

Acupuncture for Scoliosis

According to the Mayo Clinic, scoliosis can be defined as a sideways curvature of the spine. This curvature happens just prior to puberty in most children. Scoliosis curves can be either in the shape of a “C” or an “S”, causing the patient to walk and/or stand unevenly. Severe cases of scoliosis can cause back pain and difficulty with breathing. These curvatures can at times be also very painful for the scoliosis sufferer.

Spinal deformities are normally mild not requiring any treatment yet severe spinal curvature can be quite disabling.

Symptoms of Scoliosis:

- Uneven hips
- Uneven shoulders
- Uneven waist

Most causes of scoliosis are unknown.

However, here a few possibilities:

- Hereditary
- Injuries to spine
- Neuromuscular disabilities such as cerebral palsy & muscular dystrophy
- Polio or Spina bifida
- Birth defects

Acupuncture treatments provide a safe, natural way to help alleviate the pain often associated with scoliosis. The Traditional Chinese Medicine (TCM) sees the human body as an integrated being. It works with vital energies inherent within all living things to promote the body’s ability to heal itself. Qi (pronounced “chee”) is a vital energy that flows through meridians, pathways that run

throughout the entire body. Qi protects the body from illness and provides nourishment to cells, tissues, muscles and organs. During acupuncture treatments, fine, sterile needles are inserted at specific acupoints along these meridians to release blockage and imbalance.

Acupuncture Help Scoliosis:

- Eliminate pain
- Reduce inflammation
- Relax muscles
- Improve circulation
- Promote healing
- Balance the spine

Acupuncture practitioners recommend a holistic health approach inclusive of herbal remedies, massage and stretching. According to Eastern holistic medicine, treatment of scoliosis is greatly enhanced with the following lifestyle changes:

- Stretching to help lengthen muscles alleviating pain and helping correct curvature
- Diets including anti-inflammatory, unprocessed and organic foods
- Participation in sports & exercise increases flexibility such as pilates and/or yoga
- Massage Therapy

Procedures of Acupuncture

During a treatment, specific acupuncture points are stimulated to balance bioelectric energy circulation and promote the body’s own natural healing abilities. A balance of energy in the body yields mind-body relaxation and optimized physiological functions of the body. The whole procedures last about 20 minutes, during which time patients are very relaxed and comfortable.

What to expect after acupuncture treatment?

True healing takes time and dedication. Acupuncture is not an instant fix. Depending on your current health and symptoms, you could feel better right away or you may need treatments for weeks, months or years to achieve the results you want. With a little patience and an open mind, you’ll be on your way to health and vitality.

Dr. Bruce Pomeranz,
Neurosurgeon, University of Toronto
“I can’t see a better solution to long-term chronic pain. There is no question in my mind that acupuncture is safer than surgery or drugs.”

Acupuncture goes Mainstream

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions.

- Addiction-alcohol, drug, smoking
- Anxiety/ADD
- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Bursitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold & Flu
- Constipation
- Depression
- Digestive Disorders
- Dizziness
- Facial Palsy/Tics
- Fertility/Habitual Miscarriages
- Fibromyalgia
- Frozen Shoulder/Pain
- Gastrointestinal Disorders
- Headache/Migraines
- Hepatitis B/C
- Immune system deficiency
- Incontinence
- Insomnia
- Knee pain
- Myofascial Pain Syndrome
- Neck Pain/Stiff Neck/Whiplash
- Osteoarthritis
- PMS
- Rhinitis/Sinusitis
- Sciatica
- Sports Injured

- Stress/Emotional Problems
- Stroke Paralysis/Numbness
- Tendonitis/Tennis Elbow
- TMJ
- Trigeminal Neuralgia
- Wrist Pain



L. Phan, D.O.M., A.P.

“Experience is priceless...”

- Graduate from the University of Hawaii with a B.S. in Bio-Chemistry
- Completed 4 years post-graduate training in Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine, Houston, Texas
- Certified Neuromuscular Therapist
- Certified Craniosacral Therapist
- NAET (allergy) Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)

ACUPUNCTURE FOR Scoliosis

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Conditions, But Not Limited to:**

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