



# INTEGRATIVE ACUPUNCTURE

## What is Integrative Acupuncture?

Integrative Acupuncture is an integration of western medicine with eastern healing arts. It is a combination of Japanese Acupuncture with Physiotherapy treatment that can include soft tissue release, joint mobilizations and most importantly exercise prescription and lifestyle advice.

## Japanese Meridian Therapy Principles

Japanese Meridian Therapy outlines 12 main meridians in the body, 6 Yin and 6 Yang. These meridians cross over the front back and sides of our bodies from head to toe.

The belief is, as we put our bodies through daily activities or following a physical/mental/emotional stress, an imbalance to the harmony within this meridian system can occur affecting the 'Qi/chi' which is the essence of life.

Variables such as lifestyle, screen time, rapid changes in weather, bodily milestones like pregnancy/ menopause are thought to disrupt these meridians causing multiple changes to the individual not just limited to muscle/ joint issues.

Changes in the meridian may lead to a heightened fight and flight response within the body, causing changes like poor sleep, digestion and body temperature regulation and hence overall low motivation for movement and exercise. Integrative Acupuncture aims to restore balance in the meridians while addressing some of these issues with specific exercises.

## What to expect

- 40 min consultation with a Physiotherapist accredited in Integrative Acupuncture.
- A thorough discussion of medical history including injuries, medications, sleep, bowel habits, mood fluctuations.
- Physical assessment [Joint range of motion, muscle tests, pulses, temperature checks and meridian examination],
- Discussion of assessment findings and if indicated treatment will include the use of Integrative Acupuncture techniques in addition to other Physiotherapy Techniques.
- Lifestyle modifications are discussed like sleep, diet and exercise.
- Exercise prescription appropriate to the patient [eg: home exercise, Pilates rehabilitation, gym program or cardiovascular program].

## How does it work?

Studies have shown the effects of acupuncture to have an impact on the autonomic nervous system and hence the neuro-immune response of the body. As a result the patient may experience changes in their sleep quality and duration, digestive processes and improved mood (mental health).

## Who might benefit?

Benefit is often seen in patients with chronic, long standing conditions that have exhausted most other treatment options. Integrative Acupuncture can be a number of conditions such as:

- Pain management
- Complex chronic conditions
- Oromyofacial pain (headaches, jaw , face pain)
- Post traumatic stress injuries (concussion, whiplash)
- Recurrent soft tissue injuries
- Post op recovery
- Fibromyalgia
- Occupational health injuries

## What are the results?

The research suggests most benefits from Integrative Acupuncture are achieved when a holistic approach is implemented. This includes lifestyle modifications, nutrition, sleep hygiene and importantly, physical activity. Your physiotherapist will develop an exercise program tailored to the condition being treated.

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