

Acupuncture Research Update

"Healthy citizens are the greatest asset any country can have."- Winston S. Churchill

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Acupuncture and Sports Injuries



Acupuncture and other forms of traditional Chinese medicine can sometimes be the best form of medicine for treating sports injuries. Many studies and trials have been conducted discussing the healing properties of acupuncture. A great alternative to Western forms of medicine, acupuncture can get you back to the playing field quickly.

A 2016 study published in the "Journal of Orthopaedic & Sports Physical Therapy," demonstrated the ways acupuncture can be used for limb conditions obtained through playing sports. Clinical trials were conducted to determine the effectiveness of using acupuncture on musculoskeletal

conditions. Another key point of the study was to determine if there was a risk of bias when using acupuncture to treat limb injury. It has been shown that musculoskeletal aggravation has been can be relieved by acupuncture.

Strains, sprains, swollen muscles and chronic pain within the limbs are all common sports injuries that acupuncture can help relieve, which is one of the reasons lots of professional sports teams have an acupuncturist on staff today. Sports injuries ranging from acute to intense levels of pain have been noted to be treated by acupuncture.

If you are experiencing discomfort from a sports-related injury, go see a local acupuncturist today to see how they can use their form of traditional Chinese medicine to help alleviate the pain you are having.

New York Sports Acupuncture

744 St. John's Place

Brooklyn, NY 11216

888.375.5444

www.nysportsacu.com

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