

Knee pain

07/18/19

Dr. Lana Moshkovich, DACM

Case study: Knee Pain

A 72-yo female patient came on June 28, 2019 for chronic bilateral knee pain. She was diagnosed with osteoarthritis by her Primary care Physician years ago. This patient has a Cleaning business company for 30 years. Depending on a size of the houses she used to clean 1-3 houses on a daily basis.

On a first visit (06/28/19)we took information of her complains, family and social history. We reviewed her pharmaceutical medicine and supplements intake, discussed her dietary preferences and daily food charts. Exam, Chinese Medical Pulse and Tongue Diagnosis was performed.

She reported her pain as a 7 on a scale of 1-10 (10 being the highest level of pain). At the exact of time of treatment, the pain was a 7.

We established treatment strategy and duration of treatments.

Patient received acupuncture on

06/28/19,

06/29/19,

07/02/19,

07/10/19,

07/18/19.

Pain was reduced after the first treatment to 3 on a scale 1-10 and continued to drop down to slight discomfort and to 0 on a scale 1-10.

The patient was able to continue working despite our recommendations to reduce her work load intensity. Recommendations on specific formulation of fish oil strength were given and a follow up appointment scheduled. The Patient was advised to follow up with her Primary Physician for further evaluation.

At the end of the treatment, the pain had improved by 100%.

NONE of the needles placed were in the area of pain. Modern Pulse Diagnosis and Distal Needle Acupuncture Method of acupuncture was used as the therapy modality.