



9889 1078

Chat to one of our specialists to see how we can best help you.

# Acupuncture

## What is Acupuncture?

Acupuncture is part of a complete system of healthcare that incorporates the diagnosis and treatment of illness, management of chronic disorders, pain control, and health promotion through prevention and maintenance. Acupuncture treatment at Camberwell Sports & Spinal Medicine is used in a manner which is specific for the treatment of muscular and skeletal pain. Specifically in using traditional acupuncture points and trigger points within the muscle to reduce muscle spasm and tenderness, improving muscle function.

## Do I have to have needles?

No, if you are needle-phobic Camberwell Sports & Spinal Medicine has laser acupuncture facilities, which is needle-free and pain-free.

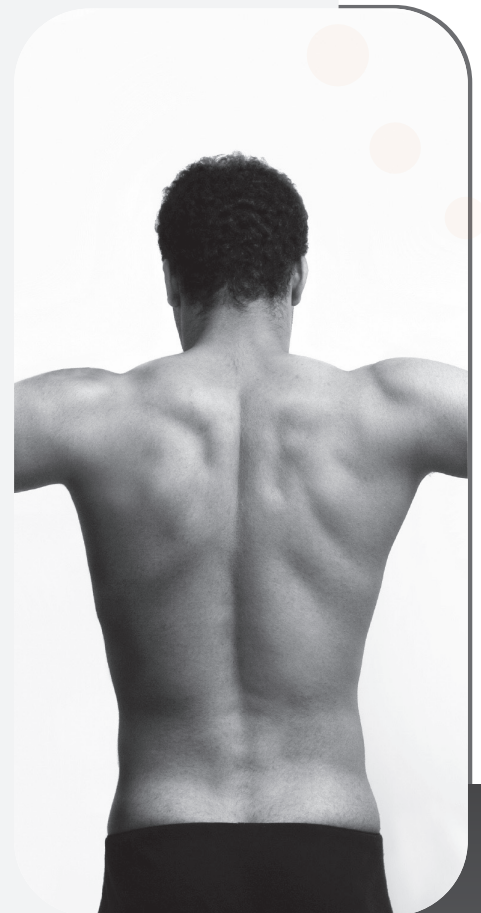
## What is a trigger point?

A trigger point, by definition, is a hyperirritable spot occurring primarily in a muscle that is associated with a sensitive palpable module. Commonly referred to by the layman as a “knot” in the muscle, trigger points are painful on compression and can cause characteristic referred pain such as a head ache, referred tenderness or muscular dysfunction which is usually most noticeable as decreased range of movement.

## Does Acupuncture really work?

Evidence would suggest that Acupuncture is a valid form of treatment. In fact results of a recent survey of Victorian GP’s published in the Medical journal of Australia showed that 88% of General Practitioners believed that Acupuncture was a moderate or highly effective therapy, with 90% of GP’s having referred a patient to an Acupuncturist in the past.

In terms of safety and effectiveness, few healthcare interventions have been researched as thoroughly as Acupuncture care. A wealth of published scientific literature supports the effectiveness and safety of undergoing acupuncture therapy. Acupuncture care is suitable for children, adults, seniors and athletes.





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## Can acupuncture help me?

Acupuncture therapy can help in four main ways.

1. Breaking the pain/spasm cycle and thus increasing comfort and mobility
2. Treating muscular shortening following periods of immobility
3. Increasing the quality and range of motion in joints after muscular strain and joint sprain
4. Reducing healing time by improving nutrient rich blood supply to the affected area and dispersing swelling

Acupuncture and Laser Acupuncture are effective ways to relieve muscular pain and overcoming injury.

## How often do I need to visit?

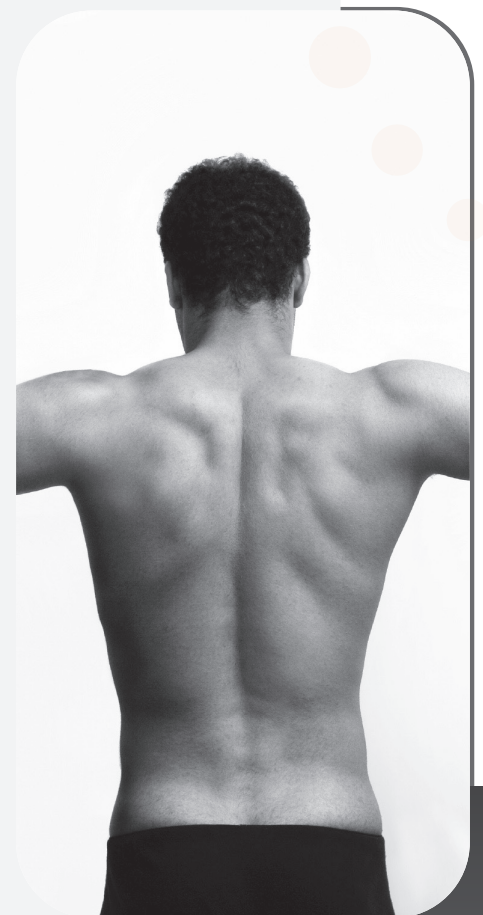
As with any type of therapy, the type and the duration of Acupuncture treatment varies from case to case. One of the main reasons why people choose acupuncture care is that they often get quick results. Individual cases vary and chronic conditions obviously need more treatment. There are several factors that influence the type, frequency and duration of the treatments involved. These include the duration and intensity of your present problem, your age, constitution, and individual circumstances.

## Do I need a referral from a GP?

While GP's and specialists seeking the best care for their patients often refer patients for Acupuncture treatment, referrals are not necessary. For Acupuncture treatment simply make an appointment with Camberwell Sports & Spinal Medicine directly (9889 1078). Acupuncture is a complementary form of treatment and works well when used in conjunction with medical treatment.

## Is Acupuncture treatment covered by my private health fund and WorkCover?

Acupuncture treatment is covered under the ancillary or extras cover of most





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major health insurers. The rebate varies depending on your health insurer and level of cover so check the details of your policy.

## What to expect on your first visit

**Your initial treatment will take around 45 - 60 minutes.**

**During this initial visit your practitioner will:**

1. Take a thorough History to gain an understanding of your injury and circumstances that could have lead to your condition.
2. Examine your body and identify the type, source and cause of symptoms.
3. Diagnose your condition and discuss this with you.
4. Provide acupuncture treatment using proven techniques.
5. Devise a treatment plan.  
We involve patients in treatment choices.
6. Educate you about your condition.
7. Follow-up treatments generally last for 30 minutes.
8. Understanding your condition will help you to manage it or prevent it from recurring. That's why your practitioner will provide you with in-depth educational material, including everything you will need to know about your condition, treatment and rehabilitation.

## Who are your practitioners?

Travis Bateman is a fully qualified Acupuncturist.

Acupuncture education in Australia consists of a four year university course that is based on a model of basic sciences integrated with clinical sciences and traditional acupuncture techniques.

