

Insurance coverage

Coverage varies. The initial evaluation may be covered by insurance. Acupoint stimulation or acupuncture is not always covered by insurance.

It is your responsibility to understand your insurance coverage, including pre-authorization requirements.

Visit our Web site

www.childrensintegrativemedicine.org

This Web site includes videos about specific treatments at Children's and lists resources that may be useful in learning about integrative medicine.

To make an appointment

If you are new to the Integrative Medicine Program, please call (612) 813-6797.

If you have already been seen in the clinic or would like more information, please call (612) 813-7888 to schedule an appointment. The fax number is (612) 813-7199.

Please arrive 20 minutes before your first appointment to allow time to gather information and fill out needed paperwork.

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Integrative Medicine Program

Children's - Minneapolis

Medical Office Building (MOB), Suite 306
2545 Chicago Avenue South
Minneapolis, MN 55404

Children's - St. Paul

Garden View Medical Building, Suite 403
347 North Smith Avenue
St. Paul, MN 55102

(612) 813-7888

(612) 813-6797, for new patients

Visit us at

www.childrensintegrativemed.org



Acupoint Stimulation



INTEGRATIVE MEDICINE PROGRAM



Children's Hospital and Clinics of Minnesota promotes the blending of conventional medical treatment and complementary approaches in medical practice and treatment. Many children and their families have found acupoint stimulation helpful.

What is acupoint stimulation?

Acupoint stimulation promotes the body's natural healing ability and helps improve functioning. To do this, therapy may include:

- acupressure.
- acupoint massage.
- comfortable electric stimulation.
- adhesive tape containing beads.
- very thin acupuncture needles.

In Chinese medicine, acupoint stimulation is said to help regulate the flow of energy that runs in channels throughout the body. It can help balance the autonomic nervous system, which is often a contributor to:

- chronic pain.
- abdominal pain, irritable bowel syndrome (IBS).
- nausea.
- constipation.
- migraine.
- tension headaches.
- chronic fatigue.
- anxiety.
- insomnia.
- enuresis (bed wetting).

Acupoint stimulation also can raise the level of natural pain relievers in the body. Some methods, including acupoint massage and electrical stimulation, can be taught to children and their families for use at home. Acupuncture also can be used in the integrative medicine clinic and is painless and very well tolerated for children 10 years and older.

What is the benefit of acupoint therapy?

Acupoint therapy can lessen pain from migraines, daily headaches, neck and back pain, joint pain, arthritis, and other chronic pain conditions. It also can reduce anxiety, promote relaxation, and help with insomnia. By helping to regulate the gastrointestinal system, acupoint therapy can bring relief from abdominal pain, irritable bowel syndrome (IBS), nausea, and constipation.

Acupoint therapy can promote an overall feeling of well-being and improved energy for patients with fibromyalgia or chronic fatigue syndrome. Evidence also supports use of acupoint stimulation for treating bedwetting.

What to expect from an acupoint therapy session?

First, you will meet with the practitioner for an evaluation and to decide about a treatment plan. During the first treatment session, children and their parents are often taught acupressure, massage of acupoints, relaxation techniques, and gentle exercises.

Follow-up sessions may include acupressure therapy, learning additional techniques, electrical stimulation, and acupuncture intervention.

Home treatment plans often include:

- acupressure beads placed on the ear or hand acupoints.
- massage of the acupoints on the hand, stomach, or other areas.
- electric stimulation units for acupoints.

About the acupoint practitioner

George H. Kramer, MD, is board-certified in physical medicine and rehabilitation, medical acupuncture, and pain medicine. He has used acupoint stimulation, acupressure, and acupuncture for more than 13 years, and has experience in pediatric and adult acupoint stimulation and pain medicine.



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