

What was that?!

A brief overview of various sensations that may occur during your acupuncture treatment.

During acupuncture treatment, one may feel various sensations related to the points used.

As the point is placed, one may experience the pinch of insertion.

More commonly, one may experience sensations of what is called “De Qi” (a Chinese term loosely meaning “big circulation”). This is a positive sign of increased circulation, indicating that the treatment is working. Sensations reported include aching, shooting, a “nerve-like” shooting, warmth, numbness and distention, to name a few.

If this occurs, it is a positive sign of change. Look at your acupuncturist when felt and say, “De Qi.” You will likely get quite a smile ☺.

If you experience such a sensation in the course of a treatment and it is overly intense, simply softly call us as we walk by and we can adjust the point, if necessary.

What happens during your treatment:

1. 11 minutes- Circulation begins.
2. 15 minutes- The treatment is now building the body.
3. 25 minutes- The treatment is now “sedating” the body.
4. needles are normally taken out sometime after the 25 minute mark.

Nothing in this document is intended as a substitute for your doctor's diagnosis and/or treatment. This statement has not been evaluated by the FDA.