

## Acupuncture for Knee Pain

According to the Mayo Clinic, knee pain is a common complaint affecting people of all ages. Knee pain can be a result of ruptured ligaments or torn cartilage. Medical conditions such as gout, arthritis and infection can also cause knee pain. There are identifiable symptoms, causes and risk factors commonly associated with chronic knee pain. Proper treatment can result in complete alleviation of chronic knee pain.

### Symptoms of Knee Pain:

- Weakness and instability
- Redness and warm to touch
- Swelling and stiffness
- Popping or crunching noises
- “Locking” or inability to straighten

### Causes of Knee Pain:

- Arthritis (knee osteoarthritis) - most commonly associated with people over 50 years of age. Lack of lubrication between joints & inflammation
- Ligament injury – anterior cruciate ligament injuries (ACL), medial collateral ligament injuries (MCL) and posterior cruciate ligament injuries (PCL)
- Overweight or obese – serious impact on knee joints. Weight loss alone can often reduce symptoms considerably
- Meniscus Tears – cartilage that distributes weight of the body evenly. Tears common with sport injury & aging

There are many risk factors associated with knee problems including but not limited to the following:

- Age
- Excess weight
- Mechanical problems
- Lack of flexibility and strength
- Limited range of motion
- Sports
- Pre-existing injuries

Acupuncture treatments provide a safe, natural way to alleviate knee pain. The Traditional Chinese Medicine (TCM) sees the human body as an integrated being. It works with vital energies inherent within all living things to promote the body’s ability to heal itself. Qi (pronounced “chee”) is a vital energy that flows through meridians, pathways that run throughout the entire body. Qi protects the body from illness and provides nourishment to cells, tissues, muscles and organs. During acupuncture treatments, fine, sterile needles are inserted at specific acupoints along these meridians to release Qi, unblock obstructions and correct imbalance.

### Acupuncture Helps Knee Pain:

- Increase blood circulation to an injured area
- Relax the stiffened muscles
- Reduce joints inflammation
- Promote tissues healing
- Provide natural pain relief
- Improve range of movement

Acupuncture practitioners recommend a holistic health approach inclusive of herbal remedies, massage and stretching. According to Eastern holistic medicine, treatment of knee pain requires lifestyle changes with overall health as its goal.

- Exercise increases flexibility, maintains weight and strengthens muscles
- Diets including anti-inflammatory, unprocessed and organic foods
- Stress reduction through breath, meditation and yoga
- Achieving a balance of rest and relaxation

## Procedures of Acupuncture

During a treatment, specific acupuncture points are stimulated to balance bioelectric energy circulation and promote the body’s own natural healing abilities. A balance of energy in the body yields mind-body relaxation and optimized physiological functions of the body. The whole procedures last about 20 minutes, during which time patients are very relaxed and comfortable.

## What to expect after acupuncture treatment?

True healing takes time and dedication. Acupuncture is not an instant fix. Depending on your current health and symptoms, you could feel better right away or you may need treatments for weeks, months or years to achieve the results you want. With a little patience and an open mind, you’ll be on your way to health and vitality.

## Acupuncture goes Mainstream

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions.

- Addiction-alcohol, drug, smoking
- Anxiety/ADD
- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Bursitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold & Flu
- Constipation
- Depression
- Digestive Disorders
- Dizziness
- Facial Palsy/Tics
- Fertility/Habitual Miscarriages
- Fibromyalgia
- Frozen Shoulder/Pain
- Gastrointestinal Disorders
- Headache/Migraines
- Hepatitis B/C
- Immune system deficiency
- Incontinence
- Insomnia
- Knee pain
- Myofascial Pain Syndrome
- Neck Pain/Stiff Neck/Whiplash
- Osteoarthritis
- PMS
- Rhinitis/Sinusitis
- Sciatica

- Sports Injured
- Stress/Emotional Problems
- Stroke Paralysis/Numbness
- Tendonitis/Tennis Elbow
- TMJ
- Trigeminal Neuralgia
- Wrist Pain



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*“Experience is priceless...”*

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**We Specialize Treating the Following Conditions, But Not Limited to:**



**Healing, so you can get back to life.**

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