

Acupuncture is part of a larger medical system called *Traditional Chinese Medicine* or TCM that includes other therapeutic modalities. This medical system relies on your body’s innate healing capacity and requires each person to take responsibility for their own health by participating in the healing process. In some cases, symptoms may relapse or intensify temporarily during the course of treatment before relief is sustained. Every patient participates with the acupuncturist in a healing partnership. The statements below describe some of the therapeutic modalities which may be employed during treatment, and assist in patient understanding and participation in the treatment process.

ACUPUNCTURE is a technique using small, sterile, disposable, stainless steel needles inserted at specific points in the body, causing a positive response in order to correct various ailments. The location of the application of the needles and the depth of the needle insertion is determined by the nature of the problem. The application of these needles may be accompanied by a brief painful sensation, and there is a slight possibility of minor swelling, bleeding, bruising, hematoma or fainting. Momentary euphoria or light headedness may occur after an acupuncture treatment. The acupuncturist can easily handle any immediately reported problems that arise from the acupuncture treatment, minor problems are no cause for concern.

ELECTRICAL STIMULATION of the acupuncture needles involves using a small, battery powered stimulator attached to the acupuncture needles by wires. A slight throbbing or tingling sensation may be felt during and for a few hours after the use of this stimulator. This modality is usually employed for pain management and other specific conditions.

MOXIBUSTION is the application of indirect heat supplied by burning the herb ‘*Folium Artimesiae Vulgaris*’ commonly known as ‘*mugwort*’ over a single acupuncture point or a group of points. The area treated may remain red and warm for several hours after treatment. The risk of a burn is rare.

INFARED HEAT LAMP TREATMENT Creates a pleasurable sensation of warmth over a larger area. The area treated may remain red and warm for several hours after treatment. The risk of a burn is rare.

CUPPING / GUA SHA uses round vacuum cups or a scraping tool over a large muscular area, such as the back or neck, to enhance blood circulation to the designated area. This method may produce a deep redness, discoloration and on rare occasions, a minor blister or bruising which may persist for several days. These marks resolve on their own and not an indication of complications or injury.

HERBAL SUPPLEMENTS are used to facilitate the bodies own restorative process. These herbs can be taken as a tea by boiling dried plants in their natural forms or in pill, tablet or tincture forms. Some herbs may be applied topically for various issues. These herbs are mostly roots, bark, seeds and leaves. They often have a bitter taste and on rare occasion gastric upset may occur. Inform the herbalist/ acupuncturist if this is an issue adjustments to the formula can be made. If hives, shortness of breath or an allergic reaction occurs discontinue immediately, seek emergency medical treatment and inform the herbalist/ acupuncturist.

QI GONG EXERCISES is Chinese for “energy work” is non-invasive healing modality that predates the use of acupuncture needles, and incorporates the same therapeutic basis as acupuncture.

NAME: _____ DATE _____

Arbitration Agreement : In the event of any controversy or claim arising out of or relating to services received by Bonnie Roesger RN. LAc. Dipl.OM. I agree to first attempt to settle the dispute by mediation administered by American Arbitration Association in accordance with AAA rules.

NAME: _____ DATE _____