



The difference between acupuncture and dry needling



With WSC Physiotherapist **Jason Swan**. Jason is the physiotherapist for the Australian Beach Volleyball Program. He has also worked as team physio with National League Soccer, Baseball and Rugby League teams. He is available for both acupuncture and dry needling

appointments by calling 8232 5566.

ACUPUNCTURE

- The insertion of fine needles into the skin along meridian lines. These lines represent organs of the body and have their origins in ancient Chinese medicine
- The needles are not inserted very deep, usually a millimetre or so
- The technique is generally not painful however the patient may experience a prick sensation when the needle is introduced; this is more likely to be felt with needles inserted into the digits
- The needles used are single use sterile needles and are disposed of after use
- The aim of the treatment is to stimulate the movement or flow of Chi. Chinese medicine believes that pain or poor function occurs when Chi is blocked
- Treatment generally lasts approximately 15 minutes once the needles are introduced

Wakefield Sports Clinic is responsible for the care of many of the nation's elite athletes, including players from the Adelaide Crows, Adelaide United, 36ERS, Netball SA, Olympic Teams and many more.

DRY NEEDLING

- The introduction of fine needles into the skin and deeper into the muscles, fascia and occasionally joints, tendons and bone/tendon junctions
- Once inserted the needles are manipulated by the Physio until a sensation is felt (often an ache associated with the needle). Techniques vary from inserting the needle and leaving it in for 15 minutes or so with occasional manipulation to constant peppering (pecking) of the needle into the region
- The manipulation may occur more than once during the treatment
- The aim of the technique is to change the tone within the muscle allowing it to relax
- The needles used are single use sterile needles and are disposed of after use
- Treatment time can vary depending on the technique used

