

Pain Management with Acupuncture Treatment

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Overview

- Introduction
- Acupuncture Overview
- Chinese Medicine
- Conditions That Acupuncture Can Treat
- How Acupuncture Works
- Clinical Application
- Pain Management Protocols
- Find A Practitioner + Resources

Introduction

Presenters

Brooke Stuart: Acupuncture Physician, Doctor of Acupuncture and Chinese Medicine, Functional Medicine Practitioner, Founder of Let Go & Grow®

Doug Suffield: Acupuncture Physician, National Board Certification in Acupuncture and Oriental Medicine and fully licensed by the NCCAOM and the Texas Medical Board

What will we be up to today?

Today, we will dive into basic philosophy, illustrate an acupuncture session, explain how acupuncture works and the conditions it treats from a functional perspective.

The Aging and Integrative Pain Assessment and Management Initiative (AI-PAMI)

The Aging and Integrative Pain Assessment and Management Initiative (AI-PAMI) is a comprehensive project addressing non-opioid pain management in adults ages 50 and older living in Northeast Florida. The overall goal of AI-PAMI is the advancement of innovative pain education and patient care focused on multimodal and integrative pain management. The project encompasses community outreach, education and research.



Acupuncture Overview

From a Functional Perspective, the primary objective and focus of an acupuncture treatment is to restore balance within the system to attain homeostasis

The goal of an acupuncture physician is to identify the imbalances at play by looking at the patient's mind, body and life as a whole as we delve into the **mental, emotional, and physiological structure** and function of your **thoughts, feelings, dietary, environmental and other applicable lifestyle patterns**



Chinese Medicine

Acupuncture is only a piece of Chinese Medicine

Chinese Medicine in it of itself is a full and complete system that includes acupuncture, herbal medicine, tui na, cupping, moxibustion, stress, dietary, and lifestyle counseling- and it can be used to treat any imbalance/ disease pattern within the system. Acupuncture has been studied and used in practice since its early beginnings: **8,000 years ago!**

We will focus on how acupuncture works from a Functional Perspective that recognizes both basic physiological principles and the foundations of Chinese Medicine- which are both based on thorough research, observation and scientific inquiry

Treated Conditions

Acupuncture affects every system of the body, and it has been proven effective in controlled clinical trials in the treatment of over 40 different medical conditions stated in an official report by **World Health Organization**, titled [Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials](#)

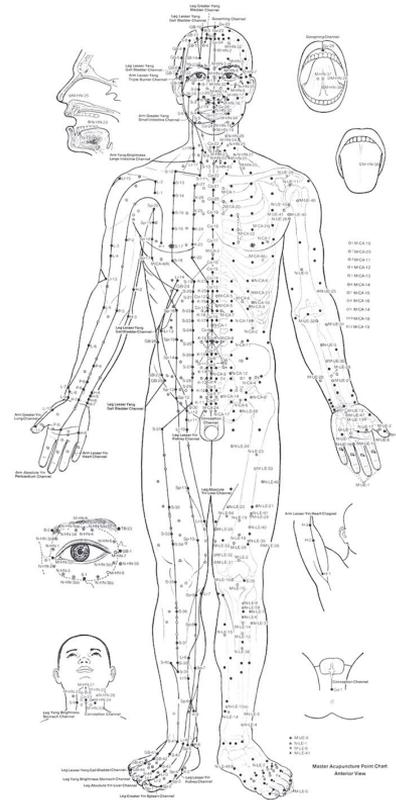
- Addiction, Mental & Emotional Disorders
- Endocrine, Reproductive & Genitourinary Disorders
- Neurological Disorders
- Immune & Respiratory Disorders
- Cardio-metabolic Disorders
- Detoxification, Gastrointestinal/Digestive Disorders
- Musculoskeletal & Pain Disorders
- And More...

How Acupuncture Works

“Research so far shows that the true concepts of Chinese medicine operate under known physiological principles, involving the complex organization of the neural, vascular, endocrine, visceral and somatic systems, sustained by the circulation of nutrients, vital substances and oxygen from vital air.”

