

## **Got Back Pain Albuquerque? - Back Relief Can Be Achieved With [Acupuncture](#) Treatment**

Back pain is a common occurrence among many Americans including plenty of people from Albuquerque. [Acupuncture](#) balances the flow of energy through the human body. The life force that flows through human body is also known as Qi. If your body's Qi is blocked then quite often discomfort or pain occurs. Acupuncture treatment is used to treat numerous, numerous conditions in the human body including the back pain felt by pregnant women and including back pain felt by athletes.

Both doctors and scientists do not completely comprehend why [acupuncture treatment](#) helps both treat and relieve back pain, but it is a known fact that it does work. Acupuncture treatment is Chinese medicine using thin sterile needles that are stuck delicately into specific points in the body. This treatment is considered safe when done by a licensed thoroughly trained [acupuncture](#) doctor. Certainly acupuncture is not a cure for back pain, but is a means of therapy that can and is used to reduce back pain.

### **Lower Back Pain When You're Pregnant**

Lower back pain is an issue for 30 percent of pregnant women. The back pain normally starts up between the 6<sup>th</sup> and 9<sup>th</sup> month of pregnancy. In many instances acupuncture treatment on a regular regimented basis has been demonstrated to relieve back pain. It must be mentioned though that for some women with back pain that acupuncture does provide relief, but for others acupuncture does not relieve their back pain. Every one of us, as they say, is different. Additionally acupuncture has been shown to reduce pregnancy related nausea.

### **Athletes – Back Pain Treatment Using [Acupuncture in Albuquerque](#)**

Acupuncture treatment has been shown to effectively treat back ailments in athletes for such common problems like inflammation, swelling, and back spasms. Additionally acupuncture may speed up healing and reduce or even eliminate back pain. It has been stated by many acupuncture doctors that acupuncture can treat the core causes for back pain and it can and does also treat the back pain itself. Because of these two factors acupuncture is widely admired by people who have on-going injury issues and people that have chronic back pain.

### **[Acupuncture](#) Treatment for Back Pain For the Rest of Us Folks**

The happy fact about acupuncture treatment of back pain is that it is not just for pregnant women and athletes. Acupuncture can treat back pain for all types of individuals which means it is possible to improve the comfort of virtually anyone with back problems.