



Musculoskeletal Pain Management

Acute & Chronic Back Pain

There are many reasons for pain and tenderness in the muscles and joints. From an Oriental medicine perspective there is a correlation between the circulation of Qi and blood and the quality of the nourishment of muscles and joints.

If blood and Qi circulation in the body can be improved through acupuncture and energy blockages can be freed up, pain and discomfort may be reduced.

Acupuncture may be effective for acute and chronic back conditions.

Sciatica

Sciatica is characterised by a deep, constant pain that starts from the lower back and buttocks and can run all the way down to the foot. In the majority of cases there is an impingement of the sciatic nerve either at the piriformis muscle of the buttocks or at the lower lumbar or sacro-iliac joint.

From an Oriental medicine perspective this condition is seen as a form of blood stagnation, which can be moved with various needle techniques to help alleviate the pain and restriction associated with this condition. We will often use a combination of acupuncture, sotai structural alignment and remedial massage to attain long lasting results.

Neck Pain

General neck pain can be a result of many factors including stress, nerve impingement, hormone imbalances, high blood pressure or structural and postural imbalances. If an area is acutely inflamed and painful we have the possibility and advantage to utilise distal acupuncture points on legs and arms to clear discomfort and pain without working locally on the neck. This way we can avoid further aggravation of an already sensitive and painful area.



Headaches / Migraines

Muscle tightness and tension throughout the neck and back, as well as structural imbalances can lead to chronic, dull and constant headaches. The head and scalp are surrounded by muscle and connective tissue and like all other areas of the body, can be affected by poor circulation of Qi, blood and nutrients.

Acupuncture may also be beneficial in the treatments of migraines and migraine prophylaxis. According to a Cochrane study from (June 2017 Linde K et al.) the available evidence suggests that adding acupuncture to symptomatic treatment of attacks reduces the frequency of headaches. The available trials also suggest that acupuncture may be at least similarly effective as treatment with prophylactic drugs.

Joint Pain & Restriction / Osteoarthritic Pain

Conditions related to joint pain and restriction such as osteoarthritis, may be successfully treated with acupuncture and Oriental medicine.

From an Oriental medical perspective the function of the Spleen, Kidney and Liver energy will be examined with all joint problems. These different organ systems relate to various aspects of joint health. For example, the Kidney energy relates to bone health, Spleen energy is responsible for muscle function and Liver energy is in command of the flexibility and free movement of tendons, ligaments and sinews. As with all muscular skeletal problems we examine and improve the circulation of Qi and blood to influence the strength and stability of the joint.

Injuries

Acupuncture and Oriental medicine can play an important role in the management of injuries. Whether we are dealing with an ankle sprain, a tennis elbow or a shoulder impingement syndrome, acupuncture may be helpful in the recovery time of injuries, combined with specific exercises.