



the
physio
clinic

'for all things physio'

Western Acupuncture

Or “DRY NEEDLING”

Reduce muscle tension/tightness
Ease Arthritis and joint pain
Acute & chronic conditions/injuries



What is it?

Western Acupuncture or “Dry Needling” involves the accurate placement of very fine needles into tissues such as muscles and ligaments.

Who does it?

Most of our Physiotherapists have undergone specific training in order to effectively perform Western Acupuncture.

What should I expect?

Western Acupuncture is generally not painful! You will feel a very slight “prick” when the needles go in.

How long is a session?

Standard 20 minute consult OR a longer 30 minute consult (longer durations can be more beneficial for certain individuals).

How many sessions?

To determine if Western Acupuncture will benefit you a minimum of 3 sessions are recommended.

*Health Fund
rebates available*

How do I book a Western Acupuncture session?

Talk to your Physiotherapist to see if Western Acupuncture could benefit you. To book or find out more ask your Physiotherapist or reception staff.

For more information about our range of services, products, and staff visit our website or contact us.