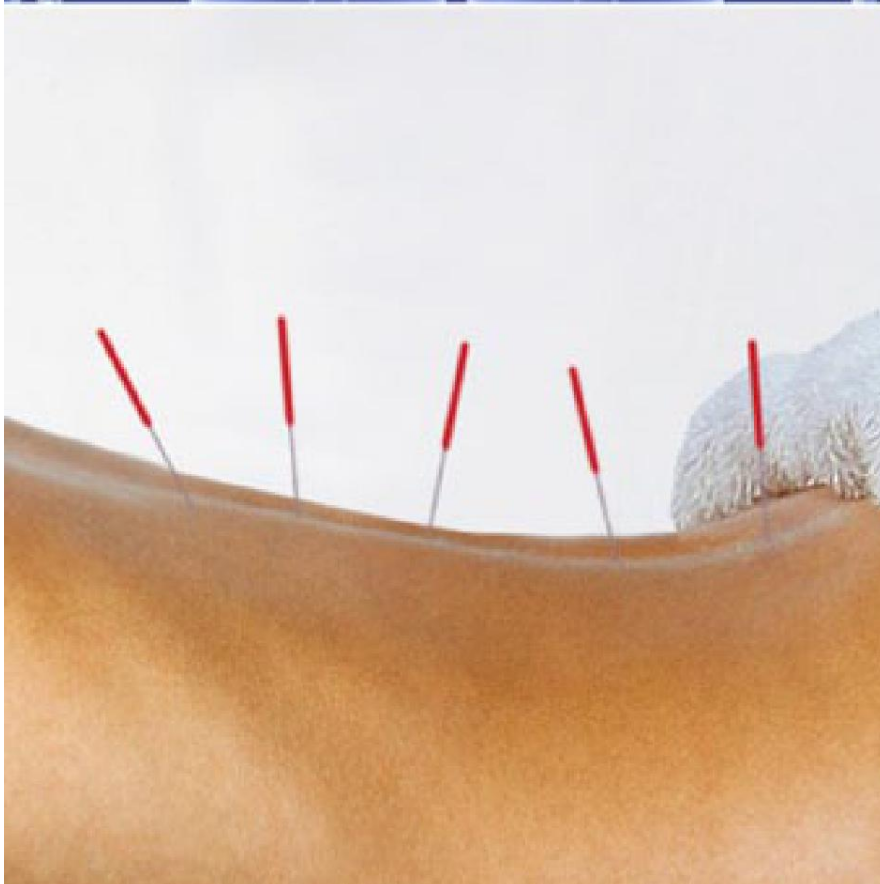
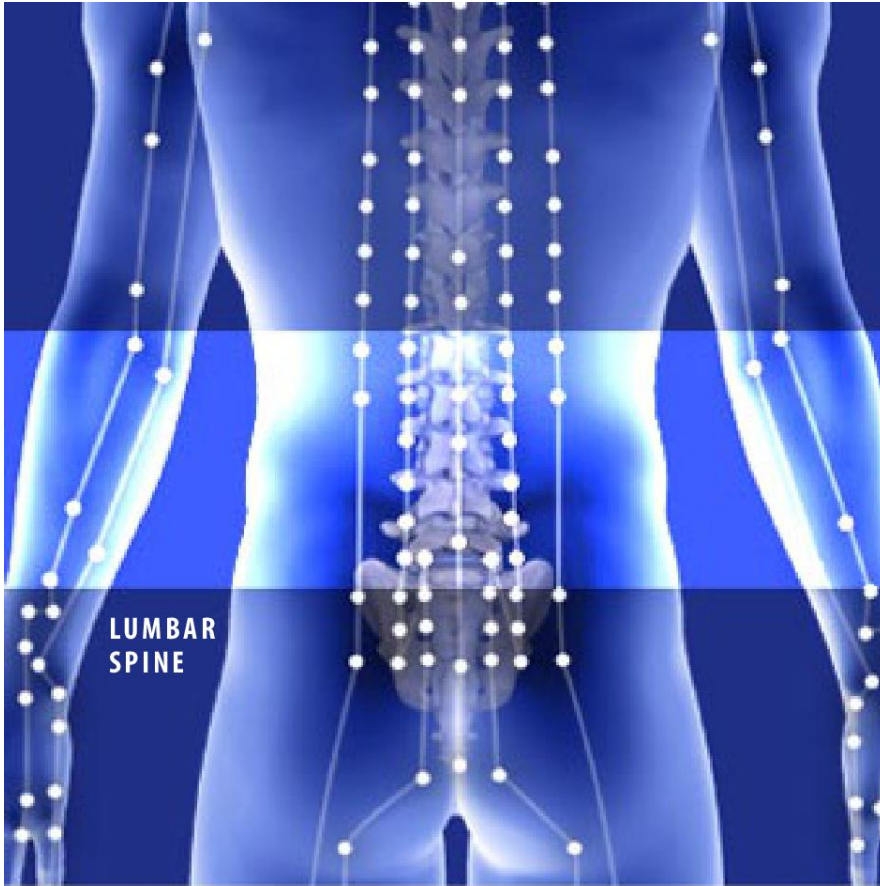




## Chinese Acupuncture for Lower Back Pain



### Overview

This technique involves the insertion of small needles into the skin to reduce or eliminate pain and to improve mobility in the lumbar region of the spine. Chinese acupuncture is often used to care for problems such as muscle strain and sciatica.

### Meridians

Chinese acupuncturists rely on channels, called meridians, which serve as pathways for the flow of energy throughout the body. Acupuncturists recognize 12 main meridians and several minor ones. Along these meridians are hundreds of acupuncture points. Acupuncturists believe that the body's energy flows very close to the surface of the skin at these specific points.

### Consultation

An acupuncture session begins with a consultation, during which the acupuncturist discusses the patient's history and creates a plan that is tailored to the patient's needs. For lower back pain, this typically involves the placement of needles along meridians in the lumbar spine, but needles may also be placed in other locations, such as the ears.

### Procedure

During the procedure, the patient is positioned comfortably on a table, and the skin is cleansed and sterilized. The acupuncturist then carefully inserts several needles into the skin. The acupuncturist may also attach a device called an electrical nerve stimulator, which sends small, controlled pulses of electricity through the needles. The acupuncturist's goal is to restore the proper balance of energy in the body.

### Safe Method of Care

Acupuncture is a safe method of care that can be beneficial for patients who have lower back pain. Most patients achieve the best results through multiple treatments.