

Why should you
consider combining
acupuncture with
physiotherapy?

A powerful approach to pain relief and recovery

Acupuncture

stimulates endorphin release and the nervous system, helping reduce pain and inflammation. This improves mobility, making physiotherapy and medical exercises more effective.

Physiotherapy

focuses on strengthening muscles, improving mobility, and restoring movement.

The advantages of combining Acupuncture & Physio:



Pain Relief



Faster Recovery



Better Mobility



Fewer Sessions



BOOK YOUR APPOINTMENT



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What if my musculoskeletal disorder has a deeper cause?

Organ imbalances can create discomfort at muscles- skeletal level. For example, back pain could be linked to kidney weaknesses. Emotions and mindset have a complex relation with our body and influence our well being. For example, a searing ache grips your chest, as if an invisible hand squeezes your heart: how happy am I in my life?

Traditional Chinese Medicine (acupuncture is one part of it) sees body – mind relation as one and seeks to restore the body natural function with a multiple angles approach.

TCM is especially effective for:

- ✓ Gynaecology
- ✓ Paediatrics
- ✓ Sleep issues
- ✓ Skin conditions
- ✓ Musculoskeletal disorders
- ✓ Anxiety & Depression
- ✓ Gastrointestinal disorders

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