

# Acupuncture



CRYSTAL PALACE  
PHYSIO GROUP

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Making People Better

## What is acupuncture?

Acupuncture is a form of Chinese medicine in which fine sterile needles are inserted into the skin at safe points on the body. The aim of this is to stimulate pain reduction and reduce muscle tightness.

## Western Acupuncture

Western acupuncture is based on the scientific evidence that the insertion of needles into the body can positively affect the nervous system and stimulate a release of your body's own natural pain killers and alter the way you perceive pain, safely blocking it in a number of different ways.

## Traditional Acupuncture

Traditional acupuncture is based on the belief that energy, Qi (pronounced 'chee'), flows through channels (meridians) in the body. If this flow of energy is blocked or moves too quickly it can lead to problems such as pain, stiffness or weakness. The belief is that by inserting needles into specific safe points we can regulate this flow of energy, reducing pain, stiffness or any number of problems.

## What do we use acupuncture for?

Physiotherapists primarily use acupuncture for pain relief and also for returning muscle function back to normal. Acupuncture could be helpful in resolving your pain.

## Acupuncture qualifications

Our physiotherapists are members of the Acupuncture Association of Chartered Physiotherapists (AACP). The Acupuncture Association of Chartered Physiotherapists (AACP) requires its members to undergo a minimum of 80 hours of acupuncture training and has an additional strict code of practice. Members of AACP are required to keep up to date with training every year in order to remain on the registered.

## Contact us now

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