

## Musculoskeletal

Soft tissue injury or muscle aches and pains are a blessing in that the tissue can repair itself over time. The speed in which a repair occurs depends upon proper blood flow to the area. Acupuncture can directly increase blood flow to the injured area along with promoting balance and healing to the overall meridian and or organ system which was weakened to allow an injury to occur in the first place or was weakened by a traumatic event. Even long standing musculoskeletal injuries benefit with acupuncture and with the herbal additions I recommend future injury incidents are lessened.