



UNIVERSITY *of* MARYLAND  
ST. JOSEPH MEDICAL CENTER

MAY 3, 2019

# ACUPUNCTURE: An Alternative Treatment for Pain



# WHO WE ARE



**Sarah O'Leary, L.Ac.**



**Jan Bull, L.Ac.**



Oct 22, 2012

# Acupuncture for Chronic Pain Individual Patient Data Meta-analysis

Andrew J. Vickers, DPhil; Angel M. Cronin, MS; Alexandra C. Maschino, BS; et al

## Article Information

*Arch Intern Med.* 2012;172(19):1444-1453. doi:10.1001/archinternmed.2012.3654

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.**

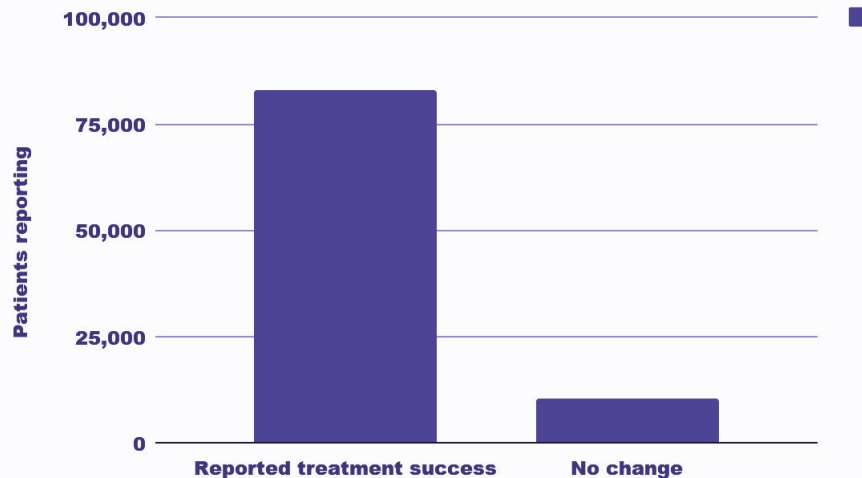
# ACUPUNCTURE QUALITATIVE DATA

2-year retroactive survey  
**published in 2016**

89,000 patients

