

Sports Acupuncture



Julee Miller AP, DOM, NMT specializes in the field of Acupuncture Orthopedics and Sports Medicine and has over 20 years experience in this field, and was a member of the 2004 Olympic Games Sports Rehabilitation Team. This integrative approach combines Traditional Chinese Medicine with structural & myofascial techniques, trigger point release therapy and motor-neural rehabilitation. Many patients benefit from this diagnostic system that combines accurate assessment with precise treatment protocol. Acupuncture Sports Medicine is appropriate for all types of individuals who experience injury, pain and musculoskeletal dysfunction.

Sports Medicine Acupuncture combines the training of Traditional Chinese Medicine with western medical protocols to assess, treat, rehabilitate, and prevent injury related to exercise and participation in sports. Treatments are especially helpful with nagging chronic pain and post-surgical rehabilitation. It also produces excellent results for pre-event preparation and post-event recovery.*

The Olympic Games now includes this time tested medicine. With each athlete and trainer/coach looking to get the competitive edge, it is no wonder that many of them would turn to an unexpected source of strength: Acupuncture. Gaining notoriety with athletes and sports medicine, acupuncture is great for injury rehabilitation, alleviating

pain, performance enhancing, and promoting overall physical and emotional well-being. Many competitors insist on having acupuncture as a part of their training protocol. Athletes using acupuncture recover from soreness and fatigue faster, feel stronger, are less emotionally stressed, and feel more balanced overall.*

Sports Injury encompasses a large area of medical concerns, usually related to musculoskeletal conditions. Basically, it covers all acute injuries and chronic ailments due to specific physical activities. This includes problems that result from physical training, martial arts, competitive sports, “weekend warriors”, outdoor activities and competitions. People that participate in these activities commonly stress or damage muscles, ligaments, tendons and joints – the areas that are used the most. Sports Injury medicine has evolved into a specific medical category that focuses on treating these injuries.

When to get Acupuncture

Acupuncture divides sports injuries into two main categories, which determine how treatment typically proceeds. Acute injuries (that happened recently) and chronic injuries (unresolved for 3 or more months).

Acute Injuries



Acute injuries need to be properly assessed before any type of treatment can begin. Most people are all too familiar with the feeling of a strain or sprain. If someone is unsure, however, it is best to get examined and properly diagnosed (possibly with the help of an X-ray or MRI) to rule out a more serious injury. Acupuncture should then begin as soon after an injury as possible for the best results.

Chronic Injuries

Chronic injuries also need to be properly assessed before any type of treatment begins. It is important to determine if there is an underlying structural cause for a lingering injury such as a loss of cartilage, formation of scar tissue or degenerative

damage of any kind. Once the complete underlying framework of the injury is understood, an acupuncture treatment plan can be devised to address both the main symptoms and their causes. This may include acupuncture treatments, Chinese herbal formulas, stretches and exercises, diet modifications and the use of liniments or balms

Sports conditions commonly treated with Acupuncture:



- Acute injuries*
- Achilles tendonitis*
- Carpel Tunnel*
- Frozen Shoulder*
- Golfer's/Tennis elbow*
- Headaches*
- Low Back Pain*
- Knee pain*
- Neck pain*
- Plantar Fasciitis*
- Repetitive strain injuries*
- Rotator cuff injuries*
- Shin splints*
- Sciatica/Piriformis syndrome*
- Running injuries*
- TMJ*

- Stress/anxiety*
- Mental clarity and focus*
- Nutritional cleansing*
- And much more...

**Results may vary*

Clinical sessions may include:

- Acupuncture
- Auricular Therapy
- Moxibustion
- Cupping
- Electric Stimulation
- Infrared Heat
- Myofascial Release
- Trigger Point Therapy
- Gua Sha
- Therapeutic Exercise/ ROM
- Biopuncture: homeopathic injections