

Acupuncture is a technique used to stimulate specific points on the body by inserting thin needles through the skin. It has been practiced throughout the world—most notably in Eastern cultures—for thousands of years. The practice is becoming more widely used for a variety of ailments in all cultures, either alone or in combination with western medicine. Acupuncture primarily promotes integrated medicine—using acupuncture in conjunction with more conventional therapy to achieve the best outcome.

Acupuncture is a tool frequently used as part of a comprehensive physical rehabilitation and/or pain management program, including the treatment of osteoarthritis, myofascial disease, generalized pain, intervertebral disc disease, and paresis/paralysis.

