

## Chronic Knee Pain Sufferers in Albuquerque Consider Acupuncture Treatment to Manage Your Pain

Acupuncture has proven time and time again to be an excellent way for people suffering from chronic knee pain to treat their constant pain. Using a steady regiment of pain medication can be used to treat knee pain, but pain killers, which are opiate based, are very addictive. Addiction to pain killers from constant use is a normal outcome because when humans use opiate based pain killers the drug increases the dopamine levels in the human body 10 fold. What that means to the normal human being is that whatever their normal dopamine levels are when they are excited or very happy, that level ramps up 10 times normal levels when using opiates like Darvocet or Percocet. When the dopamine levels in the human body increase 10 fold, like when someone is taking speed or cocaine, the human body starts craving the drug and then a drug addiction can develop. The alternative to using a pain medication regiment to treat pain is to use an acupuncture regiment instead.

Chronic knee pain therapies such as acupuncture treatment or pain medication provide relief, but they do not cure the reason for the knee pain. For acupuncture therapy to work in treating chronic knee pain it must be done on a regular scheduled basis. The reason this must be done is acupuncture is an active therapy that must be performed a scheduled therapeutic basis for it to be effective. Doing an acupuncture treatment one time to treat chronic pain and expecting ongoing positive results would be akin to working out once and expecting to be in great shape, which of our course would not work. In addition to using acupuncture to treat chronic knee pain, a patient should seek out proper medical treatment including professional physical therapy to treat the original cause of the pain. Whether a patient hurt their knee while doing a sport or from a fall or an accident it makes good sense to seek out professional medical treatment to discover the extent of the injury causing the pain and then of course following the proper course of action needed to heal the injury to the knee.