TMJ dysfunction
- Autonomic dysfunction (e.g. RSD)



## What are the risks of acupuncture?

- Risk to client of infection—minimal if disposable needles are used along with alcohol and bentadine swabs.
- There are no true risks, however precautions should be taken with the following conditions:
- Pregnancy—certain points are contraindicated due to autonomic influence.
- Pacemaker—needle stimulation is safe, electrical stimulation should be avoided.
- Haemophilia and anti-coagulants—may expect bruising and slight bleeding after needle extraction.
- Transmission of infectious Virus (HIV, Hepatitis)—at therapist's discretion if client is positive.
- COPD—caution with points around lungs as they may be hyper inflated.

## How many treatments are needed?

- Acute conditions respond better and more quickly than chronic conditions, therefore the earlier acupuncture is initiated, the more effective this treatment is considered
- *Frequency* - acute conditions require increased frequency 3-5x/week, whereas chronic conditions can be treated 1-2x/week.
- *Duration* - acute conditions generally require fewer sessions 1-4 and chronic conditions can require up to 10 sessions.