
Introduction

Many more people, of all ages, are participating in one sport or another, with the resultant increase in the number of associated injuries. From a treatment point of view the most important thing is the early treatment of an injury. Electro-Acupuncture offers a "First Aid".

It is clearly impossible to have a doctor or physiotherapist available at every sporting event. The average sportsman will be able to read and understand this section of the book and use Electro-Acupuncture competently.

IF YOU ARE IN ANY DOUBT WHATSOEVER ABOUT THE SERIOUSNESS OF THE INJURY, APPROPRIATE MEDICAL ADVICE MUST BE SOUGHT.

Remember that in any injury situation there is a possibility of fracture. Electro-Acupuncture is not a satisfactory or acceptable method of treating a fracture. Commonly sports injuries involve bruising of varying degree and severity, partial or complete muscle tears, tendon injuries and tendon inflammation (tenosynovitis). Electro-Acupuncture is an effective method of treating all of these conditions (except total tendon rupture, most commonly occurring at the Achilles tendon).

As well as using Electro-Acupuncture, other measures are important such as:

1. Resting the injured part, and the use of ice packs which cool the tissues and reduce bleeding.
2. When bleeding is present compression, produced by firmly bandaging the affected area, serves to limit further blood loss. Do not, however, bandage so tightly that blood flow stops altogether. In the event of the fingers or toes of the bandaged limb beginning to turn blue the bandage should be released a little.
3. Elevation of the affected part is also helpful in reducing tissue swelling around the injury.
4. Electro-Acupuncture can be used successfully when the initial injury period has passed and the bleeding stopped. If Electro-Acupuncture is used with skill the tissue swelling (known as oedema) will often disappear within minutes. In practice this means that the sports injury is dealt with more effectively, and therefore recovery time is shortened. The player may then be able to return to his sporting activities sooner than he otherwise would.