

HAVE YOU HEARD?

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PHI HEALTH CENTRE

Q: My pain comes and goes for no apparent reason, what can be done to figure it out?

A: Physiotherapists are expert detectives when it comes to figuring out pain patterns. It is common for pain from postures or activities to go unnoticed when the individual is concentrating on something else (like data on a computer, conversation or sports). In other cases the painful tissue may lie deep within the body and therefore may not have the pain receptor density that is required to give instant feedback, but is sufficiently sensitive to react to inflammatory chemicals once they have had time to accumulate, often long after the aggravating activity has stopped. This produces a time lapse between the cause and effect making self assessment very difficult. Your physiotherapist is very skilled at identifying these subtle sources of aggravation.




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B.P.H.E., R.A.C., RTCMP

Q: Does Acupuncture Hurt?

A: This is the most frequently asked question I receive regarding Acupuncture. Fear of pain from acupuncture needles is probably the most common reason that people forgo acupuncture treatment in the first place.

Often to the astonishment of those who take the plunge, acupuncture does not hurt. Acupuncture needles are extremely fine and thin. My goal upon insertion is to cause minimal to no pain. Acupuncture needles are extremely fine and thin, and made of high-grade surgical stainless steel. They are sterile and used once only. When provided by a well trained and experienced Registered Acupuncturist there should be very little discomfort upon performing acupuncture therapy.

Once the needles or "pins" are in, the sensation caused by Acupuncture varies from patient to patient. Some people feel minimal discomfort as the needle is inserted while the majority of patients feel nothing at all. Once the needles are in place and no pain or discomfort is felt, most patients find the treatment relaxing and enjoyable as pain is relieved and a natural release of endorphins occur.

For further info regarding Acupuncture and Traditional Chinese Medicine, please check out my website at www.carolyndew.ca