- **Donald Edward Kendall**

Researchers have found that acupuncture points, or superficial nodes, form where collateral branches of deeper distribution blood vessels supply the body surface, which involve afferent and efferent neural properties (Kendall)



How Acupuncture Works

- Increases vasodilation and promotes blood flow
- Relieves stress by promoting parasympathetic function, or the “calm and connect” mode, while decreasing sympathetic function, or the “fight or flight” response
- Relaxes muscles through vasodilation and the other effects listed primarily as an adaptive response to work the needle out of the body subsequently repairing the surrounding tissues
- Reduces pain through the activation of the immune system and the peripheral and central nervous system
- Decreases inflammation through a cascade of chemical mediators released into the blood including prostaglandins, leukotrienes and substance P
- Acupuncture restores homeostasis intrinsically via the effects stated above.

Acupuncture vs. Acupressure

Puncture of the skin vs. Topical pressure

- Acupuncture involves the insertion of hair-thin, disposable needles into the skin
- Acupressure practitioners use fingers to apply pressure to points



On Accreditation

- 4 years of Graduate Study
- Residency (which starts at year one)
- 4 Board Exams
- National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)
- FL Board of Acupuncture (primary care in FL)



Acupuncture and Pain

- The key to health and wellness in Traditional Chinese Medicine (TCM) is BALANCE- Physical balance, Emotional balance, and Spiritual balance.
- When this balance is disrupted pain and disease arise.
- When this balance is regained pain and disease will not exist.
- BioPsychoSocial aspect of Pain Management- “pain viewed as a dynamic interaction among and within the biological, psychological, and social factors unique to each individual*.”

Balance and Pain

- Pain and Emotional unrest are understood to be caused by something called stagnation- primarily Qi and Blood stagnation.
- **Blood**- is the same as how we understand it now; circulating, nourishing, building
- **Qi**- is a little more ethereal of a concept, it can be understood as cellular respiration, vital energy, metabolism, or the electromagnetic energies produced by the body.
- **Yin**- is understood to relate to the structure, cold, dark, calming aspects of life.
- **Yang**- relates to the function, hot, bright, vigorous aspects of life.

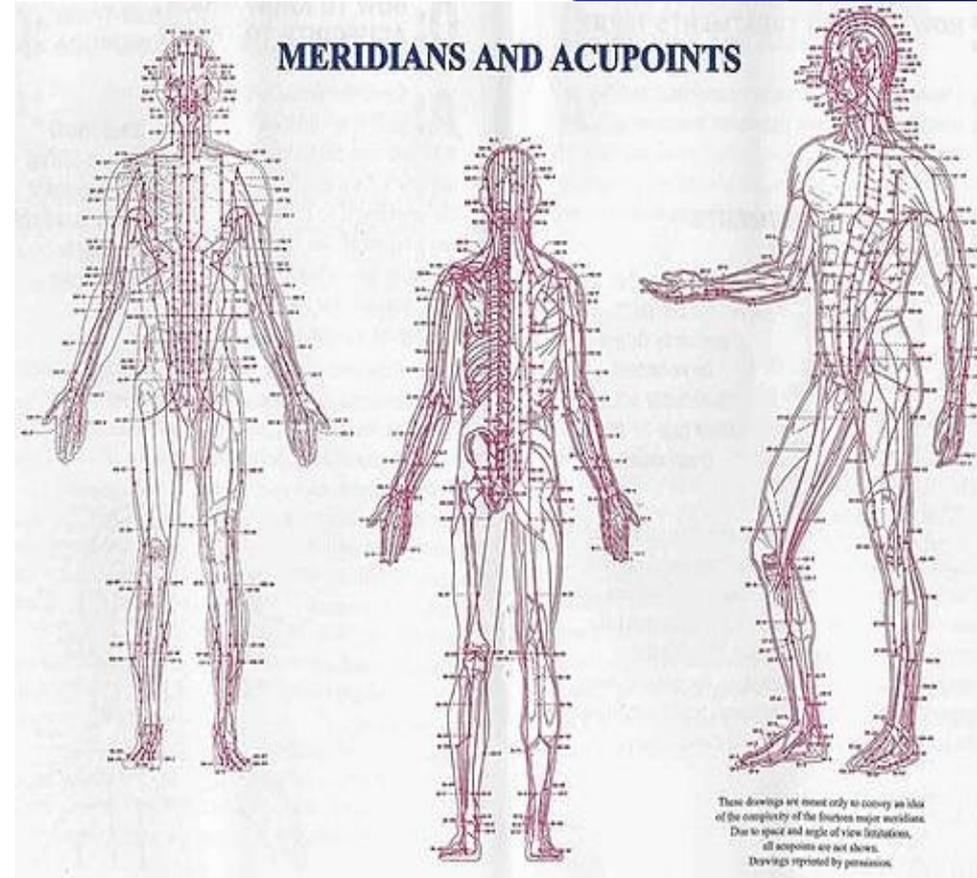
Let it Flow!

