Physiological Effects of acupuncture after Sport injury for Athletes

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Abstract: Acupuncture and its physiological effects and specific benefits has perhaps been the most studied physical medical therapy in world history. Not only does acupuncture have a rich history of thousands of years of data accumulation on clinical effectiveness, modern science has sought to understand and measure the effects of acupuncture objectively, not only with outcome measures, but also with the metabolic and physiological effects evident from acupuncture stimulation. The use of acupuncture in the treatment of sports injuries for athletes is not new, but its physiological responses after injury and potential has never been fully established as a certain studies. There are scientific evidences that acupuncture works by accelerating the self healing capacity of the living organism which result in activation of the main 4 survival systems (cardiovascular ,endocrine ,immune and centeralnervous).**Purpose :** To identify the physiological effects of acupuncture after Sport injury for Athletes. **Design:** This study was performed on one group consists of ten athletes had different injuries. Data were analyzed with pain measures and measures analysis of endorphins, cytokines, hormones such as cortical. **Results:** The result shows improvement in study group parameters in pain decrease and the comparison with the first and second measurement of endorphins, cytokines, cortisol hormone analysis. The improvement percents were 2.05% in as a rate transferring endorphins, cytokines 2.25%, cortisol 2.64% . **Conclusion:** This study demonstrate that acupuncture is an effective physical treatment for a variety of sports injuries to improve the degree of pain decrease and (endorphin, cytokines, cortisol) hormone increase.

Key Words: Acupuncture, Physiological Effects to acupuncture, Visual Analogous Scale , endorphin, cytokines, cortisol .