



**Dr. Malott-Brechtel**

## **Getting To The Point!**

Dear Dr. Brechtel,

I have some shoulder pain, and a friend recommended acupuncture, but I am afraid of needles. Help!

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First, I have found acupuncture very useful in pain control for multiple areas of the body. It is, in my opinion, very useful for shoulder pain. In fact, some of the acu-points are called 'miracle shoulder points' because they work so well for mild to moderate pain.

Second, acupuncture needles are very fine, approaching the width of a human hair. Because they are so fine and solid (unlike hollow injection-needles), they can often be inserted without any sensation at all. Most patients comment on how little sensation they actually feel when getting treated.

Third, alternate procedures to needle-acupuncture exist that result in stimulation of the acupuncture points. These gentle techniques are thus less potent, and may require longer treatments or more applications to have an effect.

Lastly, Kinesio-taping (a sport tape) can have great results with shoulder pain, and certainly warrant trying. Either way, you should thank your friend for the tip.

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