



PATIENT NOTES ON ACUPUNCTURE THERAPY

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HISTORY

Acupuncture is a well established Chinese method of treating medical conditions that has been adapted for use by Western doctors.

According to Traditional Chinese Medicine, which dates back over 4000 years to the Yellow Emperor era of 2700 BC, acupuncture seeks to restore the proper flow of “qi”, or life energy, and “xue”, or blood, in the body by stimulating certain points along specific pathways called meridians with special acupuncture needles.

HOW DOES IT WORK?

Central to the philosophy of acupuncture is the idea that each meridian is associated with the flow of “qi” and “xue” through certain organs, and that healing can be attained through the balancing of the flows.

Modern research has produced sound clinical evidence which proves that there is a scientific basis to acupuncture and the success I have had with acupuncture in my General Practice over 20 years certainly supports this.

WHAT TO EXPECT

Acupuncture is suitable for people of all ages.

It is usually applied by inserting a fine disposable needle through the skin at certain optimal points. The patient may feel a mild sensation, but this is not unusually painful and is often an indication the treatment is working well.

*I prefer to use **LASER ACUPUNCTURE**, particularly with children and adults who are nervous about needles.*

I use a 4 Microwat Therapeutic Laser Machine designed and made in Australia as an acupuncture tool to stimulate acupuncture points. The laser light is positioned directly over the acupuncture point and works in exactly the same way as needles except it is painless because it is non-invasive.

Before treatment I like to have an accurate diagnosis of the patient’s condition. If you are referred from a Specialist, Physiotherapist or another General Practitioner I prefer to have a letter detailing any x-ray or pathology tests that may be relevant to your condition. This saves repetition of tests which is time consuming and expensive.

Before treatment try to avoid rushing and do not have a large meal.

Importantly do not drink alcohol or smoke either before or after treatment. A period of rest or relaxation after treatment will also enhance the response to acupuncture.

SUGGESTED TREATMENT REGIME

The number of treatments will vary with each problem and each patient. I do not follow any set routine but suit the treatment for each individual. Generally I prefer three appointments at weekly intervals and each treatment is of approximately 20 minutes duration. The initial consultation will take longer.

Improvement may be immediate or delayed for up to two to three weeks. Initially the improvement may only last for hours or several days. Occasionally it lasts for a couple of weeks, however with each succeeding treatment the improvement lasts longer.

After a successful course of treatment an occasional booster may be necessary to maintain the patient in good health and free of pain.

REACTIONS

Occasionally the patient may experience an exacerbation of symptoms for a short time after treatment, however there is usually a progressive improvement with each subsequent session. Acupuncture will never leave a patient permanently worse than before treatment commenced.

SUITABILITY

Acupuncture is not a panacea for all complaints, nor for all people. Approximately 80% of patients will experience a satisfactory benefit from treatment. Unfortunately there is no way of predicting who will respond well before we start.

CONDITIONS THAT MAY BE TREATED BY ACUPUNCTURE

The following is a list of common conditions that generally respond well to Acupuncture Treatment.

If you have any questions, or would like to know more, please do not hesitate to speak to our Receptionists who will refer your concerns to Dr. Pedler.

PAINFUL CONDITIONS

- *Migraine and other headaches*
- *Neck and Low Back Pain (e.g. Whiplash, Sciatica and Lumbago)*
- *Neuralgia, Trigeminal and post herpetic (Shingles)*
- *Rheumatic Pain (Frozen shoulder, Tennis or Golfer's elbow, Heel Spurs or Carpal Tunnel Syndrome)*
- *Arthritis (Osteo-arthritis, Rheumatoid Arthritis and other Arthraliga)*
- *Menstrual or pelvic pains*
- *Post operative pain (painful scars, colic or phantom pains)*
- *Sprains, Strains and Fractures after they have been properly reduced*
- *Restless legs and Night Cramps*

NON PAINFUL CONDITIONS

- **Hay Fever, Allergic Rhinitis, Sinusitis and Asthma**
- *Eczema, Acne, Itchy Rash and Neuro-Dermatitis*
- *Bell's palsy*
- *Irregular periods, Infertility and Impotence*
- *Cessation of Smoking*
- *Weight Reduction*
- *Bed Wetting in children, Cystitis and Colitis*
- *Constipation, Diarrhoea and Irritable Bowel Syndrome*
- *General debility or lethargy after prolonged illness.*
- *Travel sickness or Vomiting*
- *Depression, Fears, Anxiety and Insomnia*

LESS AMENABLE CONDITIONS

- **Palpitations**
- *High or Low Blood Pressure*
- *Excessive Sweats*
- *Meniere's syndrome or dizziness and Tinnitus.*