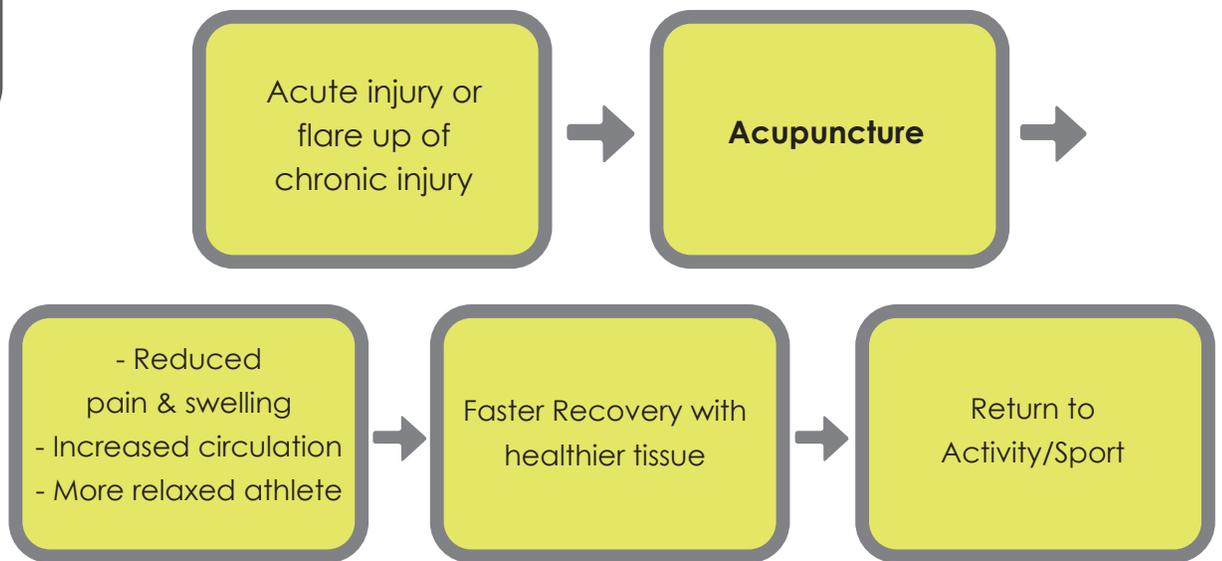


# ACUPUNCTURE & SPORTS INJURY

**ACUPUNCTURE** is part of a larger health care system known as Traditional Chinese Medicine that works by encouraging the body to heal itself. Studies have shown that acupuncture releases a number of hormones including endorphins, serotonin, and neuropeptides/ neurotransmitters that aid in pain relief and relaxation.



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Sprains and strains are some of the most common sports related injuries. Besides pain, the typical inflammatory response may include swelling, redness or bruising, and reduced range of motion. In addition to conventional R.I.C.E (Rest, Ice, Compression, Elevation) treatment, acupuncture can be very helpful in reducing inflammation and swelling, expediting recovery by increasing local microcirculation, and attracting white blood cells to the area, both of which speed the rate of healing. By improving the circulation of blood, acupuncture can also assist in the clearing of lactic acid thereby boosting recovery times.

# MECHANISMS OF INJURY - TCM PERSPECTIVE

## ACUTE INJURIES

- Happen suddenly
- Swelling and/or bruising is present
- Disruption occurs in the flow of qi, blood & body fluids within the channels
- Qi stagnation = swelling will dominate
- Blood stagnation = bruising will dominate
- Can generally be resolved faster

## CHRONIC INJURIES

- Happen over a period of time (ex: overuse injuries, improper healing of an acute injury)
- Focus is on what other factors may be present limiting the healing process
- Leftover deficiencies from previous injuries/imbalance are corrected for complete recovery (ex: qi deficiency, blood deficiency, dampness (bi) in the joints/collaterals/meridians).
- Generally take longer to resolve

## HOW ACUPUNCTURE CAN HELP YOU RECOVER FROM INJURY:

- Increases micro-circulation to injured area
- Reduces pain and inflammation
- Helps to remove waste from injured area by stimulating white blood cells
- Releases endorphins and other neurotransmitters to help with relaxation, mood, and pain relief
- Can go 'deeper' to the root of the problem more effectively than manual therapies
- Can enhance the effects of other therapies (Chiropractic, ART, Physiotherapy, Massage)

**WHAT TO EXPECT:** During an initial consultation, a detailed history will be taken that will include the mechanism of injury as well as other facts about you. Tongue and pulse diagnoses may also be used depending on the circumstance. After the gathering of information, a prescription of points will be formulated by the practitioner that will best treat the injury. Sterilized, pre-packaged one-time-use needles will then be inserted into these points while you rest comfortably for 30-45 minutes. The practitioner may choose to use electrical stimulation on some of the points, or use manual stimulation to elicit sensation. Most points are painless, but some points may produce sensations such as a dull ache, heaviness, electric 'zings', or warmth. In some cases, motor points are used to help release stubborn bound-up muscles – in these cases; a strong contraction of the muscle is produced, followed by relaxation thereby re-setting it to its proper functioning.

For most people, acupuncture is a very relaxing experience with incredibly positive results.