



Acupuncture 4 Trauma & Injuries

*I sprained my ankle at the beginning of track season. After a week of hobbling and being black and blue, I saw Kayte. Two weeks later, I ran my fastest 800 meter time of the year!
Thanks, guys!*

-Austin Wright

Many acupuncture techniques grew up alongside the martial arts traditions in China. Today, modern athletes are discovering what the ancient fighters knew: acupuncture helps maintain peak condition and supports peak performance.

Acupuncture is effective for sports and other traumatic injuries. It helps:

- reduce pain,
- increase range of motion,
- speed recovery and healing time,
- and strengthen weakened parts of the body.

Once you have determined that an injury does not require medical attention (such as a fracture, dislocation, ruptured tendon, or internal injury), acupuncture, herbal and adjunctive therapies can be used during any phase of injury.

They will help decrease inflammation, reduce swelling, relax muscles and relieve spasms, lower pain response, and improve circulation.

Some sports injuries are not sudden, but are the result of repetitive motions. Usually, these start as a nagging, dull ache, often in the joints. This is the time to seek treatment. When allowed to develop, these injuries often require more recovery time than acute, traumatic ones.

Your practitioner's focus will go beyond treating the injury. She will also look for any underlying conditions that contribute to or predispose you to injuries. This is especially important when treating chronic or recurrent injuries that interfere with life activities or athletic performance.

Enhancing Performance

What could be possible when your heart, lungs, muscles, tendons and joints are all receiving fresh vital nutrients and being flushed of waste products quickly and efficiently? Better physical performance, enhanced endurance, quicker recovery times and fewer incidents of injury. When added to a proper physical training program, acupuncture is extremely valuable for improving your game.

Many professionals already know this, such as basketball players Dwayne Wade, Grant Hill, Shaquille O'Neal and Vladimir Radmonovic; golfers Gary Player and Fred Couples; football players Joe Montana, Morten Anderson, and defensive lineman Michael Strahan.

Pitcher A.J. Burnett didn't sign with the NY Yankees until a team acupuncturist was added. Burnett says of acupuncture, "There's no doubt in my mind that I think it's helped... I found that I respond really well to the acupuncture...."

My sciatica nerve was so badly damaged that I sometimes fell without warning. After a few treatments with Kayte, I was back to biking, golfing, skiing and swimming without pain.

When I had rotator cuff trouble, Kayte's work got me more movement in my shoulders than I've had for 20 years. I'm 69 years old and I feel and act like I'm 49.

I know I've saved tens of thousands in surgery bills, and pain-free is great!!

-Bob Roland

It works.

75 patients with **knee pain** were randomly assigned to receive either acupuncture or no treatment for 8 treatments over 4 weeks. Both groups were better at five months. The **acupuncture group**, but not the control, **continued to improve** over the next seven months. Acupuncture showed a clear and long-lasting effect in reducing pain and improving function.

Jensen et al (1999).

40 athletes (18-45 years) diagnosed with **shin splints** were divided between three different treatment groups – sports medicine, acupuncture and combined. The acupuncture and combined groups recorded **significantly lower pain levels** after treatment than the sports medicine group – both during sports and non-sporting activities, and at rest afterwards.

Callison (2002).

52 athletes with **rotator cuff tendinitis** were randomly assigned to the acupuncture group or the control group for 8 treatments in 4 weeks. The acupuncture group **improved their shoulder function** significantly more than the control group over the four-week trial.

Kleinhenz et al (1999).