



## Acupuncture

Acupuncture and other techniques using needles are interventions that physiotherapists are authorized to use for the treatment of pain and other symptoms or as a measure to improve health.

Acupuncture techniques are useful in the management of a range of conditions, including headache, shoulder pain, carpal tunnel syndrome, osteoarthritis, stroke rehabilitation and some chronic respiratory conditions.

Did you know? Research shows acupuncture is effective for lower limb pain and chronic neck pain

Acupuncture encourages natural healing, reducing or relieving pain and improving function of affected areas. This is accomplished by a technique of inserting and manipulating very fine needles into acupuncture points on the body. Acupuncture causes minimal discomfort and is considered a therapeutic treatment. People often turn to acupuncture as an alternative to traditional medical treatments and surgeries.

Acupuncture assists in treating the following:

Neurological and Muscular Disorders (Headaches, Back Pain, Sciatica)

Pain Control

Respiratory Disorders (Sinusitis, Asthma)

Shingles, Bell's Palsy, and Trigeminal Neuralgia

Depression, Hormonal Imbalances and a wide range of other conditions

