Hebden Bridge Acupuncture Centre Patient Information Sheet

Latest Research

ACUPUNCTURE AND HIP PAIN

A study which compared auricular press needles inserted into specific points for hip pain (hip joint, lung, Shenmen, thalamus) with similar needles inserted in auricular non-pints, in 61 patients one day before and for three days after total hip arthroplasty surgery, found that the true points group used 32% less analgesics that the non-point group. (*Pain* 2005; 114:320-7).

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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