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- Baltimore Orioles
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Treat Your Sports Injury Like a Pro

By C.J. Franz Staff Writer on August 08, 2007

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BURBANK - Living in Southern California, we are blessed with mild temperatures year-round. This means more time for outdoor sports activities - running, biking, tennis, golf, football, baseball, soccer...motocross if you're young and fearless.

Dr. Alec Meleger of Harvard Medical School suggests acupuncture, saying, "Sports injuries tend to be strains, sprains, and other conditions that are non-traumatic. Traditional Chinese medicine sees pain and reduced function as a disorder in the body's natural state. The goal of acupuncture is to rectify the disorder and restore internal harmony - restoring full function, reducing pain and enhancing performance."

In professional sports, downtime of a player means money lost. This is why many professional teams now employ a full-time acupuncturist on their medical staff. Many players are also seeking individual treatment. Baltimore Ravens safety Will Demps says, "In my extensive off-season workouts, I have noticed a difference in my balance and agility since receiving treatments. I feel my muscles have been 'turned on' and are firing on all cylinders."

Marcellus Wiley, a defensive end for the San Diego Chargers, shares "I responded quickly. ... It was refreshing to receive therapy that allowed me to sustain my health for the duration of a season and a physically grueling career."

Other professional athletes that have had success with acupuncture treatments include Steve Young, Jerry Rice, Allan Houston and Brian Russell.

Matt Callison, a sports acupuncturist with AcuSport Health Center in San Diego explains that the ideal recovery regimen includes a combination of Western medicine or therapy, and Eastern medicine. He suggests finding an acupuncturist that is trained in giving advice in diet, exercise, herbal therapy, and exercise supplements.

Recently voted "Best Acupuncturist" by the Burbank Leader, Dr. Mindy Dai creates individualized treatment plans for her patients that often combine acupuncture, Chinese massage Tui-na, and Chinese herbs. She also offers customized dietary plans and exercise regimens.

"I treat a lot of patients with sports related injuries," says Dr. Dai. "Tennis players, golfers, basketball players, football players... they come to me with tennis/golf elbow, knee injuries, shoulder pain, bursitis and tendonitis. I also help people who suffer from repetitive motion injury such as carpal tunnel syndrome and chronic neck and back pain and frozen shoulder. Even after my patients have recovered from their injury, many keep coming back for treatments. They tell me that it makes them feel stronger and keeps them pain-free. That's what keeps me in my practice. I can't imagine a more rewarding career than helping alleviate pain and discomfort from someone's life."

Dr. Mindy Dai welcomes your phone calls and e-mails. If you have a question about acupuncture or alternative treatment options, just give her a call at (818) 843-1558 or send her an e-mail via her website at www.drmindydai.com. Her treatment center is located at 2031 W. Alameda Ave., Suite 206, in Burbank.

Many insurers and managed health organizations include acupuncture treatments in their health plans. Call your provider for more information.

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