

Your appointment

At your first appointment you will be assessed by a Specialist Physiotherapist who will:

- take a detailed history and thoroughly assess your condition
- undertake a general examination
- review and discuss potential underlying causes before performing acupuncture

Please ensure you eat meals as normal prior to acupuncture treatment but avoid alcohol or excessive exercise for one hour before or after a session.

Charges and payment

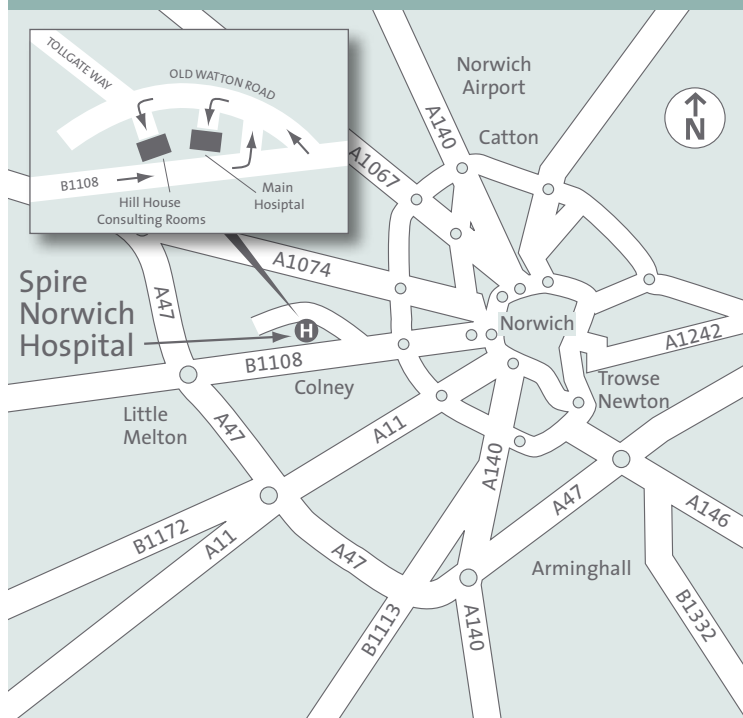
The Acupuncture Clinic is open to all, please contact one of the team on **01603 255 587** who will be happy to advise the cost for your initial consultation. We can accept payment by debit or credit card, cheque or cash. We also work with all major medical insurers and those wishing to claim should confirm that their treatment is pre-authorized by their insurer before proceeding.

Making an appointment

It is not necessary to be referred by a GP. Simply contact one of our team on **01603 255 587** to make an appointment.

1. Linde, K, et al (2009) 'Acupuncture for tension-type headache' Cochrane Library
2. Manheimer, E, et al (2010) 'Acupuncture for peripheral joint osteoarthritis' Cochrane Library
3. Trinh, K, et al (2010) 'Acupuncture for neck disorders' Cochrane Library
4. Yuan, J, et al (2008) 'Effectiveness of acupuncture for lower back pain: A systematic review' Spine. 33(23)

How to find us



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For more detailed directions to the hospital please visit www.spirehealthcare.com/norwich



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Spire
Norwich Hospital

Acupuncture Clinic

Restoring natural balance for health - a modern setting for an ancient remedy



Acupuncture has been practised as part of Traditional Chinese Medicine for over 5,000 years, and recently has become more common in Western medicine.

In Western scientific terms, acupuncture works by stimulating the brain and spinal cord to produce natural chemicals in the body. These chemicals include endorphins to relieve pain, melatonin to encourage sleep, and serotonin to enhance feelings of well-being, therefore assisting the body's natural healing process. Quality research supports the effectiveness of acupuncture, particularly in the management of pain, and its effectiveness in the treatment of low back pain, neck pain, headaches, and knee osteoarthritis.^{1,2,3,4}



Spire's service includes:

- a consultation with a Specialist Physiotherapist
- rapid assessment, diagnosis and treatment
- private consultation rooms and personalised care
- no waiting lists
- no GP referral required
- treatment for all, insured or not

Your questions answered

When is treatment with acupuncture appropriate?

Acupuncture may be suggested when your Specialist Physiotherapist believes it may be the most effective treatment for your condition, or that it might help to improve the effectiveness of your overall treatment. Therefore, acupuncture may be used as a stand alone treatment, or it may be offered in conjunction with other physiotherapy treatments to help achieve the best result for you as an individual.

What conditions is acupuncture used to treat?

- back pain (acute or chronic)
- whiplash
- sports injuries
- soft tissue injuries
- headaches, including migraine
- osteoarthritis
- rheumatoid arthritis
- fibromyalgia
- chronic fatigue syndrome
- bowel and bladder dysfunction



Does acupuncture work?

Yes, acupuncture can work. Success generally depends on a number of factors, which include:

- a person's general health
- the condition, the severity and the duration of the condition
- the individual

No two people are the same and it is one of the strengths of acupuncture that each person is treated as an individual to achieve the best results.

What does acupuncture treatment involve?

Your Specialist Physiotherapist will use sterile, single use needles. The needles are fine (a lot finer than an injection needle). They are tapped gently through the skin and into the underlying tissue. Acupuncture needling is not usually painful however, some people report a pinprick or scratch like sensation.

Once the needles are in place you may feel a mild ache, numbness, warm, or heavy sensation in and around the needle. This is a sign that the body's inbuilt pain relieving mechanisms are being stimulated. During treatment your physiotherapist may gently stimulate the needles. Patients may experience a pleasant relaxed feeling, and on occasion may also feel drowsy during treatment.

How many needles will be used?

Normally between 2-16 needles are used, and these can be left in position for as little as 1-2 minutes. More commonly needles will be in place for 10-30 minutes.

How many treatments are required?

Research suggests that for a longstanding condition such as low back pain, a course of 6-10 treatments is required to achieve the best results⁴. The number of acupuncture treatments will vary depending on the condition being treated and how the individual responds. Each treatment will be tailored to suit the individual and their condition.

Is acupuncture safe?

Acupuncture is very safe and serious complications are rare. All Specialist Physiotherapists providing acupuncture at Spire Norwich Hospital are members of the Acupuncture Association of Chartered Physiotherapists (AACP). This means that they are bound by professional codes of conduct.

