Treating Spine and Joint Diseases
Non-Surgically
JASENG HOSPITAL OF KOREAN MEDICINE
“I can’t believe I recovered without surgery!”

“Spinal disorders: surgery is no longer the answer nor the only option.”

“Feels like I’m reborn.”

“I’m spreading the news about this wonderful treatment.”
Jaseng’s non-surgical spine treatment, a choice you won’t regret in the years to come

Instead of temporary pain relief, Jaseng Hospital of Korean Medicine focuses on the body’s self-healing properties to strengthen the spine in treating spinal disorders. The patients’ trust in our non-surgical treatment methods has been rewarded over the years through the results that have left them happy and satisfied even after 10 years.

Prevention of relapse through regeneration of degenerated bone and injured nerves
Getting to the root of the problem

Effective reduction of inflammation, swelling and injury in the paravertebral and periarticular tissue
Treating the pain

Recovery of innate self-healing properties through correction and treatment of dysfunctional spine and joint structures
Treating the cause of the problem

Jaseng non-surgical treatments range from swift pain alleviation techniques such as Motion Style Acupuncture Treatment (MSAT), to Shinbaro herbal medicine, scientifically proven to prevent recurrence and help regenerate bone and nerve tissue. This stepwise fundamental treatment is conducted in accordance with the patient’s condition and speed of recovery.

Jaseng treatment successfully contains paraspinal inflammation, strengthens supporting ligaments and muscles, and fortifies bones and nerves to treat the fundamental cause of the problem. Treatment does not stop at pain relief, but leads to a stronger, healthier spine.

Designated by the Korean Ministry of Health and Welfare as a spine-specialty Korean medicine hospital

Jaseng Hospital of Korean Medicine was the first Korean medicine hospital in the nation to be certified by the Korean Ministry of Health and Welfare to specialize in spine treatment. It operates a unique medical system with 340+ physicians, hospital facilities designated for high severity inpatients, and a one-stop MRI, X-ray, and imaging diagnosis system with Korean medicine treatment which allows for collaborative treatment that integrates both Korean and conventional medicine. Jaseng Hospital has built a unique non-surgical treatment setting and system to collectively treat over 1.2 million spinal disorder patients a year.

Standardization, Objectification and Globalization of Integrative Korean Medicine Treatment

Jaseng Hospital of Korean Medicine has established 20 clinics in Korea and 6 clinics in the US for higher accessibility as pain can often be debilitating. As the leading spine-specialty Korean medicine hospital in an era of medical professionalism, Jaseng has been able to stay at the forefront through continuous training of its nationwide medical staff based on 30 years’ clinical experience in spine treatment, enabling patients to receive standardized treatment at their nearest location and convenience.
Jaseng’s medical staff specializes in non-surgical treatment to provide world-class medical services.

Since its establishment in 1950 as a modest Korean medicine clinic and expansion to hospital-level in 1999, Jaseng has continued to treat such spine and joint disorders as herniated disc and spinal stenosis non-surgically for the past 30 years. Jaseng has revolutionized treatment of spine and disc conditions through its innovative non-surgical Korean medicine treatment methods to currently reach over 1.2 million patients/year. We help spine patients from all over the world to recover health and mobility through our constant efforts towards innovation and reinvention.

Patient-focused medical services
Severe spine and joint disorder patients and emergency pain patients are cared for in a comfortable and professional environment equipped with the latest medical facilities and devices.

One-stop Korean and conventional integrative treatment services
Jaseng has put together a team of Korean and conventional medicine specialists to effectively upgrade its existing integrative treatment system. The medical team convenes to discuss the patient's spine and joint condition and reach an optimal non-surgical treatment plan for heightened treatment efficacy.

Extension of Clinical Research Infrastructure
Jaseng has extended its clinical research infrastructure to continue to build on its evidence base for standardization of non-surgical spine treatments and to establish new original treatment methods.

Jaseng International Clinic at the forefront of globalization
In addition to foreigners residing in Korea, Jaseng is attracting an increasing number of foreign patients from overseas, and Jaseng International Clinic offers separate treatment facilities and specialized services for premium international patient care.
Jaseng treatment combined with advanced science

Jaseng Hospital of Korean Medicine employs integrative Korean and conventional medicine for effective diagnosis and treatment. Diagnostic imaging devices including MRI, X-ray, and DITI are referred to to form the basis for Korean medicine diagnosis and treatment.

