

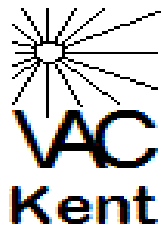
# ACUPUNCTURE AND PHANTOM LIMB PAIN

**IF YOU HAVE PHANTOM LIMB PAIN,  
PTSD, or Depression,  
YOUR TREATMENTS WILL BE FREE!**

**50% OFF FOR VETS FOR OTHER  
CONDITIONS!**

## OFFICE HOURS:

Monday thru Friday 9AM to 7PM  
Saturday 9AM to Noon  
By appointment only.



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Rev. 6/30/2019



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Electrical Engineer  
Licensed Acupuncturist

## ABOUT THE PRACTITIONER

Mr. Reinhard graduated from Georgia Tech in 1981 with a degree in Electrical Engineering. He then moved to Seattle to work for Boeing. With his long interest in bioelectric phenomena especially the electric properties of acupuncture points, he went to the Northwest Institute of Acupuncture and Oriental Medicine (NIAOM) where he graduated in 1990. He soon founded Valley Acupuncture Center where he has been practicing ever since. After having a stroke in Dec. 2015, he began treating himself with Scalp Acupuncture. It was then that he learned that it could also treat Phantom Limb Pain. Knowing the poor results of traditional treatments, he felt it was his duty to offer his services to the VA. It was then that he learned that the VA

does not allow licensed practitioners to volunteer at their clinics! He then realized he would have to treat those patients at his own clinic. Thus, this brochure.

You'll find more information on how acupuncture works on my website: [www.vackent.com](http://www.vackent.com).

## FEES

For vets with Phantom Limb Pain, Depression, your treatments will be free.

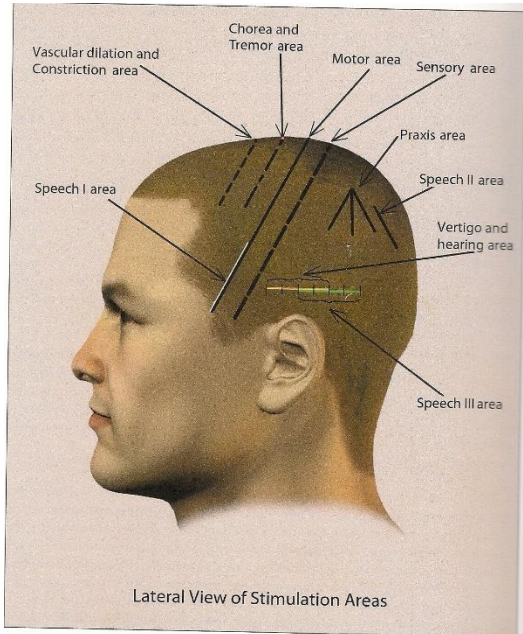
For all other conditions for vets, your fees will be:

First Visit \$40.00  
(Typically 1-1/2 hour)  
Follow-up visits \$25.00 per hour  
(Typically 1 hour)

Our clinic has been in Kent since 2003. We are handicap accessible.



As you can see I work out of my home. There's plenty of parking, and is quiet. It also allows me to be flexible on my work hours when necessary.



#### DRIVING DIRECTIONS

From I-5 Northbound or Southbound:  
Get off at the Kent-Des Moines Rd. exit towards Kent.  
Follow it down the hill and across the valley. Turn Left onto Central Avenue. Then turn Right when you get to James Street. Turn Left at Alvord Avenue North. Alvord is the first cross street past the church you will see on the Right.

Some of the areas of the scalp needed in Scalp Acupuncture. They mainly overly the area of the brain responsible for that function.

#### PHANTOM LIMB PAIN<sup>1</sup>

Phantom limb pain is the term for abnormal sensations perceived from a previously amputated limb. Patients may feel a variety of sensations emanating from the absent limb, which may feel completely intact despite its absence. Patients often describe their pain as burning, squeezing, cramping, prickling, shooting, or stabbing. Several studies have

shown that approximately 70-80% of patients develop pain within the first few days after amputation.

1. Several theories have been proposed regarding the cause of phantom limb pain. Some studies have indicated that phantom pain originates in the brain. When the area of the brain that controlled the limb before it was amputated no longer has a function, other areas of the brain fill in. There is a reorganization of

the primary sensory cortex, subcortex, and thalamus after amputation. The reorganization of the sensory cortex is currently considered to be responsible for phantom limb pain. Conventional medicine provides only limited help in alleviating these types of pain. Acupuncture, on the other hand, is becoming a preferred method of treatment for phantom limb pain.

#### HISTORY #11

We treated a 22-year-old male soldier with scalp acupuncture at Walter Reed Army Medical Center in Washington, DC in 2006. Although both legs had been amputated for several months, the patient still felt severe phantom limb pain. Various types of medication had been provided, but with little relief. The pain interrupted his sleep and caused him to lose emotional control. The patient described severe painful tingling sensations in both of his absent feet, with the feeling in his right foot worse than his left. The examination showed his tongue to be red with a thin, white coating, and his pulses were wiry and slippery, and somewhat fast.

**Chinese medical pattern discrimination:** Qi stagnation and blood stagnation in the channels, liver qi stagnation transforming into heat or fire.

#### SCALP ACUPUNCTURE

Treatment Area selection

- Primary area: Upper 1/5 Sensory Area and Foot Motor and Sensory Area
- Secondary area: Chorea and Tremor Area

#### NEEDLE MANIPULATION

Proper manipulation techniques are crucial in obtaining the desired results. Rotate the needles at least

200 times per minute with the thumb and index finger for 1-3 minutes, twirling them as vigorously as the patient can tolerate and repeating the stimulation every 10 minutes. As mentioned previously, during treatment some patients may feel heat, cold, tingling, numbness, heaviness, distention, or the sensation of water or electricity moving along their spine, legs or feet. Patients who experience some or all of these sensations usually respond and improve more quickly. However, those who do not have such sensations could still have immediate, positive results. Retain the needles for 30-45 minutes. Patients are often treated two to three times a week depending upon the degree of pain and a therapeutic course consists of 10 treatments.

#### RESULTS OF CASE #11

As soon as the needles were inserted in his scalp, the patient began to feel heat sensations in both his phantom legs followed by a tingling and almost electric-like sensation in his toes. Five minutes later his phantom pain had diminished considerably and after 10 minutes it had completely disappeared. The patient was worried that the pain might come back after the needles in his scalp were removed, so he insisted on sitting in the treatment room for some time after the treatment was finished. He was relieved and happy to leave without any phantom pain two hours after his first treatment.

#### DISCUSSION

In our experience, scalp acupuncture is a very effective form of pain relief for phantom limb pain. Other acupuncture techniques for alleviating phantom pain have been proven effective as well. The more commonly practiced techniques are acupuncture of the ear and body, as well as Frequency Specific Microcurrent (FSM) which doesn't use needles and is also good at treating concussions, various types of difficult pain conditions, PTSD and brain injuries. Although few scientific investigations have directly assessed the efficacy of scalp acupuncture for limb pain, in our clinic at least seven out of eight patients feel improvement after only one treatment. Scalp acupuncture for pain relief is accessible, less expensive, safe, and perceived as having fewer side effects than Western medical treatments.

- 1) "Chinese Scalp Acupuncture" by Jason Jishun Hao & Linda Lingzhi Hao, pp. 127-129.