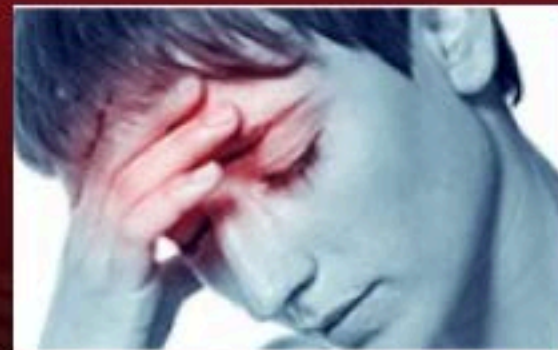


TO PHYSIATRIST: ACUPUNCTURE FOR PAIN MANAGEMENT

One of the main incentives for President Nixon to re-introduce acupuncture to the United States in 1972 was its positive analgesic effects. The recognized mechanism is as follows:

- Acupuncture stimulates the pain sensory center in the brain; when it is stimulated, it results in an analgesic effect.
- Acupuncture can also promote the secretion of various analgesic transmitters of the central nervous system such as: 5-HT (5-hydroxytryptamine), norepinephrine and dopamine. This is especially true with electro-acupuncture where morphine-like substance and 5-HT are released in the brain. This increase can have a positive impact on pain control.
- Stimulation of acupuncture points can suppress or reduce pain signals in certain areas of the body.
- Acupuncture can activate the regulatory system of pain sensation within the brain and elevate the pain threshold.

Presently in the US, the most common clinical use of acupuncture is in the treatment of pain, including various types of bone and joint diseases, spinal diseases, osteoporosis, trauma - essentially all forms of pain management. Clinically, the most successfully addressed diseases include: headache, migraine, cervical spondylopathy, carpal tunnel syndrome, periarthritits humeroscapularis, tennis elbow, lumbago, sciatica, knee turgescence, ankle pain and sprain, tendonitis and plantar fasciitis. Acupuncture has also been shown to alleviate pain associated with spinal injury, trauma, sports injury, cancer or stress related pain, chronic muscle spasm, internal organ disorders, hormonal imbalance and post-surgical pain.



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TO PHYSIATRIST: ACUPUNCTURE FOR PAIN MANAGEMENT

Due to the fact that chronic pain is brought about as a result of various medical conditions, our office offers specific programs made up of different forms of treatment. The treatment plan for pain management may consist of acupuncture, acupressure, herbal patches for external use, herbal formulas taken internally, tai chi exercise, and physical therapy.

Our center has fostered a relationship with the Hospital for Special Surgery (HSS) in New York to address pre/post surgical care. By alleviating edema, swelling, pain and the formation of scar tissue, acupuncture can aid in accelerating the recovery of the body and surgical wound post surgery. Recommended therapies include Herbal steam application, moxibustion, Wo Long moxibustion (Wo Long Jiu), and finger massage (Yi Zhi Chan)

