

Christopher Carlow, D. Ac.
Doctor of Acupuncture

Integrative Medicine – Natural Healing
Safe – Gentle – Effective



Acupuncture & Herbal Medicine
982 Tiogue Ave., Coventry, RI 02893
Tel. (401) 219-6446
www.NaturesHealing.info

Acupuncture and Osteoarthritis of the Knee Evidence - Based Medical Treatment Protocol

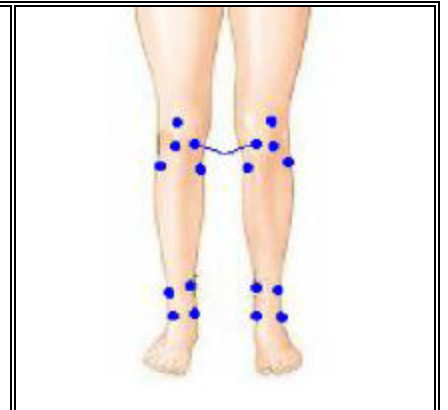
Acupuncture has been introduced to Americans as a medical therapy over the past few decades but this ancient healing art, originating in China, has accumulated over several thousand years of empirical knowledge and clinical experience. Acupuncture involves the insertion of fine needles into specific 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: Patients dealing with knee pain due to osteoarthritis diagnosed by a physician.

TREATMENT DETAILS: 9 acupuncture points will be used in each affected leg per the diagram pattern. Electrical stimulation is applied between 2 points just below the kneecap.

TREATMENT SESSION: 1 Hour (includes preparation time plus 20 minutes of needle retention)

THE PREFERRED COURSE OF TREATMENT SHOWN TO PROVIDE BENEFICIAL RESULTS: 2 treatments per week for 8 weeks followed by 1 treatment per week for 2 weeks followed by 1 treatment every other week for 4 weeks followed by monthly treatments. Most patients feel a benefit after the 1st week of treatment.



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:

Effectiveness of Acupuncture as Adjunctive Therapy in Osteoarthritis of the Knee - A Randomized, Controlled Trial.
Berman, B et al, Ann Intern Med 2004; 141:901-928

RESULTS SUMMARY: Randomized, controlled trial. participants included 570 patients with osteoarthritis of the knee (Mean age 65.5 ±8.4 years).

CONCLUSION: Acupuncture seems to provide improvement in function and pain relief as an adjunctive therapy for osteoarthritis of the knee when compared with credible sham acupuncture and education control groups.