Hebden Bridge Acupuncture Centre Patient Information Sheet

Latest Research

ACUPUNCTURE/ACUPRESSURE AND NECK PAIN

A review of ten different trials has concluded that there is evidence that acupuncture can relieve chronic neck pain. Different trials found that i. Acupuncture offered better pain relief than sham Tens or sham laser or sham acupuncture (needles inserted in unsuitable locations), ii. Acupuncture provided better pain relief than just waiting, and iii. Acupuncture provided better pain relief than massage. (Trinh KV et al. Acupuncture for neck disorders. Cochrane Database of Systematic Reviews **2006**, Issue 3. Art. No. CD004870).

How We Can Help

At the **Hebden Bridge Acupuncture Centre** we offer a combined therapeutic approach to the treatment of including acupuncture, dietary and lifestyle advice, and simple breathing exercises (Qi Gong) to promote the body's own natural healing processes.

For more information on how we can help you please contact us:

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