Acupuncture Effective for Chronic Pain

Thirty-eight individuals with chronic pain were taught self-acupuncture at three specific points (LI4, ST44, LR3) as a home pain management strategy. Three years later researchers distributed a questionnaire to determine the effectiveness of the treatment strategy.

- Continued Using Self-Acupuncture: 86.8%
- Experienced Pain Reduction: 80.8%
- Improved Quality of Life: 73.3%