

Acupuncture for Ankle Injuries

According to the Mayo Clinic, a sprained ankle is a soft tissue injury characterized by inflammation and pain. Sprained ankles are the most frequent type of musculoskeletal injury seen by primary-care providers. In the United States, more than 23,000 people each day require medical care for ankle injuries.

The ankle joint is made up of three bones: tibia (major bone of lower leg), fibula (smaller of two bones in lower leg) and the talus (top bone of the foot). Tendons connect muscles to those bones and ligaments provide connection between bones. When injury occurs one or more of the three are affected causing ankle pain and inflammation.

Ankle Sprain Symptoms:

- Swelling
- Pain
- Redness
- Warmth

Ankle Sprain Causes:

- Inversion injuries – foot rolls inward
- Eversion injuries – foot twists outward
- Stepping in irregular surface – ex: hole
- Awkward planting of foot when running, stepping or during simple tasks such as getting out of bed

Acupuncture treatments provide a safe, natural way to alleviate ankle pain. The Traditional Chinese Medicine (TCM) sees

the human body as an integrated being. It works with vital energies inherent within all living things to promote the body's ability to heal itself. Qi (pronounced "chee") is a vital energy that flows through meridians, pathways that run throughout the entire body. Qi protects the body from illness and provides nourishment to cells, tissues, muscles and organs. During acupuncture treatments, fine, sterile needles are inserted at specific acupoints along these meridians to release Qi, unblock obstructions and correct imbalance.

Acupuncture practitioners recommend a holistic health approach inclusive of herbal remedies, massage and stretching. According to Eastern holistic medicine, treatment of ankle sprains requires lifestyle changes with overall health as its goal.

- Exercise increases flexibility, maintains weight and strengthens muscles
- Diets including anti-inflammatory, unprocessed and organic foods
- Relaxation therapies through breath, meditation and yoga
- Achieving a balance of rest and relaxation

Procedures of Acupuncture

During a treatment, specific acupuncture points are stimulated to balance bioelectric energy circulation and promote the body's own natural healing abilities. A balance of energy in the body yields mind-body relaxation and optimized physiological

functions of the body. The whole procedures last about 20 minutes, during which time patients are very relaxed and comfortable.

Acupuncture goes Mainstream

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions.

- Addiction-alcohol, drug, smoking
- Anxiety/ADD
- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Bursitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold & Flu
- Constipation
- Depression
- Digestive Disorders
- Dizziness
- Facial Palsy/Tics
- Fertility/Habitual Miscarriages
- Fibromyalgia
- Frozen Shoulder/Pain
- Gastrointestinal Disorders
- Headache/Migraines
- Hepatitis B/C
- Immune system deficiency
- Incontinence
- Insomnia
- Knee pain
- Myofascial Pain Syndrome
- Neck Pain/Stiff Neck/Whiplash
- Osteoarthritis
- PMS
- Rhinitis/Sinusitis
- Sciatica

- Sports Injured
- Stress/Emotional Problems
- Stroke Paralysis/Numbness
- Tendonitis/Tennis Elbow
- TMJ
- Trigeminal Neuralgia
- Wrist Pain



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“Experience is priceless...”

- Graduate from the University of Hawaii with a B.S. in Bio-Chemistry
- Completed 4 years post-graduate training in Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine, Houston, Texas
- Certified Neuromuscular Therapist
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- NAET (allergy) Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)

ACUPUNCTURE FOR ANKLE INJURIES

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