

LOW BACK PAIN

Acupuncture provides long-term relief of low-back pain. Back pain is one of the most common reasons people see a health care provider. It has been estimated that up to 80% of the world's population suffers from back pain, with the lower back as the most common location of pain. In the first few months following an initial episode of low back pain, research has shown that recurrence rates for low back pain can reach as high as 50%.

Patients suffering from chronic low-back pain often try a variety of other therapies, such as corsets, nerve blocks, drugs, and physiotherapy, to treat their condition, but to no avail. Some back pain is caused by traditional orthopedic, medical and neurological conditions. However, 83% of back pains are said to be the result of an injury or a disease whose cause is unknown. Acupuncture may be most effective for relieving these types of back pain.

General Treatment Techniques

Acupuncture is a safe and effective way to treat chronic and acute low back pain. The needles used in acupuncture do not hurt like hypodermic needles. They are very fine and range in thickness from about 0.17mm to 0.30mm. Sometimes there is a sensation when the needles are inserted, often a mild electrical or tingling feeling, but usually not pain. The needles are inserted at various points throughout the body. The number of treatments needed varies from person to person. Most people see a difference right away, or in two to three sessions, and few take as many as ten treatments before they notice a difference in their condition.

Some acupuncture techniques for treatment of low back pain may include:

- ◆ Distal Point Therapy – allows mobilization and manual therapy to be performed at the same time and is performed away from the point of injury or pain.
- ◆ Local Point Therapy – stimulates a point near the affected area for a short period of time and may prevent flare-up
- ◆ Channel Therapy – Sinew Channels are used frequently during the acute phase of low back pain; Connecting Channels used for patients with edema or circulatory problems; Ear points used for stress and chronic / severe pain control; Extra channels / Vessels used for conditions accompanied by poor abdominal muscle tone, tenderness in the abdominal area, or for general weakness of the spine.

Results of Acupuncture Treatment

Acupuncture patients have experienced significantly decreased levels of pain, fewer episodes of sleep disturbance due to pain, improved activity levels, and they have experienced a decrease in the number of pills they take. Begin your journey to improved health and well-being today.

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