

## Acupuncture / Dry-Needling

Acupuncture is an ancient healing tool used by Chinese Medicine therapists in conjunction with tongue and pulse diagnosis with a view to balancing energies. Utilised also in India and South America, acupuncture is now an accepted therapy recognized by the World Health Organisation as being particularly useful in musculoskeletal medicine & pain management.

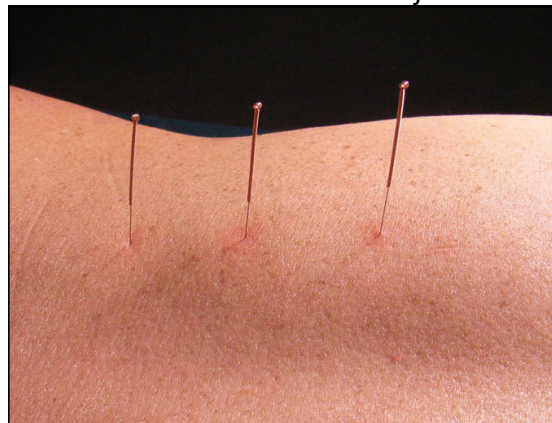
Fine (sterile/single use) needles are tapped virtually painlessly into the skin through a plastic tube. After insertion the needles may be stimulated and a feeling of heaviness, numbness or tingling may be felt in that area. The mechanism of action is not clear but extensive research has shown stimulation of very fine nerve endings which cause both a local pain blocking effect and also changes in blood chemistry due to release of pain relieving hormones from the brain all of which reduces pain and may influence healing. Acupuncture / Dry-Needling also has a general relaxation effect.

Particularly painful musculoskeletal conditions - for example migraine, neck and back pain, arthritis, fibromyalgia and other non specific pain syndromes may be responsive. Acupuncture can compliment physiotherapy, massage and exercise programs and can be used with prescribed medications. A course usually consists of once to twice weekly therapy for up to 10 treatments and some people will require regular maintenance. There are no age limits to treatment.

Side effects are few when practiced by a qualified acupuncturist. The use of sterilised disposable needles eliminates the possibility of cross-infection. Some minor local redness and occasionally minor bruising may appear after acupuncture. When needles are inserted around the chest region there is a small possibility of puncturing of the chest wall and the lung, which may lead to acute shortness of breath. This should be immediately reported to your doctor. Your acupuncturist here may combine other treatments such as Anti-inflammatories, trigger point injections. Some people have a dramatic response so Acupuncture should not be a "last resort" - start early!

### Acupuncture / Dry-Needling:

- provides drug-free pain relief
- effectively treats a wide range of acute and chronic ailments
- is effective for stress related conditions helping the underlying cause of disease and illness as well as the symptoms



Acupuncture at Brighton Spinal Group is performed by:

**David Adams** (physiotherapist) David graduated from Auckland, NZ in 1988. With 17 years experience, David has worked in private practice for most of his career in New Zealand and Australia. He has particular interest in treating spinal and sporting conditions using a combination of Clinical Pilates, Manual Therapy and the McKenzie regime.

**Chris Mathieson** (osteopath) Chris is an Osteopath with a background in Phys-Ed teaching and a strong interest in Rehabilitation and Clinical Pilates. He is a lecturer in Anatomy and Biomechanics for Fitness Leaders.

An assessment is required at Brighton Spinal Group prior to commencing acupuncture; please contact administration on **9596 7211** for more information.

### Comprehensive spinal and joint care

Musculoskeletal Medicine ♦ Rheumatology ♦ Sports Medicine ♦ Orthopaedic Surgery ♦ Physiotherapy ♦ Pilates  
Osteopathy ♦ Psychology ♦ Massage ♦ Hydrotherapy ♦ Nutrition ♦ Ergonomics ♦ Rehab gymnasium