

Medical Acupuncture! A Modern Medical Approach to Pain Relief and Recovery

By Dr Joerg Bruuns, General Practitioner and Medical Acupuncturist



Pain rarely stays confined to one area of the body. Back pain affects sleep. Neck tension triggers headaches. Stiff joints slowly reduce movement and confidence. Over time, many people feel trapped in a cycle of discomfort and physical tension.

One of the treatments I now offer at The Ü Clinic is Medical Acupuncture: an evidence-informed therapy used within modern medicine to help manage pain, improve movement, and support recovery.

Medical acupuncture uses very fine sterile needles placed at specific anatomical points to stimulate nerves, muscles, and connective tissues. Unlike traditional acupuncture systems, it is grounded in clinical diagnosis, anatomy, and neurophysiology.

Today Medical Acupuncture is widely used in GP practices, hospitals, sports medicine, rehabilitation clinics, and pain services internationally.

Conditions Commonly Treated:

- **Lower back pain**
- **Neck and shoulder pain**
- **Osteoarthritis and joint stiffness**
- **Muscle tension and chronic pain syndromes**
- **Tension headaches and migraine prevention**
- **Sports injuries and recovery support**

There is also growing evidence supporting its use in areas such as menopausal symptoms, chronic pelvic pain, hay fever, and cancer-related fatigue.

Major organisations including NICE, the World Health Organization, and the American College of Physicians support or recommend acupuncture in selected clinical settings.

How Does It Work?

Research suggests medical acupuncture may help by:

- Stimulating natural pain-relieving chemicals such as endorphins
- Reducing overactive pain signalling
- Relaxing tight muscles and trigger points
- Improving blood flow and tissue recovery
- Helping calm heightened pain sensitivity in chronic conditions

For many patients, the effect is not simply reduced pain, but easier movement, better sleep, and an overall sense of physical wellbeing.



What to expect

Treatment begins with a full medical assessment and discussion of symptoms and previous treatments.

Very fine needles are placed at carefully selected points, usually with minimal discomfort. Sessions typically last 30 to 45 minutes, and many patients report feeling deeply relaxed afterwards.

Treatment plans are individualised. Some conditions improve quickly, while longstanding pain problems may benefit from a short course of sessions.

A Gentle Addition to Modern Medical Care

One of the reasons I value medical acupuncture is that it complements conventional medicine rather than replacing it.

Patients often seek treatment to:

- Reduce pain and stiffness
- Improve mobility and flexibility
- Support rehabilitation and recovery
- Reduce reliance on pain medication
- Explore a non-surgical treatment option

Medical acupuncture is not a cure-all, nor is it suitable for every condition. However, when used appropriately, it can become a valuable part of improving comfort, function, and quality of life.

**If you would like to discuss whether medical acupuncture may be suitable for you,
I would be very happy to see you at The Ü Clinic.**

**Thank you,
Dr Joerg Bruuns**

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Ü Vision

We are delighted to announce that we now offer intense pulsed light (IPL) therapy as part of our treatment pathway for suitable patients with dry eye disease, blepharitis and meibomian gland dysfunction. This quick and painless solution for such troubling conditions is long awaited.

Watch out for NEXT MONTHS NEWSLETTER for some more educational material and OFFERS for our news readers.

Ü Health

METABOLIC HEALTH - THE SECRET TO WEIGHT MANAGEMENT!

Join Dr Shiv our GP and Kat Bright our Nutritional therapist @ The Ü Clinic with Consultant Plastic Surgeon, Mr Kumar for a FREE educational event - MONDAY JUNE 22nd at 6.30pm

Meet the team in charge of our unique multidisciplinary, medically-led integrated weight management service and find out more about how they support clients on this personalised journey,

[BOOK YOUR FREE PLACE TODAY!](#)



Ü SKIN + AESTHETICS

WELCOMES Mr Deniz Hassan, Consultant Plastic & Reconstructive Surgeon

Mr Hassan is a Consultant Plastic and Reconstructive Surgeon with a particular focus on skin cancer management and reconstruction.

Mr Hassan is a trained Mohs surgeon – a highly specialised technique considered the gold standard for the treatment of certain skin cancers, offering the highest cure rates while preserving as much healthy tissue as possible. Patients can now access Mohs surgery consultations directly at the U Clinic, with surgical procedures performed at a dedicated local Mohs centre, ensuring a seamless and convenient pathway from diagnosis to treatment.

Following skin cancer excision, reconstruction is often an important next step. Mr Hassan has specialist expertise in head and neck reconstruction, helping patients achieve the best possible functional and cosmetic outcomes after surgery.

Mr Hassan also offers comprehensive mole mapping using the state-of-the-art FotoFinder 360 – one of the most advanced full-body mole mapping systems available.

We are thrilled to have Mr Hassan on board and look forward to the exceptional care he will bring to our patients.

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