

Acupuncture

What is Acupuncture?

Acupuncture is part of an ancient medical system called traditional Chinese medicine.

An acupuncturist, a person who has special training, gently inserts fine, sterile acupuncture needles through your skin to help promote health and treat illness or pain.

Do Acupuncture Needles Hurt?

When the needles are placed, you may feel tingling, warmth or nothing at the acupuncture points or other areas of your body. Sometimes, people feel discomfort when the needles are inserted.

How Many Treatments Do You Need?

The number of treatments you need depends on your condition. Usually, 5 treatments are enough to see if this therapy will help you. If your condition is chronic (long-lasting), you may need more treatments.

How Does Acupuncture Work?

Acupuncture moves Qi (pronounced "chee"). Qi is energy that moves through your body along channels. When you are healthy, the Qi moves freely. When you are in pain, sick or emotionally upset, the Qi can become stuck. The needles correct the imbalances of Qi leading to relief of pain and other symptoms.

Your Appointment

Date: _____

Time: _____ a.m. / p.m.

With: _____

To cancel, please call the United Pain Center at 651-241-7246 at least 24 hours before your appointment.

What Conditions Can Acupuncture Treat?

Acupuncture is known to improve more than 200 health conditions and helps to prevent disease, such as.

- musculoskeletal pain (low, mid and upper back, neck, shoulder, hip and knee)
- osteoarthritis and rheumatoid arthritis
- pain related to nerve injury
- traumatic pain with injury to the vertebrae of the spine
- fibromyalgia
- chronic fatigue syndrome
- depression and anxiety

(over)

- headache pain
- stomach and intestinal pain
- chemotherapy-related pain (like nausea or vomiting)
- pre-menstrual syndrome
- sinus pain.

When you see the acupuncturist for the first time, he or she will do a complete exam to assess your general health.

Other conditions or symptoms found in addition to your main complaint will also be treated.

What are the Qualifications of the Acupuncturists?

Acupuncture is a licensed and regulated health care profession in Minnesota.

The acupuncturists at Allina Health are certified by the National Certification Commission for Acupuncture and Oriental Medicine and licensed by the Minnesota Board of Medical Practice. They have completed at least 3,000 hours of training in traditional Chinese and Western medicine.

How Do You Get Started?

Before you make an appointment, you will need a referral for acupuncture from your regular health care provider or doctor.

To make an appointment, please call 651-241-7246.

Does Insurance Cover Acupuncture Therapy?

Ask your insurance provider to see if your plan covers acupuncture therapy.