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Integrative Medicine – Natural Healing
Safe – Gentle – Effective



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Acupuncture and Low Back Pain Evidence - Based Medical Treatment Protocol

Acupuncture has been introduced to Americans as a medical therapy over the past few decades but this ancient healing art, originating in China, has accumulated over several thousand years of empirical knowledge and clinical experience. Acupuncture involves the insertion of fine needles into specific points along 14 meridians, or energy pathways traversing the body to stimulate a response in the body's natural healing and pain relieving mechanisms. These pathways cannot be seen by the naked eye but modern science has been able to measure and confirm such corresponding locations. This medical treatment is performed by a Doctor of Acupuncture and integrates the empirical knowledge and clinical experience of traditional acupuncture and an evidence-based protocol that has proven to be beneficial by scientific research. Acupuncture needles are much smaller and relatively painless compared to hypodermic needles. Acupuncture needles are hair-thin and solid with a rounded tip unlike hypodermic needles, which are hollow with a cutting edge. These single-use, sterile needles are regulated by the FDA as a medical instrument. Acupuncture treatments often include the use of electrical stimulation devices (E-Stim) that induce a small current between needles. This modern method of stimulation produces a mild tapping, or tingling sensation that can be adjusted to accommodate the patient's comfort.

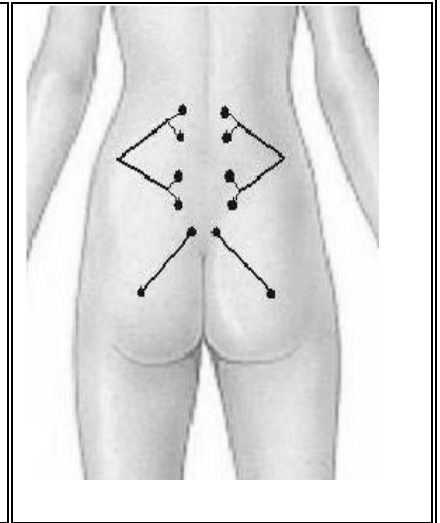
WHO MAY BENEFIT FROM THIS TREATMENT PROTOCOL: Men or women with low back pain from degenerative disc disease diagnosed by X-ray and evaluated by a physician.

TREATMENT DETAILS: 10 needles are inserted into the lower back per the pattern diagram. Electrical stimulation is applied between the needles.

TREATMENT SESSION: 1 Hour (includes preparation time plus 30 minutes of needle retention)

THE PREFERRED COURSE OF TREATMENT SHOWN TO PROVIDE BENEFICIAL RESULTS: 3 treatments per week for 3 weeks to promote pain relief, improve physical activity, quality of sleep, and sense of well-being.

DEFINING PENS VS TENS: Percutaneous Electrical Nerve Stimulation (a.k.a. Electro-Acupuncture) involves electric stimulus through a needle inserted under the skin vs Transcutaneous Electrical Nerve Stimulation providing electrical stimulus without needles on the surface of the skin.



Note: A diagnosis in the practice of Acupuncture is traditionally based on pattern discrimination and is not disease specific; therefore a treatment is tailored to each patient as an individual with a unique pattern of signs and symptoms. Modifications and/or additional therapies may be considered for the best therapeutic results.

All new patients, prior to treatment, should download and complete the PATIENT HISTORY FORM located at www.NaturesHealing.info.

AN EVIDENCE-BASED TREATMENT PROTOCOL DERIVED FROM THE FOLLOWING STUDY:

Percutaneous Electrical Nerve Stimulation for Low Back Pain: A Randomized Crossover Study: Ghoname, E.A. et al. JAMA 1999;281:818-823

RESULTS SUMMARY: PENS was significantly more effective in decreasing *visual analog scale* pain scores after each treatment than sham-PENS, TENS, and flexion-extension exercise therapies. Compared with the other 3 modalities, 91% of the patients reported that PENS was the most effective in decreasing their LBP. The PENS therapy was also significantly more effective in improving physical activity, quality of sleep, and sense of well-being.

CONCLUSION: In this sham-controlled study, PENS was more effective than TENS or exercise therapy in providing short-term pain relief and improved physical function in patients with long-term LBP.