
Certificate Programme in Acupuncture for Integrative Cancer Care (United Kingdom)

Acupuncture Techniques For Pain Management

Auriculotherapy refers to the stimulation of specific points on the ear to diagnose and treat various health conditions, including pain management, and is often used in conjunction with acupuncture techniques. The concept of auriculotherapy is based on the idea that the ear is a microsystem that reflects the entire body, and that stimulating specific points on the ear can affect corresponding areas of the body. Related terms include auriculomedicine and ear acupuncture. Auriculotherapy is used to treat a range of conditions, including chronic pain, anxiety, and depression, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Acupuncture point refers to a specific location on the body where acupuncture needles are inserted to stimulate the body's qi and promote healing. There are over 350 acupuncture points on the body, each with its own unique properties and functions. Related terms include acupoint and point location. Acupuncture points are used to treat a range of health conditions, including pain, inflammation, and digestive problems, and are often used in combination with other techniques, such as moxibustion and cupping, to enhance their effects.

Acupressure refers to the application of pressure to specific acupuncture points on the body to stimulate the body's qi and promote healing. Acupressure is often used as a self-help technique, and can be used to treat a range of health conditions, including headaches, fatigue, and stress. Related terms include shiatsu and tuina. Acupressure is used to enhance the flow of qi in the body, and to regulate the body's energy and balance.

Analgesia refers to the relief of pain without the loss of consciousness. Analgesia is a key concept in pain management, and is often achieved through the use of acupuncture and other integrative therapies. Related terms include anesthesia and pain relief. Analgesia is used to manage a range of pain conditions, including chronic pain, acute pain, and cancer pain, and is often used in combination with other therapies, such as pharmacology and physical therapy, to enhance its effects.

Anxiety refers to a feeling of worry or fear that is persistent and overwhelming. Anxiety is a common comorbidity in cancer patients, and can interfere with treatment and recovery. Related terms include depression and stress. Anxiety is often treated with acupuncture and other integrative therapies, which can help to regulate the body's stress response and enhance mood.

Aromatherapy refers to the use of essential oils to promote relaxation and wellbeing. Aromatherapy is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include essential oils and herbal medicine. Aromatherapy is used to treat a range of health conditions, including anxiety, insomnia, and digestive problems, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Ashi points refer to tender areas on the body that are _sensitive to pressure. Ashi points are often used in

acupuncture and other integrative therapies to diagnose and treat various health conditions, including pain and inflammation. Related terms include trigger points and tender points. Ashi points are used to locate areas of tension and imbalance in the body, and to apply pressure or stimulation to release tension and promote healing.

Auricular therapy refers to the stimulation of specific points on the ear to diagnose and treat various health conditions, including pain management. Auricular therapy is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include auriculomedicine and ear acupuncture. Auricular therapy is used to treat a range of health conditions, including chronic pain, anxiety, and depression, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Breathing techniques refer to the use of specific breathing exercises to regulate the body's stress response and promote relaxation. Breathing techniques are often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include meditation and yoga. Breathing techniques are used to treat a range of health conditions, including anxiety, insomnia, and digestive problems, and are often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Cancer pain refers to pain that is associated with cancer or its treatment. Cancer pain can be acute or chronic, and can interfere with quality of life and functional ability. Related terms include cancer-related pain and oncologic pain. Cancer pain is often treated with acupuncture and other integrative therapies, which can help to regulate the body's stress response and enhance pain management.

Cupping refers to the use of vacuum cups to create suction on the skin, which can help to increase blood flow and reduce inflammation. Cupping is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include vacuum therapy and suction therapy. Cupping is used to treat a range of health conditions, including musculoskeletal pain, respiratory problems, and digestive issues, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Electroacupuncture refers to the use of electrical stimulation to enhance the effects of acupuncture. Electroacupuncture is often used to treat a range of health conditions, including chronic pain, inflammation, and digestive problems. Related terms include electrostimulation and percutaneous electrical nerve stimulation. Electroacupuncture is used to regulate the body's stress response and enhance pain management, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Five elements refers to the concept of the five elements of wood, fire, earth, metal, and water, which are used to describe the balance and interrelationship of the body's energy and functions. The five elements are often used in acupuncture and other integrative therapies to diagnose and treat various health conditions, including pain and inflammation. Related terms include five phases and wu xing.

