

A Thoughtful Approach to Pain Management

Personalized acupuncture care to support comfort, mobility, and everyday well-being. This guide explains how pain management may be approached at Reishi Wellness Center, what patients can expect, and what makes the experience distinctive.

Who We May Help

Patients may seek acupuncture support for persistent or recurring lower back pain, neck and shoulder discomfort, sciatica-like symptoms, knee osteoarthritis pain, certain headaches and migraines, and other musculoskeletal pain. The suitability of acupuncture depends on the individual condition and clinical assessment.

Our Patient Care Journey

01	Listen & Understand We discuss your main concerns, when symptoms began, factors that worsen or relieve them, relevant medical history, prior treatments, and your personal goals.
02	Assess & Plan A licensed acupuncturist reviews symptom patterns and relevant clinical information, explains whether acupuncture is appropriate, and develops an individualized plan. Referral for medical evaluation is recommended when indicated.
03	Provide Personalized Care Treatment may involve acupuncture using sterile, single-use needles. The practitioner selects techniques and visit frequency based on your presentation, preferences, and response.
04	Track Meaningful Progress We review pain levels, mobility, sleep, and daily function over time. Treatment recommendations may be adjusted according to progress and tolerance.

What to Expect at Your First Visit

Your first appointment typically includes a consultation, review of relevant history and symptoms, discussion of treatment options, and an opportunity to ask questions. Your practitioner will explain potential benefits, limitations, and common side effects before treatment.

Our Approach & Distinctive Strengths

Individualized, not one-size-fits-all

Care is planned around the person, not just a diagnostic label or a single pain score.

Whole-person perspective

We consider how pain affects movement, rest, stress, and day-to-day quality of life.

Traditional knowledge with evidence-informed decisions

Acupuncture principles are considered alongside contemporary research, safety practices, and appropriate medical referral.

Function-focused progress

Success is discussed in practical terms: walking, working, sleeping, and doing activities with greater comfort.

Collaborative care mindset

Acupuncture can be used alongside conventional care when appropriate; patients are encouraged to keep their medical providers informed.

How Acupuncture May Help

Clinical research suggests acupuncture may offer relief for some chronic pain conditions, including chronic low back pain, neck pain, and knee osteoarthritis. For certain recurring headaches and migraines, acupuncture may also help reduce symptom frequency. The size and durability of benefit vary, and evidence is less certain for some conditions. Acupuncture does not correct every underlying cause of pain.

Safety, Transparency & When to Seek Medical Care

Acupuncture is generally well tolerated when performed by a properly trained professional using sterile needles, but temporary soreness, bruising, or lightheadedness can occur; rare serious complications are

possible. Tell your practitioner about pregnancy, bleeding disorders, anticoagulants, implanted devices, and other relevant conditions.

Seek urgent medical attention for new weakness, loss of bowel or bladder control, numbness in the groin area, severe pain after trauma, fever with back pain, or other rapidly worsening symptoms. Acupuncture should not delay emergency diagnosis or treatment.

Frequently Asked Questions

How many sessions will I need?

There is no universal number. Your practitioner can suggest a starting plan and reassess based on your response.

Will treatment be uncomfortable?

The needles are very fine. Sensations vary; some people notice brief tingling, heaviness, or mild soreness.

Can acupuncture replace medication or surgery?

Not automatically. Acupuncture is often complementary; do not stop prescribed treatment without consulting your medical clinician.

Will insurance cover my visits?

Benefits depend on your individual plan, diagnosis, and network requirements. Confirm eligibility and any out-of-pocket costs before treatment.

Your Next Step

If pain is limiting your comfort or daily activities, contact Reishi Wellness Center to discuss whether acupuncture may be a suitable part of your care plan.

Reishi Wellness Center | Melville, Long Island, New York

Website: www.reishiwellnesscenter.com

Educational information only. This guide does not establish a diagnosis or guarantee a treatment result. Final service offerings, appointment procedures, clinician credentials, and insurance participation should be confirmed with the clinic.