

PLEASE CALL TO SCHEDULE
AN APPOINTMENT WITH NEMS!
(415) 391-9686



**NORTH EAST
MEDICAL SERVICES**

東北醫療中心

a california *health+* center

Physical Therapy Clinic Location

- San Francisco Pacific Clinic**
728 Pacific Ave., Suite 301, San Francisco

Acupuncture Clinic Locations

- San Francisco Stockton Clinic**
1520 Stockton St., 2nd Floor, San Francisco
- San Francisco Pacific Clinic**
728 Pacific Ave., Suite 503, San Francisco
- San Francisco San Bruno Clinic**
2633 San Bruno Ave., 1st Floor, San Francisco
- San Francisco Leland Clinic**
82 Leland Ave., San Francisco
- San Francisco Taraval Clinic**
2308 Taraval St., San Francisco
- San Jose Clinic**
1870 Lundy Ave., San Jose

Chiropractic Clinic Locations

- San Francisco Stockton Clinic**
1520 Stockton St. 3rd Floor, San Francisco
- San Francisco San Bruno Clinic**
2633 San Bruno Ave., 1st Floor, San Francisco

Please visit NEMS website for more information:
WWW.NEMS.ORG

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

INTEGRATIVE HEALTH SERVICES

As part of NEMS' integrative approach to medicine, we offer complementary therapies including:





ACUPUNCTURE

What is Acupuncture?

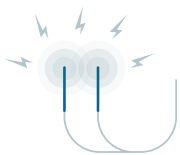
Acupuncture is a technique for balancing the flow of energy or life force in the body — known as Chi or Qi. Chi is believed to flow through pathways or meridians in the body. By inserting needles into specific points along these complex meridians based on each person's body type and symptoms, the points activate the meridians and restore balance in the body.

What are the benefits of Acupuncture?

- Promotes blood circulation
- Stimulates the body's built-in healing mechanisms
- Releases natural painkillers
- Reduces both the intensity and perception of chronic pain
- Relaxes shortened or stiff muscles
- Reduces stress

Other methods used during treatments

Electrical Stimulation



Cupping



What conditions can benefit from Acupuncture?

- All sorts of musculoskeletal pain such as: shoulder pain, neck pain, knee pain, elbow pain, carpal tunnel, wrist pain, headache, lower back pain, foot pain
- Sport injuries, broken bones, rheumatoid arthritis

The conditions below can also benefit from Acupuncture, however, insurance plans may not cover:

- Strengthening the immune system, allergies, colds, congestion, sinus infections, headaches, ear infections, ear pain, clogged ears, cough, bronchitis, asthma
- Prevention of HBP, stroke, neural traumatic brain injury, cognitive disorder, OCD, depression, high stress, anxiety, PTSD, ADD/ADHD, sleeping issues
- Digestive issues such as constipation, loose bowels, IBS, leaking gut, food sensitivity

Does my medical insurance cover Acupuncture treatments?

Acupuncture is covered by most insurance plans including Medi-Cal. Acupuncture may be covered under certain Medicare supplemental plans. For commercial insurance plans, you will need a referral letter from NEMS primary care provider.



CHIROPRACTIC

What is Chiropractic?

Chiropractic is a healing art practiced by Chiropractors, which focuses on helping the body heal naturally from illnesses and injuries caused by poor spinal function. Chiropractic improves whole body health by improving function of spinal nerves, muscles, joints, and bones.

How does Chiropractic work?

Chiropractors use the chiropractic adjustment (spinal manipulation therapy). Other modalities used to reinforce better outcomes:

- Posture training
- Soft tissue therapies
- Lifestyle/dietary/exercise recommendations

What are the benefits of Chiropractic?

