

# joint replacement & Acupuncture

As a part of our comprehensive services at The Women's Hospital, we provide patients with an environment of peace and relaxation at our Center for Healing Arts.



**The Women's Hospital**

**CENTER FOR HEALING ARTS**

JOINTLY PHYSICIAN OWNED

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**Deaconess**

Acupuncture stimulates the flow of qi (pronounced "chee") in the body. Qi is the vital energy which flows throughout your body and can be disturbed by factors including cold, stress, diet, drugs and hereditary weakness.

By influencing the flow of qi, acupuncture stimulates the body to heal itself. Most patients report an enhanced sense of physical and mental well-being as a result of treatment.

For more information, call **812-842-4328** or visit **[www.deaconess.com/CHA](http://www.deaconess.com/CHA)**.

## Joint Replacement and Acupuncture

Acupuncture treatments can be an effective and drug-free way to reduce joint pain and optimize health prior to replacement surgery. In addition, acupuncture can be a great way to reduce post-surgical pain.

Once surgery is complete, acupuncture is a supportive therapy to assist in the healing process. It can speed healing, reduce pain, and help restore your body to its pre-surgical condition. Additionally, some patients who go through post-surgical physical therapy (PT) decide to schedule an acupuncture treatment after their PT session for pain relief and balance.

New research shows that acupuncture reduces pain and inflammation after knee replacement surgery. The research also finds that acupuncture improves range of motion following knee replacement surgery. Further, physical measurements of the swelling around the knee were significantly lower in the acupuncture group than in the control group.

While many patients are fine months and years after their joint(s) have been replaced, some people experience aches and pains in the joint when the weather turns cold or damp. If this happens, acupuncture is an effective treatment to alleviate some of these symptoms.

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