

Good to Know!!

Step 1: What can Acupuncture treat?

The World Health Organization recognizes the use of acupuncture in the treatment of a wide range of medical problems, including:

- Digestive disorders:** gastritis and hyper acidity, spastic colon, constipation, diarrhea.
- Respiratory disorders:** sinusitis, sore throat, bronchitis, asthma, recurrent chest infections.
- Neurological and muscular disorders:** headaches, facial tics, neck pain, rib neuritis, frozen shoulder, tennis elbow, various forms of tendinitis, low back pain, sciatica, osteoarthritis.
- **Urinary, menstrual, and reproductive problems.**

Acupuncture is particularly useful in resolving physical problems related to tension, stress and emotional conditions.

Step 2 : What happens during an acupuncture session?

Acupuncture therapy usually involves a series of weekly or biweekly treatments in an outpatient setting. It's common to have up to 12 treatments in total. Although each acupuncture practitioner has his or her own unique style, in my office your treatment includes an exam and an assessment of your current condition, the insertion of needles, and a discussion about self-care tips. The first acupuncture visit can be over an hour but follow-up visits will generally last about 30 - 45 minutes.

Please wear loose, comfortable clothing.

Before the needles are placed, you'll lie down on a comfortable surface. Depending on where the needles are to go, you will lie face down, face up or on your side. Make sure that your acupuncturist uses single-use sterile packaged needles. You may feel a brief, sharp sensation when the needle is inserted, but generally the procedure isn't painful.

It's common, however, to feel a deep aching sensation when the needle reaches the correct depth. After placement, the needles are sometimes moved gently or stimulated with electricity or heat. As many as a dozen needles may need to be placed for each treatment. Once the needles are inserted, they're usually left in place for five to 20 minutes.

Step 3 : Call and make an Appointment today!!

(315)430-8850