

# ACUPUNCTURE

## WESTSIDE DANCE PHYSICAL THERAPY

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### *What is Acupuncture?*

Acupuncture is an ancient traditional medical art that uses fine needles to stimulate lines of energy running beneath the surface of the skin (meridian channels) in order to help the body/mind heal and renew itself. These meridians often become blocked through disease, overwork, repetitive strain, and excessive mental, physical or emotional stressors, all of which cause congestion, dysfunction and pain in the muscles and other systems of the body. In its inception acupuncture was a **preventative** and **wellness** therapy, used to maintain health and emotional and spiritual harmony, enhancing the immune system and making the body less susceptible to injury and disease. The practitioner was paid only as long as his patient stayed healthy.

### *What conditions is it good for?*

Here is a partial list of the many conditions that acupuncture can help:  
Multiple chronic or acute musculoskeletal problems, alignment and pain  
Digestive complaints and problems  
Absence of/or painful menses; Infertility; Menopausal symptoms  
Allergies/sinusitis  
Thyroid conditions  
Stress, Anxiety, Insomnia

### *Does it hurt? How many treatments will I need?*

Pre-wrapped, hair-thin, sterilized and single use needles are inserted into acupuncture points along the meridians, as well as along areas of pain and tension in the muscles. After insertion, one may feel a deep aching or tingling sensation that spreads up or down the meridian. When the needle is inserted into a muscle, a contraction or pulsing of the muscle itself may be felt. The treatment usually promotes a deep state of relaxation both before and after. A series of 6 to 10 weekly sessions are indicated for most conditions. Acute conditions may resolve in 4 to 6 sessions. Chronic disorders may take weeks to months to impact as they have been resident within the body for longer time periods and the body has become significantly depleted. As a wellness modality, monthly treatments are recommended.