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facts about acupuncture and dry needling for musculoskeletal pain

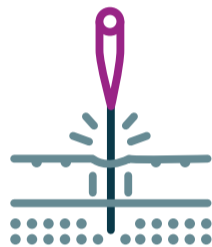


1

Acupuncture has evolved over time

As a method of pain control, acupuncture provides a means of applying sensory stimulation that is superior to:

- modalities such as interferential therapy
- manual (ischaemic) compressions
- transient needling applications
- instrumented soft tissue mobilisation
- shockwave therapy.



2

Acupuncture and dry needling are effective non-pharmacological treatments for neck pain

Clinically relevant treatment outcomes include:

- central activation of descending modulatory pain mechanisms in the brain and spinal cord
- local effect on chemical mediators association with pain and inflammation
- improvements in muscle contractile properties, joint position and neck range of motion.



3

Acupuncture is an effective part of physiotherapy treatment for migraines and chronic tension-type headaches

Research validates that acupuncture:

- is at least as effective as conventional preventative medicine for migraines
- is safe, long-lasting and cost-effective
- is superior to sham in effectiveness and reduces risk of migraine reoccurrence
- may be as effective as prophylactic drugs
- is effective for frequent, episodic and chronic tension-type headaches.

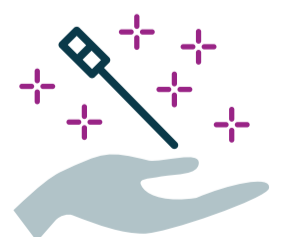
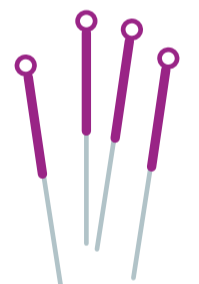


4

Superficial needling may have an effect as strong as acupuncture

A review of randomised controlled trials revealed:

- superficial needling similar to acupuncture may have an effect as strong as acupuncture in various physiological responses due to sensitisation of the peripheral and central nervous systems
- repeated nociceptive input from a nearby myotome will have similar effects to needling in the affected myotome
- pain and sympathetic inhibiting mechanisms in limbic structures may result from acupuncture and superficial needling.



5

Acupuncture helps to reduce muscle and joint pain

A systematic review of acupuncture for chronic pain showed that:

- acupuncture was superior to both sham treatment and non-acupuncture controls for each pain condition
- patients who received acupuncture had less pain.



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