Acupuncture for Pain

Acupuncture is a time honoured 3000-year-old medicine that is highly beneficial and low-risk. It is helpful for many conditions, such as boosting the immune system, treating digestive issues, improving women's health or reducing stress. But, it's commonly known for treating pain effectively.

How Does Acupuncture Treat Pain?

Chinese Medicine essentially looks at pain as a blockage. Where you have blockage or stagnation, you have pain. Your practitioner might say that your Qi is stuck (pronounced 'chee', this can be interpreted as the energy that runs through your body). They will then insert several very fine, sterile needles into points on the body and leave them there for roughly 20-30mins. Often the needles can be distant from the problem area. The reason being that acupuncture works holistically, i.e. it assists the body to heal itself by working on the person treating the root of the problem and not just the symptoms. Inserting needles into these points helps to move the stagnation and allow blood to flow again, relaxing tight muscles and allowing freer movement in the area.

Common Types of Pain Acupuncture Can Help With
- Neck and shoulder pain
- Lower back pain and sciatica
- Headaches and migraines
- Menstrual pain
- Fibromyalgia
- Carpal tunnel

How many treatments do you need?

First start weekly treatments until the condition improves, then gradually lengthen the time until the next visit. Consistent appointments are important as they start to improve the problem and the treatments build on each other.

It's worth noting that often these issues have taken weeks or months or even years to develop and several visits will be needed to be effective. We experience that often remarkable results occur within one to three treatments.

Go to the Chinese Medicine Registration Board website (http://www.chinesemedicineboard.gov.au/) to find your local registered Acupuncturist or Chinese medicine practitioner.