

Acupuncture information

This factsheet is for guidance only and has been produced with assistance from healthcare professionals

What is acupuncture?

Acupuncture has been used for thousands of years in Chinese medicine and is practiced by physiotherapists within palliative care in the UK to treat symptoms such as pain, nausea, anxiety, breathlessness, muscle tension/cramps and peripheral neuropathy. It has also been shown to promote a feeling of wellbeing and relaxation.

Acupuncture involves inserting fine, sterile needles into the skin to a depth of a quarter to half an inch. Sometimes the needles are inserted in the region of the pain, but other regions away from the area of pain may be used.

What to expect

Acupuncture is carried out by a qualified physiotherapist trained in the technique.

An initial consultation will discuss the symptoms to be addressed by acupuncture and taking a thorough medical history.

1 to 10 needles may be used at any one time, increasing to more than this if appropriate and well tolerated. They are left in place up to 20-30 minutes. Generally, this is not an uncomfortable procedure, it bears no resemblance to having injections.

All needles are sterilised and used only once after which they are discarded.

You may experience a tingling sensation spreading from the point used and a reddening of the skin may develop around the site of the needle. This is all part of the treatment process.

How does acupuncture work?

By desensitising active trigger points which may be the cause of pain.

The needles stimulate large nerve fibres which act to block out pain impulses which are usually transmitted by small nerves. This action is based on a physiological theory of pain relief known as the pain gate theory.

Stimulating these superficial points also causes the body to produce its own natural pain relief called endorphins.

Is acupuncture safe?

Acupuncture is generally very safe. Serious side effects are very rare in less than 1 in 10000 treatments.



This leaflet is updated regularly. For the most up to date information please visit loros.co.uk/care

In cases of comments or complaints, please contact:

Chief Executive, or Director of Patient Services and Clinical Quality, LOROS, Groby Road, Leicester LE3 9QE or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

Alternative languages:

LOROS Hospice is dedicated to ensuring equality and diversity is at the core of all our activities.

If you need this information in your own language, please contact the PA to our Patient Experience Lead on 0116 231 8435

اللغات البديلة

إذا كنت بحاجة للحصول على هذه المعلومات مترجمة الى لغتك الأم ، فيرجى منك الاتصال مع الموظف المساعد PA في قسم خبرة وتجربة المرضى Patient Experience Lead على رقم الهاتف 0116 231 8435

Jeśli potrzebuje Pan/ Pani, aby niniejsze informacje zostały udzielone w Pana/ Pani języku ojczystym, prosimy o kontakt z PA Kierownika ds. Pacjentów pod numerem 0116 231 8435.

مُتبادلُ لُبانين

اگر یہ معلومات آپ کو اپنی زبان میں درکار ہیں، تو براۓ مہربانی 0116 231 8435 پر ہمارے/ہماری پیشنٹ ایکسپیرٹنس لیڈ کے/کی پی اے سے رابطہ کریں

वैकल्पिक भाषाओं

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