



## **Benefits of Acupuncture for Athletes**

1. **Pain Relief-** Ideal for any type of pain including but not limited to Acute Trauma, Chronic/ Repetitive Stress Injuries, Joint pain, Muscle Spasms, Tendonitis etc.
2. **Improves Performance-** Helps oxygenate the muscles while also helping to strengthen the tendons and bones.
3. **Muscle Relaxation-** Helps reduce lactic acid buildup post work outs.
4. **Speeds Recovery Time-** Increases cellular repair and activates the body's natural healing response.
5. **Energy Enhancement/ Better Sleep-** Regulates hormones and improves digestive efficiency and metabolism.
6. **Increased Blood Flow and Detoxification-** Improves circulation and lymphatic drainage.
7. **General Stress Management-** Reduces Cortisol (stress hormone) in the body while also helping the body to better manage future stressors.

## **Cupping**

Also known as “*Myofascial Decompression*”, Cupping is a painless technique, used to improve athletic performance as well as aids in injury rehabilitation and physical therapy. Cupping increases circulation to the area and there by reduces the lactic acid build up that causes pain and improves blood flow. Cupping is one of the best deep-tissue therapies available. It is thought to affect tissues up to four inches deep from the external skin. Toxins can be released, blockages can be cleared, and veins and arteries can be refreshed within these four inches of tissue.

During traditional cupping, a flammable substance such as alcohol, herbs, or paper is placed in a cup and set on fire. Once the fire goes out, the cup is placed upside down on the patient's skin. As the air inside the cup cools, it creates a vacuum. This causes the skin to rise and redden as blood vessels expand. The cup is generally left in place for five to 10 minutes. Cupping is a great addition to your routine if you are doing regular/ intense muscular strength training as it will help reduce muscle soreness, increase circulation and rebuild tissue faster.

### **Benefits of Cupping:**

- \*Pain Reduction\*
- \*Increased Circulation\*
- \*Tissue Repair\*
- \*Increased Flexibility and Strength\*
- \*Improved Lymphatic Drainage and Toxin Removal from the Body\*

### **Some Common Ailments Treated with Cupping Are:**

*Back/Neck Pain, Joint Pain, Shoulder Pain, Chronic Muscle Imbalances/ Muscle Spasms, Repetitive Stress Injuries, Acute Trauma, Chronic Pain.*