

## [Acupuncture in Albuquerque](#) for Joint Pain

Anyone and everyone living in Albuquerque and New Mexico for that matter knows the air in the City of Albuquerque and the State of New Mexico is incredibly dry and during the winter is very cold as well. Just because there's dry air here does not mean that in this climate that people, particularly as we get older, do not get joint pain. It has been reported that in more humid and very humid climates that people with joint pain suffer more during the winter months because the humidity increases the joint pain people feel. Acupuncture for joint pain has been shown to be one of the most effective treatments available to decrease the pain people experience with this problem. The key to treating the pain is to do an assessment that determines what is causing the joint pain the person is experiencing.

Joint pain is unique for most individuals. Joints are where two bones in our body are connected and the joint allows for movement where those bones come together. Joints are taken care of by cartilage which is the joint shock absorber and ligaments hold the joints together. Joint pain is caused by things such as sports activity, general activity, aging, obesity, and disease. When these things happen, the joints and associated muscles experience stress which in turn can and often does cause joint pain.

### [Joint Pain](#) and How to Treat It –

Acupuncture is easily one of the top ways to treat joint pain. The primary reason it works is because it reestablishes the natural mobility of the muscles in that area of your body. The very specific reason acupuncture works for treating joint pain is because the needles inserted “tapped” into specific points in the human body stimulate the human body's meridian's which in turn turns on the energy field in that area of the body. [Acupuncture works on joint pain](#) because it is effective in treating and it assists in reducing the pain in joints because it repairs the unevenness in our body.

Another way to reduce joint pain is to exercise on a regular basis. Exercise done the right way will help because we are using our joints the correct way. Additionally exercise can also keep joint pain from occurring because we have built up the muscles around the joint which in turn supports the joint. Often times joint injuries occur because we have weak muscles around the joint, we use the joint improperly which can and does cause injuries to occur.

[Acupuncture for joint pain](#) is easy for an acupuncturist to treat and manage. Acupuncture is quite often just as effective as using pain killers or pills, plus it improves the flow of energy through the joint and the muscles associate with the problem joint.