



Healing Arts Center  
AT NORTHEASTERN REHABILITATION ASSOCIATES, P.C.

# Newsletter

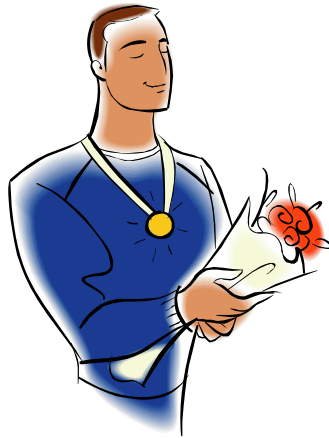
## Acupuncture for Athletes

All athletes and coaches are involved in a constant search for ways to improve performance and gain a competitive edge over their rivals. Many are finding that acupuncture can often provide that edge.

By following the principles of ancient Chinese medicine, acupuncture can strengthen body function and restore internal harmony and balance. It is becoming more and more common for professional sports teams and top athletes to have an acupuncturist on staff to treat injuries and to keep them performing at their peak.

Some of the best Olympic athletes are incorporating acupuncture into their wellness programs. China's most popular sportsman, the 7 foot 6 inch China basketball center, Yao Ming, used acupuncture and Oriental medicine to help his recovery after undergoing surgery on his ankle in April, 2007.

Chinese swimmer, Wang Qun, was photographed doing some last minute training in Beijing with round marks on her back from an acupuncture and traditional Chinese medicine treatment. The marks on the swimmer's back were caused by cupping, a technique in which a glass cup or bamboo jar is suctioned onto the body. It is used to relieve muscle pain, especially back pain from stiffness or injury; and to clear congestion



in the chest, which can occur with common colds and influenza.

Studies have shown that acupuncture has measurable effects on the flow of blood to certain areas of the body, which could in turn boost athletic performance. One such study conducted at the Beijing University of Traditional Chinese Medicine involved athletes running 5,000 meters, and afterwards sitting for acupuncture treatments before they had a chance to catch their breath. The heart rates of the athletes who received the treatments recovered more quickly than those in the control group.

Another study published in the American Journal of Acupuncture measured the effects of acupuncture on anaerobic threshold and work capacity during exercise in healthy young males. Researchers found that individuals in the acupuncture treatment group had higher exercise capacity and were able to perform higher workloads than individuals in the placebo group. The individuals that received acupuncture also had lower heart rates.

If you are interested in enhancing your performance and improving your body's ability to recover from the stress of competition, consider using the ancient art of acupuncture.

Volume 5, Issue 2

Fall 2008

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**For more information on the Healing Arts Center and its**

**services, please call**

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## Massage Brings Relief from Arthritis Pain



*“Acupuncture can be used to help decrease ... inflammation.”*

Arthritis pain in hands can be helped by massage therapy, according to a study published in the January 2007 issue of the *Journal of Bodywork and Movement Therapies*.

The research examined 22 adults aged 20-65 years with

wrist and/or hand arthritis. Researchers found that the massage therapy group had lower anxiety and depressed mood scores, and by the end of the study reported less pain and greater grip strength. The massage therapy group

showed greater improvement than the standard treatment control group on all measures.

This research indicates that massage is one of the many ways that arthritis sufferers can reduce their pain and improve their quality of life.

## Acupuncture for Sports-Related Injuries

Acupuncture is well known for its effectiveness in reducing most types of pain, including sports-related injuries.

Acupuncture can be used to help decrease swelling spasms and inflammation. Additionally, it can be used to control pain, increase range of motion and help promote healing.

Injuries occurring from sports are mostly due to trauma or overuse syndromes involving the mus-

culoskeletal system and its soft tissues. Trauma to these soft tissues, including ligaments, tendons and muscles are generally the result of falls, blows, sprains/strains, collisions, compressions and disruptions of the healing processes due to inflammation.

Some Commonly treated sports injuries:

- Muscle pull
- Neck pain
- Shoulder impingement

- Tennis elbow
- Lower back strain
- Groin pull
- Hamstring strain
- Runner’s knee
- Shin splints
- Ankle sprain
- Achilles tendonitis

If you have suffered an injury, want to avoid surgery, or would like to speed your post-surgical recovery, acupuncture can help.

## What is . . . Qi (chee)?

Qi (pronounced “chee”) can be defined as the force or vital substance that animates and controls the observable functions of living beings.

The basic foundation for Oriental medicine is that the vital substance flows through the body in channels known as meridians that connect all of our major organs. According to Chinese medical theory, illness arises when the cyclical flow of Qi in the meridians

becomes unbalanced or blocked.

The basis of acupuncture is expressed in this famous Chinese saying: “free flow: no pain, no free flow: pain.” In other words, any kind of pain or illness represents an obstruction in the normal flow of Qi or life force. Simply put, acupuncture moves Qi, restoring free flow.

The concept of a life-energy inherent in all living beings

seems to be a fairly universal archetype, and appears in numerous ancient religions and systems of metaphysics (in addition to having been borrowed by George Lucas’s science fiction films—the force).: Polynesian mythology-mana; Egyptian mythology-ka; Roman mythology/Christianity-spiritus; Norse mythology-seid.

Also related is the philosophical concept of prana in Hindu philosophy.

**We’ve expanded!  
More treatment areas  
less wait and some  
evening and Saturday hours!**