



Stefan Düll
Sports-Physiotherapist

Advantages of G-Type Needles

The G-Type Needles handling is even better than the regular B-Type, J-Type or J-15 Type I used to work with over years now! They are very comfortable to insert, which makes the dry needling or sports-acupuncture completely stress free for me!

How to use SEIRIN Acupuncture Needles, Clinical Application of G-Type Needles

I'm a sports physiotherapist and osteopath. In my case I'm using the needles mainly for dry needling or sports-acupuncture and I have to say amongst all of the different possibilities of sports-acupuncture or dry needling, using Seirin G-Type needles affords the practitioner a unique and effective tool! The high quality stainless steel needles of Seirin are working amazing, are very easy to use and supporting my work with professional athletes in every single detail which is so important if you want to compete on the highest level! In my career I have used many different kinds of needles but I found out that Seirin G-Type are the best quality needles!



Takahiro Yamamoto
Soft Tissue Therapist

An Example of a Football Player Undergoing Electroacupuncture Therapy using SEIRIN's G-Type Needle for Hip Pain and Rotation Constraints.

Hip pain is often a result of the stiffening of the hip joint or over burdening the hip, through overuse, bruises, chronic fatigue, etc., which results in reduced hip mobility and insufficient functionality. Hip pain can also be a result of reduced mobility and stability of the lumbar region. The following acupuncture treatment is suitable for patients with hip pain from reduced stability and mobility of the hip joint and the stiffening / weakening of the deeper gluteal muscles. For football athletes with more muscle mass, we use SEIRIN's number 5 G-Type needle (0.25mm), either size 80mm or 90mm, to directly stimulate the deeper gluteal muscles. There is no reason to fear the needle breaking as a result of the electric current, as the needle is made of stainless steel, and, compared to the needles used in Europe, our needle tip is round, making the insertion relatively painless.

Acupuncture Point

1. Quadratus femoris: Insert slightly above the line joining the ischial tuberosity and greater trochanter.
2. Obturator internus: Insert downward along the line joining the third sacral dimple and the greater trochanter.
3. Sacrotuberous ligament: Insert outside the BL30 (outside the tailbone).

Electroacupuncture Electric Current

- 1 Hz x 10-15mins
- 3 Hz & 20Hz (mix) x 10-15mins
- 100Hz x 15-20mins
- *Select output current depending on the symptom.
- *Conduct hip mobilization, deep gluteal muscle, and hip area stretches following Electroacupuncture.