- Relieves pain and reduces tension
- Decreases or eliminates use of prescription drugs and surgery
- Improves spinal alignment
- Improves nervous system function
- Improves strength and stability
- Improves flexibility and range of motion



Chiropractic has been shown to be effective for:

- Acute and chronic low back pain
- Neck pain
- Headaches
- Dizziness
- Radiculopathies (pinched nerves)

Preliminary evidence suggests it may also help treat:

- Frozen shoulder
- Tennis elbow and other sports injuries
- Carpal tunnel syndrome
- Otitis media (ear infection)
- Digestive problems
- Menstrual and premenstrual pain
- Attention deficit hyperactivity disorder (ADHD)
- Asthma

Does my medical insurance cover Chiropractic treatments?

Many insurance plans cover Chiropractic treatment. Medicare covers 80% of fees for medically-necessary treatments. Medi-Cal covers two visits per month. For other health plans, please check with your insurance for coverage and fees.

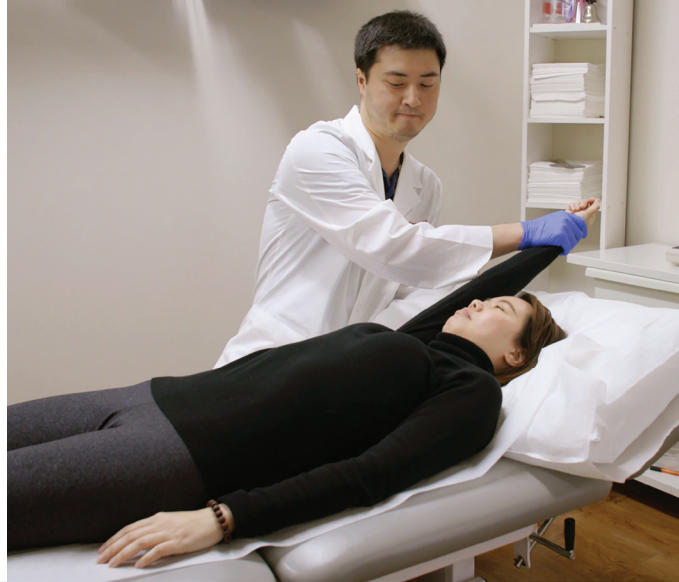
What is Physical Therapy?

Physical therapy is the treatment of disease, injury, or deformity through use of manual therapy, modalities, and exercise rather than by drugs or surgery.

How does Physical Therapy work?

Physical therapy can help patients reduce pain and return to function through:

- Exercise
- Functional training
- Balance and gait training
- Manual therapy
- Other methods such as ultrasound and electrical stimulation



PHYSICAL THERAPY



What are the benefits of Physical Therapy?

Physical therapy can help patients reduce pain and improve or restore mobility.

Physical therapy can benefit patients with conditions including:

- Arthritis
- Fractures, sprains, and strains
- Post-operative surgery
- Sports related or repetitive stress injuries

People with neurological disorders can also benefit from physical rehabilitation including:

- Stroke
- Parkinson's disease
- Spinal cord injuries
- Traumatic brain injuries
- Other conditions that may impact balance and gait

Does my medical insurance cover Physical Therapy treatments?

Physical therapy is covered by most insurance plans including Medi-Cal, Medicare, HMO, PPO, and worker's compensation.

請致電東北醫療中心
預約您的療程
(415) 391-9686



NORTH EAST
MEDICAL SERVICES

東北醫療中心

a california *health*.center

物理治療診所地址

- 📍 華埠 Pacific 診所
三藩市 Pacific 街 728 號 301 室

針灸科診所地址

- 📍 華埠 Stockton 診所
三藩市 Stockton 街 1520 號 2 樓
- 📍 華埠 Pacific 診所
三藩市 Pacific 街 728 號 403 室 & 503 室
- 📍 波特羅區 San Bruno 診所
三藩市 San Bruno 街 2633 號 1 樓
- 📍 訪谷區 Leland 診所
三藩市 Leland 街 82 號
- 📍 日落區 Taraval 診所
三藩市 日落區 Taraval 街 2308 號
- 📍 聖荷西 Lundy 診所
聖荷西 Lundy 街 1870 號

