

## Acupuncture for Low Back Pain

Low back pain is usually triggered by a combination of overuse, muscle strain, and injury to the muscles, ligaments and discs that support the spine. This leads to tension on muscles, bones, discs and ligaments making the low back prone to injury.

Symptoms of lower back pain include:

- Stabbing or shooting pain
- Muscle ache
- Pain radiating down the leg
- Inability to stand straight
- Limited flexibility
- Limited range of motion

Most common causes of lower back pain:

- Strained muscles or ligaments
- Improper or heavy lifting
- Injury or overuse
- Sudden or awkward movements
- Structural problems such as sciatica, arthritis, ruptured discs, skeletal irregularities

Risk factors that increase development of lower back pain include:

- Smoking
- Obesity
- Aging
- Physically strenuous work
- Stress
- Anxiety
- Depression
- Sedentary job

Acupuncture treatments provide a safe, natural way to alleviate lower back 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 Help Back Pain:

- Clear nerves compression/pinched nerves
- Increase blood circulation
- Relax the stiffened muscles
- Reduce inflammation
- Promote tissues healing
- Provide natural pain relief
- Improve range of movement and/or flexibility
- Deactivate the vicious circle of pain
- Increase amounts of brain chemicals such as serotonin, norepinephrine and dopamine

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

- Exercise increases flexibility, maintains weight and strengthens muscles

- Diets including anti-inflammatories, 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.

### Medical Doctors Utilized Acupuncture:

*"Acupuncture treatments by Dr. Phan helped by chronic back and hip pain tremendously"*  
Harry Price, MD

*"My chronic lower back pain is much better now. I owe it all to Dr. Phan's acupuncture treatments."* Dr. Ingris, Veterinarian

*"We must be open to different modalities of treatment that would bring balance to our body, mind and spirit. When I failed to respond to conventional medicines for my back pain, acupuncture therapy helped me decrease my pain, regain function and improve my quality of life."*  
Sandra Alvarez, MD

## 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



L. Phan, D.O.M., A.P.  
*“Experience is priceless...”*

- Graduate from the University of Hawaii with a B.S. in Bio-Chemistry
- Completed 4 years post-graduate training in Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine, Houston, Texas
- Certified Neuromuscular Therapist
- Certified Craniosacral Therapist
- NAET (allergy) Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)

# ACUPUNCTURE FOR LOWER BACK PAIN

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



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

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