

Shipshewana Clinic  
660 S. Van Buren St.  
260-768-4333



Millersburg Clinic  
501 E Washington St.  
574-642-0233

## ACUPUNCTURE

### WHAT IS ACUPUNCTURE?

Acupuncture is the use of thin, solid, sterile, stainless-steel needles to stimulate various locations on the body known as Acupoints.

Early Chinese physicians discovered there is an energy network traversing just below the surface of the skin which communicates from the exterior to the internal organs. This energy works in harmony with all of the organ systems of the body. When this vital energy becomes blocked or weakened, an effect in a body system or anatomic location becomes evident. Stimulation of one or a combination of key "Acupoints" on the body may restore harmony to the affected area.

There are over 1,000 "Acupoints" on the body!

### HOW DOES IT WORK?

The human body's energy flow courses over twelve meridians or channels that are normally well balanced. If a disruption of energy flow exists, it can alter the entire system, producing pain or symptoms in the body.

Acupuncture's goal is to restore normalcy of the body's energy balance by utilizing a combination of Acupoints located on the twelve meridians. This is accomplished by penetration of needles to stimulate different Acupoints. Therefore, correction of the body's energy balance leads to correction of the problem.

### DOES IT HURT?

One would assume that the insertion of a needle into the skin would be painful since most can relate to being stuck by a pin or having an injection. Because of the extreme slenderness of the needle, most people compare the sensation to "less than a mosquito bite." When the energy is contacted, many describe a mild to moderate sensation of warmth, heaviness and/or tingling. For many, the feeling of stimulation that occurs during treatment is hard to describe, but many leave in a state of complete relaxation following treatment.

### HOW MANY TREATMENTS?

Every treatment regime rendered is dependent upon both the condition as well as the individual patient. With acupuncture, some see a response after their first visit; others can take up to 7-8 treatments. Studies have demonstrated a maximum benefit after three months of treatment.

An average number of treatment sessions tend to fall anywhere between 8-16 sessions.

### WHAT CONDITIONS DOES IT TREAT?

Textbooks have listed over 100 conditions that can be successfully treated with acupuncture.

The #1 reason why people seek acupuncture treatment is PAIN RELIEF.

Some of the conditions commonly treated with acupuncture:

- Headaches / migraines
- Skin conditions
- Addictions
- Psycho-emotional disorders (depression, schizophrenia, etc.)
- Weight loss
- Dysmenorrhea
- Fertility
- Sleep
- Bed wetting and bladder dysfunction
- Musculoskeletal conditions (sciatica, disc herniations, tennis elbow, carpal tunnel, frozen shoulder, plantar fasciitis)
- Fibromyalgia
- Gastrointestinal problems (hiatal hernia, constipation, etc.)

This is just a laundry list and does not include all the conditions treated with acupuncture.

## ACUPUNCTURE DIAGNOSIS

Illness may be identical but the persons suffering from them are different.

Case History and palpation are vital components in determining what is abnormal. Difference between Chinese (Eastern) medicine and Western medicine: to formulate a picture of healthy and distorted patterns of function rather than names diseases related to a single cause. According to Chinese medicine, causes of pathology are really descriptions of underlying relationships rather than descriptions of material agents or pathogens.

Common diagnostic terminology you will encounter in Chinese medicine:

- Cold / Heat
- Deficiency / Excess
- Internal / External
- Yin / Yang
- Qi
- Blood

## EAR ACUPUNCTURE

On the ear there are more than one hundred Acupoints which relate to various organ systems and parts of the body.

## CHIROPRACTIC & ACUPUNCTURE: GOOD ADJUNCTIVE THERAPIES

Even though chiropractic was discovered as a healing art in the late 1800's, in America, the use of spinal manipulation in the Far and Near East is estimated to be over 7,000 years old.

All parts of our body are under the direct influence of the nervous system. The spinal column comprises of 24 movable segments which play an integral part in human functioning as it protects the spinal cord which sends large nerve trunks to the organs and structures of the body through small openings between the vertebrae.

Both chiropractic and acupuncture have an effect on the nervous system and the physiological process of the body, which explains why these treatments work well together.

## ACUPUNCTURE APPOINTMENTS

Questions when setting up an appointment/consult?

- 1.) Are you an existing chiropractic patient?
- 2.) What is your chief complaint?

Intake questions

- 1.) Location of your pain?
- 2.) Does anything make your pain better / worse?
  - a.) Pain increase or decrease after eating
  - b.) Cold / heat make you better or worse
- 3.) Past medical history (previous illness, fractures, surgeries, medications)?

Acupuncture Consultation without Treatment = 15 minutes

Acupuncture Consultation + Treatment = 45 minutes

Acupuncture Treatment Session = 30 minutes (patients will be on needles 20 minutes)

### COST?

Initial exam with treatment included - \$90 (\$75 at time of service)

Single treatment session (20-30 minutes - \$70 (\$60 at time of service)