

*A Musculoskeletal Acupuncture approach
specializing in sports and
performance injuries, myofascial and
trigger point release techniques, and
postural realignment*

What is Orthopedic-style Acupuncture

Traditional Chinese medicine has been an extremely helpful and growing trend in athletics for quite a while. San Francisco 49ers Steve Young and Jerry Rice have been treated with acupuncture, and Canadian speedskater Kevin Overland received acupuncture to help him earn a bronze medal in the 1998 Olympics.

Physician and Sports Medicine reported that a study conducted in 1993 revealed that 72 percent of athletes used some type of holistic unconventional therapy.

In 1993, the National Institutes of Health Consensus Conference on Acupuncture reported: "The data in support of acupuncture are as strong as those for many accepted Western medical therapies. One of the advantages of acupuncture is that the incidence of adverse side effects is substantially lower than that of many drugs or other medical procedures used for the same conditions."

Classic Touch Acupuncture

Karen Chase, L.Ac.

Phone: 646-233-3016

www.classictouchacupuncture.com

info@classictouchacupuncture.com

Classic Touch Acupuncture



Call Today for Your Appointment!

What is Orthopedic-style Acupuncture?

Most people who seek out acupuncture are looking for relief from pain. Pain due to everyday stress, incorrect ergonomics and injury can be treated using orthopedic acupuncture. It is an effective way to manage and treat musculo-skeletal problems.

Some of the musculo-skeletal problems treated include:

- Low back pain
- Stiff and painful neck
- Frozen shoulder
- Rotator cuff injuries
- Carpal tunnel syndrome
- Bursitis
- Hip/groin pain
- Whiplash
- TMJ Dysfunction
- Knee pain
- Sciatica
- Disk Herniation
- Acute injuries, sprained ankle
- Plantar fasciitis
- Injuries from golf, tennis, track, contact sports
- Enhance endurance & performance

Orthopedic acupuncture uses muscle motor points, trigger points and traditional Chinese medical points. Motor points are usually found at the mid section of muscles and have the greatest neural potential. Trigger points often indicate pain referral. Traditional Chinese medical points correspond to the flow of the body meridians and are powerful in resolving disorders throughout the whole body. Acupuncture is used as “physical therapy” to release the muscular, skeletal and emotional holding patterns that are the root causes of tension, pain, postural asymmetries, the precursors of injury, and the residue of internal disease.



Orthopedic acupuncture techniques focus on proprioception, -- which can be defined as the muscles' awareness communicating to the central nervous system. An injury can disrupt this communication, thus hindering balance. One of the quickest ways to restore muscle balance is with acupuncture. When acupuncture is used at specific sites, the muscle spindles are reset, and then that balance is reawakened.

Your Acupuncture session will begin with an in-depth medical history and examination. Treatment may consist of:

- Acupuncture
- Electric stimulation
- Tui na
- Hot towel compresses
- External liniments
- Hot stone application
- Herbs
- Nutritional guidance
- Supplement recommendations

**CALL NOW TO MAKE AN
APPOINTMENT - 646-233-3016**