

Acupuncture for Sports and Trauma Rehabilitation

Dry Needling Techniques

Book • 2011

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About the book

Description

Written by widely respected acupuncture expert Yun-tao Ma, PhD, LAc, **Biomedical Acupuncture for Sports and Trauma Rehabilitation** shows techniques that will enhance athletic performance, accelerate recovery after intensive workouts, and speed trauma rehabilitation after injuries or surgeries. Evidence-based research is used to support the best and most effective techniques, with over 100 illustrations showing anatomy, injury, an...

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Key Features

Unique! Explores **acupuncture treatments for sports injuries** in the acute phase, rehabilitation, and prevention.

Includes **acupuncture for performance enhancement and injury prevention**, emphasizing pre-event acupuncture used to help increase muscle output. assist with pre-competition stress. and prevent soft tissue iniurv....

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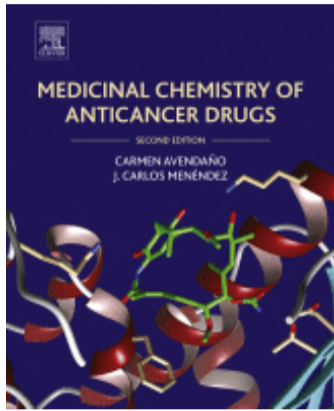
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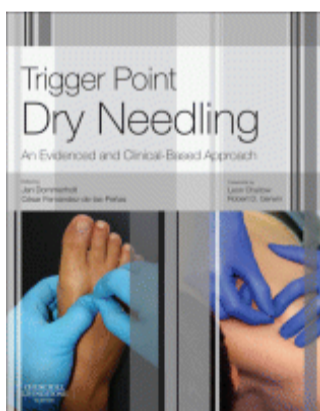
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