Services

Acupuncture

Acupuncture at Hillcrest Physiotherapy in Abbotsford

Ancient China brings to the Western world the wonders of Acupuncture. Over the past few decades, Acupuncture has
physiotherapy treatment options. Your physiotherapist at Hillcrest Physiotherapy in Abbotsford may recommend Acu
therapy to promote rapid healing and full recovery.

What is Acupuncture?

Acupuncture manages pain and supports the healing of soft tissue injuries by naturally enhancing your body's respons
your physiotherapist stimulates the release of natural pain-relieving endorphins. These chemicals, like melatonin, and
process as part of a comprehensive physiotherapy treatment plan.

How Does Acupuncture Work?

Acupuncture treatments restore your normal energy balance with very fine needles your physiotherapist inserts throug
needles target points along "meridians" to reduce your pain. With less pain, your body more easily restores balance to
complete healing.

Is Acupuncture Painful?

No. Most patients notice sensations, but they should not be painful. Acupuncture needles are super thin and flexible, s them at all. Some people feel only a sensation when inserted. Our registered physiotherapists at Hillcrest Physiotherap professionally trained to provide painless acupuncture treatments.

Benefits of Acupuncture in Abbotsford

Acupuncture is commonly integrated into a complete physiotherapy recovery plan. Your physiotherapist at Hillcrest P recommend Acupuncture:

- For Stress Reduction – Acupuncture can reduce stress hormone levels, increase a sense of well-being, and bal
- To Reduce Pain – Acupuncture provides drug-free relief from back pain, joint pain, and neck tension, reduces inflammation.
- For Headaches – Many patients at Hillcrest Physiotherapy in Abbotsford are happy with Acupuncture's effect migraines.
- To Support Your Immune System – Acupuncture helps boost your immune system, often reducing the duratio
- For Greater Mental Clarity, Energy, and Better Sleep – Acupuncture helps balance your system for more acui
- To Treat Repetitive Strains – Acupuncture supports the healing of repetitive stress injuries, potentially elimina surgery.

Acupuncture's most common side effect is relaxation and a sense of euphoria!

What to Expect During Your Acupuncture Treatment

Your physiotherapist at Hillcrest Physiotherapy in Abbotsford uses single-use, pre-sterilized needles. Once the special the chosen locations, you rest quietly for 20 to 30 minutes.

You'll probably need about three sessions, but many patients notice an immediate improvement. Results do add up, a more treatments.

Book an Acupuncture Appointment at Hillcrest Physiotherapy in

Acupuncture at Hillcrest Physiotherapy in Abbotsford can reduce pain, stimulate healing, and improve your mobility. Acupuncture can help you.

Make an Appointment
Request an Appointment
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Sending...
Your message was successfully sent. Thank you for your time.
Date and time
First name*
Email*
Phone*
*phone must be 10 digits
Service*

We will call you soon to discuss availability.