



Integrated Acupuncture Resource

Patient Resource — Integrated Acupuncture

When Acupuncture Is Part of Your Chiropractic or Physiotherapy Care

At HillStar, acupuncture may be incorporated into your care only when it is clinically appropriate and recommended by your chiropractor or physiotherapist. It is not a standalone service and is not something patients book independently. Instead, it may be used as one component of an integrated treatment plan designed to support your recovery and overall outcomes.

Why acupuncture may be recommended

Your provider may recommend acupuncture as part of your chiropractic or physiotherapy care to support specific treatment goals identified during your assessment. It is used selectively and purposefully, based on your condition, response to care, and clinical findings.

Acupuncture is not appropriate for every patient or every condition. Its use is determined by your provider and discussed with you before being included in your treatment.

How acupuncture fits into your treatment plan

When recommended, acupuncture is provided within your existing chiropractic or physiotherapy appointment. It is used alongside hands-on treatment, movement-based therapy, or rehabilitation strategies, rather than as a separate or isolated intervention. The goal is to complement your primary treatment — not replace it.

What acupuncture may help support

When used as part of integrated care, acupuncture may be used to help support:

- ✦ Pain management
- ✦ Muscle tension or tightness
- ✦ Movement or mobility restrictions
- ✦ Recovery-related neuromuscular symptoms

The specific application and expected response will depend on your individual assessment and treatment plan.

What to expect during treatment

If acupuncture is recommended, your provider will explain:

- ✦ Why it is being included in your care
- ✦ What areas may be treated
- ✦ What sensations you may experience
- ✦ How it fits into your overall treatment session

Treatment is performed using sterile, single-use needles by licensed healthcare professionals trained in acupuncture within their scope of practice.

Safety and consent

Acupuncture is generally considered safe when performed by a trained, licensed provider. Before treatment, your chiropractor or physiotherapist will review your health history, discuss any relevant considerations, and obtain your informed consent.

If you have questions or concerns at any point, your provider will address them with you directly.

Insurance coverage

Insurance coverage varies by provider and plan. When acupuncture is included as part of chiropractic or physiotherapy care, it may be eligible for coverage under those services. Patients are encouraged to confirm coverage with their insurance provider.

Important Notes

Acupuncture at HillStar is an adjunctive modality used only when clinically appropriate and always within the context of chiropractic or physiotherapy care. It does not replace your primary treatment plan and does not provide medical diagnoses or guarantee outcomes. Your provider will help you understand how acupuncture fits into your overall plan and whether it is suitable for you.



Contact Us

Address: 102C, 8805 Resources Road,
Grande Prairie, AB T8V 3A6

Phone: 780-539-1261

Email: info@hillstar.ca