

# optimalTHERAPIES



the ENCANA WELLNESS CENTRE : *LIVE WELL*



## Motor Point Acupuncture

**Sports medicine acupuncture** offers a blend of western diagnostic assessment tools and traditional Chinese medicine modalities primarily acupuncture. **Motor point acupuncture** plays a pivotal role in the success of sports medicine acupuncture treatments and the successful treatment of musculoskeletal injuries.

The **motor point** is defined as the most electrically excitable area of the muscle and represents the greatest concentration of nerve endings. Acupuncture to the motor point seems to “reset” the dysfunctional muscle that is causing abnormal muscle function and spasm. The acupuncture needle is one of the best modalities to use, as it releases muscle shortening swiftly and precisely when inserted into the motor point.

**Motor point acupuncture** is an effective treatment for frozen shoulder, whiplash injuries, tennis/golfers elbow, tendonitis and muscle sprains & strains.

phone

440.6917

location 

ENCANA WELLNESS CENTRE, U216

[www.mtroyal.ca/optimaltherapies](http://www.mtroyal.ca/optimaltherapies)



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