

Medical Acupuncture for Pain Relief

What Is Medical Acupuncture?

Medical acupuncture is an evidence-based treatment performed by trained medical providers. It uses very thin, sterile needles placed at specific points to reduce pain and improve function. This approach is grounded in modern anatomy, neurophysiology, and pain science.

How Does It Help Relieve Pain?

Medical acupuncture can help by stimulating natural pain-relieving chemicals, relaxing tight muscles, improving blood flow, calming overactive pain signals, and reducing inflammation.

When Is Medical Acupuncture Most Helpful?

- Neck, back, shoulder, hip, and knee pain
- Sciatica and nerve-related pain
- Muscle spasm and myofascial pain
- Headaches and migraines
- Fibromyalgia and chronic widespread pain
- Tendinitis, plantar fasciitis, and overuse injuries
- Post-surgical or persistent pain
- Pain worsened by stress or poor sleep

What Does Treatment Feel Like?

Most patients feel minimal discomfort. Sensations may include pressure, warmth, tingling, or deep relaxation. Many people feel calm or sleepy during treatment.

How Many Treatments Are Needed?

Some patients notice improvement after 1–2 sessions. Chronic conditions often require a short series of treatments, commonly 4–8 visits. Your provider will tailor the plan to your condition.

Is It Safe?

When performed by a trained medical professional, acupuncture is very safe. Side effects are usually mild and temporary, such as soreness, bruising, or fatigue.

Please Tell Your Provider If You:

Are pregnant, have a bleeding disorder, take blood thinners, or have a pacemaker.

Key Takeaway: Medical acupuncture is a safe, effective option for reducing pain, improving function, and supporting a comprehensive pain management plan.