

## ABOUT FSNAC

Fu's Subcutaneous Needling (FSN) is a new therapy although originated from traditional Chinese acupuncture. To practise FSN safely and effectively, acupuncturists and practitioners need to have specific training to gain this new therapeutic knowledge and skills.

Fu's Subcutaneous Needling Association of Canada (FSNAC), a professional association, was set up in 2017 to regulate FSN practice in Canada in order to safeguard the general public.

To find an FSN practitioner near you, please visit our website:

[www.fsnac.ca/practitioners](http://www.fsnac.ca/practitioners)

For more information, please contact Fu's Subcutaneous Needling Association of Canada

Website: [www.fsnac.ca](http://www.fsnac.ca)

email: [info@fsnac.ca](mailto:info@fsnac.ca)

## WHAT CONDITIONS CAN FSN HELP?

FSN can help all the conditions which traditional acupuncture helps, but more effective and quicker response than traditional acupuncture. Particularly, FSN has very positive result for some other conditions. FSN practitioners are trained to improve the most painful conditions and complaint on the spot, that is why some of patients call FSN as "Big needle, but Magic needle".



The following conditions are commonly treated by FSN practitioners:

- |                       |                        |
|-----------------------|------------------------|
| Sports Injuries       | Headaches/Migraine     |
| Muscular/Joints Pain  | Insomnia               |
| Arthritis (RA/OA)     | Dry Cough              |
| Sciatica              | Asthma                 |
| Spondylitis           | Dysmenorrhea           |
| Tennis Elbow          | Irregular Menstruation |
| Chronic Gastritis     | Dry Eyes               |
| Chronic Cholecystitis | Bladder Leakage        |
| Bell's Palsy          |                        |



## Fu's Subcutaneous Needling Modern Acupuncture

Rapid Response  
Fast Pain Relieving  
Pain-less Stimulation



[www.fsnac.ca](http://www.fsnac.ca)

(Practitioner's personal label may stick here)

## WHAT IS FSN

FSN, stands for Fu's Subcutaneous Needling which is a modern acupuncture therapy. This therapy was invented by Dr FU Zhonghua, a Chinese doctor, in 1996. FSN therapy uses a modified acupuncture needle, a trocar acupuncture needle, to stimulate the subcutaneous layer. It affects nearby tightened muscles in order to treat musculoskeletal problems as well as many other medical conditions. With the characteristics of much less pain for the patient and an instant effect of pain relief, patients quite often describe FSN as a "magic needle with unbelievable effects".



## IS FSN SAFE?

FSN is much safer than traditional acupuncture and other new needling techniques, for the simple reason that it does not reach the muscles or penetrate the deep fascia layers. The needle stops at the subcutaneous layer. FSN has been used safely in China since 1996 and by specially trained Chinese medicine practitioners in Canada since 2017. There is no single adverse effect case reported so far.



## WHY STIMULATE SUBCUTANEOUS LAYER

### Less pain

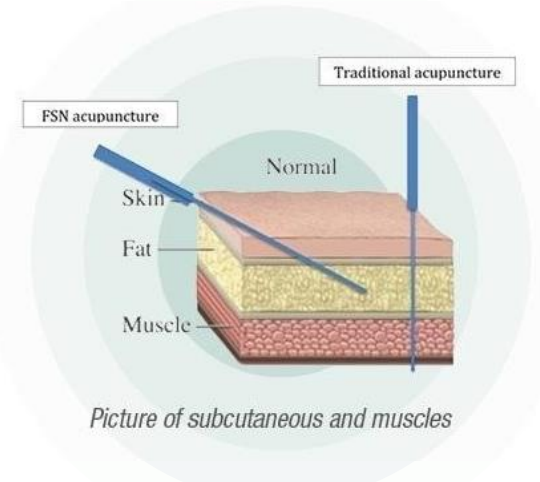
Subcutaneous tissue, also known as the hypodermis or superficial fascia, is the innermost layer of skin. It contains fewer nerve endings, which act primarily as pain receptors, than other skin layers such as the epidermis and dermis, which is the reason why needling in this layer is less likely to cause pain.

### Instant therapeutic effect

Subcutaneous layer is made up of fat and connective tissues, which connect to muscles underneath. The connective tissues can be stretched by mechanical force. Based on muscle theories, strained muscles are commonly associated with pain. FSN therapy relaxes the area where strained muscles nearby. In the treatment of pain symptoms, especially acute pain, FSN can instantly relieve the pain after inserting the needle or shortly after finishing the manipulation.

## WHAT ARE THE DIFFERENCES BETWEEN TRADITIONAL ACUPUNCTURE AND FSN

Traditional acupuncture involves inserting needles into acupuncture points which are often located in muscles. The needles are then manipulated. Acupuncture practitioners may need to use 10-20 needles for a treatment. Patients will experience different feelings which Chinese medicine calls "De Qi". De Qi can feel like a heaviness, a tingling, or a mild soreness, etc. Once the needles are inserted into the acupoints, patients will stay still for around 30 minutes for the effect.



FSN's needles only reach into the subcutaneous layer, and only one or two needles are needed for a treatment. There is no De Qi needed which means patient may feel no sensation at all. Instead of staying still, the patient is asked to move the strained and tightened muscles while the practitioner manipulates the needle. The process can produce an incredible pain-relieving effect instantly.