ACUPUNCTURE: An Alternative Treatment for Pain
WHO WE ARE

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A meta-analysis of 17,922 patients from 29 randomized trials

**Conclusion**: Acupuncture is effective for the treatment of chronic pain and is therefore a reasonable referral option. Significant differences between true and sham acupuncture indicate that acupuncture is more than a placebo.

*A follow up study with this data looking at long-term pain relief, found that the benefits of acupuncture persisted 12 months after treatment ended.*
2-year retroactive survey published in 2016

89,000 patients

93% of patients reported success

HOW DOES ACUPUNCTURE WORK?
BRAIN AS “MOTHER BOARD” (MRI STUDIES)
ACUPUNCTURE AND THE FASCIAL NETWORK

Image 1 - Displaying posterior and anterior ‘anatomy trains’ of the body.

Note the similarities of the muscle groups portrayed in blue and the corresponding acupuncture channels in images 2 and 3.
EMBRYONIC DEVELOPMENT

- Du Mai: The flat embryo begins to fold downwards at the sides and at the front and back to enclose a primitive gut.
- Chong Mai: Neurite tube
- Ren Mai: Neurite tube, Mesoderm, Endoderm, Cervical plate, Regions of brain, Fusion points of ectoderm and endoderm, Fusion points with extra embryonic membranes.
COMMONLY TREATED CONDITIONS

THE SHOULDER

AC JOINT ARTHRITIS
LEVATOR SCAPULAE SYNDROME ("STIFF NECK")
SHOULDER BURSITIS
FROZEN SHOULDER
COMMONLY TREATED CONDITIONS

THE UPPER EXTREMITY

LATERAL EPICONDYLITIS
(TENNIS ELBOW)

MEDIAL EPICONDYLITIS
(GOLFER'S ELBOW, CLIMBER'S ELBOW)

CARPAL TUNNEL SYNDROME

ARTHITIS
OF THE WRIST, HAND, AND FINGER JOINTS
COMMONLY TREATED CONDITIONS

THE HIP AND PELVIS

HIP (TROCHANTERIC) BURSITIS
OSTEOARTHRITIS OF THE HIP JOINT
SACRAL-ILIAC JOINT DYSFUNCTION
PIRIFORMIS SYNDROME
COMMONLY TREATED CONDITIONS

THE LOWER EXTREMITY

LIGAMENT SPRAIN (MCL, LCL)
PATELLAR TENDONITIS
ILIO-TIBIAL BAND SYNDROME
SHIN SPLINTS (ANTERIOR AND MEDIAL)
ACHILLES TENDONITIS
PLANTAR FASCIITIS
ANKLE SPRAIN
"BIG TOE" (1ST MTP JOINT) OSTEOARTHRITIS
COMMONLY TREATED CONDITIONS

QUICK LIST

TENDONITIS
ARTHRITE
LOW BACK & NECK PAIN
AND (POTENTIALLY) ATHLETIC PERFORMANCE
DOES IT HURT?
Talking about acupuncture can be difficult. At times, it may be easiest to talk from your heart space about what acupuncture has done for you: the relief you have felt, the overall improvement in health, or simply the calmness of mind. Or, share your own needle fear.

- Typical treatment experience
- What patients report
- Frequency
- Costs
“On the plus side, you’ve cured my back pain.”
Q + A

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