

## ACUPUNCTURE EFFECTIVE FOR INJURIES

By Frank Gemmato, L.Ac.

A woman appeared in my office recently who had been suffering from the effects of a fall she endured fourteen months ago. Her complaint: ***constant soreness, aching and pain in her neck***. She had tried physical therapy, pain medication, and even a psychiatrist to no avail. She was in a state of desperation. Finally, her doctor suggested she try a course of acupuncture. Within two treatments, her pain and stiffness had almost completely disappeared. She was jubilant at her newfound freedom from the nagging soreness and discomfort in her neck.

Although it may seem so, the above case is not a miracle, but a rather common occurrence during a day at my office. For thousands of years, Traditional Chinese medicine has aided people suffering from many types of injuries. It is elegant and simple, tapping into the body's own natural self-healing mechanism. During an acupuncture treatment, endorphins are gently released from the brain to relieve pain and allow the body the space to heal itself. By promoting the flow of the body's *qi* or vital energy, a pattern of health may be quickly restored, function improved, and an injury resolved.

Injuries resulting from **motor vehicle accidents, work, or action sports** all respond to the therapeutic powers of acupuncture. Fine needles gently inserted at the site of trauma, and also at a distance, work to reestablish energy flow. Sometimes a warming technique called moxabustion is employed to strengthen and further promote the circulation of *qi*. And herbal medicines can help to treat the cause of the problem by promoting the circulation of blood and energy through the affected area. The effect is liberating.

The patient continues to improve after four acupuncture treatments. Not only is the pain relieved, but she has also regained lost range of motion. Her only regret is that an entire year of useless suffering, not to mention financial expense, could have been averted if only she had availed herself of the remarkable benefits of acupuncture.

For the treatment of pain due to injury or any other cause, functional and motor problems, as well as wide range of internal diseases, please contact Frank Gemmato, L.Ac. Frank Gemmato, LAc is a licensed acupuncturist in Milwaukee, 503 659-8900.