

## About the Practitioner

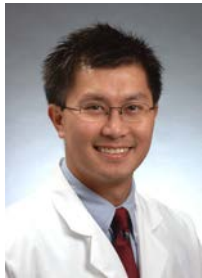


### **William L. Bockenek, MD**

Dr. Bockenek graduated from the University of South Florida and completed his residency at the University of Medicine and Dentistry of New Jersey/New Jersey Medical School, affiliated with the Kessler Institute of Rehabilitation. Dr. Bockenek received the highest

score in the nation on the physical medicine and rehabilitation (PM&R) board qualifying examination and the Spinal Cord Injury subspecialty examination. Dr. Bockenek is also certified in Medical acupuncture by the Helms Medical Institute.

Dr. Bockenek is the Medical Director of Carolinas Rehabilitation and Chairman of the Department of PMR at Carolinas Medical Center. He sits on the American Board of PM&R and is a member of the Academy of Spinal Cord Professionals, the American Spinal Injury Society, the Association of Academic Physiatrists, and American Academy of PM&R.



### **Vu Q. C. Nguyen, MD**

Dr. Nguyen graduated from Michigan State University and completed an internship in combined internal medicine/pediatrics. Dr. Nguyen is also certified in Medical acupuncture by the Helms Medical Institute. He served as a physician in the United States Air Force,

functioning as an emergency medicine physician and Interim Medical Director, and later practicing family medicine. After leaving the Air Force, he returned to residency training and joined Carolinas Rehabilitation where he was selected to be Chief Resident. His current research interest involves neuromodulation of shoulder pain syndrome. Dr. Nguyen is married and has three children. They enjoy hiking, camping and going to the beach.



### **Carolinas Back & Sports Specialists - Randolph**

3030 Randolph Rd. Suite 105  
Charlotte, NC 28211  
704-512-4400

*Monday 8:30am to 11:30am*



### **Carolinas Back & Sports Specialists - Huntersville**

9726 Sam Furr Road,  
Huntersville, NC 28078  
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## Medical Acupuncture

## About Medical Acupuncture

### How does acupuncture work?

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up in others.

The meridians can be influenced by needling the acupuncture points; the acupuncture needles unblock the obstructions at the dams, and reestablish the regular flow through the meridians. Acupuncture treatments can help the body's internal organs to correct imbalances in digestion, absorption, energy production activities, and in circulation of their energy through the meridians.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

### What is medical acupuncture? Is it different from ordinary acupuncture?

Acupuncture is a very old medical art, and there are many approaches to learning and practicing it. Medical acupuncture is the term used to describe acupuncture performed by a doctor trained and licensed in Western medicine who has also had thorough training in acupuncture as a specialty practice. Such a doctor can use one or the other approach, or a combination of both as the need arises, to treat an illness.

### What is the scope of medical acupuncture?

Medical acupuncture is a system which can influence three areas of health care:

- promotion of health and well-being
- prevention of illness
- treatment of various medical conditions

### Does acupuncture really work?

Yes. In the past 2,000 years, more people have been successfully treated with acupuncture than with all other health modalities combined. Acupuncture treatments can be given at the same time other techniques are being used, such as conventional Western medicine, osteopathic or chiropractic adjustments, and homeopathic or naturopathic prescriptions. It is important that your physician-acupuncturist understand your health history, to help you get the most benefit from all your treatments.

## Acupuncture is used to treat:

- Anxiety
- Arthritis
- Back, Neck, or Limb Pain
- Sciatica
- Carpal Tunnel Syndrome
- Chemotherapy Side Effects
- Chronic Fatigue Syndrome
- Depression and Stress
- Fibromyalgia
- Headaches or Migraines
- Menstrual Cramps
- Muscle Strain and Sprain
- Musculoskeletal and joint pain
- Myofascial Pain Syndrome
- Nausea
- Neuropathy
- Phantom Pain Syndrome
- Sinusitis
- Stroke or Paralysis
- Trigeminal Neuralgia

