

WHAT IS ACUPUNCTURE?

Acupuncture is now a well-recognised treatment for pain relief. Acupuncture is a system of medicine based on the idea that the body can be helped to heal itself. It originated in China almost 5,000 years ago. In the 17th century, it was introduced to Europe and became popular in the 1970s.

In the Pain Clinic, acupuncture is used for pain relief for musculoskeletal pain in the back, neck, shoulders and limbs, for headaches including migraine, for nerve-related pain conditions and for various kinds of arthritic and rheumatic pain.

Needling

Fine needles are inserted close to the surface on specific points on the skin, which stimulates the nerves in skin and muscle. This

can increase the body's release of natural painkillers - endorphin and serotonin - in the pain pathways of both the spinal chord and the brain. This modifies the way pain signals are received and can produce pain relief.

The needles used are very fine, sterile, disposable needles, used once only and then discarded. They do not contain anything so are not injections. Treatment is not usually found to be painful. During needling there may be a feeling of tingling or numbness, an ache or a feeling of sharpness. It is certainly a lot less painful than when a sewing needle or pin accidentally punctures the skin.

The number of needles used varies: often as few as two or three, [especially on the first visit], sometimes up to ten to fifteen.

Effects of acupuncture treatment

After a treatment, nothing obvious may happen although pain relief may occur immediately, within a few hours or later the same day. Acupuncture can also produce an improved sense of wellbeing after treatment. Feeling relaxed, having more energy and better sleep are some common after-effects. In the Pain Clinic, you will normally be offered a course of 4 acupuncture sessions. It may take 2 or 3 sessions before your response to acupuncture can be judged. Occasionally some patients may feel a little worse before improvement.

Clinic Staff:

Consultant Anaesthetists

Dr. Brenda Buxton
Dr. Sarang Puranik
Dr. Prabhu Gandhimani

Clinical Psychologists

Dr. Ann Gold
Ms. Alison Lane
Dr. Nicky Smart

Counselling Psychologist

Specialist Physiotherapists

Amanda Clifford
Janet Briggs

Alexander Technique Teacher

Dee Fitzgerald

Acupuncturist

James Treacher

Secretarial/Admin

Polly Anderson
Julia Williams
Gill Gibbs

**Pain Management Service,
Kingston Hospital,
Galsworthy Road,
Kingston on Thames,
Surrey KT2 7QB**

**Tel: 020-8546-7711
extn 2453/2653**

Fax: 020-8546-2199

**PAIN
MANAGEMENT
SERVICE**

ACUPUNCTURE

The Pain Clinic is located near the Coombe Road entrance to the Hospital. There are disabled parking bays next to the building.

AG 2010