



Acupuncture Association of Chartered Physiotherapists

Shoulder

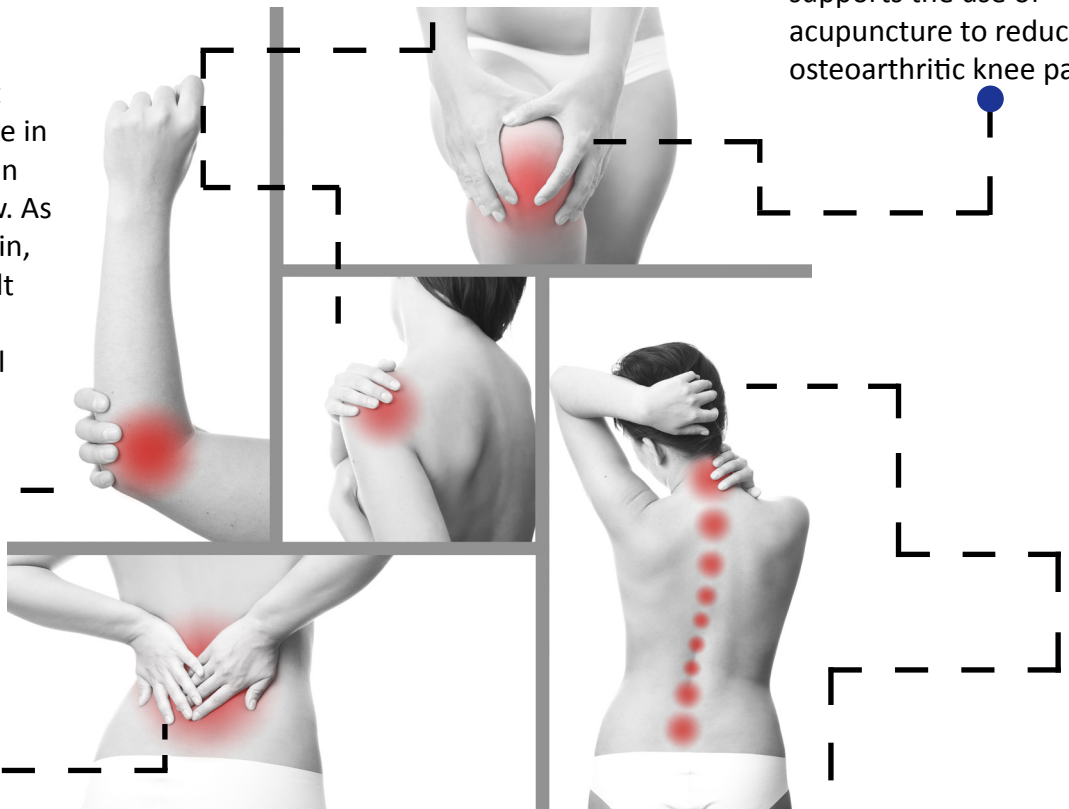
Evidence highlights positive effects on patients with shoulder pain, including increased ROM, reduction in medication, reduction in pain and increase in function.

Knee

High-quality evidence supports the use of acupuncture to reduce osteoarthritic knee pain.

Tennis Elbow

Evidence suggests that acupuncture is effective in short-term relief of pain related to tennis elbow. As well as reduction in pain, acupuncture may result in increased function and increased maximal strength.



Back

Acupuncture is especially effective at reducing pain in both acute (Lee et al. 2013) and chronic (Xu et al. 2013) low back pain and the effects can last up to 6 months (Kim et al. 2013).

Brain

The body's own painkillers are released; neurotransmitters such as endorphins, melatonin and serotonin are produced when acupuncture needles stimulate various physiological mechanisms within the brain, spinal cord and peripheral tissues (Stein et al. 2001).

Head

Acupuncture can be effective at treating and preventing headaches and migraines and has similar, if not better, effects than medication with fewer side effects (Linde et al. 2009).

