

## Back Pain And Acupuncture

Back pain is one of the most prevalent reasons people seek health care. Millions of working days and countless hours of activity and fun are lost each year due to back pain.

### Common Causes Of Back Pain That Can Be Treated With Acupuncture

One of the top causes of back pain are sprains (overstretching one or more of the ligaments in the back) and strains (a rip or tear in the muscle caused by sudden force). This can happen from an injury, poor posture, or improper lifting.

Another source of back pain that can be treated comes from a herniated disc which is a disc that bulges out from its place between two vertebrae.

Sciatica is another common form of back pain. Sciatica is a term used to describe pain that extends down into the buttocks and leg which comes from an irritation of the largest nerve in the lumbar spine called the sciatic nerve. Sciatica can be caused by sprains, strains, herniated discs as well as back pain from other sources.

Acupuncture belongs to Traditional Chinese Medicine. An acupuncturist must follow Traditional Chinese Medicine theory when he treats any back pain or other disease. Traditional Chinese Medicine has very different ideas of what causes Back Pain compared to the ideas of western medicine. Common TCM ideas include:

- pain comes from kidney "Qi" (vital life energy in the body, pronounced "chee") deficiency;
- pain comes from "Qi" and blood stagnation;
- pain due to cold damp obstruction in meridians (Qi and blood circulation).

Pain that results from kidney Qi deficiency is usually dull, chronic, and improves with rest. It is more common in middle aged and elderly people.

Pain from stagnation is more severe and stabbing in nature. There is stiffness and tightness in the muscles and it worsens with rest. Often this type is seen in occurrences of acute sprains and strains. It can reoccur chronically, thereby indicating an underlying deficiency.

Pain from cold damp obstruction is worse in the morning, exacerbated by cold and damp weather. It improves with heat and may be accompanied by numbness, swelling and a sense of heaviness.

### Traditional Chinese Medicine As Treatment For Back Pain

TCM works to restore harmony and energetic balance to the body which stimulates natural healing and promotes

health. Acupuncture is one of the first forms of treatment that should be used and is individual to each patient.

## Acupuncture Has No Adverse Side Effects.

When a DOCTOR treats your back pain with acupuncture, both local (at the site of pain) and distal (away from the area of pain) points can be used to help resolve the problem. Distal points are very important, especially in acute pain. Often, needles can be placed in areas other than the back and you can get excellent and quick relief. There are many local points on the back and often a practitioner will palpate your body to find the most sensitive spots and needle those. Other adjuncts to treatment might include: electric stimulation of points, and cupping or external herb therapy. Generally, it is advisable to have frequent treatment initially and taper off as the pain diminishes. Herbs can also be helpful in moving blood and reducing inflammation as well as strengthening a deficient condition.

In a Swedish hospital study with patients who experienced chronic low back pain, doctors concluded that acupuncture provided long term pain relief. They also observed improvement in activity levels, better sleep, and consumption of significantly fewer analgesics for the acupuncture group as compared with the group receiving a placebo treatment. Following Dr. Yu's research, 95% of lumbar disk herniations ( a very painful low back and leg Sciatica.) can be treated with acupuncture and operations are not needed.

Acupuncture continues to gain popularity in CANADA because it is an effective treatment of acute and chronic backache. Acute pain can often be cleared up in a few sessions. More treatments may be needed if there is an underlying deficiency, or reoccurring problem, or sciatica.

Acupuncture and Chinese traditional medicine is an art and a science that takes years to master. Look for an acupuncturist with experience

## About The Author

Dr. Vincent Cunhai Yu is a registered acupuncturist who has worked in China and Russia. He is practicing now in VANCOUVER. Dr. Yu is a specialist who has worked in a large hospital for 16 years.

Dr. Yu has done extensive researches on **back pain, digestion related troubles and headaches**. He is also an expert on **arthritis, soft tissue injury, frozen shoulder, tennis elbow, neck pain, insomnia, facial palsy, depression, strokes, quit smoking, and lose weight, hair loss, low immunity, eczema and acne**.

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