

Title

In your search for relief from back pain, acupuncture or massage may have come up.

Until now, you may not have thought of acupuncture and massage as treatments that could work for you.

But did you know that some people feel better after acupuncture or a massage?

So let's start with the facts about acupuncture.

Acupuncture is a therapy that has been used for thousands of years.

An acupuncturist places very thin needles into specific points on the body.

Sometimes heat, pressure, or a mild electrical current is used along with needles.

You may feel slight pressure when a needle goes in.

The area may tingle, feel numb, itch, or be a little sore.

But most people find that acupuncture doesn't hurt.

There are a few theories on why acupuncture may work.

Some think that the needles help release the body's natural painkillers, such as endorphins or serotonin.

Acupuncture is considered safe when done by a certified acupuncturist who uses disposable sterile needles.

There is some evidence that acupuncture may help to treat pain.

But in most cases, the studies have been too small to clearly show a benefit.

Now, here's some general information about massage.

Massage may help relax muscles, increase blood flow, and ease pain in the soft tissues.

There are at least 80 types of massage.

In general, most types of massage involve rubbing areas of the body.

Some massages are gentle.

Some are more intense.

There are even ways to self-massage your feet, hands, or neck.

You can also give yourself a back massage using a tennis ball.

Like acupuncture, when it's done correctly, massage is considered safe and may be helpful.

And like acupuncturists, many massage therapists can be certified.

This means that your massage therapist has a certain level of training and follows certain safe practice guidelines.

If a massage or acupuncture sounds like something you might want to try, ask your doctor, family, or friends if they have any recommendations for a massage therapist or acupuncturist.

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Whatever you decide to do, it's a good idea to talk with your doctor about any complementary health practice that you would like to try or are already using.

It's important to find ways to manage your pain.

Acupuncture and massage are just two of the many options to consider.

Finding the right pain relief for you may take some time.

Don't give up.

Be kind to yourself, and keep doing your best to find what works for you.