

SPORTS INJURY

Acupuncture in conjunction with traditional Chinese Medicine has proven effective in the treatment of both acute and chronic sports injuries.

One of the most common forms of a sports related injury is a sprain. This is known as an acute condition, which happens suddenly causing trauma. A sprain actually involves the ligament and there is usually a strain of the joint and the surrounding tissue, which relates to the muscles and/or tendons. Some other acute injuries would include fractures; dislocations; subluxations; and bursitis. Many athletes have found that acupuncture treatment, when applied soon after the injury is helpful in reducing the inflammation and swelling, not to mention the pain. With regular treatments the range of motion of the injured joint should improve greatly.

A chronic condition would consist of an injury, which takes place over time, where muscles are either overused or used in a way, which is not consistent with their normal or regular use. Prolonged inflammation can cause scar tissue to be formed and may prevent the restoration of the initial range of motion. Regular acupuncture treatments along with traditional Chinese medicine can promote the restoration of healthy joint function while reducing pain.

General Treatment Techniques

Acupuncture is a safe and effective way to treat most sports injuries, both acute and chronic. The needles used in acupuncture do not hurt like hypodermic needles. They are very fine and range in thickness from about 0.17mm to 0.30mm. Sometimes there is a sensation when the needles are inserted, often a mild electrical or tingling feeling, but usually not pain. The needles are inserted at various points throughout the body. The number of treatments needed varies from person to person. Most people see a difference right away, or in two to three sessions, and few take as many as ten treatments before they notice a difference in their condition.

Some acupuncture techniques for treatment of sports injury may include:

- ◆ Ear Acupuncture
- ◆ Distal Point Therapy
- ◆ Local Point Therapy
- ◆ Chinese Herbal Medicine

Results of Acupuncture Treatment

Acupuncture treatment is effective for long-term relief of both acute and chronic sports injuries. Our patients have experienced significantly decreased levels of pain and increased range of motion as well as activity.

ACUPUNCTURE CLINIC of ENDICOTT
Cheng Zong, NYS Licensed Acupuncturist
806 North Street
Endicott, NY 13760
Phone: 607-754-6666

ACUPUNCTURE CLINIC of ONEONTA
Xiaolei Zhang, NYS Licensed Acupuncturist
357 Main Street
Oneonta, NY 13820
Phone: 607-436-9698

No Fault, Workers Compensation, certain insurance plans accepted