

## Treatment Services

**TCM Initial Treatment:** 45mins \$82

Comprehensive consultation & treatment using Traditional Chinese Medicine techniques such as Acupuncture, dry needling, electro, cupping, moxa &/or massage to ease stress and holistically support pain, injury or illness recovery.

**TCM Follow-up treatment:** 30mins \$55  
45mins \$82

Need to have seen Nicci previously to a confirm treatment plan. 30mins to be used for one intervention only such as acupuncture &/or dry needling appointments. More than one intervention such as adding cupping or electro require a 45min treatment.

**ACC - Initial injury recovery treatment:** 45mins \$45

Comprehensive TCM treatment as above with a specific injury focus.

*\*Self or practitioner referral, This is a surcharge payment only. Must have an accepted ACC no. & date of injury within the last 12 months. Once treatment has started only available only for 3 months, per claim, otherwise standard rates apply.\**

**ACC - Follow-up:** 30mins \$30  
45mins \$45

Need to have seen Nicci previously to a confirm treatment plan. 30mins to be used for one intervention only such as acupuncture &/or dry needling appointments. More than one intervention such as adding cupping or electro requires a 45min treatment.

**Professional Supervision/Coaching:** 1hr \$110

Sessions lead by you can include debriefing and mentoring to aid stress relief and/or coaching to support growth, accountability, goal setting, motivation and resiliency within the workplace. Traditionally used by practitioner professional development & support in a healthcare setting. Now available to all who would like support to maintain a sustainable, satisfying career & work-life balance.

**Health Coach** 1hr \$110

Brief intervention coaching & support for Mind/Body (Somatic) reconnection & education . Sessions provide a safe place for in depth conversation and debrief to explore options to integrate personal health needs and goals for better wellbeing. A useful step to co-ordinate & support recovery post injury or illness when other complications such as stress or illness are present.



## ACUPUNCTURE @ SPORTS CLINIC

ACC Registered for pain & injury rehabilitation

TCM Veteran program Certified Acupuncturist for trauma support

Holistic TCM Acupuncturist for stress relief, wellbeing & illness management

Myofascial release Dry needling & cupping therapist for soft tissue conditioning, rehabilitation & recovery

### OTHER:

Professional Supervision  
Health Coach

Book online:

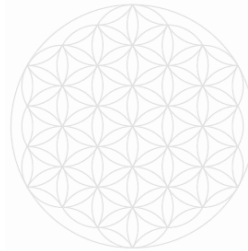
[www.nicciblain.com](http://www.nicciblain.com)

Or

Phone reception: 03 3660660

[nicciblain@gmail.com](mailto:nicciblain@gmail.com)

[www.facebook.com @Acupuncture\\_Teacher\\_Coach](https://www.facebook.com/@Acupuncture_Teacher_Coach)



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03 3562436

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**Nicci Blain**

BHSc.ACU(4yrs), NDA, pgCert.PS

Acupuncturist, Teacher & Coach

### Traditional Chinese Medicine (TCM)

*Is an ancient model of healthcare, aimed to treat both the symptom and it's cause for whole body approach for wellness.*



### TCM Treatments may include:

**Acupuncture:** Mild stimulation of meridian, and/or muscular points using super fine, sterile, single use needles. TCM acupuncturists are trained in all types of acupuncture including dry needling & medical acupuncture.

**Cupping:** Traditional Chinese suction cups aimed to stimulate healing, mobility & ease muscle tension. Can look scary but is actually painless. Often used post sports to aid muscle recovery, improve flexibility & conditioning.

**Electro acupuncture:** Mild current attached to the end of needles with the aim of stimulating healing responses to ease pain, stimulate blood flow, calm nerves and clear inflammation.

**Acu-pressure & Tuina:** Chinese Massage &/or holding of acu-points used for relief of muscular aches and pains.

**Acu-tonics:** A system of tuning forks pressed onto acu-points to stimulate healing. Non-invasive, often used through clothing. Great for children.

**Moxabustion:** Herbal heat treatment used to gently warm the body and stimulate blood flow for healing.

**Magnets, Ear seeds, Gua-sha & other tools:** There are many traditional treatments available to an acupuncturist. These are always demonstrated and explained before use.

### What can TCM treat?

The World Health Organisation recognises TCM acupuncture as an effective natural treatment option for many common health conditions. (See the WHO website for a comprehensive list).

**ACC Injury treatment:** Self referral, bring your current claim no. to access subsidised treatment for sports, back, neck, shoulder, knee or any other injury caused by accident.



**Chronic Conditions:** Nicci brings a different approach which may bring relief for stubborn injuries, repetitive strain, arthritis, carpal tunnel or help to manage any chronic pain conditions.

**Women's health:** Treatments may help to relieve period pain, hormonal issues & menopausal symptoms. Nicci also offers fertility treatments both natural &/or in conjunction with IVF and natural pregnancy support.

**Illness recovery:** Major illness can be debilitating on many levels. TCM Acupuncture may help manage symptoms and/or aid recovery after conditions such as Glandular fever, Chronic Fatigue, Cancer & Stroke. Because TCM works holistically it may also help to steady emotions & ease drug side effects during these stressful times.

### Stress Relief and Relaxation:

Clients have been amazed how relaxing acupuncture can be and use treatment as part of a wellness regime to maintain vitality through life changes, manage stress, and ease anxiety and support mood.



**General Health:** TCM Acupuncturists are trained to treat a wide range of health concerns such as insomnia, high blood pressure, migraines, headaches, skin conditions, allergies, digestive issues, hay fever and colds, flu & infections.

### Does Acupuncture hurt?

“Supportive Communication is key. It is my aim to create an environment where we are working together to create ease, build trust to feel safe with the process”

*“As an experienced acupuncturist I believe that when Acupuncture is done well it is generally painless and often very relaxing”*

*“Humans are complicated beings. Working holistically means I can end up supporting many aspects of wellbeing not just what you came in for”*

**Nicci Blain** BHSc.Acu (4yrs), NDA. PGc.PS  
Acupuncturist, Teacher & Coach  
Member Acupuncture NZ  
ACC Registered Provider



Science has made huge leaps to help our understanding of the human body, however it is yet to find all the answers to truly understand health. My treatment style reflects this by balancing an evidence based science model of practice while still honouring the holistic nature & energy within Traditional Chinese Medicine.

Time working as mental health support environments and teaching of health science subjects in a variety of tertiary settings has been a fantastic way to broaden knowledge and clinical skills.

With this in mind I have added **health coaching & professional supervision consultations.** Supervision supports case load management, debriefing for allied health therapists growth & development. Health Coaching is a mechanism of support for anyone who want to debrief, discuss ideas and/or need support to recover their health.