



Acupuncture Benefits

With over 8,000 years of history, acupuncture has been used as a safe and effective therapy for various conditions, especially the treatment of musculoskeletal pain in sports medicine.

Alleviate Neck and Shoulder Pain

Acupuncture is the hallmark of Traditional Chinese Medicine. It utilizes *hair-thin needles*, which are inserted into strategic points. The needles are then either retained or gently manipulated to *stimulate changes within the body for restoring balance and promoting healing*.

In **Sports Medicine Acupuncture**, needling therapy can be used to not only treat acute and chronic pain conditions, but also to prevent injuries and improve athletic performance.

Treat Lower Back Pain and Sciatica

Reduce Knee Pain

Optimize Muscle Function

Promote Healing

De Qi or the “arrival of qi” describes the *dull, heavy or numbing sensation* that is typically experienced around the area of needle insertion. It signifies the restoration of energy flow or circulation to the area and the awakening of the natural healing potential of the body. Otherwise, acupuncture is a relatively painless experience.

Modern research is just beginning to understand the mechanisms behind acupuncture. Studies have suggested that it can boost the body’s own natural “painkillers” as well as influence the nervous system and fascia – the connective tissue that interconnects every muscle, bone, nerve, vessel, and organ in the human body.

Acupuncture can be combined with physical therapy to improve mobility and balance muscles for optimal physical performance.



THE BOSTON CENTER
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