

[Acupuncture Treatment for the Albuquerque Athlete](#)

In Albuquerque there are several levels of high school athletic classifications which are determined by the number of students in that school's student body. In New Mexico high school athletics there are 1A, 2A, 3A, 4A, and 5A high school sports classifications. In the City of Albuquerque virtually all five classifications are represented. Albuquerque also has the good fortune to be the home of the University of New Mexico Lobos, a minor league hockey team, the Albuquerque Isotopes baseball team, and an occasional D-league pro basketball team. With this many teams it means there are 1000's of athletes and those athletes train, workout, play games and they go get hurt from time to time. When an athlete gets hurt whether it's a knee injury, back strain, rib problems or a sprained ankle it is considered TRAUMA. Trauma needs to be treated and if it's acute trauma it could take quite some time for the injury to heal so that the athlete can get back on the playing field. Treating that trauma, as opposed to treating it with pills or with shots, with acupuncture is a great option to consider. [Acupuncture](#) it is known causes the human body to release an opiate-like body chemical called endorphins. Endorphins are the human body's very own built in painkillers. By applying acupuncture to an injured athlete not are you reducing the pain the body is in, you are also speeding up the healing process by lowering inflammation and pumping up the human body's built in immune system. It is a proven fact that tendon and ligament sprains, which are normal everyday occurrences for athletes in Albuquerque, respond very positively to [acupuncture treatment](#). Using drugs masks the pain and puts the body at further risk for damage that could be forever.

Rest and Recovery – Train too much as an athlete and you'll always be in recovery stage with slow to no improvement because your body is damaged. If you sleep well your body heals. We all need rest and that is so true for athletes. Resting is so important because it gives the body the time to heal which means the body is building muscle tissue and reestablishing energy. Regular weekly acupuncture treatments offer the body the help it needs to heal while training. With regular [acupuncture](#) treatments while training the body gets better rest and it heals because most people and athletes are part of this group more often than not, sleep way better. The better sleep you get the better off you are in life and as an athlete that needs to recover from playing games and working out.

Regular acupuncture treatment for athletes is very helpful in helping the bodies heal from injuries, prevent injuries, and enhance the body's natural ability to compete at high levels athletically. [Acupuncture in Albuquerque](#) with all the city's school teams, recreation leagues, and professional teams is great for weekend athletes, college athletes, and high school athletes to help them heal and perform better.