

## Relax and Recover with a Complementary Acupuncture and/or Massage Treatment from Health Point Clinic.

Looking to relax and recover after your Durrell Challenge? Why not visit the Health Point Clinic marquee for your complementary taster assessment and treatment. We will also be providing a foam rolling area to foam roll your aches and pains away whilst you are waiting.

### Free taster treatments on the day will include;

- Acupuncture
- Acupressure
- Tui na (Chinese medical massage)
- Swedish and deep tissue massage.

### 10% discount off your next treatment!

We would like to help keep you active. If you would like to make a follow up treatment at the clinic there will also be a 10% discount on your next treatment to help keep you running! Health Point clinic has two practice locations at the Lido Medical Centre as well as in St. Martin's.

### What to expect with your first acupuncture &/or massage treatment.

During your taster treatment, we aim to get a clear picture of your overall health and lifestyle to make sure that there are no underlying issues impacting on or causing health problems. Please fill out the new patient form to help outline any medical concerns you may have and let us know which treatment modality you would like to try. Alternatively, we can discuss what might be the best treatment for you at the time.

### We know that massage relaxes muscles but how does acupuncture work?

Inserting a single-use, fine, pain-free acupuncture needle sends a signal through the nervous system to the brain, where chemicals such as endorphins, norepinephrine and enkephalin are released. Some of these substances are 10-200 times more potent than morphine! Certain acupuncture points coincide with pressure points or trigger points which help release muscle tension, ease pain and aid relaxation. (*Dung HC. 1984*).

### What are trigger points?

A trigger point is a band of muscle that is stuck in a half-contracted state; fresh blood cannot get in, and waste products cannot get out of the muscle. Inserting acupuncture needles into these taut muscle bands, results in a local twitch response and the subsequent release of that muscle. It feels a little like your eyelid twitching when you are tired or the twitch response you get from your lower leg when tapping below your kneecap. It is an oddly satisfying sensation once a trigger point has released as it is immediate. Releasing a trigger point removes muscular blockages and allows it to function fully. It is incredibly effective in easing the lines of pull that are contributing to your injury in the first place.

### Acupuncture Facts!

- Acupuncture does not hurt!
- Acupuncture needles are as fine as a human hair and many patients do not even notice

when they are in. In fact, many patients fall asleep during their treatment.

- Many private health providers cover acupuncture treatment.
- 2.3 million acupuncture treatments are carried out each year by British Acupuncture Council members.
- The National Institute for Health and Clinical Excellence (NICE) guidelines on best practice recommend that GPs offer a course of 10 sessions of acupuncture as a first line treatment for persistent migraines and tension-type headaches.
- Traditional acupuncture can be used for support as well as relief; ranging from: pain management, sports injuries, women's health, fertility, pregnancy support, nausea, digestive health, stress management.

### Aftercare

At Health Point Clinic, we are passionate about preventative healthcare. A strong emphasis is placed upon maintainable lifestyle changes that will help you to take back control of your health and prevent further injury. This is why we would like to support your training with a 10% discount on your next follow-up treatment booked at the clinic by the end of May.

### Private Health Insurance

Looking to follow up your taster treatment? Many private health insurers cover acupuncture treatment. Please contact your private health provider before treatment to confirm your policy details.

### Got any questions?

Please feel free to pop in our marquee to ask or call the clinic on 852039 or 859348 we would be happy to help.

For further information please visit [www.healthpointclinic.co.uk](http://www.healthpointclinic.co.uk)

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