

Acupuncture Patient Information

What Is Acupuncture?

Acupuncture is a traditional therapy that involves inserting very thin, sterile needles into specific points on the body. It has been practiced for thousands of years and is used to support the body's natural healing processes and restore balance.

In modern healthcare settings, acupuncture is commonly used to help regulate the nervous system, improve circulation, reduce inflammation, and promote pain relief. The needles stimulate specific points that can influence muscles, connective tissue, and the body's natural pain-modulating systems.

Many patients find acupuncture deeply relaxing and often report improvements in both physical symptoms and overall well-being.

Common Conditions Acupuncture May Support

Acupuncture may be beneficial for a variety of conditions, including:

- Chronic pain conditions
- Neck and back discomfort
- Headaches and migraines
- Stress and tension
- Sleep disturbances
- Digestive concerns
- Hormonal imbalance symptoms
- General wellness and nervous system regulation

Many patients choose acupuncture to support whole-body balance and overall health.

What to Expect During Treatment

During either acupuncture or dry needling treatment:

- Very thin, sterile needles are inserted into specific areas of the body.
- Most patients feel minimal discomfort when the needle is placed.
- You may experience sensations such as pressure, heaviness, warmth, or muscle twitching.
- Many patients report a feeling of relaxation during treatment.

Needles may remain in place for several minutes depending on the therapy and treatment goals.

Acupuncture vs Dry Needling

Both therapies use **very thin sterile needles**, but their **approach and treatment goals are different**. Many patients benefit from either technique depending on their condition and treatment goals.

Quick Comparison	Acupuncture	Dry Needling
<i>What it focuses on</i>	Balancing the body and supporting overall wellness	Releasing tight muscles and trigger points
<i>How it works</i>	Stimulates specific acupuncture points to influence body systems and circulation	Targets tight or irritated muscles to reduce tension and restore movement
<i>Primary Goal</i>	Whole-body balance, pain relief, and nervous system support	Muscle relaxation, pain reduction, and improved mobility
<i>What it treats most often</i>	Stress, headaches, chronic pain, sleep issues, and general wellness	Muscle tightness, sports injuries, neck/back pain, and movement restrictions
<i>What you may feel</i>	Gentle needle sensation with relaxation or warmth	Brief muscle twitch followed by a feeling of release
<i>Typical patient experience</i>	Deeply relaxing and calming	Focused treatment for tight or painful muscles

After-Care Recommendations

To support your body after acupuncture treatment:

- Stay well hydrated.
- Avoid strenuous exercise immediately after treatment.
- Allow time for rest and relaxation if possible.
- Eat balanced meals and avoid alcohol immediately following treatment.

Many patients feel relaxed or slightly tired afterward, which is a normal response as the body processes the treatment.

Is Acupuncture Right for You?

Your provider will evaluate your health history, symptoms, and treatment goals to determine which therapy may be most appropriate for you.

Both acupuncture and dry needling can be valuable tools for supporting recovery, reducing pain, and improving overall function. If you have any questions about these therapies, please speak with your provider—we are here to help you feel informed, comfortable, and supported throughout your care.

Our promise to you is that we will do everything in our power to earn your trust and exceed all of your expectations. If you have any specific questions or feedback, please don't hesitate to ask!

The Team at Thompson Chiropractic Clinic

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