Diagnostic and medical examination for Korean medicine treatment

- X-ray exams aid diagnosis of spine and joint disorders through examination of the skeletal structural form and individual bones of the spine.
- MRI scans provide additional information on the severity of spine and joint disorders, and allow for further detailed evaluation of cartilage, muscles, nerves, and disc conditions.
- Additional exams include: CTs (computed tomographies), ultrasound, bone mineral density, DITIs (digital infrared thermographic imaging), blood tests, urine tests, and electrocardiograms.
As the pain decreased I could feel my strength coming back.

I couldn’t go about my daily life because my back pain was so bad. It felt like my life had ended when the neurosurgeons gave up on me saying that 'there’s nothing more I can do for you.' However, since receiving Jaseng treatment, the pain started to subside and I regained the ability to walk and move on my own.

US and Korean substance patents for new disc treatment substance ‘Shinbarometin’

Shinbarometin, the key component of Shinbaro herbal medicine which regenerates the spine and surrounding tissue including muscle, ligaments, and nerves, has acquired both US patent registration no. US6,531,582B1 and Korean patents (patent no. 0396857). Jaseng Hospital of Korean Medicine has also developed and released a natural product-derived drug based on Shinbarometin under the name Shinbaro capsule with a leading Korean pharmaceutical company, Green Cross R&D.
The healing properties of Shinbaro herbal medicine

Shinbaro herbal medicine contains Shinbarometin, the key component of Jaseng treatment, and possesses various anti-inflammatory, muscle strengthening, and bone and nerve regenerative properties. The medicine is prepared from high quality herbal ingredients and undergoes double safety checks and stringent toxicity inspection to provide safe, high-quality end products.

**Anti-inflammatory Effect**
- Before treatment: Disc herniation may cause irritation and inflammation from nerve and tissue compression
- After treatment: Inflammation and swelling is reduced along with nerve compression through Shinbaro herbal medicine

**Ligament and Muscle Strengthening (Muscle Reinforcement)**
- Before treatment: Increased strain and thinning in ligaments near the disc herniation site and shortening in contralateral ligaments
- After treatment: The pressure overload is resolved, allowing ligaments to strengthen and recover

**Bone Regeneration Effect (Bone Fortification)**
- Before treatment: Pain may be generated by nerve compression from disc and bone degeneration (bone spurs)
- After treatment: Improved circulation around the periosteum and strengthened ligaments relieve pain

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The 4 main treatment effects of Shinbaro herbal medicine as evidenced by scientific research

**Anti-inflammatory Effect**
- Relieves pain in the surrounding muscles and ligaments by reducing inflammation
- In vitro and in vivo study on the modulation of acute and chronic inflammatory processes
- Inflammation-induced mice recovered after administration of Shinbaro herbal medicine.

**Bone Regeneration Effect**
- Prevents and strengthens bone weakening caused by degeneration
- In vitro and in vivo study on the regulation of osteoblast differentiation and osteoclast formation
- Administration of Shinbaro herbal medicine to ovariectomized (OVX) mouse models of osteoporosis showed significant protection against bone loss in trabecular bone.

**Cartilage Regeneration Effect**
- Protects articular cartilage through inhibition of proteoglycan degradation
- In vitro and in vivo study on the therapeutic effects in articular cartilage
- Administration of Shinbaro herbal medicine to osteoarthrits-induced mice resulted in protection against progression of osteoarthritis.

**Nerve Regeneration Effect**
- Protects against nerve damage and accelerates regeneration of injured nerves
- In vitro and in vivo study on the neuroprotective effect against peripheral nerve injury
- Administration of Shinbaro herbal medicine to rats following left sciatic nerve transaction was shown to protect against nerve injury.
Shinbaro pharmacopuncture whose safety and effectiveness have been proven through research

Shinbaro herbal medicine extracts are purified in preparation for direct injection into acupoints for immediate access to the site of pain and swift pain alleviation.

