

Information on Urtication Therapy for Musculoskeletal Pain

Traditional use of nettle sting for joint pains

Since Greek and Roman times folk-medicine and botanical literature have reported the local application of stinging nettle to treat musculoskeletal pain.

Urtication involves the application of a very small piece of stinging nettle leaf to a trigger point for the relief of musculoskeletal pain patterns in the body.

This technique has a large body of scientific research to validate its use clinically.

Dr Baxter (chiropractor) achieves good clinical results with this therapeutic modality.

Dr Baxter's application of nettle leaf will last momentarily.

There is a body of scientific literature on urtication for musculoskeletal pain which can be accessed at www.kerichiro.co.nz.

Urtication research for musculoskeletal pain

Informed Choices for Effective Pain Control (ICEPAC) was a collaborative research group based at Peninsula Medical School in Exeter and Plymouth from 1995 till 2013.

Their research was directed to improving the opportunities for patients with pain to gain relief, particularly with self care and with non-pharmacological approaches.

ICEPAC researchers brought together a range of skills and backgrounds in bio-medical, psychological and social sciences. ICEPAC collaborated in investigating care and management of musculoskeletal pain.

There is ongoing research on urtication therapy for musculoskeletal pain relief around the world including New Zealand.

Anecdotal reports value of nettle sting in treating pain

More recently, several authors of herbals worldwide have reported the value of nettle sting in treating pain, and ICEPAC had received numerous anecdotal reports from UK and other countries (including France, Australia, India, Papua New Guinea, United States of America) of successful treatment with nettle sting applied to the painful area for muscle and joint pain, tennis elbow, frozen shoulder, neck and back pain.

Application of nettle sting (Urtication) to treat pain: Users' Consensus

Many people who have painful conditions find that being stung with nettles (urtication) eases muscle or joint pain. People use the nettles in slightly different ways. This information is based on the experiences that members of the general public report.

It may take some resolve to use nettles the first time, but many people find that subsequently the sting is less noticeable, and well worth the benefit it brings.

Expected effects at point of application

You should feel a sting for several minutes, followed by a warm, tingling sensation which may last several hours to a day. You may see local redness of the skin afterwards, and some local swelling – which may be red or white.



PATIENT PERMISSION FORM

FOR USING STINGING NETTLE LEAF (URTICATION THERAPY)

APPLIED TO MUSCULOSKELETAL TRIGGER POINTS FOR THE RELIEF OF PAIN

Dear Patient,

These commonly asked questions and the information overleaf may assist you in giving your informed consent to Urtication Therapy as recommended by Dr Baxter.

What is Urtication?

Urtication is a form of therapy using a small amount of **Stinging Nettle Leaf** to deliberately irritate one or more musculoskeletal trigger points.

How may Stinging Nettle help me?

The skin irritation creates a **Healing Response** that usually reduces pain and symptoms. Dr Baxter has been using this technique for several years on patients with musculoskeletal pain syndromes. Dr Baxter's physical examination has indicated this therapy may be of benefit to you.

How is Urtication given to me and what should I do?

Urtication requires direct contact with the skin. This may require you to expose a small area(s) of your body as indicated by adjusting your own clothing for skin exposure. The treatment requires stinging nettle to be applied to the skin surface - once on each trigger point.

Will it hurt?

You will feel an initial sting followed by a tingling prickly sensation for some time afterwards.

Are there any side effects?

Occasionally, people have described a more marked rash and irritation over a wider area, and have discontinued the treatment. **If you know you have an allergy to nettles, then you should avoid them; if you have an allergic tendency, tell Dr Baxter.** Dr Baxter has not noted any serious side effects, but they are possible – as with any treatment.

If you do observe possible side effects, then please discuss them with Dr Baxter who would be interested to know about them Ph. 021 02704027

Why should patients and doctors now take nettle sting treatment seriously?

"This treatment has been used extensively throughout the world for over two thousand years, no known serious side effects have been recorded.... Our recent randomised controlled trial gives powerful new evidence of its efficacy."

(Ref: **Treatment of musculoskeletal pain with the sting of the stinging nettle: *Urtica dioica*** By Dr Colin F Randall MRCP, FRCGP, DCH. *A Thesis submitted to the University of Plymouth in fulfilment of the degree of Doctor of Medicine. The Department of Primary Health Care & General Practice, Plymouth Postgraduate Medical School and The Department of Rheumatology, Plymouth Hospitals NHS Trust, April 2001. Page 212*) See www.kerichiro.co.nz

Can I think about it for a while?

Yes. If you require further information about Urtication Therapy please ask the Chiropractor or Receptionist before consenting to this treatment.

If you are in agreement with Urtication Therapy for yourself, please sign and date this form.

By signing below I state that I have weighed the risks involved and have myself decided that it is in my best interest to undergo the treatment recommended. Having been informed of the risks, I hereby give my consent to that treatment. I intend this consent form to cover the entire course of treatment for my present condition and for any future conditions(s) for which I seek treatment.

Print name of Patient

Print name of Practitioner

Signature of Patient or Representative

Signature of Practitioner

Date

Date