

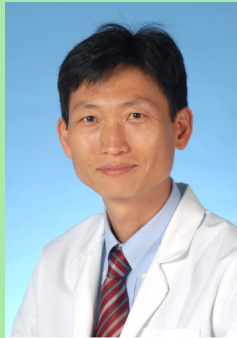
# Acupuncture

## What is Acupuncture?

Acupuncture involves stimulation of the body at certain points using a variety of techniques. The most frequently used technique is penetrating the skin with thin, solid, stainless steel needles, followed by manipulation with the hands or by electrical stimulation. Often the same points are pressed (acupressure) or warmed (moxibustion.)

## How Popular is Acupuncture in the U.S.?

A National Health Interview Survey recorded an estimated 3.1 million U.S. adults and 150,000 children used acupuncture in 2007.



**Jongbae "J" Park**  
K.M.D., Ph.D., L.

Dr. Park, an assistant professor in the UNC Department of Physical Medicine & Rehabilitation, is the inventor of the Park Sham Device, used worldwide in acupuncture research. He has published many articles in the field, and is

editor of *Complementary Therapies in Medicine* (Elsevier).

As a clinician in the PM&R Acupuncture Clinic, Dr. Park consults and treats patients with a variety of symptoms, including pain, instability or anxiety due to aging, accidents or illness.

Other conditions may be treated after consultation.

Call 919.966.8812 for a consultation with Dr. Park.

## Physical Medicine & Rehabilitation

Room N1181, Memorial Hospital  
UNC Chapel Hill CB #7200  
Chapel Hill, NC 27599-7200

Phone: 919-966-8812  
[www.med.unc.edu/phyrehab](http://www.med.unc.edu/phyrehab)

## Asian Medicine & Acupuncture

[asianmedicine@med.unc.edu](mailto:asianmedicine@med.unc.edu)  
[acupuncture@med.unc.edu](mailto:acupuncture@med.unc.edu)



UNC  
SCHOOL OF MEDICINE

## UNC Physical Medicine & Rehabilitation Acupuncture Clinic



## Patients' Voices



"I used to have migraines lasting between one and 12 days. Doctors would prescribe me all the medicine possible, but none of it helped. Then my mother and I found Dr. Park on-line, which was a blessing. After two weeks of acupuncture, Dr. Park also changed my diet. I have improved a lot and have more energy." — Ana Caicedo



"Just before my acute backache started, I had been doing some gardening and yard work. I started taking

Tylenol, but after four days, any movement aggravated an intense, stabbing pain. After I received acupuncture treatment, the pain was miraculously gone." — Chang-Ki Han

"With acupuncture treatment I have gone from difficulty with movement on my right side to much improved range of motion, including my right hand and fingers. My walking also has improved, and this has helped me get more benefit from physical therapy." — Kenneth Engles

*"I have improved a lot and have more energy."*

*"The pain was miraculously gone."*

*"I would highly recommend Dr. Park's clinic."*

"After two weeks of implementing Dr. Park's recommended changes, I felt remarkably better. I have now had five sessions with him. I feel better than I have in 15 years. In many ways, I feel like "my old self again," although, truthfully I feel better than my old self. I have the energy to take care of my children and to go back to work. I would say that Dr. Park gave me my life back, but it is more accurate to say that he helped me to see how I could get my life back for myself. It has been a very empowering experience for me. I am very grateful to Dr. Park for his knowledge, compassion, and care. Additionally, I can't say enough about how professional, helpful, and courteous his clinic staff is. I would highly recommend Dr. Park's clinic to anyone who wants to feel better and live better." — Margaret Rosemond Soler

"After five months of treatment in Dr. Park's care, I no longer have my life-long symptoms for chronic pancreatitis, acute pancreatitis, irritable bowel syndrome or acid reflux. I'm full of energy and life, and looking forward to raising my daughter with my beautiful wife. Dr. Park is indispensable to the success of the American experience, truly curing the sick and mending broken hearts." — Ryan Townsend

*"Dr. Park is indispensable...truly curing the sick and mending broken hearts."*

"Dr. Park is a gifted and compassionate healer. He answers my questions and gives me less to be concerned about. He helps me understand the



*"Dr. Park is a gifted and compassionate healer."*

physical, physiological and psychological changes I am experiencing as we work towards restoring my health." — Deborah Padgett