

restless leg syndrome & 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

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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**.

Restless Leg Syndrome and Acupuncture

According to the New England Journal of Medicine, “Restless Leg Syndrome (or Ekbom Syndrome) is a neurological disorder characterized by an irresistible urge to move one’s body to stop uncomfortable or odd sensations.” Although most people actually experience this uncontrollable movement specifically in their legs, it can also affect other areas of their body too.

In Traditional Chinese Medicine, acupuncture is the major form of treatment for restless leg syndrome. According to the symptoms of RLS such as aching, numbness, heaviness or abnormal movement of the limbs, the problem is regarded as “Bi-syndrome” which results from long-term obstruction problems in the leg meridians or energy highways.

In one study titled “Observation on Therapeutic Effect of Acupuncture on Restless Legs Syndrome,” 158 Patients were studied using a combination of five different acupuncture points plus a TDP heat lamp (which is commonly used during normal acupuncture treatments). The total overall effectiveness rate for this study was shown to be a very impressive 91.1%.

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