



Acupuncture

Indications

Traditional Chinese Medicine (TCM) developed over 3000 years ago as an independent medical modality to treat all ailments and conditions of the human body. ***Any condition or complaint, physical and/or mental, may benefit from acupuncture treatment.*** In addition, TCM is also utilized to maintain good health and many patients seek once a month treatment to promote continued good health and well being.

Cautions and Contraindications

There are very few conditions that are absolutely contraindicated for acupuncture, electrical stimulation or cupping but some do exist. Many conditions do not rule out acupuncture, etc. rather specific points, techniques and meridian systems are avoided from use. The strength of TCM is that there are many 'tools in the chest' so if one technique is not advised there are usually other interventions and methods that can be utilized to good effect.

Complications and Side Effects of Acupuncture

Acupuncture has remarkably few complications. At the site of an acupuncture point, redness can occur during treatment and may linger following the session—this is normal. Sometimes a patient may have a small bruise but this is not often. A common question is "Does it hurt?" Most patients don't even feel the needle being placed at all. Patients may feel a fleeting poking sensation but generally the feeling with insertion is a pleasant, sinking, distending feeling. Patients often state how relaxing it is and fall asleep during treatment. Each modality, acupuncture, cupping, ear seeds, e-stim, etc. have varying side effects and complications that will be discussed with each patient before their use.

Duration

An initial treatment includes a complete assessment, diagnosis and treatment. These sessions generally last 1 ½ hours. Follow up treatments are approximately an hour long. The number of sessions depends on the patient's diagnosis, patient constitution and whether the condition is acute or chronic. Generally speaking chronic conditions require a longer treatment plan; it is recommended that a series of seven treatments be scheduled for chronic conditions with a re-evaluation of progress at the end of the seventh visit. Acute conditions may require only a few treatments.

Method of Payment: Initial visits are \$85 and follow ups are \$65. Cash payments are expected at time of treatment.