

*A Brief Explanation of Laser Acupuncture as Practiced by:  
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At  
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And at The  
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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, fine needles were inserted into acupuncture points on the body to relieve symptoms and to speed up the healing process by improving the flow of Qi (energy).

## **Laser Acupuncture Also known as Very Low Level Laser Therapy ( VLLLT / LLLT )**

Lasers have been found to be very useful with a wide range of applications in modern medicine in the last 43 years. It has been used in Acupuncture in China for over 25 years. They are used to gently stimulate the acupuncture points instead of needles. The light produced by the laser reduces local inflammation, muscle spasm and pain.

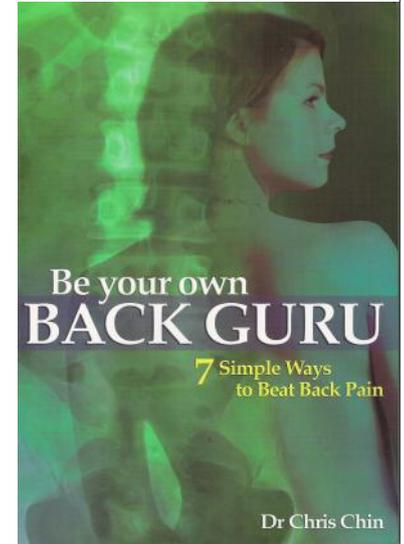
Recent studies using fMRI has shown that laser acupuncture increases Oxygen uptake in certain parts of the brain. I use a Low Level Class I LED Laser producing less than 5 milliwatt which has no known side effects. It is safe, painless and particularly useful for children and people who have difficulties tolerating medications, needle acupuncture or have unsuccessfully tried other therapies or surgery. It is also useful in pain relief while waiting for surgery or for post operative pain.

## **What does**

### **Laser Acupuncture help?**

I use Laser Acupuncture in conjunction with my knowledge of biomechanics, myofascial therapy and sports medicine to treat a wide range of conditions including:

Headaches, Migraines,  
Neck pain, Dizziness, Vertigo,  
TMJ pain, Hay fever  
Sinusitis, Post nasal drip  
Shoulder pain, Tennis elbow,  
Golfers elbow,  
Carpal Tunnel, Wrist pain,  
Arthritis of the hands  
Muscular chest pains  
Chronic cough,  
Heartburn, Reflux  
Stomach pains,  
Irritable bowel syndrome  
Back pain, Hip pain, Bursitis  
Sciatica, Restless Legs  
Pelvic pain, Groin pain  
Period pain, Ostitis pubis  
Knee pain, ankle pain  
Heel pain, Plantar fasciitis  
and Calcaneal spur.



This selfhelp book on back pain relief, treatments and home remedies is also available at the surgery or at [www.drchrischinbackpain.com.au](http://www.drchrischinbackpain.com.au)

In general, I also treat patients with sporting injuries, osteoarthritis, rheumatism, fibromyalgia, Chronic fatigue, post shingles pain, reflex sympathetic dystrophy, neuromuscular and neuropathic pain.

In children, it is particularly good for colic, teething pain, nail biting, nasal allergies and hyperactivity.

I also have a special interest in treating and preventing

golf injuries

and painful conditions associated with golf.

## **Lifestyle factors that help Laser Acupuncture to work**

Most medical conditions especially chronic or severe back pain usually occur due to a combination of factors. The body has a great capacity to heal itself but if healing is not taking place then there are usually ongoing factors that affect the healing process. Throughout the course of treatment, we may need to discuss lifestyle factors such as nutrition, stressors and exercise.

More importantly there are usually ongoing aggravating postures and movements which cause musculoskeletal impingement problems that need to be corrected. This gives Laser Acupuncture a better chance of working and may help prevent the problems from coming back.

## **What to expect from your treatment**

After two or three treatments, you should feel some relief from pain and symptoms for a few days. With subsequent treatments, the relief should last longer. For some people the pain may get worse for 2 days before it gets better. Sometimes the pain may change or move around before it improves.

It is better to relax for the rest of the day after treatment. Shopping, strenuous exercise or manual labor is not recommended after the treatment. It is not recommended to receive any other forms of health related consultation or treatment on the same day as Laser Acupuncture. Most conditions improve after five to ten treatments on average. Clinical studies on acupuncture usually show a success rate of approximately 70 to 75%.

**Dr Chin does not see Workers Compensation, Motor Vehicle Accident Insurance or any other insurance related cases.**

For appointments with Dr Chris Chin, please ring:

**08 9418 3722 for**

**Cockburn Medical Centre, 6 Barrington Street, Spearwood WA 6163**

Or **08 9364 9985 for**

**Mount Pleasant Wellness Centre, 36 Gibson Street, Mount Pleasant WA 6153,**

**Australia ( for Monday afternoons appointments only )**

**[www.drchrischinbackpain.com.au](http://www.drchrischinbackpain.com.au)**