

## Acupuncture and Injury Rehabilitation

By: [John Alderman, L.Ac.](#)

Acupuncture excels in the treatment of sports, work, auto accident rehabilitation, and post operative pain.

### Injury & Post Operative Pain

If you have suffered an injury, want to avoid surgery, or would like to speed your recovery from a necessary surgery acupuncture can help. Usually an individualized treatment protocols that combines Acupuncture, Herbal Medicine, Exercises, Massage and Nutrition that maximizes your healing potential for a wide variety of conditions and syndromes including, but not limited to:



- Post Surgical Pain Syndromes
- Auto Accident Injuries
- Work Related Injuries
- Sports Injuries
- Orthopedic Surgeries
- Gynecological Surgeries
- Oral Surgeries
- Cosmetic Surgeries

Injuries occurring from sports, work or auto accidents and surgical interventions are due to trauma or overuse syndromes involving the musculoskeletal system and its soft tissues. Trauma to these soft tissues, including ligaments, tendons and muscles are generally the result from falls, blows, sprains/strains, collisions, compressions crushing and disruptions of the healing processes due to inflammation.

### How Acupuncture Works

From a Traditional Chinese Medicine (TCM) perspective, trauma disrupts energetic homeostasis and can cause both short and long term imbalances. Pain and dysfunction result from a blockage of energy (qi) and blood flow. TCM therapies function to remove these blockages. From a western perspective, TCM therapies decrease pain, decrease inflammation, promote healing and regulate the immune and endocrine systems.

It should be remembered that the rehabilitation of the injured is both physical and psychological. The physiological impacts of injury and surgery are similar. Both are traumas which can lead to pain, inflammation, swelling, digestive disorders and emotional changes. Many surgical patients suffer from pre-operative anxiety and post-operative pain, inflammation, nausea, constipation, vomiting, headache, and fatigue.

Post surgical pain syndromes and addictions to prescribed pain medications are also a contributing factor in physicians/surgeons making referrals to acupuncture.

The positive outcomes of acupuncture in an Injury Rehabilitation & Post Operative Pain Program include:

- Pain Management
- Decrease Inflammation
- Decrease in Pre-Operative Anxiety
- Reduction of Inflammation and Swelling
- Reduction of Nausea and Vomiting
- Regulation of Digestive Function
- Reduction of Need for Medication

Reduction of Scar Tissue  
Decreased Healing Time  
Increased Rates of Full Recovery

**About the Author:**

*John Alderman, L.Ac. is one of Idaho's most experienced Acupuncturists and is the director and founder of [Alderman Medical Acupuncture of Idaho](#). He excels in sports, work, auto accident rehabilitation & post operative pain.*