

PAIN SERVICES

# Japanese Acupuncture



**M**onadnock  
Orthopaedic  
Associates

A Department of Monadnock Community Hospital

# A new choice

Monadnock Community Hospital is pleased to offer Japanese style acupuncture services to our community.

## What is acupuncture?

Acupuncture is a system of complementary medicine that involves thin, superficially-placed needles to alleviate pain and to treat various physical and mental conditions. Acupuncture was first developed in China many centuries ago, but is now widely practiced around the world.

## An option for pain treatment

Studies show that acupuncture can be effective for the treatment of chronic pain, anxiety, and other conditions. A 2012 review of 92 studies, published in the Archives of Internal Medicine, found acupuncture to be effective at relieving pain from chronic headaches, backaches and arthritis.

## How does acupuncture work?

Although acupuncture is one of the oldest healing arts, researchers are still discovering mechanisms for how it works. Many doctors believe that when the acupuncture needles enter the skin, they trigger the release of endorphins (natural painkilling chemicals) and serotonin, a brain transmitter that affects mood.

## A growing alternative

In the last 25 years, acupuncture has become more prevalent. Over 40% of American hospitals now offer acupuncture services, and the U.S. military uses it to help treat pain from combat injuries.

## Japanese and Chinese style acupuncture

While Chinese style acupuncture is the most well known system, Japanese acupuncture is becoming more and more popular. Traditional Chinese acupuncture involves the insertion of needles into the skin at specific points. The needles may then be turned, twirled or even electrified. In Japanese acupuncture, the needles are thinner and finer, and are not usually manipulated, often making it less painful.

## Types of pain treated

Japanese acupuncture may be indicated for the treatment of chronic pain, including low back pain, shingles and nerve pain, hand and knee pain, headache, and fibromyalgia.

## Acupuncture services at MCH

Acupuncture services at MCH are provided by Terrence McNamara, DO, FAAPMR, of Monadnock Orthopaedic Associates.

Dr. McNamara received his certification in Japanese acupuncture from Harvard University in 2014. All services are provided at Monadnock Orthopaedic Associates, located at MCH's Bond Wellness Center.

## Make an appointment

Patients can schedule an appointment for an acupuncture consultation by requesting a referral from their Primary Care Physician to Dr. McNamara at Monadnock Orthopaedic Associates at (603) 924 -2144.





**MOA Pain Medicine** Dr. Terrence McNamara ♦ (603) 924-2144

## Monadnock Orthopaedic Associates

458 Old Street Road  
Suite 200  
Peterborough, NH 03458  
(603) 924-2144

### Office Hours

**Monday – Friday**  
8:00 AM – 5:00 PM



[monadnockortho.com](http://monadnockortho.com)

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