

Mayo Clinic Minute

Acupuncture and Athletic Performance

| Video | Audio |
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| Vivien Williams | Acupuncture has existed for more than 2,000 years. Now, experts use it for many issues, including pain and enhancing athletic performance. |
| Peter Dorsher, M.D. Physical Medicine and Rehabilitation Mayo Clinic | “The beauty of what we’ve developed is that we can treat pain and other performance problems without using drugs.” |
| Vivien Williams | Dr. Peter Dorsher and physical therapist Edsel Bittencourt combine acupuncture with physical therapy to treat the whole body — not just isolated parts. |
| Edsel Bittencourt Physical therapy Mayo Clinic | “How to restore the function as quick as possible.” |
| Vivien Williams | Dr. Dorsher’s research into how acupuncture works reveals it stimulates nerve pathways. |
| Peter Dorsher, M.D. | “For instance, a point at the ankle can stop nose bleeds. A point on the other side of the ankle can help neck and upper back pain.” |
| Vivien Williams | And, a point on the calf can help shoulder pain. This, coupled with physical therapy... |
| Peter Dorsher, M.D. | “... can improve not only pain, but range of motion, strength and even overall endurance.” |
| | For the Mayo Clinic News Network, I’m Vivien Williams. |