University of Miami Now Offers Popular Pain Self-Treatment Workshop Online

For more than a decade, the University of Miami has offered integrative medicine courses for health care professionals and the local community. In response to the COVID-19 pandemic, many of those courses are now being offered virtually.

In Korean Hand Therapy, points on the hand correspond to locations on the human body.

For example, the Osher Center for Integrative Medicine at University of Miami Miller School of Medicine is offering one popular workshop — the biannual Korean Hand Therapy for Pain, taught by Ilana Newman, M.D., a palliative medicine physician — via Zoom on Sunday, August 23, from 11 a.m. to 2.45 p.m. Registration for the online workshop — which is open to anyone — is available here.
Korean Hand Therapy for Pain is an acupuncture microsystem, in which the entire body is represented on the hands in a logical map. Dr. Newman’s half-day workshop is easy to learn, no needles are used, and it works in just minutes. Pain or problems in the body appear as small, tender points in the corresponding areas of the hand. Applying pressure to these precise points on the hand can rapidly reduce pain or increase range of motion in the body.

“If you can read a map and can write your name, you can find and stimulate these points to treat your own pain,” said Dr. Newman, who is the author of Take Pain Control Into Your Own Hands. “Anyone who doesn’t like taking pain medication or wants a natural way to relieve their pain should learn this technique. Korean Hand Therapy is truly the best kept secret in pain management.”

“We are excited to offer this course via Zoom for the first time,” said Donna Franklin, senior manager of business operations at the Osher Center, “and we are happy to be able to provide continuing education credits for nurses, acupuncturists, other health care professionals, and massage therapists for the first time.”

More information about Korean Hand Therapy is available at TakePainControl.com.

The Miller School is one of seven academic centers that make up the Osher Collaborative for Integrative Medicine. Through the partnership represented by the Osher Collaborative, the centers work together to maximize the success and impact of their evidence-based care, teaching innovations, and scientific research.