



Coordinated Health

Medical Acupuncture Patient Instructions & Frequently Asked Questions Brian Goldberg, M.D.

Why Medical Acupuncture?

Medical Acupuncture at Coordinated Health is performed by a highly-trained physician, boarded in Physical Medicine and Rehabilitation and certified as a physician acupuncturist, following completion of the renowned UCLA Helms Medical Institute program. It is this combination of Western and Eastern philosophies that best allows us to approach a variety of musculoskeletal ailments. Acupuncture is one of a multitude of treatments that can target pain and its associated symptoms. In traditional Chinese philosophy, pain is the result of obstructed energy flow within the body's meridians or channels. Acupuncture utilizes needles to help move this energy and balance each person's natural vitality or Qi (pronounced "Chi"). We also know that acupuncture helps stimulate the release of the body's own pain control chemicals or endorphins. Advanced imaging studies using functional MRI have shown acupuncture to alter the activity of the brain's pain processing centers and pathways.

Will the treatment be painful?

Generally, acupuncture is not painful. However, some patients may experience a fleeting, sharp sensation then the needle is first inserted through the skin. We utilize a gentle, skilled technique to minimize this. It is common to also feel a deep aching sensation as the needle reaches its correct depth and point location. This sensation is called "De Qi" and is a very useful sign. Once inserted, the needles may be left alone or gently stimulated either manually or by using heat and electricity. The exact approach depends on each patient's presenting symptoms.

How many sessions will I need?

A treatment plan usually involves a series of weekly or bi-weekly sessions in our outpatient clinic. While the total number of treatments varies from person to person, generally we would like to see substantial improvement in symptoms after four to six sessions. If this is noted, many patients complete approximately ten sessions as well as occasional maintenance visits.

Allentown	1503 N. Cedar Crest Blvd., Allentown, PA 18104 1621 N. Cedar Crest Blvd., Allentown, PA 18104 1611 Pond Rd. #102, Allentown, PA 18104 250 Centronia Rd. #'s 102, 110, & 302, Allentown, PA 18104	Phillipsburg Hazleton Brodheadsville E. Stroudsburg	123 Roseberry St., Suite A, Phillipsburg, NJ 08865 1097B N. Church St., Hazle Township, PA 18202 Route 115 & Switzgale Dr., Brodheadsville, PA 18322 505 Independence Rd., East Stroudsburg, PA 18301 511 VNA Rd., East Stroudsburg, PA 18301 329 N. First St., Lehighon, PA 18235 1411 Jacobsburg Rd., 1503 N. Cedar Crest Blvd., Allentown, PA 18104 2310 Highland Ave., Bethlehem, PA 18020
Bethlehem	2597 Schoenersville Rd., Bethlehem, PA 18017 2775 Schoenersville Rd., Bethlehem, PA 18017 2030 Highland Ave., Bethlehem, PA 18020 2300 Highland Ave., Bethlehem, PA 18020	Lehighon Wind Gap Hospitals	
Easton	400 S. Greenwood Ave., Easton, PA 18042 3101 Emrick Blvd. #112, Bethlehem, PA 18020		

Are there any side effects?

Acupuncture is a very safe intervention. Side effects are rare and vary depending on the person. Some patients may feel a sense of drowsiness or fatigue after treatment. These patients may wish to bring a driver to subsequent visits. Alternatively, others may experience euphoria with an energized sensation. In about 3% of treatments, minor bleeding or bruising is encountered. Infections at the needle sites are extremely uncommon. Our needles are single use, fine, and sterile. We also always pay attention to the possibility of rare fainting-like symptoms most commonly seen with the first treatment. Let the doctor know if you have had such a reaction to blood-draws or acupuncture in the past. This symptom is quite treatable should it occur.

How can I expect to feel after the treatment?

The initial response to treatment can vary from person to person. This can include immediate improvement, no change in symptoms or even initial worsening of pain ("rebound"). This last possibility is actually a positive outcome as we have affected the appropriate energy pathways and symptoms should improve within 1-2 days. Sometimes, in addition to pain relief, the patient may note other benefits such as improved sleep, energy level or mood.

Are there any activities that I should avoid during the day of my treatment?

So as to not disturb the body's energetic balance after the treatment, the patient should refrain from vigorous physical activity, alcohol consumption, sexual activity, large meals, and excessively hot or cold foods until the following day.

Why did I have needles placed in my arms and legs for neck or back symptoms?

Even though pain may present in the neck or back regions, the important meridians that control these areas begin or end in the hands and feet. Frequently, the channels are most effectively accessed at these key extremity points.

What if I have questions not answered at my treatment session or by this handout?

By all means, feel free to contact our office. We will be happy to be of assistance. We encourage you to also contact us should your symptoms worsen significantly.