



# How can Acupuncture points in my hand Alleviate my Back Pain?

Jocelyn Joy, MS, L.Ac  
Joy Acupuncture Health Centre

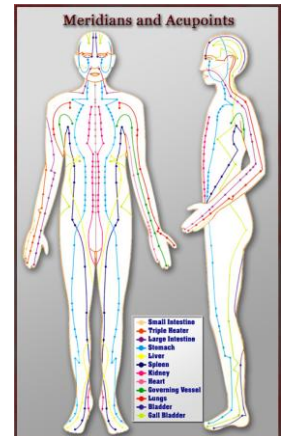


Patients ask me this all the time. Well, at least some variation of this question. They are amazed to experience pain relief by placing the needles far away from the site of their pain.

How can this be? The secret is in the Acupuncture Meridians, how they are inter-connected and balance each other. The Meridians are like channels that run up and down the body transporting the "Vital Air" or Qi to all the organs and tissues of the body. When all parts of the body have adequate and free-flowing Qi, we experience health and lack of pain. However, when this flow is inadequate and/or stuck we have dysfunction and pain.

This style, The Balance Method, uses other Meridians to balance those in dysfunction. I liken this to fixing a door that drags on the outer edge. The best fix usually is found by adjusting the hinge on the opposite and upper side. You could trim the dragging edge, but it doesn't really fix the problem and most likely it will drag again as the upper hinge is still loose.

To perform this style a practitioner first has to be well trained in Acupuncture and Chinese Medicine theory. She has to know precisely how the Qi flows in the body and choose the Meridians which can balance those having pain or dysfunction.



Needles are placed in the chosen area that is most tender. The original painful area is checked to see how much pain relief or increased Range of Motion has occurred. If improvement is less than 50% additional needles may be used. Needles are left in for 30-45 minutes while the person rests. Often my patients take a snooze while being treated.

Here are a few examples of using the Balance Method at Joy Acupuncture Health Centre:

- A) I treated a patient with Transverse Myelitis, a very painful nerve condition that weakened and left her leg with severe and constant pain. I placed several needles on her opposite upper and lower arm to treat her leg very effectively. She told me she felt a comforting warmth in the leg area and her pain decreased by 50% in 10 minutes! This pain relief lasted for several days and we continued treatment until the pain was reduced by 90% and stayed that way for several weeks at a time.
- B) Another patient came to me with severe Low Back Pain. Chiropractic therapy had reduced the pain initially, but was not working with this flare-up. I put four needles in each hands and her pain was completely relieved for the first time in a month. We repeated this treatment until she stabilized. She now comes in once a month or so to maintain her progress and take a great nap.
- C) Another patient sought treatment for chronic neck and shoulder pain. After placing about 6 needles in her ankle and lower leg she was amazed to have about 75% pain relief and dramatically increased range of motion.

This style is great for treating pain. It usually works very quickly and dramatically. It is, however, not a one treatment fix.

Often it has taken a long time or a severe trauma to get to this point of dysfunction and pain. This is not undone in one visit. The dramatic results are indicative of the body's ability to heal itself, but often several treatments are needed to stabilize a condition and then maintain this progress.

I often suggest two treatments a week for three weeks, then a reassessment. Sometimes we will continue with twice a week treatments, but if enough progress has been made we may reduce to one treatment a week. The goal is to have the pain reduction or elimination last between treatments. At first the relief may only be a couple of hours or one day. After repeated treatments, though, it is possible to have several pain free days.

**Joy Acupuncture Health Centre**  
2602 First Avenue, Suite 103  
San Diego, Ca 92103  
619-322-4492 [www.joyacupuncture.com](http://www.joyacupuncture.com)