- Picture a network of rivers, streams, and creeks.
- When the water flows unobstructed- the water circulates, running smoothly, and life flourishes.
- When the waterways become blocked by debris- the smooth flow of the water is disrupted causing areas to back up, stagnate, and fester.



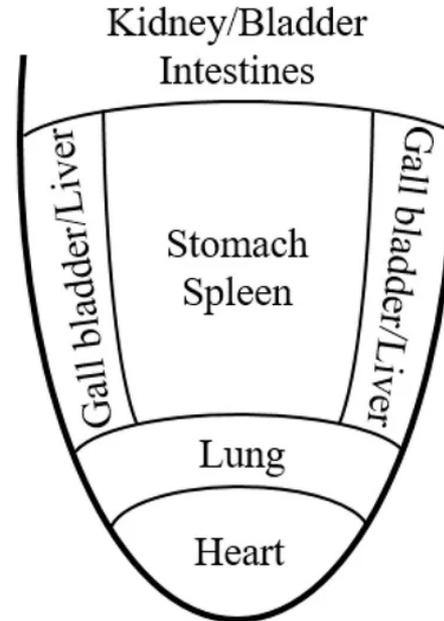
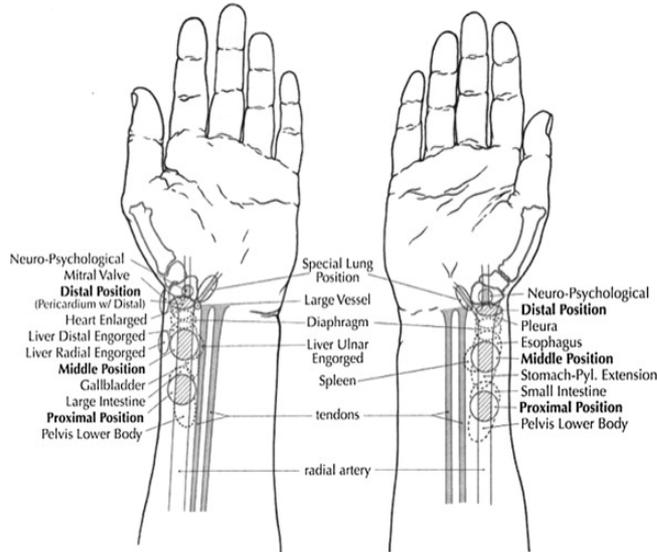
Restoring Balance

- Acupuncture and TCM in the treatment of Pain- Restoring physical/ emotional balance, promoting the free flow of blood and qi, and calming the mind.
- Primary ways to improve balance:
 - Bodywork
 - Food/ Herbal Therapy
 - Acupressure
 - Acupuncture



Introduction to Microsystems

- Applicable both Diagnostically and Therapeutically
- Pulse, Tongue, Channel palpation

