



Acupuncture Can Help

Acupuncture can treat almost any condition that massage therapy can address, such as:

General muscle tension
(low back or neck pain)

Muscle strains

Whiplash

Repetitive Strain Injury (RSI)

TemporoMandibular Joint Dysfunction
(TMJ)

Plantar Fasciitis

Shin splints

Menstrual cramps

Tendonitis (tennis elbow)

Frozen shoulder

Carpal tunnel syndrome

Headaches + migraines

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Acupuncture to Complement your Massage Therapy



Acupuncture as a Complementary Therapy

Acupuncture is the therapy of applying thin needles below the dermis of the skin. The modality of acupuncture learned through a certificate program (Western) is very different from the profession of a Registered Acupuncturist with a diploma (who practices both Eastern and Western).

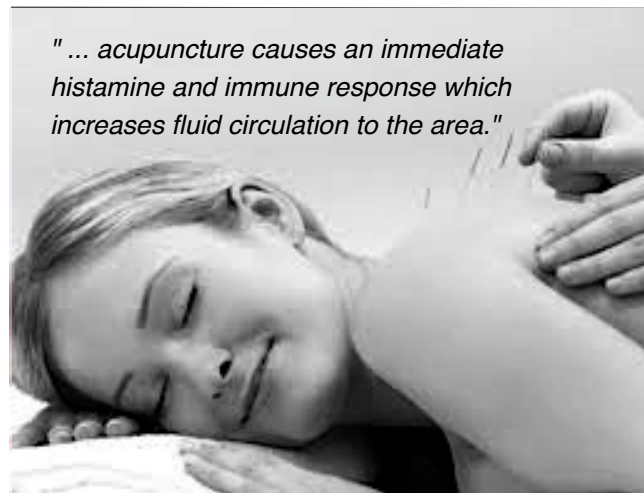
In the Eastern approach to acupuncture each organ system is associated with a meridian and controls specific physiological functions in the body. This type of acupuncture is based on removing energetic dysfunctions (e.g. an energetic or “Qi” imbalance in the liver).

The form of acupuncture I will be practicing is the Western approach which is based on treating pain and neuromuscular problems. Western acupuncture relies on the physiological response to needle placement. Needles placed into the body cause an immediate histamine and immune response which increases fluid circulation to the area. The increased fluid allows the different tissue layers to respond, becoming lubricated. This improves muscle and nerve function and also removes congestion.

Chronic injuries respond well to this type of acupuncture because the needling allows the inflammation to be resolved. As stated by J. L. Oschman (author of [A Biophysical Basis for Acupuncture](#)) *“Acupuncture stimulates an injury without actually*

injuring tissues, and thereby elicits local and systemic wound-healing responses that have a variety of therapeutic effects.”

The modality of acupuncture has been growing in popularity as more evidence-based research is being published. It's becoming more and more commonly used by massage therapists, chiropractors, physiotherapists, occupational therapists, nurses, dentists and other health care practitioners.



“... acupuncture causes an immediate histamine and immune response which increases fluid circulation to the area.”

What to Expect

Your appointment will consist of the usual medical history and intake to discover which muscles are causing you discomfort. While discussing your treatment plan I may recommend that acupuncture be performed on the affected tissue and surrounding area to complement the massage therapy.

Should you agree to use this modality, the needles are typically left in for about 15 minutes. Once they are removed, I will continue to massage the area as per our previous treatments in order to achieve the best results.

Possible Complications

- * Pain on insertion of needles. This is usually due to the patient being tense or nervous. However, some points are just simply more painful than others to insert.
- * Bleeding a few drops after needle removal.
- * Tenderness or bruising where the needle was placed.
- * Fainting or dizziness, which is usually due to nervousness, poor diet, low blood sugar or fatigue.
- * Skin infection at needled area. This is why all treatment areas are pre-swabbed with rubbing alcohol.
- * Numbness around the area of insertion which goes away soon after the needle is removed.
- * When working on the torso, short needles are inserted transversely to avoid puncturing major organs.

Pregnancy

My training curriculum did not include pregnancy treatments. Therefore, I will not be using acupuncture with pregnant clients .