The Royal Wolverhampton
NHS Trust

Acupuncture

Physiotherapy & Occupational Therapy

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Introduction

Acupuncture is a treatment where fine needles are inserted into the body to relieve pain and improve general health. It has been used for thousands of years in China to treat a wide range of problems.

Western science has shown that acupuncture causes the release of various chemicals that help relieve pain, relax muscles, improve sleep and promote general wellbeing.

What will happen?

Your Physiotherapist will talk to you about acupuncture. It is your choice to have it or not. If you choose not to have acupuncture your physiotherapist will discuss the options available to you for further treatment.

If you do choose to have acupuncture you will be made comfortable, usually lying down. Sterile single-use needles will be inserted into your body. You may feel a slight pricking sensation, a strong ache, or nothing at all. With some treatments, you will be asked to rest for 20 – 30 minutes. The needles will then be removed. Other treatments may be much shorter and involve movement of the needles. In some cases electroacupuncture may be used to stimulate the needles, which gives a tingling sensation throughout the treatment time. Your physiotherapist will discuss this with you prior to use.

Do I need to do anything before or during acupuncture?

You need to have eaten prior to treatment. If you have not, please tell your physiotherapist, as this can stop you having acupuncture. Do not wear anything over the needles during treatment.

Do I need to do anything after acupuncture?

Sometimes following treatment you may feel sleepy or lightheaded. If you are receiving treatment as an out-patient you should be prepared to wait for up to 30 minutes after treatment to ensure you are ready to drive or bring someone who can drive you home. Also follow any advice your physiotherapist gives you for example, regarding exercises.

How will I respond to treatment?

You may have less pain, feel your muscles are more relaxed, feel drowsy, feel better in mood and sleep better. People respond in many different ways. Most people respond well to acupuncture.

Is acupuncture safe?

Acupuncture is a very safe form of treatment. However if you have any of the following please let your physiotherapist know:

- History of faints, fits or 'funny turns'
- Fear of needles
- Allergies to metal
- Bleeding disorders
- Diabetes
- Epilepsy
- Heart condition, pacemaker or damaged heart valves
- Pregnancy
- Taking steroids or anti-coagulants
- Any other medical conditions

Are there any risks or side effects?

Side effects are rare. They include:

- Drowsiness in some patients. This can be relaxing. However if this happens, you should be prepared to wait for up to 30 minutes after treatment
- Minor bleeding or bruising occurs around the needle site in about 3% of patients
- You may experience pain during treatment, but this should be for a short time only
- Symptoms can get worse after treatment in about 3% of patients. You should tell your physiotherapist, but this is usually temporary
- Fainting can occur in some patients, usually at the first treatment. This is why patients are treated on a treatment plinth / couch

- Infection is very rare because sterile, disposable needles are used

Risks are extremely rare, occurring in less than 1 in 15,000 treatments. They include pneumothorax (puncturing of the lung), lowering of blood pressure, 'needle lock' (muscle spasm causes a needle to become imbedded in the muscle) and needle breakage. If you become breathless after treatment and have been treated around the chest, neck or shoulder area, see a doctor urgently, and explain that you have had acupuncture.

Why a Physiotherapist?

Physiotherapists are trained in the management of a wide range of conditions. They are bound by strict codes of professional conduct. All physiotherapists that provide acupuncture have received full training on approved courses and are registered with the Health Profession's Council. Receiving acupuncture in the NHS by a physiotherapist registered with the Health Profession's Council does not affect blood donation and reduces the possible risks involved in treatment.

Are there any alternatives to acupuncture?

Your physiotherapist will have explained the different treatment options available to you and what would happen if you decided not to have any treatment at all. Alternatives can include exercise, manual therapy, and medical equipment.

The choice about which treatment is best for you will be made together with your physiotherapist. This will be based on the risks and benefits of the treatment and your individual circumstances

If you have any questions please speak to your physiotherapist who is based at:

Location:.....

Telephone number: .....

Additional information

www.aacp.org.uk – Acupuncture Association of Chartered Physiotherapists

www.csp.org.uk – Chartered Society of Physiotherapy

www.hpc-uk.org – Health Professions Council

www.medical-acupuncture.co.uk – British Medical Acupuncture Society

www.acupuncture.org.uk – British Acupuncture Council

www.acupuncture.com – helpful information website

www.patient.co.uk – helpful information website

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

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