A powerful alternative to steroids
Shinbaro pharmacopuncture

- Swift pain reduction as evidenced by clinical research
- High precision administration by experienced medical staff for maximum efficacy
- Specialized preparation process and facilities implemented to ensure safety and effectiveness
- Low prevalence and low possibility of allergic reactions
- Acceleration of treatment through combined, multi-target approach of Shinbaro pharmacopuncture and herbal medicine
- A safe method of non-steroidal pain treatment

56% greater low back pain reduction compared to pharmacopuncture control
42% greater improvement in disability compared to pharmacopuncture control

Change in low back pain score
Change in disability index (ODI) due to spinal disorder(s)

Strict manufacturing process systemized to secure patient trust and product quality control

To ensure that patients are provided with the highest quality Shinbaro pharmacopuncture products for optimal anti-inflammatory, and bone and nerve regeneration effects, Shinbaro pharmacopuncture is prepared at Jasing herbal dispensaries specializing in pharmacopuncture products with advanced machinery and facilities and stringent hygiene protocols.
Acupuncture and bee venom pharmacopuncture enhance qi and blood circulation to help reduce pain

Various safe and effective acupuncture methods are employed in treatment, including manual acupuncture which relieves pain by promoting qi and blood circulation, and bee venom pharmacopuncture which not only reduces pain and inflammation but also stimulates and boosts the body’s immune response.

Reducing pain through promotion of qi and blood circulation – Acupuncture

Acupuncture promotes blood circulation and qi and blood flow by stimulating acupuncture points and the site of pain. When the pain-inducing or dysfunctional acupuncture points or muscles with hypertonicity due to the disc or arthritic condition are stimulated, the needled muscles relax, allowing for better blood circulation and subsequent pain alleviation.

Potent effects on spine and joint disorders – Bee venom pharmacopuncture

Bee venom is a type of pharmacopuncture which uses purified natural bee venom extracts to ensure safety. Bee venom is not only effective for relieving pain and inflammation caused by spine and joint disorders such as disc herniation, spinal stenosis and degenerative arthritis, but also improves immune function, enabling fundamental treatment of spine and joint disorders.

Scientifically proven anti-inflammatory effects of bee venom

Bee venom was shown to reduce inflammatory enzyme activity following administration of bee venom to inflammatory cells in inflammation-induced mice.

(Joint research between Jaseng Spine and Joint Research Institute and the Department of East-West Medicine, College of Oriental Medicine at Kyung Hee University, 2005)

Inflammatory cells before bee venom injection

Reduction of inflammatory cells after bee venom injection
I was brought to the hospital by ambulance unable to move from excruciating low back pain. However, after receiving motion-style acupuncture treatment (MSAT) with the support of two doctors on either side, I found that I could walk by myself again. I could move my legs as I intended to, and what’s more was that there was no pain. I couldn’t believe it. I found myself crying as I reflected on the days that I’d lied in bed just wanting to give up on my life.

I could barely stand up straight at first, and as I took each step, I couldn’t hold back my tears from emotion.

Clinical study on MSAT is published in PAIN, the official journal of the International Association for the Study of Pain.

The results of a clinical trial comparing the effects of MSAT and nonsteroidal anti-inflammatory drug injections in emergency pain patients unable to walk from severe disc pain received international recognition in PAIN.
Motion Style Acupuncture Treatment, an effective treatment method for immediate relief of severe pain

MSAT is a specialized emergency treatment for patients with severe back pain and disability from acute pain or lumbar disc conditions. Performing acupuncture at acupoints related to pain and combining it with active or passive movement prompts hypertonic muscles to relax and increases blood circulation. The pain relieving effects of MSAT have been shown to be 5 times greater than that of nonsteroidal anti-inflammatory drug (NSAID) analgesic injections.

MSAT procedure

01. Preparation
The patient is supported on each side and helped to his or her feet

02. Application of acupuncture needles
Acupuncture needles are inserted at acupoints in the neck, foot, and elbow region

03. Walking with traction
Two physicians support the patient and provide traction from both sides to ease the transition to mobility (walking)

04. Traction adjusted in stages
The level of traction is gradually reduced depending on the patient's progress and speed of recovery

05. Unassisted walking
Patient regains walking ability

Lumbar disc-associated pain relief 5 times faster than analgesics

40% improvement in functional disability (Oswestry Disability Index) at 30 minutes post-treatment
Restoring balance and function to the body’s musculoskeletal system

Chuna manipulation

Chuna manual therapy is an individualized treatment that applies controlled force to the spine and joints taking account of the patient’s structural and postural features. Chuna relieves pain and promotes qi and blood circulation of the spine and surrounding tissues by correcting joint misalignment and dysfunction and muscle imbalance.

