

ACUPUNCTURE

INFORMATION FOR PHYSICIAN REFERRALS



OBSERVABLE EFFECTS OF ACUPUNCTURE

- Acupuncture stimulates endogenous opioids like endorphines and enkephaline
- Acupuncture increases circulation & tissue perfusion.
- Acupuncture supports tissue healing & remodeling.
- Acupuncture reduces chronic inflammation & can help break down excess scar tissue.
- Acupuncture supports mental & emotional health by balancing the stress response, improving sleep quality, & balancing the mood.
- Acupuncture can help reduce side effects of certain pharmaceuticals.
- Acupuncture can help reduce withdrawal symptoms and aid in recovery.

FOR MORE INFO CONTACT:

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WHEN & HOW TO REFER

How to talk to patients about acupuncture:

Providers can confidently tell patients that acupuncture is a safe, evidence-based, and effective part of whole-health care.

Training that Acupuncture Clinicians (L.Ac's) receive:

Training is, at minimum, a 4yr M.S that includes 3,000hrs of didactic and a 1,000hr clinical residency. Approximately 1,000hrs of the didactic is dedicated to biomedicine subjects such as pathology, pharmacology, anatomy, physiology, physical exam, differential diagnosis, and internal medicine. They must complete four National Board exams for licensure, which is maintained through continuing education and governed by the Kentucky Board of Medical Licensure.

What can you recommend acupuncture for:

The management of chronic & acute pain, high stress reactivity, digestive disturbances, allergies & asthma, sleep disturbances, addiction & recovery, hormonal imbalances, metabolic imbalances, and mental/emotional imbalances.

Referrals:

Patients do not need a written referral to see an acupuncturist but it can be utilized if desired. Acupuncture clinicians can treat patients at all stages of disease and discomfort - whether they are in an acute, chronic, or prophylactic phase. Depending on the patient and the condition, treatments can be done with the goal of eliminating or managing the issues or treatments can be for prophylactic care and health promotion.