

Pain

“Acupuncture is effective in the treatment of shoulder periarthritis. Of the 210 subjects studied, 158 were cured, 40 improved and 12 showed no significant improvement. Another study suggests that acupuncture added to other modalities for neck pain shows improvement in neck pain and disability compared to treatment with routine care alone. J Traditional Chinese medicine, 2003 Sept; 23(3):202-02”

Pain is probably the most familiar area where people believe acupuncture to be helpful, and rightfully so. How often have you heard of someone, a friend, colleague or relative who had a chronic pain condition and tried everything and with their last hope went to see an acupuncturist and are now pain free! Yes, that happens, and what they don't tell you is not only did their pain go away, but their insomnia did too, or they no longer have that acid reflux flare ups. Acupuncture almost always makes someone's pain either go away permanently or to such a degree that the pain is no longer a grave concern. And unlike physical therapy, (which I think is wonderful) I work on all areas of pain at the same time, whether it's low back pain combined with knee pain or a shoulder injury combined with a foot problem, sometimes, the more that is presented to me the simpler the treatment pattern is for you.