

## Safe Use of Acupuncture during Pregnancy

A one day course that covers the use of acupuncture alongside manual therapy treatments in the management of the pregnant patient. By the end of the day you will have the knowledge and understanding to know when and how to safely apply acupuncture during pregnancy.

Pain management is the main focus of the day including back pain, SPD, and pelvic girdle pain. A mixture of western based and traditional Chinese medicine based reasoning will be explained and practical needling sessions will ensure safe technique of new and unfamiliar acupuncture and trigger points. The day will end with a brief overview of other pregnancy related conditions and how these can be managed with full reference to research based evidence.

### Day Outline

Time	Topic
9.30-10.30	Acupuncture precautions during pregnancy
10.30-11.15	Acupuncture and pain
11.15-11.30	Break
11.30-12.00	Clinical Reasoning- Acupuncture for PGP
12.00-13.00	Traditional Chinese Medicine Theories
13.00-13.45	Lunch
13.45-14.15	Traditional Chinese Medicine Theories
14.15-14.45	Clinical Reasoning
14.45-15.00	Break
15.00-16.30	Myofascial Pain/Trigger Points
16.30-17.00	Other Pregnancy Treatments

### ACUPUNCTURE AND PREGNANCY

A number of students have asked our views on the use of acupuncture when confronted with a pregnant patient. We are seeing a number of research papers reporting good results and positive outcomes from a variety of conditions ranging from chronic pelvic girdle pain (Elden et al 2005); low back pain (Bosco et al 2004; Cummings 2003; Forrester 2004); Hyperemesis (Habek et al 2004); depression (Schnye 2003); nausea (Baxter 2003) and correction of breech presentation (Cardini 1998) to name but a few. Many pregnant patients present with musculoskeletal dysfunction and many manual therapists rule out this important modality as being

contra-indicated, or carrying a significant risk factor, especially within the first trimester. A number of debates have consequently ensued between the professional acupuncture group and ourselves; We will attempt to present some of these arguments, both for and against the use of acupuncture within "any" stage of pregnancy. Wherever possible these views will be reinforced by both physiological and clinical evidence but the views of Traditional Chinese Acupuncture Teaching will be interspersed throughout the text, in order to offer a balanced argument.