



Orthopedic Associates OF PORT HURON

Acupuncture

Is acupuncture good for you?

Orthopedic Associates is happy to offer this complementary service to enhance your health and wellness. The following information is designed to increase your knowledge and understanding of acupuncture and its many benefits for you.

What is acupuncture?

Acupuncture involves the insertion of fine needles into the body at specific points shown as effective in the treatment of specific health problems. The points have been mapped by the Chinese over a period of two thousand years.

What is auricular acupuncture?

Auricular (or ear) acupuncture is a specialized complementary therapy where acupuncture points on the outer ear are treated, using fine needles to help relieve many chronic complaints.

These are as many as two hundred acupuncture points on the outer ear, each point representing areas of our anatomy. The outer ear acts like a switchboard to the brain. Each acupoint on the ear, when treated, triggers electrical impulses, from the ear, via the brain, to the specific area of body that is being treated.

What types of problems can be treated with acupuncture?

The World Health Organization supports the use of acupuncture for the following:

- Ears, Nose and Throat Disorders
 - Toothaches, pain after tooth extraction, earaches, sinus inflammation, nasal inflammation or dryness.
- Respiratory Disorders
 - Uncomplicated bronchial asthma in children or adults
- Gastrointestinal Disorders
 - Digestive tract problems, hiccups, inflammation of the stomach, chronic duodenal ulcers, inflammation of the colon, constipation, and diarrhea
- Eye Disorders

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- Inflammation of the conjunctiva, inflammation of the central retina, nearsightedness (in children), and uncomplicated cataracts
- Nervous System and Muscular Disorders
 - Headaches, migraines, certain facial paralysis or nerve pain, partial weakness after a stroke, inflammation of nerve endings, frozen shoulder, tennis elbow, sciatica, low back pain and osteoarthritis

How does acupuncture work?

Modern Western medicine cannot explain how acupuncture works. Traditional acupuncture is based on ancient Chinese theories of the flow of Qi (energy) and Xue (blood) through distinct meridians or pathways that cover the body somewhat like the nerves and blood vessels do. According to ancient theory, acupuncture allows Qi to flow to areas where it is deficient and away from the areas where it is in excess. In this way, acupuncture regulates and restores the harmonious energetic balance of the body.

How many treatments does one need?

The frequency of the treatment depends upon the duration, severity, and nature of the complaint. Your practitioner will discuss with you the frequency and duration of the treatment plan that he or she is recommending.

Will my insurance cover this?

There are some insurance companies, including Blue Cross and Blue Shield plans, which will reimburse for an acupuncture treatment as long as it is under the direction of a physician's prescription. Review your specific insurance plan to determine if this is a covered benefit.

Who provides this service?

Craig McCue, MsT, ADS, graduated from The Health Enrichment Center with a diploma as a therapeutic massage technician. In 1997, he completed training as an acupuncture detoxification specialist with the National Acupuncture Detoxification Association. Craig is a founding member of the Bluewater Body Workers Association, and is co-chair of the "Foundation of Integrated Health Symposium" which was inaugurated in 2002. Craig joined the team at Orthopedic Associates in 2001.

Want to learn more about acupuncture?

If you are interested in obtaining more information regarding this service, or if you wish to schedule an acupuncture treatment, please contact our office at (810)985-4900 or (810)985-7412.

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