

Albuquerque Fibromyalgia Patients Use Acupuncture Treatment to Reduce Pain and Inflammation

In Albuquerque fibromyalgia is a common problem for many people. Fibromyalgia is a very painful disease. People who have fibromyalgia suffer chronic pain in different parts of their body. In addition to suffering from chronic pain fibromyalgia patients suffer from other problems such as joint pain, stomach problems with intestinal issues, and muscle pain. Acupuncture treatment is helpful in dealing with all the symptoms described above. Different methods of acupuncture treatment are available to treat fibromyalgia including traditional acupuncture and electroacupuncture.

Traditional acupuncture treatment of fibromyalgia is done by inserting special acupuncture needles into specific parts of the body that will therapeutically release the blocked body energies that are causing the pain and the disease for the patient. Initially an acupuncturist initiating a fibromyalgia acupuncture session will insert acupuncture needles in specific areas of the body connecting to the problem areas of the body causing the fibromyalgia. From there the acupuncturist will use manipulation techniques on the acupuncture needles. Generally the manipulation techniques used entail subtly twisting the needles which creates relief of the accumulation of energy from one point in the body. Moving the needles effects the bodies neurotransmitters and endorphins positively which in turn helps regulate the pain in the body coming from fibromyalgia.

A modern approach to acupuncture is electroacupuncture which is applying the same acupuncture techniques with addition of electric currents during the needle manipulation part of the acupuncture treatment. During acupuncture treatment using an electric current the acupuncturist attaches a device to the needles already inserted into the body that passes and electric current through the needle into the body. Acupuncture needles are very thin, very flexible, and they do not cause pain to acupuncture patients. Patients may feel a tingling feeling or a heavy sensation, but they do not feel pain. More often than not acupuncture patients feel tranquil after an acupuncture treatment session. A series of acupuncture treatment is best when using acupuncture to treat chronic painful fibromyalgia. The number of acupuncture treatments needed to see relief from the pain of fibromyalgia depends on the severity of the fibromyalgia and the condition of the patient receiving treatment.