

Patient Information Leaflet
ACUPUNCTURE

What is Acupuncture?

Acupuncture is an ancient form of medicine originating in China over 2000 years ago. It is used within physiotherapy primarily to help with pain and complement our manual techniques and exercise therapy. The treatment consists of inserting thin needles into acupuncture points chosen after a thorough assessment. We can also use these needles in a dry needling technique where we would insert into muscle points to help relieve tension, pain and restore functional movement.

When do we use Acupuncture?

Based on the medical condition and pain presentation, acupuncture treatment duration and frequency will differ. Typically, a course of treatment can be 3 to 6 sessions and each case will be individually tailored. Those who have benefitted from acupuncture range from clients who have had neck and shoulder pain, back pain and sciatica, tennis elbow, osteoarthritis, fibromyalgia and other acute and chronic pain presentations.

If you would like to explore this treatment technique with Tamara, please feel free to book your initial consultation.

