

Medical Acupuncture

A brief explanation of Medical Acupuncture as practiced by Dr Chris K Chin MB.BS.FAMAC

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Origins of Acupuncture

Acupuncture has been used for the treatment of illnesses and diseases in China for over 4000 years. Traditionally, needles were inserted into acupuncture points on the surface of the body to relieve symptoms and speed up the healing process. Modern research has discovered a 93% correlation between Traditional acupuncture points and myofascial trigger points.

Medical Acupuncture

Medical Acupuncture combines information from both Traditional Chinese Acupuncture and Western research on the neurophysiology of Myofascial Trigger Points and Meridians. By understanding both Eastern ancient and modern Western medical knowledge, we can better manage patients with multiple or complex health problems.

Laser Acupuncture,

Low Level Laser Therapy (LLLT), Cold Laser,

Photo Bio Modulation (PBMt)

Lasers have been used in modern medicine since 1965. Research has shown that lasers stimulate energy production in the mitochondria within cells, RNA synthase that speed up the healing process and Nitrous Oxide production which dilates blood vessels.

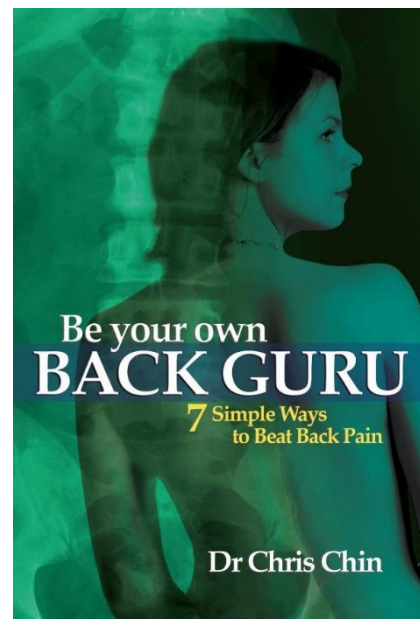
Low level Lasers are gentle, safe, have no known side effects and painless. It is particularly useful for children, people who have a fear of needles, people unable to tolerate needles, medications or other stronger therapies.

What can Medical Acupuncture help?

Clinical trials have shown that Laser Acupuncture can be useful for headaches, including migraines, orofacial pain, TMJ pain, post-herpetic neuralgia, dizziness, vertigo, nausea, neck pain, shoulder pain, diabetic neuropathy, peripheral neuropathy, lymphoedema, musculoskeletal pain, myofascial pain.

I have also found it useful in patients with anxiety, depression, osteoarthritis, back pain, sciatica, pelvic pain, pelvic congestion, dysmenorrhea, pudendal nerve pain, endometriosis, chest wall pain, sternal pain, neuropathic pain, complex regional pain syndrome, fibromyalgia and chronic fatigue.

It can also be useful in the supportive treatment of patients with concussion, whiplash, head injury and Long covid



This paperback self-help book on how to manage your back pain is available at **Cockburn Medical Centre.**
A pdf/Kindle Edition copy is also available at [amazon.com.au](https://www.amazon.com.au)

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