

# Effect of Acupuncture on Sports Injuries

## What is sport injuries?

Sports injuries are injuries that typically occur while participating in organized sports, competitions, training sessions, or organized fitness activities. Usually, injuries occur when people do exercise in the Gym. Common sports injuries include sprains, strains, swollen muscles, shin splints, rotator cuff injuries, knee injuries, fractures, and dislocations.

## What is signs and symptoms after sports injuries?

- Pain: the pain as “deep and dull” aching in nature, or sharp pain.
- Weakness, tingling/numbness: Weakness in a joint or muscle and any tingling or numbness is the body’s way of indicating there is a problem.
- Swelling: There are a few types of swelling,

Effusion: Swelling within a joint

Edema: Swelling in the soft tissues

Hematoma: Swelling due to bleeding in the soft tissue

- Bruising: Any signs of bruising on the skin following a blow or a fall can signify an underlying injury. If tissue damage is widespread, this can indicate a broken bone, dislocated joint, sprain or torn muscle.
- Reduced range of motion: If your joint cannot move easily through its full range of motion, or there is pain in flexion or extension, this may point towards injury.
- Muscle spasms: Muscle spasms are often due to dehydration and electrolyte abnormalities due to overuse or exercise in extreme heat.

**Are you suffering injuries due to exercise in the Gym or outdoor, training and competition in sports?**

**Are you seeking a treatment for reducing swelling, increasing flexibility, and managing pain?**

Acupuncture may be a very effective method. Many pro athletes, sports clubs and sporting events utilize Acupuncture to enhance athletic performance and to increase recovery times.

## Why Acupuncture is one of the most popular forms of alternative medicine? Because

- Acupuncture can relieve pain, control inflammation, hasten resolution of a haematoma, and accelerate repair. Also, there should be restoration of function and recovery of muscle power.
- Acupuncture decrease muscle spasms, increase range of motion, and accelerate healing time in a huge component in sports injuries.
- Acupuncture can increases blood circulation to specific areas of the body, which not only promotes healing of sports injuries but could also boost athletic performance.
- Acupuncture can benefit sports injuries at any stage: to prevent, to treat acute pain, swelling and spasms, to relax muscle groups, to eases tension.

## How does Acupuncture treat sport injuries?

Acupuncturists believe that meridians conduct energy from the skin to the internal organs. Acupuncture seeks to address to body as a whole and include the internal organs, the musculoskeletal system, and psychological variables. The relationship between injury type and organ affected is very important. Acupuncture has many proposed methods and uses that may be useful in athletics. Injuries may be prevented through the promotion of neurological and cardiovascular balance and homeostasis. When injuries occur, acupuncture is said to regulate nerve conduction and circulation in the area of inflammation. Pain could be managed the stimulation of endogenous opioids or endorphins. Endurance and energy may be enhanced through lung, liver, and digestive function. Also, muscle fatigue could be decreased 5 through acupuncture's promotion of recovery (Miller, Acupuncture for Athletes). Acupuncture may increase local blood supply, cerebral blood flow, tissue oxygenation, metabolite exchanges, and ATP 10 production. It is also suggested that acupuncture may influence motor control and induce neurological reflexes

## What kind of sport injury can be treated effectively by Acupuncture?

- The acute onset of pain from a muscle contraction or spasm is usually the result of overloading, overstretching the muscle, or increased activity without adequate warm-up or preparation, lack of appropriate footwear, or safety equipment.
- Chronic injury or overuse. Chronic injuries are usually the result of repetitive training, such as running, weightlifting, overhand throwing, or serving a ball in tennis.
- Sprain and strain of the joint and surrounded tissue are one of the most common sports-related injuries (sprain involves the ligament and strain involves muscle or tendon). Besides pain, the typical inflammatory response may

include swelling of the injured area, redness or purple skin discoloration, and reduced range of motion of the joint.

The goal of acupuncture treatment is to maintain and achieve overall health by stimulating specific points on the body. If pre-existing or new sports injuries are hindering your training or recreational goals, acupuncture and Chinese medicine should be considered a viable option for a speedy recovery. Don't let sports injuries keep you from enjoying life! Please schedule your evaluation today or make an appointment to see **Dr. Caroline Xiong on 0425745166**, to see if acupuncture is the right choice for you.