

ACUPUNCTURE, DRY NEEDLING and IMS

Pulling the Right Needle from the Haystack!

Traditionally, Acupuncture is the ancient practice of inserting thin, narrow needles into specific points along lines of energy (meridians) within the body in order to stimulate the flow of an energy known as “De Chi”. Over time, the practice of acupuncture has evolved and branched into different forms, and been embraced by physiotherapists as a tool to treat a wide variety of conditions.

Anatomical Acupuncture

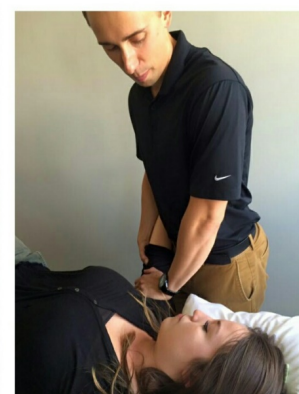
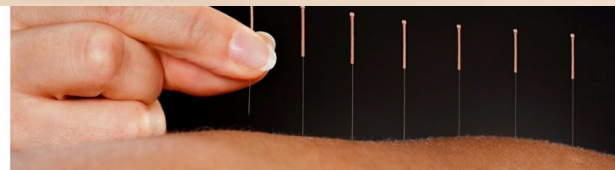
Traditional Chinese Medicine principles with modern understanding of human anatomy and physiology. With this technique, needles are inserted around the problem area(s) and left in for a short time in order to act on the nervous system and reduce pain and discomfort within the area.

Dry Needling

The use of the term “dry” relates to all types of acupuncture used in physiotherapy, as it simply means that the needle is not inserted with the intention of injecting a medication or withdrawing a sample from the body. Used together, the term “dry needling” typically refers to a style of needling in which tight, sore bands of overactive muscle called “trigger points” are needled in order to elicit a twitch response within the muscle and release the tightness within that area. With this style of treatment, the needles are generally inserted and moved for a few seconds before being removed, with the goal of an immediate reduction in muscle tone and improvement in range of motion or stiffness.

Intramuscular stimulation (IMS)

IMS is a technique that was pioneered at UBC by Dr. Chan Gunn, and involves dry needling muscles around the problem area, as well as muscles near the spine where the nerves supplying the affected muscles originate.



Which is right for you?

The best way to know if acupuncture, dry needling or IMS can be effective for you is to be thoroughly assessed by a physiotherapist. One of the strengths of physiotherapy is the wide variety of techniques they choose from in order to help you achieve your goals, and acupuncture and dry needling are just a few of the many tools Body Works staff use to help keep you moving at your peak capability.

Call us to set up an assessment to see if one of these tools can help you!