



“ACUPUNCTURE AND DRY NEEDLING / IMS”

Acupuncture is one of the oldest recorded forms of medicine, having been used in China for over 3,000 years. It refers to the insertion of fine solid needles at points in the body. The traditional Chinese view of acupuncture is that energy (Qi or "chee") flows freely when the body is in a healthy state. If there is a problem, energy stagnates. The stimulation of appropriate acupuncture points frees this stagnation, and restores the normal flow of energy.

Pain relief through acupuncture is known to occur by stimulation of the nervous system to produce its own painkilling substances. These substances are to be found locally around the needle site, in the spinal cord, and in different areas of the brain. The effects are cumulative and good results are frequently achieved when more conventional medicine has failed. Some patients can see immediate results whilst for others it may take more time before they see the effects.

Dry-needling refers to the use of acupuncture needles to treat muscle, tendon, and ligament pain. These fine, solid needles are inserted into shortened muscles that contain 'trigger points; taught bands or nodules that produce a varying pattern of symptoms (Travell & Simons). Stimulation causes the muscles to relax and lengthen, thus normalizing the structure and function of the area locally, and distally through the nervous system. Evidence suggests that dry-needling creates a controlled injury in the tissues, stimulating the body's natural 'current of injury'. Tissue injury also releases growth factors that promote healing and strengthen weakened tissues. In addition, endorphins are produced which help to reduce pain.

IMS, or 'Intramuscular Stimulation', is a form of dry-needling developed by Dr. Chan Gunn. Needles are used to release tight or 'hypertonic' muscles, which if left untreated may lead to muscle imbalances, associated joint pathology, and chronic pain. The needle is inserted into taut, tender muscle bands, and/or near the spine where the nerve root may have become irritated and supersensitive. Penetration of a normal muscle is painless but a shortened, supersensitive muscle will 'grasp' the needle in what can be described as a cramping sensation or deep ache. This is followed by reflex relaxation, allowing the muscle to lengthen.

Conditions amenable to needling/acupuncture

- Acute and chronic injuries
- Arthritis and rheumatism
- Back and neck pains; muscle and joint problems
- Bell's (facial) palsy
- Dizziness associated with neck problems
- Headaches
- Nausea
- Pain

Clinics at:

Point West, 116 Cromwell Road
Kensington, London.

The Lodge, Parkside Hospital
53 Parkside, Wimbledon, London.

- Sport injuries
- Trigger points

Both dry-needling and acupuncture are powerful treatments, but it is important to integrate these interventions into a total management plan. If these problems have occurred because of faulty postures or movement patterns, then these must also be addressed.

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If you have any specific questions regarding acupuncture or dry needling or any other medical treatment please contact us on **0870 2000 878** or reception@puresportsmed.com

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