

EXAMPLES OF CONDITIONS TREATED AT THIS CLINIC

Musculoskeletal / Neurological

Neck pain, back pain, shoulder pain & frozen shoulder, hip pain, knee pain, restless leg, carpal tunnel, sciatica, foot pain, TMJ, non-healing fractures, headaches and migraines, post-surgical pain and recovery

Accident or "Impact" Trauma

Auto accidents, sports injuries, work-related injuries

Gastrointestinal

Acid reflux (GERD), irritable bowel syndrome, abdominal pain, discomfort and bloating, constipation

Women's Reproductive

Menstrual or menopausal difficulties, breast fibroids, vaginitis, insufficient breast milk, breech presentation, morning sickness, post-epidural complications

Common Infections

Colds, flu (including intestinal flu), conjunctivitis, sinus infection, skin infection, ear infection

Other Conditions

Fibromyalgia, chronic fatigue syndrome, insomnia, eczema, hives, withdrawal from tobacco

THERAPIES EMPLOYED

- Acupuncture/Moxibustion
- Bodywork
- Herbology
- Diet

When necessary, we work closely with patients' physicians to ensure compatibility of therapies.

TESTIMONIALS

I could not have stopped smoking without the aid of Robert Clickner. He listened well to my needs and was very patient, kind and understanding which put my mind at ease. I found the acupuncture stopped my cravings, and helped reduce my tension and stress. This has given me a new lease on life. I am now in control and the cigarettes no longer have power over me. -- LN

I have always suffered from strange pains and illnesses for which doctors often could not determine the cause. Over a series of different treatments Bob was able to relieve all of these ailments. He has a way of listening to his patients that allows him to find and heal pain that is hidden deep within the body. -- RK

I first went to Robert Clickner to treat my frozen shoulder. I had gone to a chiropractor, an acupuncturist and then an orthopedic surgeon who told me surgery would relieve the pain but not improve the range of motion. Bob discovered and treated several old injuries and my shoulder finally loosened. Today it has a full range of motion and no pain. -- DM

After a few treatments, I knew I had found a gem. My historical lower back pain was permanently eliminated and over the years, as sports injuries or other issues have taken me back to Bob, I have been continuously impressed with his thoroughness, breadth of knowledge and creative, non-invasive methods to address the health of the body. -- CF

After two long years of excruciating abdominal pain and tests, UVA doctors finally located a constriction in my small intestine they said needed to be surgically removed. I decided to postpone surgery and try alternative treatment with Robert Clickner. I improved slowly at first...then rapidly. Within four months my pain was completely gone. The doctors who did a follow-up test had to tell me "the constriction is simply gone." -- BB



Blue Ridge Oriental Medicine

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Robert V. Clickner, L.Ac.

Bob Clickner is a licensed acupuncturist with NCCAOM board certification. He received his Master's Degree in Oriental Medicine and certification in Tui Na Oriental Bodywork from the International Institute of Chinese Medicine in Albuquerque, New Mexico. He pursued post-graduate training in American manual techniques, which he uses in combination with Oriental medicine.

Bob sees patients of all ages in his practice. For those with very limited mobility, he will make house calls.

In addition to treating patients, Bob is a lecturer at the Virginia School of Massage. He also regularly teaches classes and workshops on Oriental medicine and healthy cooking.

What is Oriental Medicine?

Oriental medicine has been practiced throughout Asia and especially China for 2500 years. Oriental medicine looks at the body very differently from Western medicine. While Western medicine sees disease and injury in terms of infection or damaged tissues, Oriental medicine sees the same issues in terms of balance. Are the warming and cooling, dry and moist, moving and static forces in the body balanced? Is the skeleton balanced or has something pulled it out of balance?

Oriental medicine works to correct an imbalance through acupuncture, moxibustion, bodywork, herbology, and/or dietary changes. When the body has regained balance through these therapies, symptoms produced by the imbalance begin to clear up.

What happens during a visit?

First we will discuss your medical history as well as your current complaint. Often it turns out that an old, seemingly unrelated injury or illness is playing a role in how you feel today. Depending on assessment, treatment usually involves acupuncture, bodywork and/or dietary recommendations. If appropriate, an herbal regimen may be recommended.

What results can I expect?

In addition to the reduction or resolution of their main complaints, patients typically notice a general sense of well-being and increased vitality. Patients able to take an active role in their health and make changes in habits will receive the greatest benefit.

How long will this take?

It varies – there can be a lot of factors involved in a health condition and everyone is different. While many conditions resolve quickly (in as few as 3-5 treatments), certain conditions may take more than a year.

Will insurance pay for this?

Some policies do, so call your insurance company to find out if they cover acupuncture. We will give you a bill with diagnosis codes to submit to your insurance company for reimbursement. Some patients are able to pay for treatment out of “personal health accounts” provided by their employers. We also accept payment by credit card.