Korean medicine physicians adroit with 1.4 million+ treatment cases

Over 200 Korean medicine practitioners with 1.4 million+ treatment case experience professionally trained by the Korean Society of Chuna Manual Medicine Spine & Nerves conduct Chuna manipulation at Jaseng. Chuna manual therapy is used for a wide variety of musculoskeletal disorders. It is typically used to treat spine and joint disorders and injuries such as disc herniation, spinal stenosis, sprain, and subluxation, but can also be widely applied to internal diseases that are directly or indirectly spine-related.
Customized 1:1 physiotherapy and manual therapy sessions conducted under the guidance of a professional physiotherapist

At Jaseng, an integrative model for diagnosis and treatment is operated through dual consultation with Korean medicine doctors who are active members of the Korean Society of Chuna Manual Medicine Spine & Nerves and conventional medicine specialists. Similarly, concurrent pain treatment and musculoskeletal dysfunction treatment through cooperation between physiotherapists and exercise therapists further enhances the effectiveness of non-surgical Korean medicine treatment for swifter recovery.

Manual therapy

A skilled professional physiotherapist treats dysfunctional muscles, joints, and nerves in 1:1 customized sessions to relieve pain and correct postural imbalance.
Jaseng manual therapy combines manual therapy with exercise therapy for simultaneous pain treatment and dysfunction correction.
Manual therapy is a safe treatment option without risk of mechanical or chemical side effects. It not only helps alleviate symptoms but also provides emotional support and relief from interacting with the therapist.

Physical therapy

Jaseng employs various physical therapy modalities such as electromagnetic therapy, electrotherapy, and extracorporeal shock wave therapy to enhance the treatment effects of Jaseng treatment and accelerate recovery from spine and joint disorders and pain.
My mind is at ease now that I know I can and will make a full recovery.

I found myself doubting from time to time over the course of treatment whether I would be able to recover without surgery. But as time went by, I gained confidence that I would make a full recovery and that I’d made the right choice. I am happy now that I can move freely without pain again and my heart is content and at peace.
Shortening treatment periods for high severity patients with intensive inpatient treatment and care

Increased treatment effectiveness and treatment duration shortening is achieved by providing advanced, systematically coordinated high intensity care to inpatients.

Advantages of intensive inpatient care

Foreign patients who visit Korea for the purpose of receiving treatment report high satisfaction as a good combination of treatment and rest enhances the effectiveness of treatment and shortens time to recovery and return to work.

- **Shortened treatment period**
  - Increasing proximity to treatment helps maintain treatment effects and composure and relaxation

- **High satisfaction rates**
  - Pathology identification and regular monitoring check-ups using high precision diagnostic imaging and tests

- **Swift return to work**
  - Speeded functional recovery and pain relief through high intensity treatment administered twice a day

- **Lifestyle supervision**
  - Supervision of lifestyle habits including dietary guidance and disease management

- **Individualized treatment and monitoring**
  - Professional medical staff monitor patient condition 24/7 for customized treatment

Example of patient cases requiring intensive inpatient care

- Cases in need of short-term high intensity care for accelerated recovery
- Cases with severe pain and limited movement and/or walking ability
- Cases requiring rest and care with continuous medical staff observation
- Physician recommendation for hospitalization in medical decision-making

Jaseng inpatient daily treatment schedule

- Checking vital signs and patient condition
- Outpatient department treatment session 1
- Physical therapy
- Inpatient care
- Manual therapy
- Outpatient department treatment session 2

※ Meal times: Breakfast_______AM, Lunch_______PM, Dinner_______PM (Schedule may be subject to change)
Effects of Jaseng non-surgical treatment as demonstrated in before and after MRI images

**Lumbar Disc Herniation**

Name of patient: Chae, OO

- Sex: Male

Treatment:
Concurrent treatment consisting of Shinbaro herbal medicine, Chuna manual therapy, and Shinbaro pharmacopuncture

Before treatment | After treatment

**Cervical Disc Herniation**

Name of patient: Kim, OO

- Sex: Male

Treatment:
Concurrent treatment consisting of Shinbaro herbal medicine, Chuna manual therapy, and Shinbaro pharmacopuncture

Before treatment | After treatment

*All MRI images and treatment information are used with patient consent*
Jaseng non-surgical treatment effects as demonstrated through clinical research

How much do symptoms improve with treatment?
- **95% recovery**
  - Almost no pain: 84%
  - Significant pain reduction: 11%
  - Pain similar as before: 5%

