

### Does acupuncture hurt?

Acupuncture should not be painful. The needles used are approximately the width of human hair, so having acupuncture does not feel the same as having an injection.

When needles are inserted, you may feel a temporary, sharp pricking sensation. During the treatment itself, you may have a feeling of warmth or 'fullness', heaviness, pins and needles, numbness, tension around the needle, or a mild ache or discomfort.

You may also feel a little light-headed or relaxed. It should not feel unpleasant. These are signs that your body is reacting to the acupuncture. Alternatively, you may not feel the needle at all.

### Is acupuncture safe?

Acupuncture is a safe treatment when administered by a competent AACP-registered chartered physiotherapist. This is because of the strict safety and hygiene guidelines that AACP members adhere to and the initial training and continued professional development this is required in order to remain an AACP member.

The more common side effects are exceptionally minor in nature and pose very little risk. More significant side effects are exceptionally rare.

Your AACP-registered acupuncture physiotherapist is also bound by a Code of Members' Professional Values and Behaviour through the Chartered Society of Physiotherapy (CSP) and is regulated by the Health and Care Professions Council (HCPC).

The needles used by your physiotherapist are individually packaged, sterile and disposed of after one use. They may also be supplied in guide tubes for easy insertion which means that there is no risk of anything touching the needle during the process.

### Are there any side effects to acupuncture?

Any side effects tend to be mild and short-lived. They may include: mild bleeding, bruising, mild pain/aggravation of symptoms, drowsiness, dizziness and nausea.

If you continue to feel tired after a treatment, it is recommended that you do not drive or operate machinery. If you have or are concerned about any possible side effects, please speak to your physiotherapist.

References on file at the AACP.

Practice Stamp

HCPC number for NHS Blood and Transplant

### AACP

Sefton House  
8-9 Adam Court  
Newark Road  
Peterborough  
PE1 5PP

Acupuncture Physiotherapy

Email: [manager@aacp.uk.com](mailto:manager@aacp.uk.com)

*Integrating Evidence-Based Acupuncture into  
Physiotherapy for the Benefit of the Patient*

[www.aacp.org.uk](http://www.aacp.org.uk)

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# ASK YOUR PHYSIOTHERAPIST ABOUT ACUPUNCTURE



Acupuncture Association of  
Chartered Physiotherapists

