

# Orthopedic 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
- Frozen shoulder
- Rotator cuff injuries
- Carpal tunnel syndrome
- Bursitis
- Stiff and painful neck
- Whiplash
- Temporomandibular joint dysfunction
- Knee pain
- Sciatica
- Acute injuries, sprained ankle
- Plantar fasciitis
- Injuries from golf, tennis, track, contact sports

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. Internal and external herbal applications can also be applied.