The Chinese University of Hong Kong
University Health Service
Physiotherapy Unit

Introduction to Modern Acupuncture

Physiotherapy and Modern Acupuncture

- Modern acupuncture is one of the treatment modalities used by qualified physiotherapists.
- Physiotherapist will assess the patient's condition and prescribe the suitable treatment modality for the patient.

Science behind Modern Acupuncture

- Modern acupuncture is a therapy following orthodox clinical diagnosis based on modern concepts of neuroanatomy and physiology.
- Through systemic evaluation of the patient's clinical history, physical exam and other supplementary information (including radiographic and laboratory findings), physiotherapists reach a clinical diagnosis and choose the appropriate acupoints; some of these acupoints are myofascial trigger points.
- Studies have shown that modern acupuncture triggers complex responses with neurophysiological and neuropharmacological mechanisms at different levels of the body, helping patients relieve their pain, relax their muscles, increase the blood circulation, etc.

Treatment Tools and Safety

- Physiotherapists use sterile and disposable acupuncture needles.
- Physiotherapists follow strict infection control measures to lower the risk of infection.
- Uncommon risks, such as structural injuries, hematoma, pneumothorax, broken needle, missed needle, fainting during/after treatment, bent needle, etc.

Feelings during Acupuncture Treatment

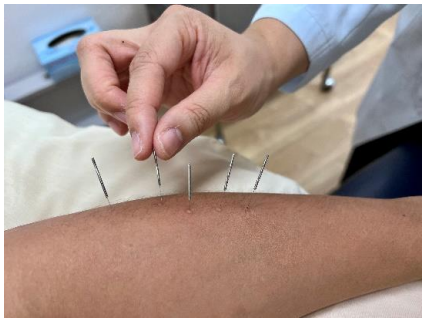
- When inserting the needle, you may feel mild pain.
- During the retention of needles, you may feel sore, heavy/full, or local radiating paraesthesia and/or warmth.

Contraindications to Modern Acupuncture

- Pregnancy
- Menstruation
- Taking anticoagulants
- Haemophilia
- Poor diabetic control
- Poor blood pressure control
- Epilepsy
- Tuberculosis
- Hepatitis
- Infectious disease
- Pacemaker
- Deep brain stimulator
- Skin lesions, ulcers, bruises or tumors, etc

Modern Acupuncture Course and Fee

- General course: 3-5 sessions
- Fees: $200-250 per body part per session
  (depending on the application area and complexity)



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