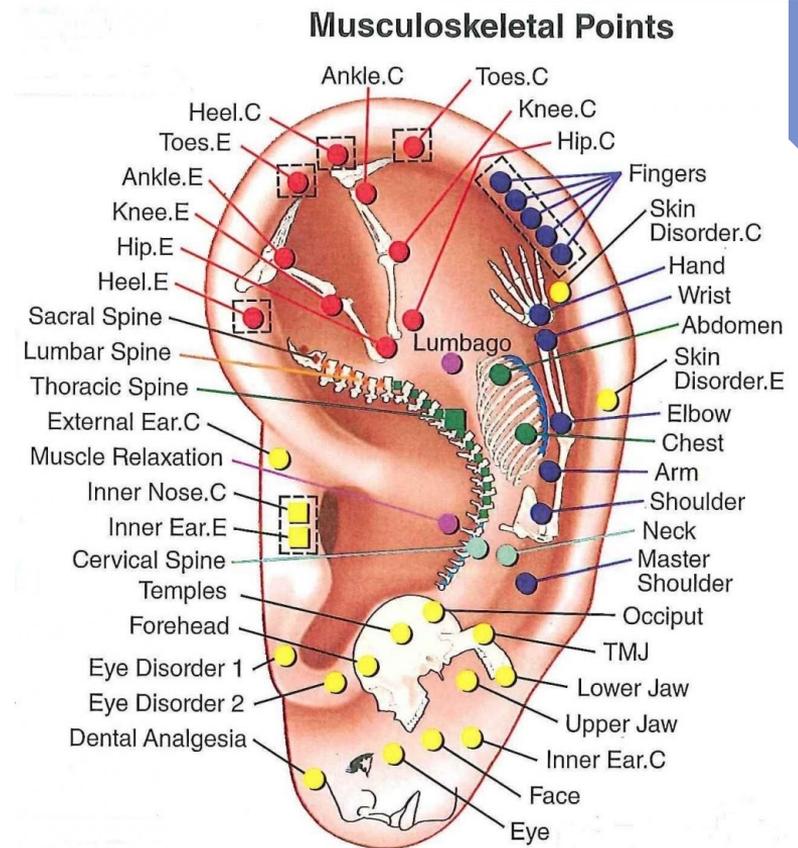


Auricular Acupuncture

Involves the neurological reflex, releases neurotransmitters, cytokines, and engages the immune system targeting inflammation

NADA- Auricular acupuncture technique concerned with detoxification

Battlefield Acupuncture- Quick, Effective, Focused on Pain and Stress Management



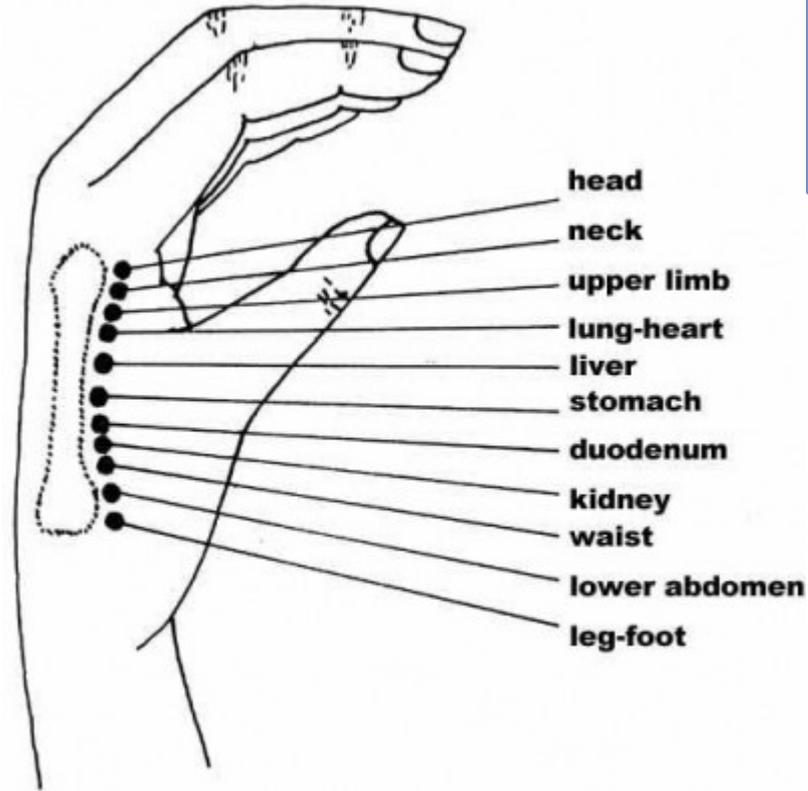
NADA

- Community based- less expensive than a “traditional/ full” acupuncture session
- 35-45 minutes
- Same 5 points for everybody
- Great for cravings, addictions, mental/ emotional imbalances
- **STRESS RELIEF!!**