Gua sha refers to the use of a scraping technique to remove blood stasis and promote healing. Gua sha is

often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include scraping therapy and coin rubbing. Gua sha is used to treat a range of health conditions, including musculoskeletal pain, respiratory problems, and digestive issues, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Herbal medicine refers to the use of herbs and botanicals to promote health and treat various health conditions. Herbal medicine is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include phytotherapy and botanical medicine. Herbal medicine is used to treat a range of health conditions, including digestive problems, respiratory issues, and skin conditions, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Homeostasis refers to the ability of the body to regulate its internal environment and maintain a state of balance and equilibrium. Homeostasis is a key concept in integrative medicine, and is often used to describe the balance and interrelationship of the body's energy and functions. Related terms include balance and equilibrium.

Integrative medicine refers to the use of conventional and complementary therapies in combination to promote health and treat various health conditions. Integrative medicine is often used to treat a range of health conditions, including cancer, chronic pain, and mental health conditions. Related terms include complementary medicine and alternative medicine.

Laser acupuncture refers to the use of low-level laser therapy to stimulate acupuncture points and promote healing. Laser acupuncture is often used to treat a range of health conditions, including chronic pain, inflammation, and digestive problems. Related terms include photobiomodulation and low-level light therapy.

Meditation refers to the use of specific techniques to regulate the body's stress response and promote relaxation. Meditation is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include mindfulness and yoga. Meditation is used to treat a range of health conditions, including anxiety, insomnia, and digestive problems, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Meridians refer to the concept of the channels or pathways through which the body's qi flows. Meridians are often used in acupuncture and other integrative therapies to diagnose and treat various health conditions, including pain and inflammation. Related terms include channels and jing luo.

Mind-body therapy refers to the use of specific techniques to regulate the body's stress response and promote relaxation. Mind-body therapy is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include mindfulness and yoga. Mind-body therapy is used to treat a range of health conditions, including anxiety, insomnia, and digestive problems, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Moxibustion refers to the use of heat to stimulate acupuncture points and promote healing. Moxibustion is often used in combination with acupuncture and other integrative therapies to enhance their effects.

Related terms include heat therapy and warm needle therapy. Moxibustion is used to treat a range of health conditions, including chronic pain, inflammation, and digestive problems, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Needling techniques refer to the use of specific needling techniques to stimulate acupuncture points and promote healing. Needling techniques are often used in acupuncture and other integrative therapies to treat a range of health conditions, including pain and inflammation. Related terms include insertion techniques and manipulation techniques.

Pain management refers to the use of specific techniques to regulate the body's pain response and promote comfort. Pain management is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include pain relief and analgesia. Pain management is used to treat a range of health conditions, including chronic pain, acute pain, and cancer pain, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Qi refers to the concept of the body's vital energy or life force. Qi is often used in acupuncture and other integrative therapies to diagnose and treat various health conditions, including pain and inflammation. Related terms include chi and prana.

Qigong refers to the use of specific exercises to regulate the body's qi and promote health. Qigong is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include breathwork and meditation. Qigong is used to treat a range of health conditions, including chronic pain, inflammation, and digestive problems, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Reflexology refers to the use of pressure on specific points on the feet or hands to stimulate the body's qi and promote healing. Reflexology is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include zone therapy and foot massage. Reflexology is used to treat a range of health conditions, including chronic pain, inflammation, and digestive problems, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Relaxation techniques refer to the use of specific techniques to regulate the body's stress response and promote relaxation. Relaxation techniques are often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include breathing techniques and meditation. Relaxation techniques are used to treat a range of health conditions, including anxiety, insomnia, and digestive problems, and are often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Scalp acupuncture refers to the use of acupuncture on the scalp to stimulate the body's qi and promote healing. Scalp acupuncture is often used to treat a range of health conditions, including stroke, paralysis, and chronic pain. Related terms include scalp needling and cranial acupuncture.

Tcm refers to traditional Chinese medicine, which is a system of medicine that originated in China and is based on the concept of the body's qi and the balance of yin and yang. Tcm is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include Chinese

medicine and oriental medicine.

Tension refers to the state of muscle tightness or contraction that can contribute to pain and discomfort. Tension is often treated with acupuncture and other integrative therapies, which can help to release tension and promote relaxation. Related terms include muscle tension and stress.

Tuina refers to the use of massage and manipulation techniques to regulate the body's qi and promote healing. Tuina is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include massage therapy and bodywork. Tuina is used to treat a range of health conditions, including chronic pain, inflammation, and digestive problems, and is often used in integrative cancer care to help manage symptoms and side effects of cancer treatment.

Yin and yang refer to the concept of the balance and interrelationship of the body's energy and functions. Yin and yang are often used in acupuncture and other integrative therapies to diagnose and treat various health conditions, including pain and inflammation. Related terms include balance and harmony.

Zen refers to the state of calmness and relaxation that can be achieved through the practice of meditation and other mind-body therapies. Zen is often used in combination with acupuncture and other integrative therapies to enhance their effects. Related terms include meditation and mindfulness.