

BRIAN HAS A GREAT SUMMER

By Frank Gemmato

When Brian first came in to our office on July 11, he was in pretty bad shape. A 41-year old respiratory therapist, Brian had been in a car accident in May of this year. His pick-up truck was broad sided, flipped onto its roof and slammed into a telephone pole. He had been to his chiropractor for about 25 adjustments before another of my patients, a registered nurse, referred him to me.

Brian had pain and muscle spasms “like steel bands” that extended from the top of his scalp through his neck and into his shoulder blade and trapezius area. The entire area vacillated between numbness and pain. He couldn’t turn his neck to the right. There was a “ball of pain” in the deltoid muscle of his upper arm. He was able to use his right arm for a maximum of one minute before the pain stopped him.

Brian’s prospects for a fun-filled summer were dim indeed. How could he deal with the intense pain? Would he ever recover?

I was glad to see Brian because his type of injury (soft tissue whiplash) is one in which success with acupuncture treatment is virtually guaranteed.

We embarked on a comprehensive course of treatment using the best that traditional Chinese medicine has to offer:

1. conventional needle treatment
2. warming of the needles using moxabustion, infra red, and hot packs
3. electrical stimulation of the needles
4. deep coetaneous massage (“**Gwa Sa**”) to draw out congestion in the back muscles
5. Chinese herbal medicine and dietary contraindications to pain

Brian noted the following results: after one treatment, he had increased range of motion, and 30% less pain; after five treatments there was much less stiffness and pain with 40% improvement; at the eighth treatment he had 60% improvement overall; and at his eleventh treatment, 85%. After fourteen treatments Brian reports 95% reduction in his painful symptoms, complete recovery of his range of motion, and excellent stamina.

Needless to say, Brian is excited to get back to his normal activities. He’s been able to prepare his home for painting (which involves a lot of scraping), resume a normal work schedule and enjoy a camping trip this summer. His summer turned out pretty good after all...