Can patients recommended for surgery be treated non-surgically?
- **94% recovery**
  - Almost no pain: 84%
  - Significant pain reduction: 10%
  - Pain similar as before: 6%

Treatment effects for lumbar disc herniation

Treatment effects for severe lumbar disc herniation

How long does it take for the pain to decrease clinically significantly?
- **90% experienced rapid recovery within 1-4 months**

Individual timepoints for 50% pain reduction
- 58%
- 74%
- 90%

Treatment duration for lumbar disc herniation

Are you still satisfied with treatment outcomes at 5 years post-treatment?
- **97% satisfaction**
  - Satisfied: 97%
  - Dissatisfied: 3%

Satisfaction with lumbar disc herniation treatment

Results from joint clinical research conducted by Jaseng Spine and Joint Research Institute and the University of North Carolina at Chapel Hill.

**Participants**
- **Phase 1:** Results from 128 patients who had been diagnosed with lumbar disc herniation on MRI and received Jaseng non-surgical treatment for 6 months.
- **Phase 2:** Results from 92 patients out of Phase 1 participants (assessed at annual follow-ups up to 5 years post-treatment).
I was very happy to receive non-surgical treatment communicating comfortably as I would back home. The heart-felt compassion of the medical staff at Jaseng Hospital of Korean Medicine was also warming. The medical staff at Jaseng Hospital of Korean Medicine are compassionate in understanding my needs and their treatment works wonders.
Jaseng International Clinic provides a convenient all-inclusive non-stop medical care service for our international patients Seeing you through from arrival to departure

Jaseng International Clinic was established in 2006, and has since taken on a leading role in providing specialized Korean medicine treatment programs for foreign patients. The clinic is staffed with physicians and coordinators proficient in English, Japanese, German, Russian, Mongolian, and Chinese.

Team of physicians at Jaseng International Clinic

KIM HA NEUL
Director of Jaseng International Clinic
Specialist in Korean Rehabilitation Medicine
Ph.D. in Korean Medicine from Kyunghee University
Member of the Korean Society of Chuna Manual Medicine for Spine & Nerves
- Disc herniation clinic
- Spinal stenosis clinic
- Degenerative spine clinic

RAIMUND ROYER
Jaseng International Clinic physician
Ph.D. in Korean Medicine from Gachon (Kyungwon) University
International Director at Korean Pharmacopuncture Institute
Member of the Korean Society of Chuna Manual Medicine for Spine & Nerves
- Disc herniation clinic
- Spinal stenosis clinic
- Degenerative spine clinic

JOO HWAN SOO
Jaseng International Clinic physician
Specialist in Oriental neuropsychiatry
Ph.D. in Korean Medicine at Kyunghee University
Member of the Korean Society of Chuna Manual Medicine for Spine & Nerves
- Disc herniation clinic
- Spinal stenosis clinic
- Degenerative spine clinic

Treatment specialties

- Spine and disc herniation center
  Lumbar disc herniation / cervical disc herniation / degenerative disc disorders / postoperative pain / spinal stenosis / spondylolysis / scoliosis

- Spine and Joint center
  Temporomandibular joint (TMJ) pathologies / TMJ dysfunction (facial asymmetry, ingestive problems from aperture (occlusion) and joint pain, TMJ-related headache and shoulder pain) / knee joint disorders
  - Shoulder joint disorders / frozen shoulder / degenerative arthritis / osteoporosis / sports injuries

- Other specialty clinics
  Pediatrics (growth) clinic / middle age (perimenopause) clinic / sports injury clinic

Services provided at the International Clinic

- On/off-line consultation via phone and e-mail
- Interpretation services (English / Japanese / Russian / Mongolian / Chinese / German)
- Documentation for customs clearance and overseas delivery of herbal medicine
- Herbal prescription medicine delivery
- Document issuance: medical certification, doctor’s notes, invoice and receipts, medical record copies, and treatment appointment confirmation certificates
- Reservation services at Jaseng-affiliated hotels
- Airport pick-up and drop-off services for inpatients
- Tourist attractions and accommodation information

Treatment Process

Registration → 1st consultation → Medical examination → 2nd consultation → Treatment → Make appointment for next visit → Payment → Return home

[Omitted in revisits]
Please take me/us to Jaseng Hospital of Korean Medicine

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