

Hands On Therapies Regularly Used in Clinic

Acupuncture is the insertion of sterilized, single use, hair-fine needles into the skin. The needles are used to relieve pain, regulate health and support healing. Acupuncture is just one kind of hands-on care of East Asian Medicine. Others include:

- **Chinese herbal prescriptions:** Can be given in the form of pills, powders, tinctures, pastes, plasters, or in raw form to be cooked. Cooked herbs may be given to take internally or externally.
- **Cupping:** Cups made of glass are placed on the skin with a vacuum created by heat or other device. Some bruising may result, is expected, and temporary.
- **Dietary counsel and recommendations:** With recognition *food is the first medicine*, we'll discuss changes that fit the context of your life to influence health and vitality.
- **Electric stimulation:** Acupuncture needles are connected with a small microcurrent
- **Gua Sha:** Rubbing or scraping of an area of the body with a blunt, round instrument, the round edge of a ceramic soup spoon is traditional. Some bruising may result, is expected, and temporary.
- **Heat Lamp:** Infrared lamp suspended 6-18" away from body.
- **Mindfulness and Awareness practices:** Practices with instructions and discussion provided unique to each individual.
- **Moxibustion:** Indirect or direct burning of mugwort leaf (*artemisia*) on specific areas of the body.
- **Sotai massage:** a gentle form of mobilizing neuromuscular education developed by Dr. Keizo Hashimoto, a modern Japanese acupuncturist. Movements are always done toward comfort, away from pain.
- **Tuina massage:** Chinese Medicine origin bodywork with stretching and the stimulation of acupressure points and channels used to address pain and musculoskeletal injuries. Techniques include brushing, kneading, rolling, pressing and rubbing.
- **Qi Gong and other movement exercise:** Practices with instructions and discussion provided unique to injury or rehabilitation.

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