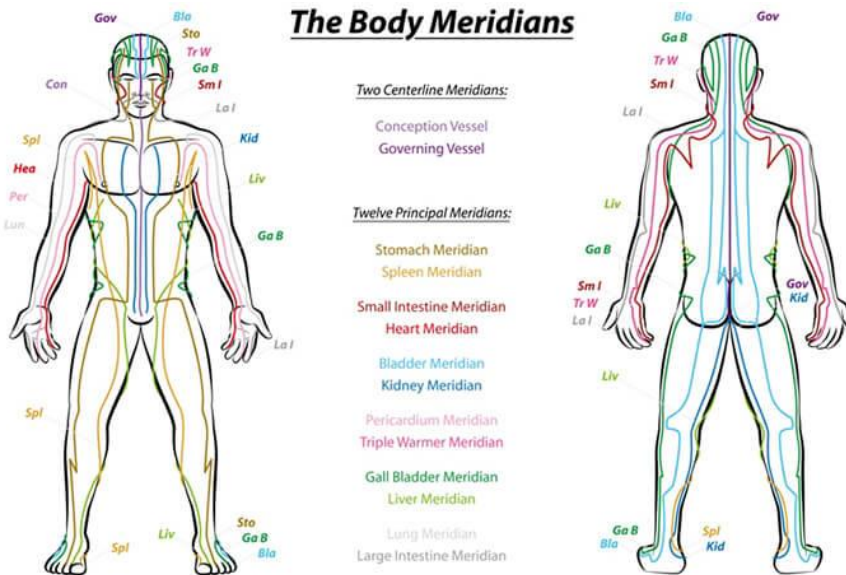


Acupuncture and Dry Needling

What is Acupuncture?

Acupuncture involves needles being inserted at certain acupuncture points, mostly found along meridian lines. These lines represent organs of the body and have their origins in traditional Chinese medicine. The underlying treatment philosophy is based on the concept of balance and maintaining free flow of energy within the body.



Needles are inserted, and are remain for 15 to 30 minutes. Acupuncture is subtle, gentle and is usually used more for internal treatments – complaints like digestive issues, stress, insomnia, sub-fertility, or in cases of chronic or ongoing pain. The needles sometimes elicit a slight dull or achy sensation on insertion, which quickly goes away and the treatment is generally relaxing.

What is Dry Needling?

Dry needling is used in the assessment and treatment of myofascial pain syndromes and dysfunction due to myofascial trigger points.

Trigger points are tight bundles found within the muscles (“knots” in your muscles), they have common sites found across the body and can be described as Active (giving you pain) or Latent (only sore if pressed/ stimulated)

Acupuncture and Dry Needling are similar in that both involve the insertion of fine needles into the body however the theory behind why they are used and where they are placed are very different

Acupuncture achieves pain relief through the release of endorphins and creating balance in the body's energy levels. Through the release of serum cortisol acupuncture can also have an anti-inflammatory effect.

Dry needling also acts via the release of endorphins and serum cortisol but also achieves pain relief and biomechanical re-function by de-activating the trigger points reducing pain. The needles also cause localized hemorrhaging which promotes healing by stimulating collagen and protein formation.

