

Acupuncture

Acupuncture is an integrative medicine treatment approach. Originating in ancient China, it has been used for thousands of years to alleviate pain and to treat various physical, mental, and emotional conditions. The practice uses small needles to puncture specific points on the skin. Sometimes gentle electrical stimulation is applied as well.

Procedure:

- Number of needles varies (approximately 20)
- Treatment differs between practitioners and patients
- Treatment usually lasts 20-30 minutes
- Frequency between treatments vary according to practitioner

Acupuncture Efficacy:

- Fair number of studies showing efficacy in treating back/neck pain, arthritis/joint/soft tissue pain.
- Can help alleviate cervical muscle spasms triggering headaches, as well as TBI associated headaches.
- Less evidence in helping other neurologic symptoms- motor/sensory nerve problems, spasticity, balance/coordination conditions, and cognition/behavior issues.

