ACUPUNCTURE FOR ATHLETES

Acupuncture can provide benefit to athletes of all levels and ages. It is best known for the treatment of pain, but modern research is showing that acupuncture can also improve performance, prevent injury, and help with recovery. There is a growing number of amateur and professional athletes utilizing the powerful effect of acupuncture.

RAPID RECOVERY
- Reduce Inflammation
- Optimize sleep

REDUCE PAIN
- Release Endorphins
- Natural Painkillers

INJURY PREVENTION
- Improve Range of Motion
- Minimize muscle fatigue

IMPROVE PERFORMANCE
- Increase blood flow
- Reduce stress and anxiety

[CLINIC INFORMATION]


RAPID RECOVERY
Acupuncture has been shown to **reduce inflammation** and **oxidative stress** in the body. It can enhance recovery by **minimizing muscle fatigue**, **improving energy**, and promoting more restful sleep in athletes during intense training cycles. Recovery is **KEY** to successful training.

REDUCE PAIN
Acupuncture can relieve pain by reducing **inflammation**, and stimulating the central nervous system to release **endorphins**. This process utilizes the body’s own **endogenous opioids** (painkillers), without the unwanted side effects of medications. It’s a safe and effective alternative to drugs.

PREVENT INJURY
The key to injury prevention is **preparation and recovery**. Acupuncture can help relieve muscle soreness, fatigue, and tension. It can also improve **range of motion** and mental focus. All of these factors contribute to performance without injury.

IMPROVE PERFORMANCE
Acupuncture can increase **nitric oxide** levels in the body. This relaxes blood vessels and opens up arteries, allowing for **increased blood flow** to the heart and other organs. Acupuncture can also **reduce stress and anxiety**, providing better rest and significant benefit before competition.