

Houston Methodist Wellness Services

ACUPUNCTURE



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LEADING MEDICINE

houstonmethodist.org/wellness-services



What is Acupuncture?

Acupuncture is based on ancient Chinese medicine dating back thousands of years, used to diagnose, treat and prevent illnesses. In conjunction with standard Western medicine, acupuncture can help maximize the effectiveness of medicine and reduce possible side effects.

What Happens During Your Appointment?

An acupuncturist will perform a partial physical examination and health history to determine your health status and a course of treatment. The acupuncturist will then insert very fine, flexible, pre-sterilized needles into specific points called acupoints. These disposable needles eliminate the transmission of communicable diseases. Patients feel little or no sensation.

Conditions for Acupuncture Therapy

Pain Management: migraines, headaches, arthritis, back pain, sciatic pain, neck pain, muscle pain or cramping as well as others.

Women's Health: menopause, PMS, infertility and others.

Gastrointestinal Disorders: constipation, diarrhea, indigestion, abdominal pain and others.

Nervous System/Muscular Disorders: weakness or paralysis after a stroke, nerve pain, post-operative pain and others.

Stress Management/Mental Health: nervousness, anxiety, insomnia, depression and others.

Fatigue: chronic fatigue, low immunity and others.

Respiratory Disorders: asthma, common cold, smoking cessation and others.

Pricing

The first treatment is free for new patients. Follow-up visits per treatment are \$40 for Methodist employees and \$45 for non-employees. *(Prices are subject to change.)*

Acupuncture is offered at all of our Houston Methodist locations. Call 713.363.7007 to check availability near you.

Houston Methodist Wellness Services
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