

# Acupuncture

## Traditional acupuncture treatment

Originally, Acupuncture was grounded in the principles of traditional Chinese medicine. Traditional acupuncturists believe that health depends on the balance of a vital energy called “Qi” (pronounced “chee”). This energy flows through channels, called meridians, that connect the organs. For good health, Qi needs to move properly and be strong along these pathways.

## What is dry needling?

Dry needling also known as western acupuncture involves inserting needles, similar to those used in acupuncture, without the use of any injectable solutions. Primarily, dry needling is used to treat conditions affecting muscles, ligaments, tendons, subcutaneous fascia, and scar tissue, providing pain relief for various neuromusculoskeletal disorders.

Dry needling is commonly used to treat myofascial trigger points, which are defined as sensitive areas within a tense band of muscle. These points are considered active trigger points if they cause spontaneous pain and replicate the patient’s familiar pain when pressed. Myofascial trigger points are frequently found in individuals experiencing musculoskeletal pain.

## Expected benefits of acupuncture

- Reduce muscle/joint pain and muscle spasms
- Increase joint range of motion
- Increase muscle flexibility
- Facilitate natural healing process
- Facilitate general relaxation in the body (Only in acupuncture)

## Effectiveness of acupuncture

The body has a natural ability to heal itself, and techniques like acupuncture, acupressure, or electro-acupuncture can support and enhance these self-repair processes, promoting faster recovery and improved healing times. Acupuncture also complements other physiotherapy methods, such as exercise and conditioning, to further improve overall health.



Acupuncture and dry needling share several physiological benefits, including stimulating the release of endorphins, the body's natural pain-relieving hormone, to reduce stress and enhance overall well-being. Both help with increasing the blood circulation to the affected area of the body which boosts body's natural healing process.

Acupuncture  
From £74

The above are guide prices only.

Our [terms and conditions can be found here](#).

## Consultants



Chris Andrews

Available at  
KIMS Hospital

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Wakila Hettiarachchi

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## Acupuncture FAQs

### Does acupuncture/dry needling hurt?

Most people feel minimal discomfort during an acupuncture session, as the needles are very thin. You may feel a slight pinch or sensation of pressure when the needles are inserted, but it's usually not painful. After insertion, you might feel a sensation of heaviness or tingling.

### Can I drive after having acupuncture/dry needling?

You can drive after acupuncture but your body will feel tired after the treatment, hence we don't recommend long distance driving.

### Can I exercise after having acupuncture/dry needling?

We don't recommend intense exercises as your body will feel tired. General rule of thumb would be not to exert the area of treatment until getting a good nights sleep.

### How many acupuncture/dry needling sessions will I need?

The number of sessions varies depending on the condition being treated, the severity of the issue, and your body's response to treatment. Some people feel relief after just one session, while others may require multiple treatments.

### Is acupuncture/dry needling safe?

Acupuncture is safe when performed by a licensed and trained practitioner. Infections or other complications are rare, as acupuncture needles are single-use and sterile.