

Valley Massage Therapy Clinic

ACUPUNCTURE

Acupuncture is most commonly used to treat pain, however, increasingly it is being used for overall wellness, including stress management.

Traditional Chinese Medicine via acupuncture is a technique for balancing the flow of energy, or life force known as qi (chee). Qi flows through pathways called meridians in your body. By inserting acupuncture needles into specific points along these meridians, nerves, muscles and connective tissue get stimulated, therefore, stimulating your body's natural painkillers.

Why is it done?

Acupuncture is used mainly to help resolve the discomfort associated with a variety of diseases and conditions, including:

Digestive disorders
Headaches
Lethargy/anxiety

Cramps
Respiratory disorders
TMJ disorders

Arthritis
Muscle pain
Insomnia

Risks

The risks of Acupuncture are low if you have a competent, certified Acupuncture practitioner using sterilized needles. Common side effects include soreness and minor bleeding or bruising where the needles were inserted. Single-use disposable needles are a practice standard.

What to Expect

During an acupuncture treatment, your Acupuncturist inserts very thin needles into specific spots on your body. There is a small sensation when the needles are inserted which is usually not more painful than a bug bite.

To determine the type of acupuncture treatment that will help you the most, your practitioner will ask you details about your symptoms, behaviours and lifestyle.

They will also examine:

-the parts of the body that are painful
-the color of your face

-the shape, coating and color of your tongue
-the strength, rhythm and quality of the pulse in you wrist

This initial evaluation and treatment may take up to 60 minutes. A common treatment plan for a single complaint may involve one or two treatments per week. The number of treatments will depend on the condition being treated and its severity. In general, it's common to receive six to ten treatments for long lasting benefits.