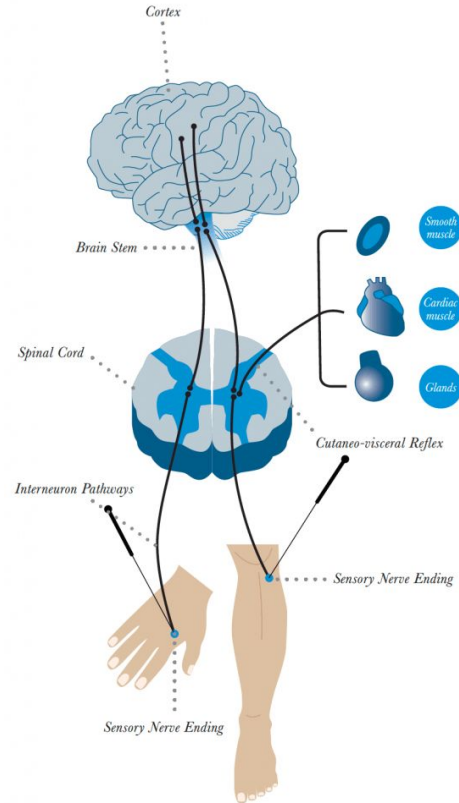
**93%** of patients reported  
success

## MUSCULOSKELETAL PAIN MANAGEMENT



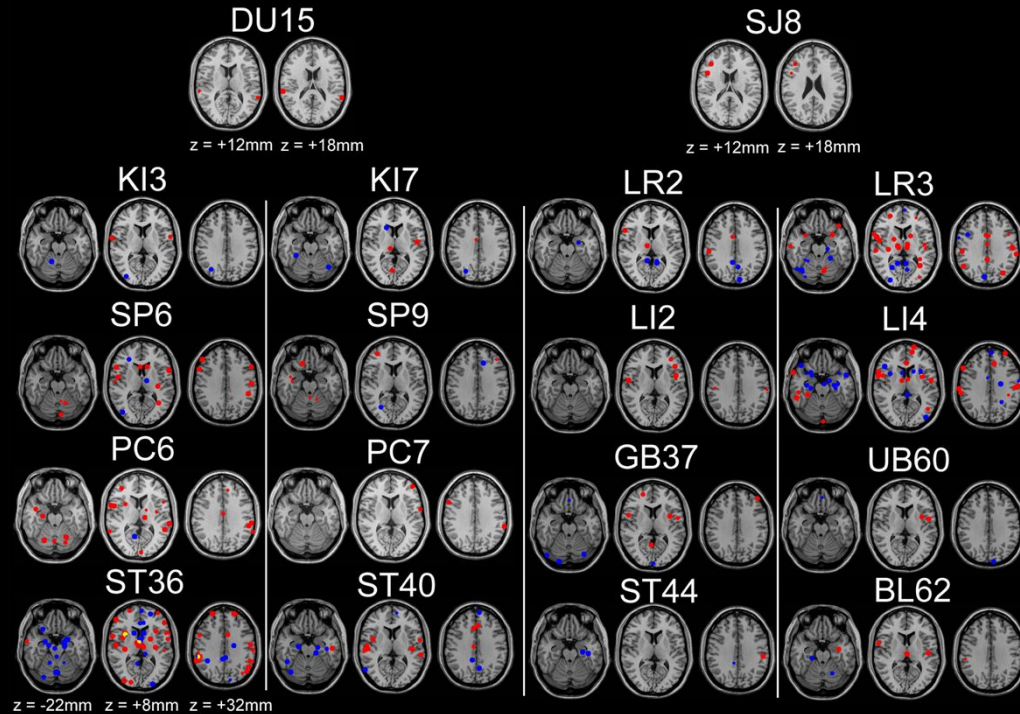
SOURCE: American Specialty Health Incorporated Health Services Department. (2016). Acupuncture: Does Acupuncture Provided Within a Managed Care Setting Meet Patient Expectations and Quality Outcomes?, 1-12.

# HOW DOES ACUPUNCTURE WORK?



## THE CENTRAL NERVOUS SYSTEM

# 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.

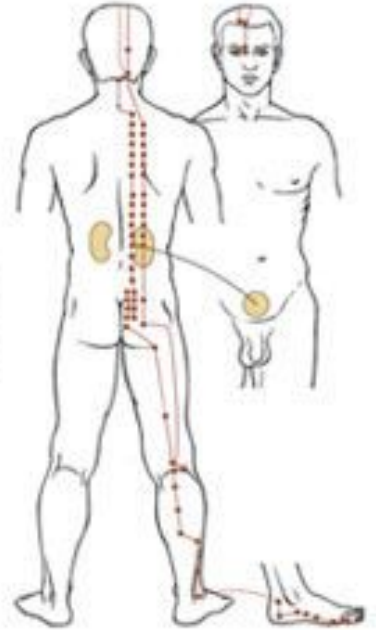
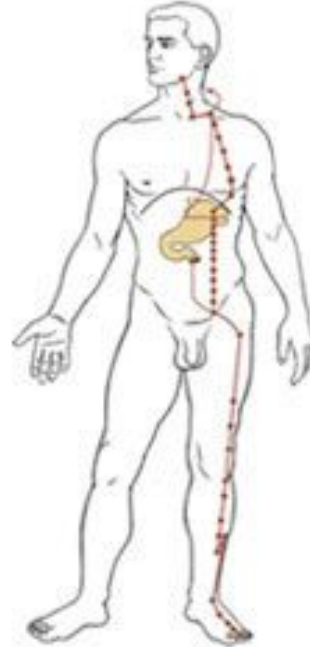
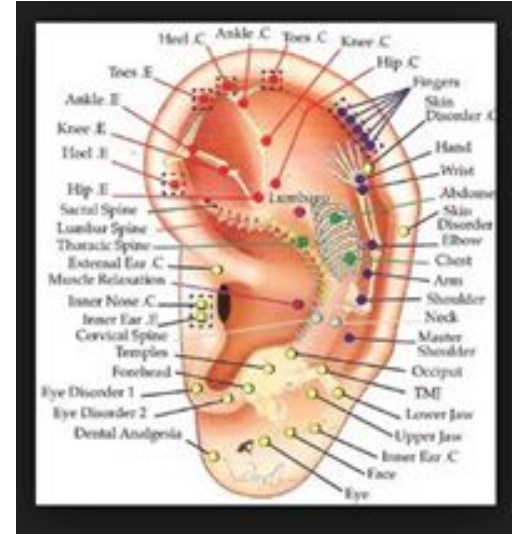
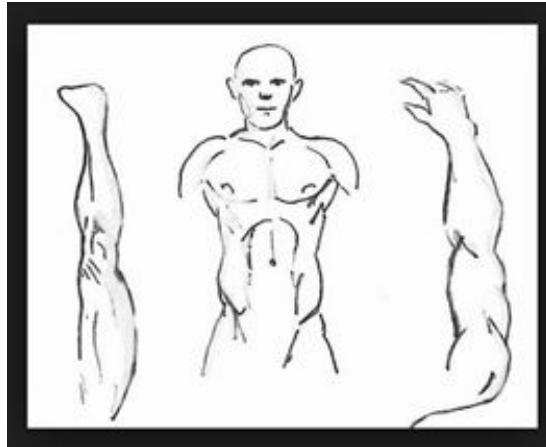


