

Bedside Acupuncture

Post Stroke Care

If you had an ischemic stroke or hemorrhagic stroke within the past 7 or 10 days, respectively, you may ask for acupuncture treatment if you have any of the following symptoms:

- ❖ hemiplegia
- ❖ aphasia
- ❖ depression
- ❖ insomnia
- ❖ fatigue
- ❖ lack of appetite
- ❖ joints pain

Post Orthopedic Operative Care

If you had a knee, hip replacement, or other orthopedic surgery and is now in stable condition, you may ask for acupuncture treatments if you have any of the following symptoms:

- ❖ pain & swelling
- ❖ muscle weakness
- ❖ lack of energy
- ❖ lack of appetite
- ❖ depression
- ❖ insomnia
- ❖ no motivation for rehabilitation training

National Institute of Health (NIH) Consensus on Acupuncture

“Acupuncture as a therapeutic intervention is widely practiced in the United States... However, promising results have emerged, for example, showing efficacy of acupuncture in adult postoperative and chemotherapy nausea and vomiting and in postoperative dental pain. There are other situations such as addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low back pain, carpal tunnel syndrome, and asthma, in which acupuncture may be useful as an adjunct treatment or an acceptable alternative or be included in a comprehensive management program.

“The data in supporting acupuncture is as strong as those for many accepted western medical therapies. One of the advantages of acupuncture is that the incidence of adverse effects is substantially lower than that of many drugs or other accepted medical procedures used for same conditions.”



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Post Orthopedic Operative Care

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