

Alleviate Back Pain with Acupuncture

By Toni Eatros, MS, Dipl Ac, AP

DO YOU SUFFER FROM BACK PAIN?

At the end of the day, is your back stiff and sore? If so, I have good news for you. Acupuncture can alleviate the pain you are experiencing so you can get back to the activities that you enjoy. Pain relief usually begins within minutes of the start of treatment.

How Does Acupuncture Help?

Even if you have tried acupuncture before and did not get the results you wanted, I encourage you to try it again. Zang-Fu diagnosis is the type of diagnosis that is taught in American acupuncture schools. Most acupuncturists utilize this diagnostic method to diagnose and treat their patients. Some patients improve completely, some get a significant reduction in pain, and others get only a small amount of pain relief with this approach. This type of diagnosis strategy works great for Chinese Herbs, but for acupuncture, the results can be inconsistent.

Until 2009, this was the type of acupuncture diagnosis that I used in my practice. I was frustrated because the outcome between patients was not consistent. I am happy to report that I have learned a new type of diagnosis and treatment strategy through my continuing education that is getting fantastic results when it comes to pain relief. Most patients get significant reduction of pain within minutes of the insertion of the acupuncture needles.

This diagnosis method is called meridian theory. Meridian diagnosis and treatment is the most effective acupuncture method. It is not taught in the acupuncture schools, however, so most acupuncturists do not use this method. That is why I encourage you to try acupuncture again if you did not get relief the first time and if you are still experiencing back pain.

What Kind Of Acupuncture Is Used?

The mirroring and imaging formats are used to select the appropriate points. To treat the low back, points around the ankles and wrists are used. Tender or sensitive areas are identified using acupressure. The tender areas are where the needles are inserted. This approach makes each treatment unique.



The very thin acupuncture needles are stimulated periodically over the course of 30-45 minutes. You will become profoundly relaxed as you rest while listening to soft music in a dimly lit room. Many people fall asleep during treatment. Depending on the exact circumstances of your pain, stretching, massage, gua sha, cupping and/or the infrared heat lamp may be used in addition to the acupuncture. Instructions about home self-treatment will usually be given as well.

What Kind of Results Can I Expect?

Treatment results vary depending on the length of time the pain has been present, your overall health, the severity of degeneration of the back and your ability to rest the back between treatments. Most patients see a dramatic reduction during the very first treatment. If the pain is chronic and if you continue to overuse the back between treatments, then progress is usually a bit slower. If you have complete degeneration of the back, bone spurs, or bone rubbing on bone, results will be slower and you may not get complete relief. Quicker pain relief usually occurs if the pain is due to muscle tension, sprain or strain.

How Many Treatments Will I Need?

I recommend 6-12 treatments total in most cases. Results are the best if you can come 3 times per week for the first two weeks, then as needed for maintenance. If you make an effort to rest the back and perform the suggested home treatment, results can be fast and long lasting so you can resume your pursuit of the activities you enjoy. People who find their back pain is related to their employment may find they need to come biweekly or monthly for maintenance treatments to keep the pain from returning.

Can I Get Acupuncture if I Have Had Back Surgery?

Acupuncture is extremely beneficial after any kind of surgery. I have seen many patients within days of getting back surgery to help speed healing of the area and reduce pain levels. Since the needles are not placed in the back, there is absolutely no risk of injuring the back or causing infection at the location of the surgery site. My patients report that their recovery from surgery and ability to get back to normal activities is quickened as a result of the acupuncture treatments. The swelling reduces faster, the flexibility of the muscles of the back improves faster, and pain is reduced dramatically.

Don't live one more day with back pain. Get relief today. Call (239) 260-4566 now or visit my website, www.AcupunctureSolutionsOnline.com to schedule your acupuncture treatment today!

Call (239) 260-4566 to schedule an appointment.
For more information and answers to frequently asked questions, please visit
www.AcupunctureSolutionsOnline.com.

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