脊椎神經科

- 📍 華埠 Stockton 診所
三藩市 Stockton 街 1520 號 3 樓
- 📍 波特羅區 San Bruno 診所
三藩市 San Bruno 街 2633 號 1 樓

詳情請瀏覽東北醫療中心網站：
WWW.NEMS.ORG

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

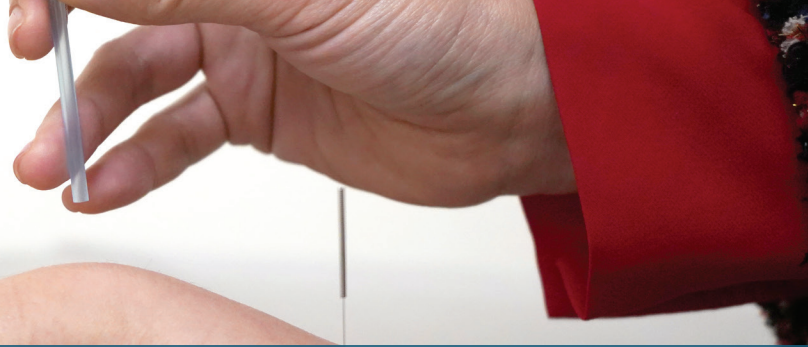
Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

NEMS - Rev. 06/2022

綜合 醫療服務

東北醫療中心結合多種治療理念，為廣大
患者提供各類輔助療法，其中包括：





針灸科

什麼是針灸？

針灸是一種平衡人體氣機的治療方法，而氣被認為是在經絡裡運行的生命能量。

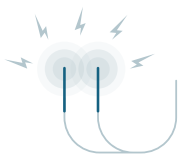
針灸是根據各人的體質及症狀，選取特定的穴位進行針刺。用以激活經絡循行，從而恢復臟腑平衡。

針灸有什麼好處？

- 促進血液循環
- 激活身體的內在恢復機制
- 釋放人體自然的止痛劑
- 舒緩慢性疼痛強度和痛感
- 緩解肌肉僵硬
- 減輕壓力

其它中醫治療方法

電療針灸



拔罐



針灸適用於哪些病症？

- 各種肌肉骨骼疼痛，如肩痛、頸痛、膝關節疼痛、肘關節疼痛、腕管綜合症（俗稱滑鼠手）、腕關節疼痛、頭痛、腰痛、足痛
- 運動損傷、骨折、類風濕性關節炎

針灸對以下病症也有好處，但是醫療保險可能不支付其費用：

- 加強免疫系統、過敏、感冒、鼻塞、鼻竇炎、頭痛、耳部感染、耳痛、耳朵堵塞、咳嗽、支氣管炎、哮喘
- 預防高血壓、中風、神經創傷性腦損傷、認知障礙、強迫症、抑鬱症、壓力過大、焦慮、創傷後壓力症候群、專注力缺失或過度活躍症、睡眠問題
- 消化問題，如便秘、便溏、大腸激躁症、腸漏症、食物過敏

我的醫療保險支付針灸的費用嗎？

包括「白卡」在內的大多數醫療保險均支付針灸費用。聯邦醫療保險中的附加保險可能也會支付該費用。其它私人保險則需要東北醫療中心主診醫生的轉介信。



脊椎神經科

什麼是脊椎矯正？

脊椎矯正是脊椎治療師針對脊柱功能不良引起的疾病和損傷實施的一種治療技術，其重點是幫助身體自然治愈。脊椎矯正通過改善脊椎神經、肌肉、關節和骨骼的功能來改善全身健康。

