

"I have received an excellent standard of acupuncture that has helped me to regain control of my life. Rather than pain controlling my life my physio has helped me to manage my pain so that frequency and intensity is lessened so that I am able to perform more tasks during a day more often and for longer duration."

"My physio helped me get my knee working again after a fall and also to take the pain from my cyst which was very very painful. She used acupuncture on me and I will strongly recommend this."

"My physio helped me overcome some chronic, long term sports injuries... where I have sustained injuries over the top of old injuries. This was achieved via a well balanced solution of traditional physiotherapy, dry needling and exercise."



## CONTACT DETAILS

[www.physiotherapy.org.nz](http://www.physiotherapy.org.nz)

### Physiotherapy New Zealand

PO Box 27 386, Marion Square,  
Wellington 6141  
Level 6, Baldwin Centre,  
342 Lambton Quay,  
Wellington 6011  
Phone: +64 4 801 6500  
Fax: +64 801 5571  
Email: [pnz@physiotherapy.org.nz](mailto:pnz@physiotherapy.org.nz)  
[www.physiotherapy.org.nz](http://www.physiotherapy.org.nz)  
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NEW ZEALAND** | ACUPUNCTURE  
*Kōmiri Aotearoa*



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This leaflet does not replace the benefits of a full assessment and programme provided by an expert physio.



## ACUPUNCTURE AND PHYSIOTHERAPY HOW IT CAN HELP YOU

Talk to your physio about acupuncture for:

- Pain relief
- Promoting healing
- General wellbeing



**PHYSIOTHERAPY** NEW ZEALAND | MOVEMENT FOR LIFE  
*Kōmiri Aotearoa*

Acupuncture treatment involves the insertion of very fine needles into the body at specific points for pain relief, healing and general wellbeing.

Many physiotherapists in New Zealand offer acupuncture as part of their overall treatment plan. The main types of acupuncture practiced in New Zealand are:

- **Traditional** based on Chinese theories of energy balancing
- **Western medical** based on Western concepts of anatomy and physiology
- **Dry needling** rapid short term needling to tender trigger points to improve or restore function.



### How can acupuncture help?

Acupuncture can have a powerful and sustained effect on pain and dysfunction in the body – as the process can stimulate natural pain relieving and healing mechanisms in the body.

Acupuncture may be suggested by your physio for a variety of conditions.

It is often used to treat:

- Acute and chronic injuries
- Back and neck pain
- Muscle and joint problems
- Nerve pain
- Arthritis
- Headaches and migraines
- Sports injuries

### What to expect

Acupuncture needles are extremely fine and often hardly felt when inserted.

- Your physio will insert disposable needles at specific points. Some needles may be inserted well away from the actual part of the body being treated.



- The needles may be simulated gently, either by twisting, applying heat or a small electrical impulse. There may be a mild aching sensation around the needle.
- The needles are left in place for up to 30 minutes, depending on the treatment.
- Sometimes a small needle is taped in place on the body or ear for a few days.
- Needle-free acupuncture-like treatment is also available.

### How do I find a physio?

Talk to your local physio to see if acupuncture is suitable for you. Go to [www.physiotherapy.org.nz](http://www.physiotherapy.org.nz) and click on [Find a Physio](#) to see who's available in your area.



The Physiotherapy Acupuncture Association of New Zealand (a special interest group of Physiotherapy New Zealand) also has a public register of members who have met a high standard of acupuncture competence. You can find this register at [www.paanz.org.nz](http://www.paanz.org.nz)

