



In action: Acupuncture is good for sports injuries.

Acupuncture

The first treatment for sports injuries

Since I moved to New Zealand I have found so many things new to me especially in the area of health.

One of these things has to do with treatment (or after-care) of sport injuries acute in nature.

In this aspect I was surprised at two things that we hardly see in Korea. One, a number of people end up having an operation and two, very few have acupuncture in mind as a treatment option.

In Korea people go to acupuncturists with sport injuries, unless bones are involved.

In most cases it takes just a few days or weeks to get the condition healed properly.

In this regard there are several facts for people here to be informed of for the benefit of themselves.

■ When it comes to sport injuries, timing is extremely important.

Once you lose optimal time for treatment the condition gets very stubborn and becomes harder to treat let alone the adverse effect on other parts of the body.

When is the optimal time? The sooner the better.

■ Interrelationship of each part of the body is much closer than we know. For example, prolonged sprained ankle problems cause weakness of knee and hip joints of both sides by

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the body's natural reaction to compensate pain in the ankle, which contributes to imbalance of the pelvis and even spinal structure.

Considering the close interconnection of the spine and internal organs and other tissues, ruined structure of the spine may eventually have an adverse effect, even on some internal organs.

■ Acupuncture has been proven remarkably effective in sport injuries benefiting millions of people worldwide.

Acupuncture done by a qualified acupuncturist will not only bring you back to the field quickly, it will also minimise the bad effects of the injuries on other parts of the body.

The longer it takes to treat sport injuries the more chance of ruining your precious body.