

### **Pain & Acupuncture by David McCartney**

In my clinic, pain is perhaps the most common complaint that I treat and is one of the main reasons that people seek Acupuncture or Massage treatment. It's rare for a client not to present without some form of pain, be it an acute pain from a recent injury, or a chronic pain that has persisted periodically over months and years.

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Acupuncture is an excellent analgesic and can treat many types and severities of pain almost anywhere in the body. It has been proven effective by the WHO in the treatment of a wide range of pain related ailments including lower back pain, sciatica, rheumatoid arthritis, headache, period pains, facial pain and tennis elbow.

In cases of acute pain (sports or occupational injury, knee pain, whiplash etc.), or a particular strong episode in a chronic condition (migraine, period pains, arthritis, fibromyalgia etc.), I treat clients regularly (sometimes daily) in order to bring relief and the pain under control. In chronic pain problems, a less intense treatment strategy is devised which can last over several weeks or months.

Acupuncture is safe to use while taking over the counter medicines such Tylenol or Ibuprofen, or prescription pain killers such as Narcotics and Corticosteroids.

Pain can be both physically and emotionally debilitating. Restrictive or loss of movement due to pain can have serious consequences on your ability to earn, enjoy family time and lead an active, fulfilling life. Living with chronic pain can lead to drug dependency, anxiety and depression. Although treatment is not required for every little ache and pain we may feel, persistent or periodical bouts of pain should never be ignored. Starting Acupuncture treatment or massage earlier is ideal, but at no matter what stage you may find yourself when dealing with a pain issue, it's never too late to get started.

If you suffer pain from an injury or as part of a medical condition and you'd like to find out more about the effectiveness of Acupuncture in dealing with a whole range of painful disorders, please don't hesitate to call and make an appointment.

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