

What kind of pain does acupuncture help with?

- Face and head pain: headaches, migraine, facial pain, TMJ, sinus, shingles, earache, and toothache
- Muscle and soft tissue spasm or tenderness: in neck, shoulder, hamstring, thigh, hip, leg, calf, ankle, and foot
- Bone joint pain: rheumatoid arthritis, osteoarthritis, bone spur, heel pain, bone strain or fracture, bursitis, joint semi-dislocated, knee joint swollen, gout
- Tendon pain: tendonitis, tennis elbow, carpal tunnel syndrome, rotated cuff, torn ligament and muscle.
- Spinal pain: herniated disc, bulging disc, degenerated disc problem, spinal stenosis, and osteoporosis.
- Nerve and vessel pain : neuropathy, burning and tingling nerve sensation, sciatic nerve pain, pinched nerve, Reynard's syndrome, blood clots, and poor blood circulation pain.
- Internal organ related pain : chest pain from respiratory or heart problem, heartburn, stomachache, diabetes, gallbladder problem, kidney stone, bladder disorder, prostate disorder, menstruation cycle related problem, uterine and ovarian disorder, abdomen mass, intestine and colon disease, tumor and cancer related problem, HIV/AIDS related problems.
- Others: stress related surgery problems, sports injury, work and occupational problems, car accidents, trauma, and drug use.

Treatment Menu

Acupuncture treatment for pain syndrome is usually recommended to take twice a week for 3 weeks. When the symptoms are under control, we suggest that the patients cut down the visit to once a week and every other week for another 6 times. The visits of the therapy vary according to the different physical problems.

Consult the doctor to find out how frequently you need treatment and derive a right treatment place for yourself. We highly recommend that the patient should take Maintenance care once a month or every two months to prevent those symptoms from becoming chronic medical problems.



- **Acupuncture is the one of the best treatment for pain management in natural way...**

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What is chronic pain?

Chronic pain occurs anywhere in the body in which the pain persists after an illness or injury. The pain can range from mild to severe and may affect the normal daily activities. Chronic pain differs much from acute pain due to the fact that acute pain subsides after the injury. On the other hand, chronic pain may last up to three months. It is more common in older adults.

What causes chronic pain?

Nerves send pain signals through the spinal cord into the brain. The brain's reaction is with burning or painful sensations along with fright or depression. However, the actual cause of chronic pain still remains unknown. Some factor that may cause chronic pain is after a major illness or injury such as shingles, back problems, or amputations of limbs.

What are the symptoms of chronic pain?

Symptoms of chronic pain include a mild or severe pain that lasts for a long period of time, shooting, burning or aching pain, and discomfort, soreness, and stiffness. Other symptoms are fatigue, depression, and withdrawal from physical and social events, sleeplessness, disability, mood swings, and weaker immune system.



What is the program provided for pain management?

Due to chronic pain caused by different medical reasons, our office has the program for the different treatment needs. The treatment for pain management consists of acupuncture, acupressure, herb patch external use, herbal formula orally taken, tai chi exercise, physical therapy, etc. There are several neurologist, chiropractor, acupuncturist, and herbalist who would work as a team.

How can acupuncture relieve pain?

Pain relief through acupuncture is the most frequently treated complaint. Acupuncture has continually fascinated the American public. With further medical investigation and clinical research, the mechanism of acupuncture as a means of stopping pain has become clear. Research has shown that:

- 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.
- Acupuncture can also promote the secretion of various analgesic transmitters of the central nervous system such as 5-TH, endorphin, and morphine-like substances.

In Chinese medicine, pain is viewed as an obstruction in the body. When there is pain, there is obstruction of Qi and blood. The mechanisms of stopping pain, therefore, are to dissolve blood stasis and promote Qi circulation.

Acupuncture points are selected according to the distribution of the meridians to treat pain conditions, such as headaches, trigeminal neuralgia, neck pain, back pain lumbago, joint pain and other diseases of the nervous or musculoskeletal system. Also, acupuncture points can also be adopted to treat pain in the organs caused by pancreatitis, cholecystitis, appendicitis, stomach disorders, and heart diseases. Through the analysis of the body's constitution, the doctor can select the appropriate method to tonify, sedate, or supplement with moxibustion according to the different diseases and symptoms the patient exhibits.

Acupuncture can also help ease pain from kidney stones, while Chinese herbal medicine can aid in the excretion of the stones. If the kidney stones cause infection, antibiotics or surgery can be combined with TCM therapies. Neck pain or lower back pain caused by herniation of inter vertebral disc should be carefully analyzed and observed for the degree and position of the compression. Acupuncture and Tui na/acupressure can be used along with surgery, if necessary, for pain relief.

