



MEDICAL ACUPUNCTURE

combines ancient Eastern acupuncture techniques with Western medical practices to promote health and well-being, prevent illness, and treat various medical conditions. Acupuncture became popular in medical and scientific communities in the United States in the late 1970s. The discipline has evolved over the years and is now regulated by guidelines for education and practice.



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PHYSICAL MEDICINE AND
REHABILITATION

Understanding Medical Acupuncture

What is medical acupuncture?

Medical acupuncture is the practice of inserting needles and applying heat or electrical stimulation to specific areas of the body to promote natural healing. Medical acupuncture can be used as either the primary or secondary treatment for both musculoskeletal conditions and other medical conditions.

How does it differ from traditional acupuncture?

Unlike traditional acupuncture, medical acupuncture is only part of the treatment plan created by the physician. Acupuncture as a sole method of treatment does not produce the positive results that have been found when acupuncture is incorporated into an overall course of treatment. Additionally, to perform medical acupuncture, the physician must be licensed and have completed thorough training in acupuncture as a specialty practice.

What can I expect during my first visit?

During your first visit, the doctor will ask you about your past medical history, childhood illnesses and family history. He or she will conduct a physical examination and ask you about symptoms you may be experiencing. From this information, your physician will determine the best treatment plan for you.

What does the acupuncture treatment entail?

During the acupuncture treatment, needles are inserted in different points of the body to influence the flow of energy in the body. The needles are generally left in place for five to 20 minutes.

Each person reacts differently to the insertion of the needles. Many patients feel minimal pain, while some feel no pain as the needles are inserted. Generally, no pain is felt once the needles are in place.

What types of conditions does medical acupuncture treat?

Medical acupuncture is commonly used to treat a wide range of medical conditions including:

- Neurological and muscular disorders
- Digestive disorders
- Respiratory conditions
- Urinary, menstrual and reproductive conditions

Depending on the type of condition and its severity, the number and frequency of treatments will vary.



Judith H. Esman, M.D., received her medical degree from Cornell University Medical College. She completed her residency in internal medicine and in physical medicine and rehabilitation at the University of Pittsburgh Health and Sciences Center. Dr. Esman is board-certified in both internal medicine and physical medicine and rehabilitation. She is also board-certified in both electrodiagnostic and pain medicine. Dr. Esman is a licensed medical acupuncturist. She has lectured and published articles in the field of physical medicine and rehabilitation.



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Are there risks associated with medical acupuncture?

The sense of relaxation reported by many acupuncture patients can sometimes lead to changes in mood or energy level that generally last a few days. Other adverse effects associated with medical acupuncture can be reduced when properly performed by a medically trained practitioner.

Is medical acupuncture right for me?

After a physical examination and careful consideration, your physician will determine if you should consider medical acupuncture.

Learn more

Dr. Judith Esman, a licensed acupuncturist, is available to help you learn if medical acupuncture is right for you. For more information, or to schedule an appointment with Dr. Esman or another Tri Rivers physician, call toll free 1-866-874-7483.

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