

Our Clinic Protocols

At Balance Osteopathic Medicine, we use specialized auricular acupuncture protocols designed to support specific conditions, including:

- Headaches and migraines
- Motion sickness and dizziness
- Traumatic brain injury support
- Acute and chronic pain
- Sciatica
- Insomnia and sleep disturbances
- Depression and anxiety

What Conditions Can It Help?

Research supports the use of auricular acupuncture for:

- Pain management: Effective for musculoskeletal pain, headaches, and post-surgical pain.
- Anxiety & stress: Shown to reduce symptoms of generalized anxiety and pre-procedural stress.
- Insomnia: Evidence suggests improvements in sleep quality.
- Addiction recovery support: Used in structured protocols such as the NADA protocol.

(Note: Results may vary. Auricular acupuncture is most effective as part of a comprehensive care plan.)



AURICULAR (Ear) ACUPUNCTURE

Auricular acupuncture is a type of acupuncture that focuses on the outer ear (the auricle). The ear is seen as a microsystem of the entire body—specific points on the ear correspond to different organs, body regions, and functions. By stimulating these points with very fine needles, practitioners aim to restore balance and support healing.

How Does It Work?

- Tiny sterile acupuncture needles are placed in specific ear points, based on testing in office.
- The stimulation helps regulate the nervous system, release endorphins (your body's natural painkillers), and support organ function.
- The tiny needles stay in your ears until they fall out on their own (between a few hours and a few days) so you can continue gentle stimulation at home between visits.



Treatment frequency

Most protocols are scheduled once weekly for 10 weeks for best results.

The first set of ear acupuncture needles will be placed during your Osteopathic Manipulative Treatment (OMT) visit, so that the two therapies can complement one another.

- The protocol is typically once every week for ten (10) visits.
- Each of the appointments will be for 10 minutes if Dr. Gruber is just placing needles.
- If your appointment includes OMT, acupuncture needle placement will be done at your regular 30 minute appointment and billed separately.

Please let us know if you are:

- Pregnant
- Taking blood thinners
- Have a bleeding disorder or infection in the ear area

Acupuncture is not covered by insurance and is \$75 per visit.

The first visit will be an Office Visit billed based on the doctors time spent with you and submitted to your insurance company.

Auricular Acupuncture is considered an elective, out of pocket procedure. This treatment will be CASH PAY and cannot be submitted to your insurance company.

This is used as an add-on therapy to the OMT appointment Dr. Gruber provides. During one of your OMT appointments Dr. Gruber would determine if you are a candidate for a certain protocol. She may also have time to get the needles placed. If she does OMT, you will have an office visit and OMT billed to your insurance like you normally do. If you are put on acupuncture protocol, follow up "needle-only" appointments are charged differently and cannot be billed to insurance. The appointments are brief and \$50.00 for each visit.

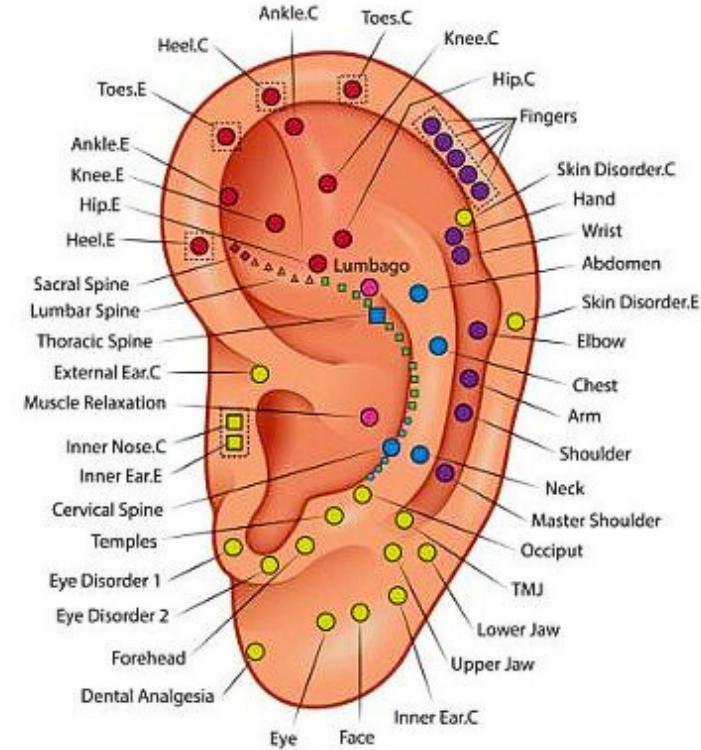
What to Expect During a Session

- Sensation: You may feel a brief pinch when needles are inserted, followed by a dull ache, warmth, or relaxation. Feels like getting your ears pierced.
- The needle may be sore to sleep on or touch for the first few days.
- The needles stay in anywhere from a few hours to several days, depending on the body
- Relaxation: Many patients can feel a muscle spasm release or calming sensation following needle placement, depending on the protocol.

Safety & Side Effects

- Auricular acupuncture is generally very safe when performed by a trained practitioner.
- Possible mild side effects: slight soreness, redness, or minor bleeding at the needle site.
- Serious complications are extremely rare.

Aftercare: It's common to feel relaxed, tired, or energized after a session. Drink water and rest if needed.



Evidence & References:

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