

Global Summit on
Traditional & Restorative Medicine**JOINT EVENT**10th World Congress on
Neuropharmacology

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Acupuncture and herbal therapies for sports medicine**Michelle Lee**

Dongguk University, Los Angeles

The effects of acupuncture and herbal therapies (topical poultices/pastes/soaks) for treatment and prevention of sports injuries are much greater than mere “dry needling” and/or physical therapy, including cryotherapy and stretches. In the healing of torn ligaments and muscles, strains and sprains, the combined therapy of acupuncture, moxa, and herbs are far superior to any other singular modality. Herbal formulas for topical use will be discussed, including the correct application for different injuries, such as torn MCL/ACL, stress fractures, frozen shoulder, torn rotator cuff, etc. With continued acupuncture sessions during conditioning, athletes noticed better stress-management in addition to lessened frequency and degree of injury during peak season. Acupoints and techniques, along with different herbal formulas and applications, are the focus of this session. These techniques are applicable to non-athletes, as well.

Notes: