

## Rheumatoid Arthritis

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6/12/19

72 year old female patient came in with pain and tingling in her legs and hips pain. She was diagnosed with rheumatoid arthritis and peripheral neuropathy in 2017. This is post-surgery. She went into surgery for spinal stenosis. Patient got three different infections and sepsis after the surgery. Previously in 2014 she had right knee replacement and in 2010 left knee torn cartilage repair.

The pain was constant at the level of 7-8 on the pain scale from 0-10. Pain could be sharp, aching or dull. Patient takes Tramadol, Tylenol or ibuprofen.

The pain is usually get better with rest and movement makes in worth. Damp weather makes legs more stiff and fatigue.

The patient had constant pain in her hips radiating down the feet. This pain, fatigue and tingling prevent patient from doing normal daily activities. Sleep was affected by this pain as well. She has balance problem when she stands. PT and stretches helped in the past.

The patient found our clinic through her insurance.

We scheduled treatments right away 3 times a week. After the 8th treatment patient left on vacation and just came back with good news.

On 07/10/19 patient reaches 70% improvement. She noticed no tingling on her feet at night. The pain level was significantly decreased. She enjoyed her 1 week vacation.

The patient was anxious in the beginning of her acupuncture treatments and I had to show her that there is nothing to be worried.

Follow-up 7/25/19

Patient brought her recent lab results:

C Reactive protein changed from 7.8 mg/dL to 0.7 mg/dL

Acupuncture methods: Distal Method Acupuncture was used.