

# Luna Acupuncture & Wellness Strengthens Commitment to Community with Expanded Senior and Accident Care Services

Luna Acupuncture & Wellness has announced an expansion of its clinical services to better serve two growing populations in Oregon: seniors living with chronic pain and individuals recovering from motor vehicle accidents.

**Astoria, Oregon Feb 27, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Luna Acupuncture & Wellness has announced an expansion of its clinical services to better serve two growing populations in Oregon: seniors living with chronic pain and individuals recovering from motor vehicle accidents. With established clinics in Hillsboro and Astoria, Oregon, the practice continues to evolve in response to community needs while remaining grounded in its core philosophy of personalized, compassionate care.

Founded in 2015 by Dr. James Carter, Luna Acupuncture & Wellness has built a strong reputation for helping patients navigate complex pain conditions through integrative acupuncture and holistic therapies. As the clinic passed its tenth anniversary in Fall 2025, this latest expansion reflects a deepened commitment to accessibility, education, and long-term recovery.

## Meeting the Needs of Oregon's Aging Population

With the rapid increase in Oregon's senior population, with this has come an increased demand for safe, non-invasive pain management options. Arthritis, joint stiffness, neuropathy, and mobility challenges often limit independence and diminish quality of life. Luna Acupuncture & Wellness now offers enhanced and personalized treatment plans tailored specifically to seniors seeking relief without heavy reliance on medication.

Dr. Carter brings firsthand experience to this work. Before pursuing his doctorate in acupuncture, during his undergrad schooling he worked as a nursing assistant, where he supported elderly patients in both clinical and residential settings. That experience shaped his understanding of how chronic health issues and chronic pain impacts daily living and emotional well-being.

"Seniors deserve attentive, respectful care," said Dr. Carter. "Many live with discomfort for years because they believe pain is simply part of aging. It does not have to be that way. When we support circulation, reduce inflammation, and calm the nervous system, we can significantly improve comfort and mobility."

The expanded senior care services at Luna Acupuncture & Wellness focus on gentle acupuncture techniques, auricular therapy, and supportive therapies designed to promote joint health and balance. Treatment plans emphasize safety and gradual progress. Patients often report improved flexibility, reduced swelling, better sleep, and enhanced energy levels after consistent sessions.

## Specialized Care for Motor Vehicle Accident Recovery

In addition to strengthening senior services, Luna Acupuncture & Wellness now welcomes more motor vehicle accident clients seeking comprehensive recovery support. Car accidents frequently result in whiplash, back pain, headaches, and soft tissue injuries that persist long after the initial event. Many patients struggle with stiffness, nerve irritation, and emotional stress following an accident.

Luna Acupuncture & Wellness works closely with patients to address both the physical and psychological effects of trauma. Acupuncture helps stimulate blood flow to injured areas, reduce muscle tension, and regulate stress responses within the body. By targeting inflammation and supporting tissue repair, treatments often accelerate recovery and improve overall comfort.

“Accident recovery requires more than surface-level symptom management,” Dr. Carter explained. “We assess the whole picture, including how the nervous system responds to trauma. When we calm that response, the body can focus on healing.”

The clinic also assists patients in navigating insurance claims related to motor vehicle accidents. Staff members help coordinate documentation and communicate with providers when necessary, reducing administrative stress during an already challenging time.

### **Individualized Treatment at the Core**

At Luna Acupuncture & Wellness, every patient begins with a thorough consultation. Dr. Carter evaluates medical history, lifestyle factors, and personal goals before starting treatment. This approach ensures that care remains precise and responsive to each individual’s needs.

For seniors, this may involve gradual adjustments to treatment frequency and technique based on mobility levels and health conditions. For accident clients, sessions may focus on relieving acute inflammation before transitioning into long-term rehabilitation strategies.

Auricular therapy, a specialty of Dr. Carter’s practice, plays a significant role in both expanded service areas. By stimulating specific points on the ear, this technique influences the central nervous system and helps regulate pain perception throughout the body. Patients often experience relaxation during sessions and report improved sleep and clarity afterward.

### **Strengthening Community Connections**

The expansion of services reflects Luna Acupuncture & Wellness’ broader mission to strengthen community wellness. As demand grows for integrative healthcare options, the clinic remains committed to making acupuncture accessible and approachable.

New patients receive a complimentary 15-minute consultation, allowing them to explore treatment options without obligation. This introduction helps individuals feel informed and confident before beginning care.

“Our goal is to remove barriers,” said Dr. Carter. “When people understand what acupuncture can do and feel comfortable asking questions, they are more likely to take that first step.”

Beyond patient care, Luna Acupuncture & Wellness donates monthly to LovePeaceHarmony.org, a nonprofit organization supporting humanitarian projects worldwide. This consistent contribution reflects the practice’s belief that healing extends beyond the clinic.

### **Looking Toward the Future**

As Luna Acupuncture & Wellness prepares to celebrate a decade of service, the practice continues to adapt and expand. The decision to enhance senior and accident care services aligns with rising community needs and the clinic’s long-term vision of comprehensive, compassionate healthcare.

Patients already benefiting from these expanded services report measurable improvements in comfort, mobility, and confidence. Seniors regain the ability to perform daily tasks with less pain. Accident survivors experience reduced stiffness and faster return to normal activities. These outcomes reinforce the clinic's reputation for delivering thoughtful, results-driven care.

Dr. Carter remains focused on maintaining the personalized approach that defines Luna Acupuncture & Wellness. "Growth means nothing if we lose connection with our patients," he said. "We expand so we can serve more people, but we keep our commitment to listening and individualized care."

With clinics in Hillsboro and Astoria, Luna Acupuncture & Wellness stands as a trusted partner for seniors seeking relief and accident survivors rebuilding their health. By combining experience, specialized training, and genuine compassion, the practice strengthens its role as a pillar of holistic healthcare in Oregon.

Through expanded services, continued community engagement, and a dedication to measurable outcomes, Luna Acupuncture & Wellness reaffirms its promise to support patients at every stage of life and recovery.

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