

What You Need to Know about Acupuncture at Common Ground

Overview of Chinese Medicine- For many generations, traditional Chinese Medicine has included acupuncture along with herbal medicine and therapeutic massage. Recent studies demonstrate its effectiveness in treating many medical conditions as well as promoting general wellness. In Chinese Medicine there are 12 Meridians (or energy channels) lining the body, each associated with an organ. Your treatment will focus on restoring balance in these Meridians wherever needed. Community Acupuncture is a relatively recent development. This system allows access for more people to benefit from what acupuncture has to offer.

What to Expect During an appointment - The client intake forms that you fill out before your appointment provide the practitioner with a detailed report of your overall health and health history. Acupuncture considers your entire being in a holistic way so you may find yourself answering questions about “head, eyes, ears and throat,” even if you have come in for knee pain. Your practitioner will review your forms and make an assessment before applying needles at specific points. By feeling your pulse and looking at your tongue, the acupuncturist will be able to have a more comprehensive understanding of your overall health before making a treatment plan and proceeding with your treatment.

Use of Needles -The points chosen by your acupuncturist will usually be on the arms, legs, head/neck, and sometimes on the abdomen. If you wear comfortable, loose-fitting clothing your practitioner ought to be able to reach the points they want to treat. Very fine needles will be shallowly inserted into these points and may be twisted gently. You may experience pressure or tingling but this should not be painful. As you sit in the reclining chair you will be encouraged to relax while the needles are inserted. Needles are inserted for generally 30- 45 minutes but if at any point you feel pain or discomfort please alert the acupuncturist.

During & After Your Treatment -Keep in mind that with several patients at once, your acupuncturist may be less available than in other settings. The practitioner may leave the room during your treatment to speak with another patient, the front desk, or to support your peaceful relaxation. Once your treatment is complete, the acupuncturist will remove the needles. On rare occasions you may see a spot of blood at the site where the needle was inserted or you may notice bruising afterwards. Some people choose to take it easy for a while after a treatment. Rigorous exercise or drinking alcohol in the first few hours after a treatment is not recommended.

How Long Do I Need Acupuncture -You may notice results immediately following a treatment, depending on the condition of your health. Certain conditions may require a series of treatments. Besides continuing to come to the clinic, you may be advised on nutrition, exercise, herbs and supplements or other lifestyle options to support your health goals.

Please let us know if you have any further questions about acupuncture. If you are interested in learning more about traditional Chinese Medicine, there are many websites and books that provide a more extensive overview of Chinese Medicine and we invite to browse our in-house healing arts library (available for reading while here at Common Ground).

If you have any comments or suggestions, please feel free to fill out our Client Feedback form (available through the front desk).