



Valley Health Clinic

SPORTS ACUPUNCTURE FOR BETTER PERFORMANCE & RECOVERY.

Here's why it's a worthwhile addition to every athlete's training program.

Acupuncture & the Body's Systems

Circulatory System

The circulation system moves blood and lymph through the whole body, including the heart, blood vessels, lymphatic vessels, and glands. It's essential to endurance, strength, and recovery.

YOU NEED GOOD CIRCULATION TO HEAL

The process we know as aging is the decline of the circulatory system. Acupuncture works with this vital system to:

- Improve blood flow in the body
- Increase nitric oxide levels and local circulation¹
- Release adenosine, an inflammatory and central nervous system inhibitor²
- Trigger the release of endorphins, our own natural pain killers



Acupuncture & the Body's Systems

Neuroendocrine System

The neuroendocrine system is a complex regulatory mechanism that includes the hypothalamus, the pituitary and its connections to the brain, and extrahypothalamic regions. It regulates your body's reactions to stressors like heavy physical exertion.

YOU NEED QUALITY REST AND RECOVERY TO GROW

For athletes, the neuroendocrine system can make or break a body's ability to recover and grow. Many athletes "burn out" by failing to allow their bodies enough time for quality rest and relaxation. Acupuncture works with the neuroendocrine system to:

- Balance parasympathetic (rest and digest) and sympathetic (fight or flight) activity
- Allow healing, muscle growth and recovery to happen during rest periods
- Decrease the level of stress hormone, allowing growth and recovery to take place³



Acupuncture & the Body's Systems

Musculoskeletal System

The musculoskeletal system is made of the bones of the skeleton, muscles, cartilage, tendons, ligaments, joints, and connective tissue that supports and binds tissues and organs together. It gives the body its form, enables movement, and provides support and stability.

YOU NEED YOUR MUSCLES TO WORK TOGETHER

Limited mobility can occur when the muscles don't work together, resulting in greater stress on the joints. When this happens, other parts of the body step in to compensate, which can cause pain, stress points, and even greater mobility limitations. Acupuncture works with the musculoskeletal system to:

- Balance the tone and tension of muscles
- Produce a local twitch response: an involuntary reflex caused by acupuncture, which quiets the muscle and allows it to resume normal activity



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Three months ago I could not throw a ball overhand at all. Last night I played in my first softball game of the year with zero pain whatsoever. Between that and throwing discs each day my shoulder takes a beating, the approach that Valley Health Clinic has used for treatment has taken care of the problem in a short amount of time and with no surgery needed.



Scott Withers

Professional Disc Golfer
Ranked 28th in the World



Acupuncture & Your Workout

Workout Recovery

Prolonged heavy training negatively influences the immune system function and increases cortisol.⁴ Don't let an injury ruin your season. You don't have time to take 1-2 weeks off to rest and recover. The best thing to do is to prevent injuries during training.

YOU NEED TO BE AWARE AFTER EXERCISE

Acupuncture works post-workout to:

- Decrease exercise-induced cortisol levels
- Diminish muscle tension, as well as physical and mental fatigue

YOU NEED TO SEEK CARE FOR CHRONIC INJURY

Acupuncture works to prevent injury and treat chronic injury by:

- Resetting the brain's neural threshold to stop the signals that lead to chronic pain
- Discovering and treating muscle imbalances to decrease risk of training injuries



Acupuncture Treatment Stages

The Three Building Blocks

We can enhance performance, prevent injuries and improve recovery from overtraining.

BETTER INJURY PREVENTION

In this stage we focus on the old injuries and current pain you may have. We use palpation, range of motion testing, and orthopedic examinations to uncover muscle imbalances. By treating these imbalances we set you up to perform better and decrease your risk of training injuries.

BETTER RECOVERY

Once we have identified and corrected any imbalances, we need to keep you feeling your best while you train. We will use a Traditional

Chinese Medicine System to create a personalized diagnosis. Using this diagnosis we will start addressing things that are decreasing your gains; such as stress, poor sleep, poor digestion, allergies, frequent colds, and more.

BETTER PERFORMANCE

Having a strong mental game is what can make the difference between having a great competition day and a horrible one. We will focus heavily on addressing fear and anxiety around completion or the challenges ahead.



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Since starting acupuncture during my peak training, when mileage was really high, recovery was quicker for me. I was able to keep intensity in my speed work during runs pain free (which is a first) and can enjoy long bike rides without my lower back bothering me.

After treatment with Will I have been able to do speed work once a week and marathon train without the pain.



Angela Smith

**Ironman
All World Athlete**



- 1 Acupuncture Enhances Generation of Nitric Oxide and Increases Local Circulation
Anesthesia & Analgesia: February 2007 - Volume 104 - Issue 2 - pp 301-307.
- 2 Traditional acupuncture triggers a local increase in adenosine in human subjects.
J Pain. 2012 Dec;13(12):1215-23.
- 3 Acupuncture Effect and Central Autonomic Regulation, *Evidence-Based Complementary and Alternative Medicine*, vol. 2013, Article ID 267959, 6 pages, 2013.
- 4 Acupuncture and Responses of Immunologic and Endocrine Markers during Competition.
Med. Sci. Sports Exerc., Vol. 35, No. 8, pp. 1296–1302, 2003
https://hmieducation.com/pub/publications/hmi_51dc7158747a3.pdf



MAXIMIZE GAINS AND REDUCE INJURY.

Our comprehensive performance program is designed to help you recover quicker and perform at your peak.

valleyhealthclinic.com/sports-acupuncture



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