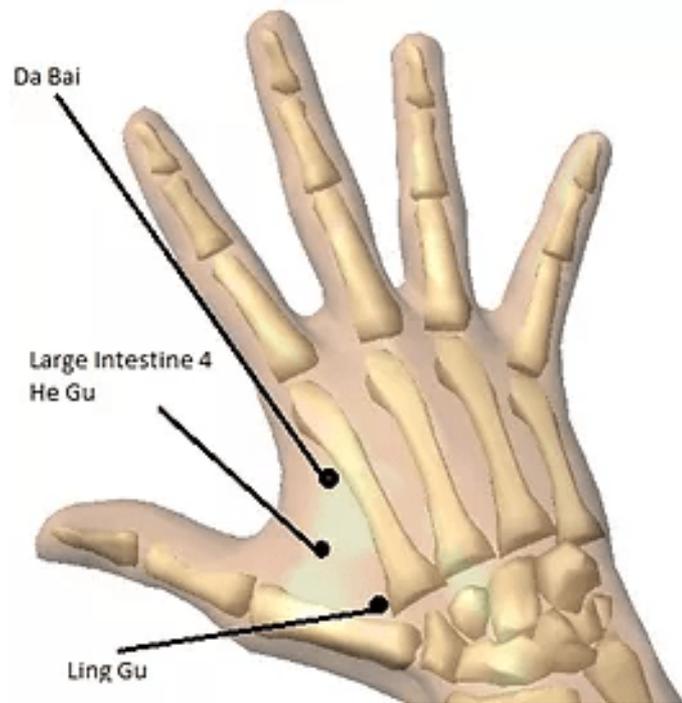


Musculoskeletal pain

- Can be used diagnostically and therapeutically
- Acupuncture- Stimulation plus addition of dynamic movements. Great for rehab!
- Acupressure- Stimulate yourself!

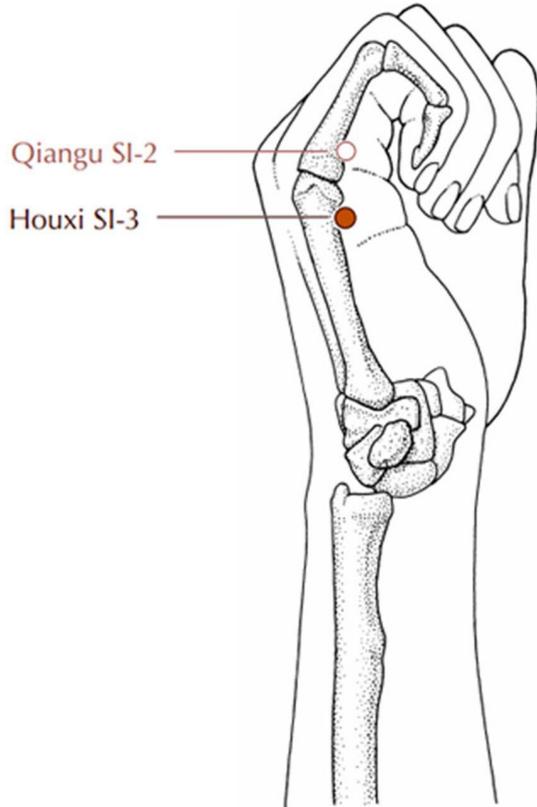


“Heavy Hitters”



- LI4- Headaches, Facial pain (Acupief)
- Da Bai- Neck pain
- Ling Gu- Lumbar pain

“Heavy Hitters” Continued



- SI3- Scapular pain

- PC6- Nausea, Motion Sickness (Seaband)



Additional Resources

- Aculief (LI 4)
- Sea-Band (PC 6)
- EFT - Tapping Practices
- Metime App
- Acupressure Heal Yourself



Finding A Practitioner

- NCCAOM: Find A Practitioner Directory
- Ask friends or your doctor for a referral
- Check for specialization, additional certifications, etc.



Q & A



Thank You!