

# Saint Acupuncture and Wellness

NAME \_\_\_\_\_ DATE \_\_\_\_\_

## EXPLANATION OF TREATMENT

Your treatments may include various modalities from both Traditional Chinese Medicine and modern Manual Medicine. You may receive Acupuncture, Herbology, Tui Na Massage, Cupping, Moxibustion, Manipulation, Myofascial Release, Neuromuscular Therapy, Heat/Cold, Ultrasound, Electrical Stimulation, Gua Sha (scraping), Therapeutic Exercises, Stretching, and many others. **You will be treated as a whole, not by one disease or symptom; therefore, each treatment may be different.**

During an Acupuncture treatment it is possible to feel a heaviness, tingling, cramping or electric sensation either around the needle or traveling up or down the effected Channel. For most, these sensations are not considered painful or are so only briefly. In many cases the patient will barely feel the extremely thin needle.

After treatment you may have complete relief of symptoms. Most internal medicine cases take several treatments to fully resolve symptoms. Some musculo-skeletal cases resolve much quicker many times in only 1-3 sessions. You may note a spot of blood at one or more of the needle sites and rarely a small bruise could develop. Occasionally some soreness, discomfort or cold-like symptoms can occur after a treatment. In these cases the symptoms usually diminish within a few hours with pain-free days to follow. Drinking extra water for 12 to 24 hours after each treatment can prevent this. Overall, you should feel more relaxed and/or have more energy after each visit. The true results from your treatments should be experienced in 24 to 48 hours.

A Cupping or Gua Sha treatment could be advised for some patients that have pain, a weak immune system, or are coming down with a cold. Though not painful, these treatments may leave red marks on the skin that could turn into bruises. These marks can last from a few hours to several days. This is not tissue damage, rather fluid and toxins being pulled from the body, which stimulates healing and the immune system.

Herbs will be prescribed in most cases. The herbal formulas are designed to uniquely fit each patient's signs, symptoms and constitution. Some take up to a month before results are noticed while others provide immediate relief. Since herbs are natural it is rare to have side effects from the formulas. Rest assured, your Acupuncture Physician will inform you of any possible side effects or drug interactions when the formula is prescribed.

Above all, as a Physician, I will endeavor to "do no harm". I pledge to work within your comfort levels while giving you the most complete treatment possible.

Please Sign to receive treatment as explained above \_\_\_\_\_