

# Acupuncture Research Update

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

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## Acupuncture and Sports Performance



Acupuncture can improve your overall athletic performance. Due to this fact, many athletes receive acupuncture treatment to increase their energy and play better when it comes time for that big game. Recent studies have delved into the specific ways acupuncture helps with performance.

In a study published by the "American Acupuncturist," researchers looked at the ways acupuncture could increase the performance of baseball pitchers. Acupuncture is known to have effects on the cardiovascular and pulmonary systems of the body, as well on the neuro-endocrine responses, because of these properties

acupuncture is seen as beneficial in increasing baseball pitchers' performance.

The researchers found the use of acupuncture improves the integration of the body's joints, increases the circulation of blood and qi within the body and consistently improves the functions and workability of the skeletal muscles. These three areas of improvement are great for athletes of any kind, but can prove extra useful for baseball pitchers.

Pitchers are required to take on a heavy workload during a game, sometimes having to throw up to 100 pitches. And, every time a pitch is thrown the same muscles in the body are being utilized over and over again. By using acupuncture these athletes can not only improve performance, but can harness acupuncture's healing and therapeutic properties to be well-rested and have extra energy for the next game.

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