如何進行脊椎矯正？

脊椎治療師使用脊椎復位（脊椎推拿療法）。為達到更好的療效，也可能使用的其它方法：

- 姿勢矯正
- 軟組織治療
- 生活方式/飲食/鍛煉建議

脊椎矯正有什麼好處？

- 緩解疼痛，放鬆肌肉
- 改善脊椎的正常排列
- 改善神經系統功能
- 加強力量和穩定性
- 提高身體靈活性和伸展幅度
- 減少或免除處方藥和手術

脊椎矯正已被證明對以下病症有療效：

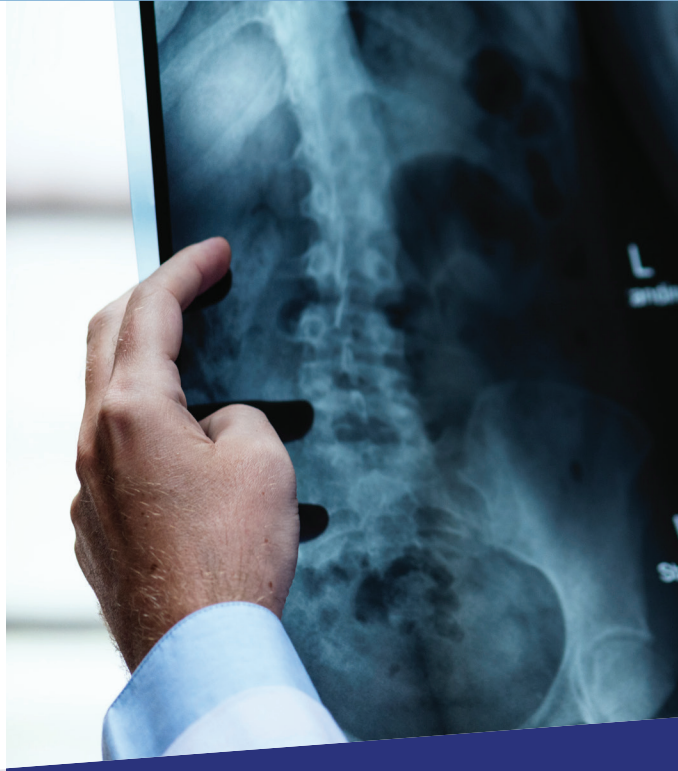
- 急性和慢性腰痛
- 頸部疼痛
- 頭痛
- 頭暈
- 神經根病變（神經緊張）

初步證據表明脊椎矯正可能也有助於治療：

- 肩周炎
- 網球肘和其他運動損傷
- 腕管綜合症
- 中耳炎（耳部感染）
- 消化問題
- 經期和經前疼痛
- 過度活躍症
- 哮喘

我的醫療保險支付脊椎矯正的費用嗎？

許多醫療保險均支付脊椎矯正的費用。聯邦醫療保險支付醫療必須項目的百分之八十的費用。「白卡」支付每月兩次的治療。有關其它醫療保險的支付額，請諮詢保險公司。



什麼是物理治療？

物理治療針對人體局部或全身性的功能障礙或病變，施予適當的非侵入性、非藥物性治療來減輕病患因身體障礙所帶來的不適與疼痛、恢復病患身體應有的功能。

物理治療如何進行？

物理治療可以通過以下方式幫助患者減輕疼痛并恢復身體功能：

- 運動
- 身體功能訓練
- 平衡和步態訓練
- 手法治療
- 其它方法，如超聲波、電刺激



物理治療科



物理治療有什麼好處？

物理治療針對人體局部或全身性的功能障礙或病變，施予適當的非侵入性、非藥物性治療來減輕病患因身體障礙所帶來的不適與疼痛、恢復病患身體應有的功能。物理治療可以幫助患者減輕疼痛，改善或恢復活動能力。

物理治療能幫助以下病痛患者：

- 關節炎
- 骨折、扭傷和拉傷
- 術後輔助性手術
- 運動受損或重複性勞損

神經系統病患也能受益於物理復康，其中包括：

- 中風
- 帕金森氏症
- 脊髓損傷
- 創傷性腦損傷
- 會影響平衡和步態的其它病症

我的醫療保險是否支付物理治療費用？

包括加州醫療補助計劃（白卡）、聯邦醫療保險（紅藍卡）、管理式醫療保險計劃（HMO）、優選醫療機構（PPO）保險計劃和勞工賠償在內的大多數醫療保險均支付物理治療費用。