

Community Acupuncture

Acupuncture

Acupuncture is a form of traditional Chinese medicine dating back 4,000 years. It involves inserting hair-thin disposable needles along areas of the body to restore balance and health. Acupuncture works by stimulating the body's own self-healing mechanisms. Acupuncture effectively treats a variety of health conditions and can quicken the body's natural recovery time for healing. It is a gentle and safe treatment option for individuals seeking wellness.

Community acupuncture

Traditionally, in Asia, acupuncture is offered in a group setting. Aurora Sinai Medical Center now offers group acupuncture. This means that after an individualized assessment, you will receive treatment in a supportive, healing environment while sitting in a reclining chair or lying on a table. There is no need to disrobe; participants will remove socks, roll their sleeves up to their elbows and their pants up to their knees. The acupuncturist speaks briefly and quietly before starting treatment. The treatment usually lasts one hour.

Other people are being treated at the same time, in the same room, in the same way. It is important the participants in community acupuncture are quiet and respectful of others receiving treatment. Together, people create a collective healing environment that is powerful and clinically effective.

Acupuncture is a process

A thorough medical history and evaluation is completed and an individual treatment plan is recommended for each acupuncture participant. Acupuncture is a gradual process that includes a series of treatments to achieve good results. An average course is 12 to 20 treatments, one to three times a week.

Aurora Sinai Medical Center

945 N. 12th Street
Milwaukee, WI 53201
Physical Medicine & Rehab
4th Floor, Easy Street ~ 414-219-5241

Kimberly Stephens, WI certified acupuncturist
Please call to set up an appointment



Kimberly Stephens

Conditions that benefit from acupuncture

Muscles, bones and joints

- Sprains
- Osteoarthritis
- Rheumatoid arthritis
- Fibromyalgia

Nervous system

- Strokes
- Neuralgia
- Headaches/migraines
- Nerve paralysis
- Anxiety, depression and other nervous disorders
- Symptoms related to Parkinson disease

Digestive disorders

- Indigestion
- Stomach ulcers
- Gallstones • Constipation • Urinary incontinence
- Diarrhea • Irritable Bowel Syndrome
- Nausea and vomiting • Side effects from chemotherapy

Respiratory system

- Asthma/allergies • Bronchitis • Sinusitis

Heart and blood vessels

- Angina • High blood pressure • Obesity
- Drug addiction • Smoking

Obstetrics and gynecology

- Fetal malposition • PMS • Menopause symptoms (hot flashes)
- Dysmenorrhea • Amenorrhea • Uterine bleeding • Infertility
- Labor induction

Fee

\$60 – Evaluation and first group treatment

\$30 – Treatment

Community acupuncture treatments are offered at a lower cost than individual treatment, so participants can receive acupuncture as recommended to get good results.

