

How do I find an acupuncturist or physiotherapist acupuncturist?

Talk to your physiotherapist to see if acupuncture is suitable for you.

Physiotherapist Acupuncturists are listed on the Physiotherapy Acupuncture Association of New Zealand (PAANZ) website and is a special interest group of Physiotherapy New Zealand.

Further information can be found on www.paanz.org.nz OR refer to the public register of Acupuncturists at [Acupuncture NZ](#).

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FACT SHEET

Acupuncture



What is Acupuncture?

Acupuncture involves the use of thin single use needles that are inserted in the body at very specific points. The treatment is used for pain relief, healing and general wellbeing.

Because acupuncture can effect the whole body, change can occur both physically and emotionally.

The main types of Acupuncture practiced in New Zealand are:

- Trigger point or dry needling
- Western medical - based on western concepts of anatomy and physiology
- Traditional Chinese Medicine (TCM) based on Chinese theories of energy balancing and movement.



Acupuncture can be considered to treat a wide variety of conditions. For example:

- Acute and persistent pain (such as back and neck pain)
- Phantom limb pain
- Muscle and joint problems
- Headaches

Contraindications for acupuncture treatment

There are no specific contraindications for acupuncture treatment. However, it is important to advise the therapist if any of the following apply:

- Pregnancy
- Bleeding disorders
- Diabetes
- Any form of cancer
- Hepatitis
- HIV/Aids
- Epilepsy or seizures
- Skin infections
- Heart conditions - especially if a pacemaker is in place.



What is involved?

The therapist will record your consent to acupuncture after completing an assessment.

The therapist will insert sterile disposable needles at specific points that are relevant to your presentation. The points used will either be local to the area OR well away from the actual part of the body being treated.

The needles are kept in place for 5-30 minutes depending on the treatment.

Sometimes needles are also placed in the ear to help treat pain relief and is helpful when treating phantom limb pain.

Phantom pain is a common complication following limb amputation, and is thought to result from a system of pathophysiological mechanisms - peripheral, spinal, central and psychological. Whilst the studies of acupuncture for phantom limb pain have been small they demonstrate potential benefits in a number of conditions with chronic pain.

If you would like to read further about Acupuncture, please visit:

www.nzals.co.nz/
www.acupuncture.org.nz/
www.paanz.org.nz/