Image 2 - The Stomach Channel / Image 3 - The Bladder Channel

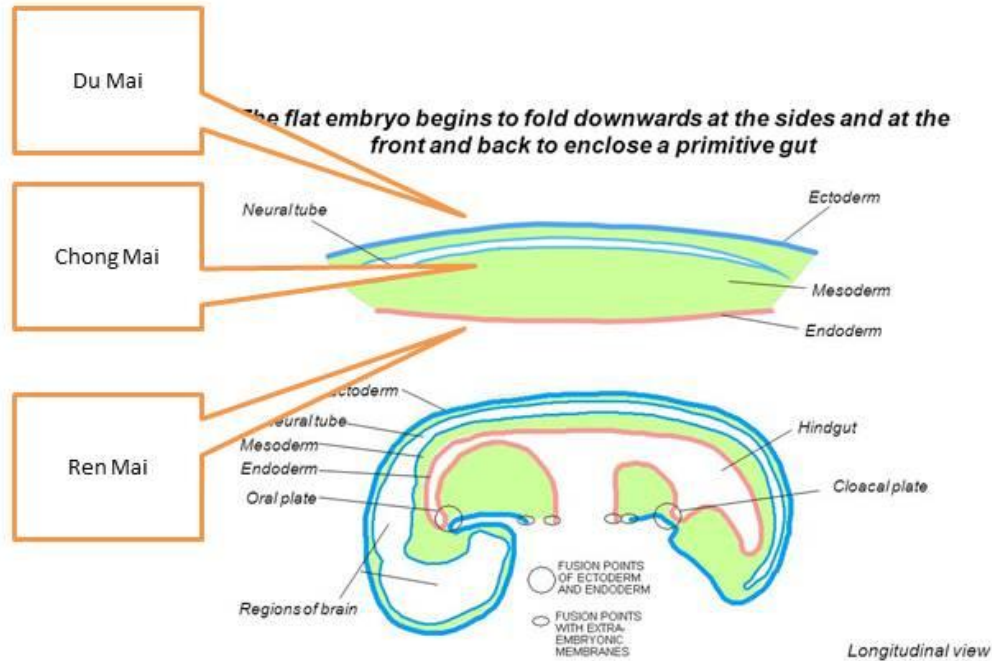


# FRACTALS





# EMBRYONIC DEVELOPMENT



# COMMONLY TREATED CONDITIONS

## THE SHOULDER

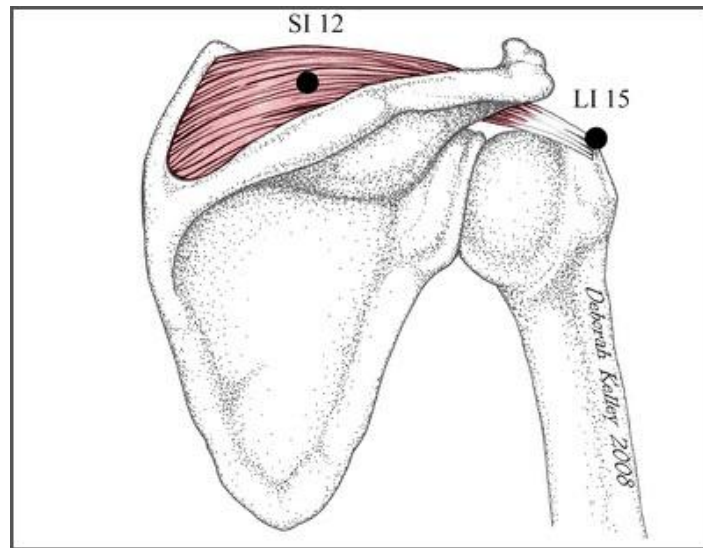
AC JOINT ARTHRITIS

LEVATOR SCAPULAE SYNDROME

("STIFF NECK")

