

## What May I Expect To Feel Following Acupuncture?

All patients are individuals, and what is experienced after acupuncture will vary significantly from person to person.

Some typical responses to treatment include:

- symptom relief after a few hours or a few days for acute conditions
- symptom relief after a few weeks for more chronic or complicated conditions
- a relaxation effect
- mild fatigue
- emotional well being

## Fee Structure and Extended Medical Billing:

Acupuncture in our facility is used in conjunction with Physiotherapy assessment and treatment. You may submit your bills as a Physiotherapy treatment session to your extended medical plan.

## Acupuncture can assist in the treatment of:

- headaches
- neck and back pain
- frozen shoulder
- all forms of tendonitis (tendinopathy)
- arthritis
- neuropathy (nerve damage)
- post surgical pain

**CALL OR VISIT US AT:**

[www.expertphysio.ca](http://www.expertphysio.ca)

**Burnaby Heights  
Physiotherapy Clinic  
210-3970 E Hastings  
604-294-391**

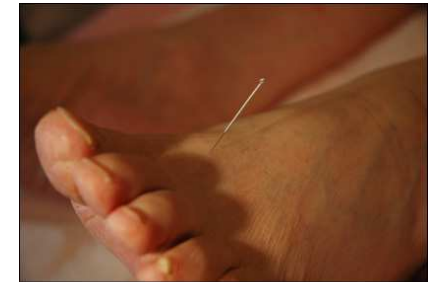


**Eight Rinks  
Physiotherapy Clinic  
1-6501 Sprott St.  
604-294-3376**

### **Our Mission Statement:**

**Our Expert services are committed and caring. We continue to excel in serving generations of the Burnaby Community.**

## ACUPUNCTURE



**Physiotherapists  
Your Body Specialists**

## What Is Acupuncture?

Acupuncture is a therapeutic technique used to encourage natural healing, reduce pain, and improve function. It involves the insertion of very fine needles through the skin and tissues at specific points in the body. Anatomical acupuncture is a modern approach taught and used by the Acupuncture Foundation of Canada (AFCI). When combined with your physiotherapist's knowledge of anatomy, physiology, and musculoskeletal pathology, acupuncture can be a highly effective treatment modality.

### How Does Acupuncture Work?

Acupuncture causes the body to release its own pain relieving chemicals called endorphins. These chemicals help block the relay of pain messages from the body to the brain. The result is relief from pain, general relaxation, and restoration of the body's natural healing mechanisms. There is good medical evidence that acupuncture can act as an anti-inflammatory agent in your body. Overall, it can promote physical and emotional well being.

## Are There Any Risks?

With acupuncture, there are typically no adverse effects or complications from its use. Most patients find that the treatments are relaxing and cause minimal discomfort. Women in early pregnancy, people taking anticoagulants (blood thinner medication) and people with bleeding disorders such as haemophiliacs should be treated with caution. Our physiotherapists use only sterile, single use needles, and maintain sterile handling procedures throughout the treatment. This prevents the possibility of transmission of infectious diseases of any kind.

### Does Acupuncture Hurt?

As acupuncture needles are extremely fine, (they are so thin that three of them would fit inside a regular hollow needle used for injections) most people feel very little to no discomfort. You may notice the sensation of the needles being inserted, and some patients note minor discomfort while others have no sensation at all. Once the needles are inserted, there should be no significant discomfort.

### What Should I Do Before Treatment?

It is best to avoid unusually large meals, alcohol consumption, and any sedating medication prior to acupuncture sessions. You may take pain medication as needed.

## How Many Treatments Will I Need?

Treatment frequency and duration will depend on the condition being treated. With acute conditions (recent injuries), only a few sessions are required.

For more complex or chronic conditions, one or two sessions per week for several weeks may be required. Sessions are tapered off as improvements are made.

Sometimes it takes several sessions before improvement is noticeable. Your therapist will closely monitor your response to acupuncture, and will make adjustments to your treatment regime as required, and with your goals in mind.

In our clinics, acupuncture is used in combination with other forms of physiotherapy, which can help speed the recovery process.

### What Should I do After Treatment?

You may want to have a small carbohydrate snack (ie. fruit) or fruit juice if you are feeling tired or lightheaded. A short rest is desirable, but not essential after treatment. If your condition is quite painful, you should avoid strenuous exercise for 48 hours after your session. Alcohol, caffeine, and cigarettes should be avoided for at least a few hours. You may take any prescription medications as necessary.