



## What is Acupuncture?

Acupuncture involves the insertion of fine solid needles into specific anatomical locations for the purpose of modulating abnormal activity of the nervous system (ie pain, numbness, tingling, muscle tension or trigger points). Electroacupuncture is often used to further stimulate the needles and amplify the positive effects.

## How Does Acupuncture Work?

Modern research has shown that acupuncture elicits a complex set of responses in the peripheral, central, and autonomic nervous systems, including the release of chemicals and hormones involved in pain transmission, behaviour, and muscle visceral activity.

## Is Acupuncture Safe?

According to the scientific literature, acupuncture is one of the safest therapies in the hands of well-trained health care professionals. According to the evidence from 12 prospective studies which surveyed more than a million treatments, the risk of a serious adverse event with acupuncture is estimated to be 0.05 per 10 000 treatments, and 0.55 per 10 000 individual patients (White, 2004, Acupuncture in Medicine). This is very small in comparison to other medical interventions used to treat the same conditions.



## What Can I Expect?

Acupuncture is effective as a solitary treatment or combined with other treatments. After your practitioner identifies the target tissues and you're positioned comfortably, the fine needles are inserted and left in place for approximately 10-20 minutes. Treatments can result in transient disappearance of symptoms, and other times result in permanent resolution of dysfunction, especially when dysregulation of the nervous system was the underlying problem.

## Is Acupuncture for Me?

Acupuncture can be used to treat most things you'd see your chiropractor for. Some examples of conditions we treat with acupuncture include :

- Headaches and migraines
- Low back pain
- Sciatica
- Tennis elbow
- Osteoarthritis
- Muscles Strains
- Ankle sprains
- Knee Pain
- Shoulder Pain

## Does Acupuncture Hurt?

Acupuncture should not cause any significant discomfort in patients. The single-use, sterile needles are very fine and do not damage tissues when inserted. For many people, acupuncture is a pleasant experience due to the sense of well-being that usually follows the treatment.