SHOULDER BURSITIS

FROZEN SHOULDER



# COMMONLY TREATED CONDITIONS

## THE UPPER EXTREMITY

**LATERAL EPICONDYLITIS**

(TENNIS ELBOW)

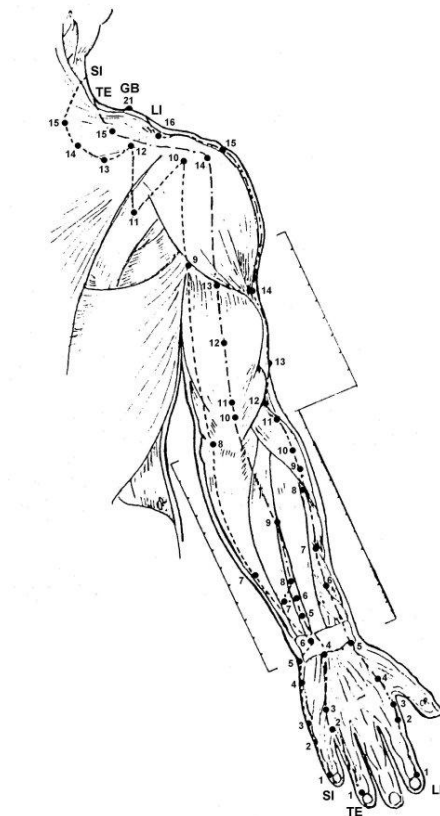
**MEDIAL EPICONDYLITIS**

(GOLFER'S ELBOW, CLIMBER'S ELBOW)

**CARPAL TUNNEL SYNDROME**

**ARTHRITIS**

OF THE WRIST, HAND, AND FINGER JOINTS



# COMMONLY TREATED CONDITIONS

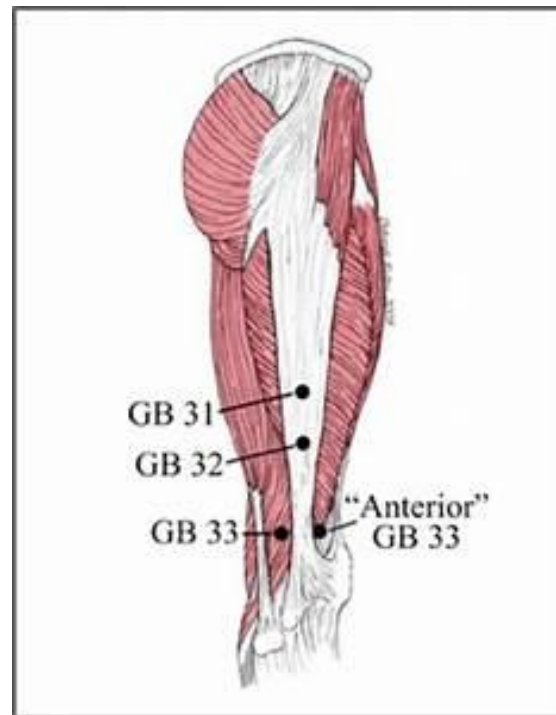
## THE HIP AND PELVIS

**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

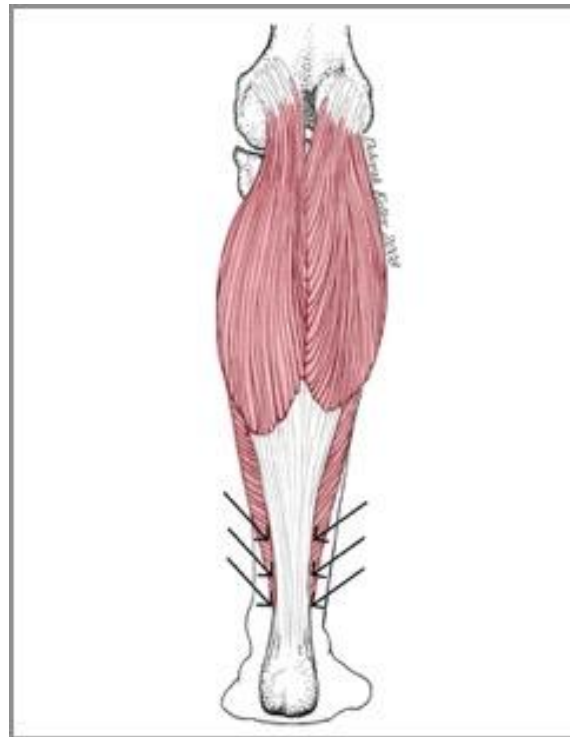
SHIN SPLINTS (ANTERIOR AND MEDIAL)

