



People's Acupuncture Project

A little Revolution in Exeter:
Affordable community acupuncture

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Acupuncture for sports injuries

Background information about acupuncture

Traditional Acupuncture is a safe and effective system of medicine that originated in China thousands of years ago and still forms an important part of mainstream healthcare there today. In Traditional Acupuncture we view the human body in a holistic way. We focus on the health of the person as a whole and emphasise the connection between physical and emotional health. Every person is unique and one individual may become ill for different reasons to another so in Traditional Acupuncture we design each treatment according to the individual's needs.

Traditional Acupuncture believes that good health involves a continuous smooth flow of energy (Qi) through channels within the body. Illness, injury or emotional stress occur when Qi is out of balance or unable to circulate freely. Acupuncture works to maintain the body's equilibrium and the flow of Qi, by inserting fine needles into specific points on the body. Someone receiving acupuncture will often report an increased sense of general well-being as well as an improvement in the symptoms which brought them to treatment.

Sports injuries

Sports injuries are common, varying from strains to major complex trauma. Injuries can be acute, the result of a sudden impact or awkward movement, or chronic, developing over time due to continual use of the same joints or muscle groups. Sprain and strain of the joint and surrounding tissue are one of the most common sports related injuries (sprain involves the ligament and strain involves muscle or tendon). Besides pain, the typical inflammatory response may include swelling of the injured area, redness or purple skin discoloration, and reduced range of motion of the joint.

The aims of any therapy are to relieve pain, control inflammation, and accelerate repair. Also, there should be restoration of function and recovery of muscle power. Conventional approaches include RICE (rest, ice, compression and elevation), anti-inflammatory drugs and analgesics, immobilisation, corticosteroid injections, physiotherapy and surgery.

How does acupuncture help?

Acupuncture has a very successful record with sports injuries. Acupuncture points are utilized to address the injury and can help to alleviate the pain and suppress inflammation and swelling. The use of acupuncture to treat acute injuries from intense or repetitive physical activity began

centuries ago. It was, and still is, one of the primary means of quick healing for the martial arts. These days many professional sports teams have acupuncturists on staff to decrease healing times and resolve stubborn ailments. It is used by the England Rugby Team and British Olympic Team. Even as long ago as 1999, 54% of football teams in the premier league were using acupuncture.

Pain is one of the most common complaints in sports injuries followed by reduced function. Recent studies show that acupuncture effectively treats sports injuries such as strains, sprains, neck, shoulder, elbow, wrist, hip, knee and ankle pain, swollen muscles and shin splints.

Acupuncture may help relieve symptoms of sports injuries, and improve repair by:

- Stimulating nerves located in muscles and other tissues, which leads to release of endorphins and other neurohumoral factors, and changes the processing of pain in the brain and spinal cord
- Releasing myofascial trigger points to reduce muscle tension
- Reducing inflammation, by promoting release of vascular and immunomodulatory factors
- Improving muscle stiffness and joint mobility by increasing local microcirculation which aids dispersal of swelling.
- breaking down scar tissue
- promoting faster recovery after training sessions

What to expect in a multibed clinic

We treat several people together in one room. It is possible for us to work in this way because acupuncture needles usually take 20-40 minutes to do their work. We are able to place needles in one patient, leave them to relax into their treatment, and then move on to another patient.

At the People's Acupuncture Project up to 9 people will be treated at the same time bringing a community spirit to the experience. Patients in multibed clinics consistently report that they like the sense of togetherness and humanity they find there. Research shows that patients treated in multibed clinics report many positive experiences and very few negative.

The vast majority of patients feel very comfortable receiving acupuncture in this setting. Some people may be concerned about privacy but it isn't usually necessary to remove clothes as the most-frequently used points are on the arms and legs. Wearing loose clothing means we can get to the points we need. We also have gowns and blankets available if necessary. We will do everything we can to ensure you feel comfortable.

Need more information?

Give us a call or drop us an email for a discussion about how acupuncture can help your condition, how we work, or other query you might have about treatment.