

Care Redesign Spine Health Project:

Provider Informational Module “Tip Sheet”



Acupuncture

Overview

Acupuncture utilizes fine, flexible, and sterile needles in designated areas known as Acupuncture Points to loosen tight or knotted muscle fibers, open pathways of oxygenated blood flow, and stimulate the body’s healing mechanism leading to improved quality of life. Acupuncture is an ancient therapy that can help people manage all types of pain and the practice can enhance physical therapy and rehabilitation.

How We Can Help

A licensed Acupuncturist will conduct an hour-long consultation to determine how the therapy can help the patient and then begins the initial treatment plan. During follow-up sessions, the Acupuncturist will customize the patient’s treatment plans to meet their health and well-being goals.

Repeatedly, acupuncture research shows its efficacy in treating pain, especially in conditions such as lumbar pain, cervical issues, radiculopathy, and scoliosis. Acupuncture is also currently undergoing various clinical trials to determine the benefits that the therapy can provide as alternative to opioids for a patient’s pain management.

What is the Cost?

Costs for Acupuncture therapy at Duke Health can vary based on the visit, such as:

- The initial visit with the Acupuncturist,
- Each follow-up visit with the Acupuncturist, *and*
- The available discounts for Integrative Primary Care members, Duke Health team members, and students.

Visit our Acupuncture [website](#) to learn more about pricing for Acupuncture therapy as well as the healing environment and features available at the Duke Integrative Medicine Center.

Refer a Patient

- You can provide a patient referral for Acupuncture for any pain related to spine health.
- Call Duke Integrative Medicine Guest Services at **919-660-6826** to refer a patient. Guest Services will schedule your patient for the initial visit with a licensed Acupuncturist.



Please send questions or concerns to SpineHealth-Info@duke.edu.