ACHILLES TENDONITIS

PLANTAR FASCIITIS

ANKLE SPRAIN

"BIG TOE" (1ST MTP JOINT) OSTEOARTHRITIS



# COMMONLY TREATED CONDITIONS

## QUICK LIST

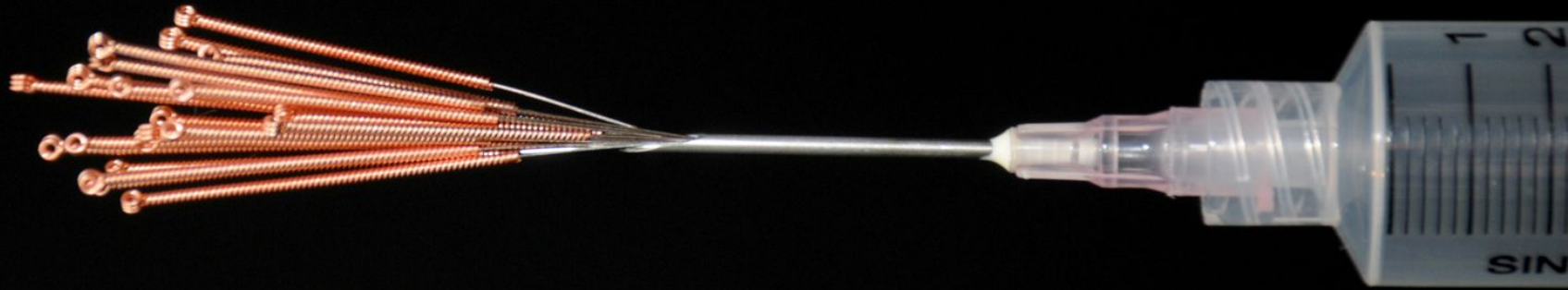
TENDONITIS

ARTHRITIS

LOW BACK & NECK PAIN  
AND (POTENTIALLY) ATHLETIC  
PERFORMANCE



# DOES IT HURT?

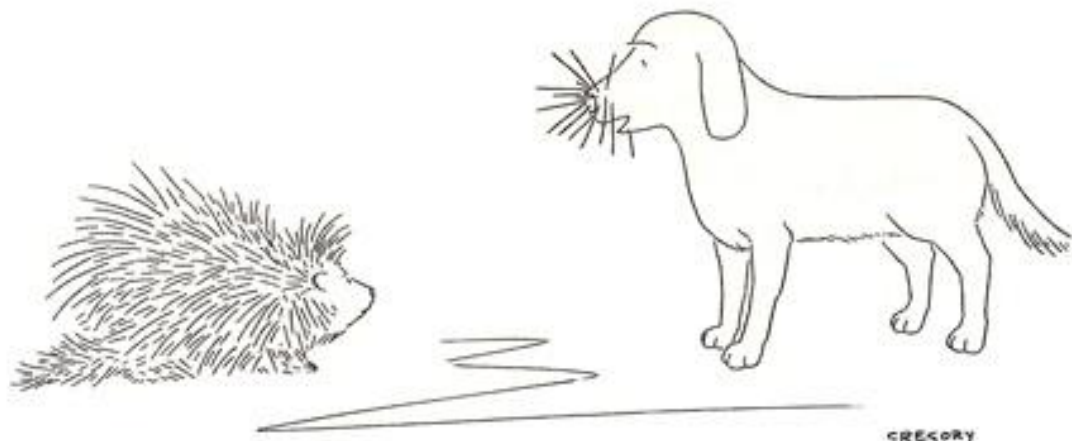




# WHAT PATIENTS CAN EXPECT



- Typical treatment experience
- What patients report
- Frequency
- Costs



*"On the plus side, you've cured my back pain."*

Q + A

sarah@mendacupuncture.com  
jan@mendacupuncture.com