PHYSIOTHERAPY & SPORTS INJURY CENTRES

PSI Evidence-Based Newsletter

The ***only*** physiotherapy clinics in Ottawa ***accredited*** by the Canadian Physiotherapy Association for excellence in service

Acupuncture - The Facts

- Acupuncture works much better than placebo. Acupuncture works on 70%-80% of pain patients as shown in clinically controlled trials, placebo only works on 30%.
- One of the advantages of acupuncture is that the incidence of adverse effects is substantially lower than that of many drugs or other accepted medical procedures used for the same conditions.
- Acupuncture has been effectively used for the treatment of back pain, headache, migraine, and sports injuries. However, acupuncture provides more than pain relief. It is helpful in treating anxiety, insomnia, digestive problems, abdominal, menstrual cramps, facial pain, infertility and much, much more.

How does acupuncture work?

- Acupuncture influences both the central and peripheral nervous systems.
- Increases immune system functioning, improves the circulatory system.
- Stimulates release of the body's endogenous opiates, a natural morphine the body produces.
- Stimulated receptors cause release of endorphins in the spinal cord, mid-brain, hypothalamus and pituitary.
- The hypothalamus-pituitary releases Beta Endorphin into the blood and CSF to create an analgesic effect by preventing incoming pain signals from reaching the brain.
- There is a known correlation between acupuncture points and known neural structures.

Physiotherapy and Acupuncture

- Physiotherapists can combine different techniques to achieve the best treatment for their patients. Acupuncture is a treatment option, which complements other skills but can also be used alone.
- Acupuncture for lateral epicondylitis has been seen to outperform steroid injections.
- Acupuncture can be used for cancer pain, depression, nausea and fatigue.
- Acupuncture in conjunction with other therapies improves outcomes for patients with osteoarthritis of the knee.
- 45%of patients with facial pain achieved good pain relief from acupuncture.
- Acupuncture plus standard therapy reduces pain in older patients with chronic low back pain.

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Why use PSI Physiotherapy and Sports Injury Centres?

- ✓ We have the most physiotherapists certified by the Acupuncture Foundation of Canada in the city.
- ✓ We improve level of function, ability to work, and quality of life.
- ✓ We aim for long-term results not just short-term pain relief.

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