

Battlefield

Acupuncture



Rapid Pain Relief Using Semi

Permanent Auricular (Ear) Needles

Client Information

2015

©The North Wales and Chester Clinical Wellness Centre
Deeside Enterprise Centre, Rowleys Drive, Shotton, Flintshire CH5 1PP
Tel: 01244 940911 or 07428 357193, email info@clinicalwellness.co.uk or visit
www.clinicalwellness.co.uk

What is Battlefield Acupuncture?

Battlefield Acupuncture is a system of treating pain and many other conditions using semi-permanent needles inserted into the outer ear. This is also known as auricular acupuncture.

The semi-permanent needles are very different from traditional acupuncture needles both in size and shape and they are also designed to be safe to remain in position for the next 1 to 5 days following treatment.

Treatments are rapid and can provide long lasting reduction and/or relief from even severe pain.

The protocol involves the insertion of up to 5 needles per ear and may include a traditional acupuncture or other therapy first. Mild Electro-stimulation might also be advised to the client in order to further reduce pain.

The needles are tiny, sterile and are designed to fall out in approximately 1 – 5 days.

Battlefield Acupuncture was invented by Dr. Richard Niemtow (USAF, Retired). It has been used on the Battlefield to provide pain relief to wounded service personnel with injuries such as traumatic amputations and other serious injuries that prevent the use of analgesics like morphine. Dr. Niemtow developed a protocol for using semi-permanent needles in the ears and this protocol is now available for use by other qualified practitioners outside of military environments for the rapid reduction and relief of pain. It is drug free and can be very long lasting.

Semi-permanent auricular (ASP) needles.

The needles are very tiny and look like a tiny ear stud. They will either be gold, stainless steel or titanium. Gold is the most commonly used

Titanium needles are capable of being worn in an MRI scanner and are useful for pain relief in pre-operative clients.

Treatments are relatively pain free but some sensation at the site of the needle is both common and desirable to gauge effectiveness.

What can be treated with the Battlefield Acupuncture protocol?

Dr. Niemtzw and John Howard, who developed the protocol, have used Battlefield Acupuncture to treat the symptoms of:

- **Pain – Both Acute (sudden) and Chronic (long term)**
- **Sprains and Strains**
- **Back, Neck, Ankle, Arm and Leg pain (including fractures)**
- **Migraine Headaches and other headaches**
- **Pre-operative and post-operative pain**
- **Idiopathic pain, paralysis and Multiple Sclerosis**
- **Post-traumatic stress disorder (PTSD)**

Significant pain reduction is common using this protocol. Measured pain often drops either to very low levels or is negligible following treatment and relief also very commonly occurs during the therapy session, although some clients experience a delay of approximately 24 hours before the full effect is evident.



What to expect.

Clients are made to feel welcome upon arrival. The pain clinic is a relaxed, friendly and comfortable environment. The initial consultation for new clients will ask questions to discover the possible causes and areas involved in the pain. Conditions other than pain are also treated using the Battlefield Acupuncture protocols so a full history is taken in order to ensure that the most appropriate and effective therapy is given.

Battlefield acupuncture is ideal in that clients do not need to disrobe or remove any items of clothing as only the ears need to be accessible. If traditional or clinical body acupuncture is also requested then this requirement may change and the client may need to remove certain items of clothing. Dignity and privacy is protected at all times during this process.

Battlefield Acupuncture is most effective if the client can take a short walk (around 30 seconds to a minute) in order to stimulate the nervous system. If mobility is an issue then this can be overcome by with moving the legs or arms (or even imagining movement of the limbs). Between each needle, this brief movement is undertaken and is followed by a pain score being taken.

Many patients see a significant pain reduction after the first 1 or 2 needles; however a maximum of 5 may be placed in each ear. The whole process of needle insertion will take around 10 - 15 minutes after the consultation.

Aftercare advice

Clients are given aftercare advice and are offered support by telephone, email or in person as required. Follow up therapy may be required or requested. Needles will fall out between 1 – 5 days after treatment.

**©The North Wales and Chester Clinical Wellness Centre
Deeside Enterprise Centre, Rowleys Drive, Shotton, Flintshire CH5 1PP
Tel: 01244 940911 or 07428 357193, email info@clinicalwellness.co.uk or visit www.clinicalwellness.co.uk**