

# Acupuncture treatment for hamstring muscle group injury



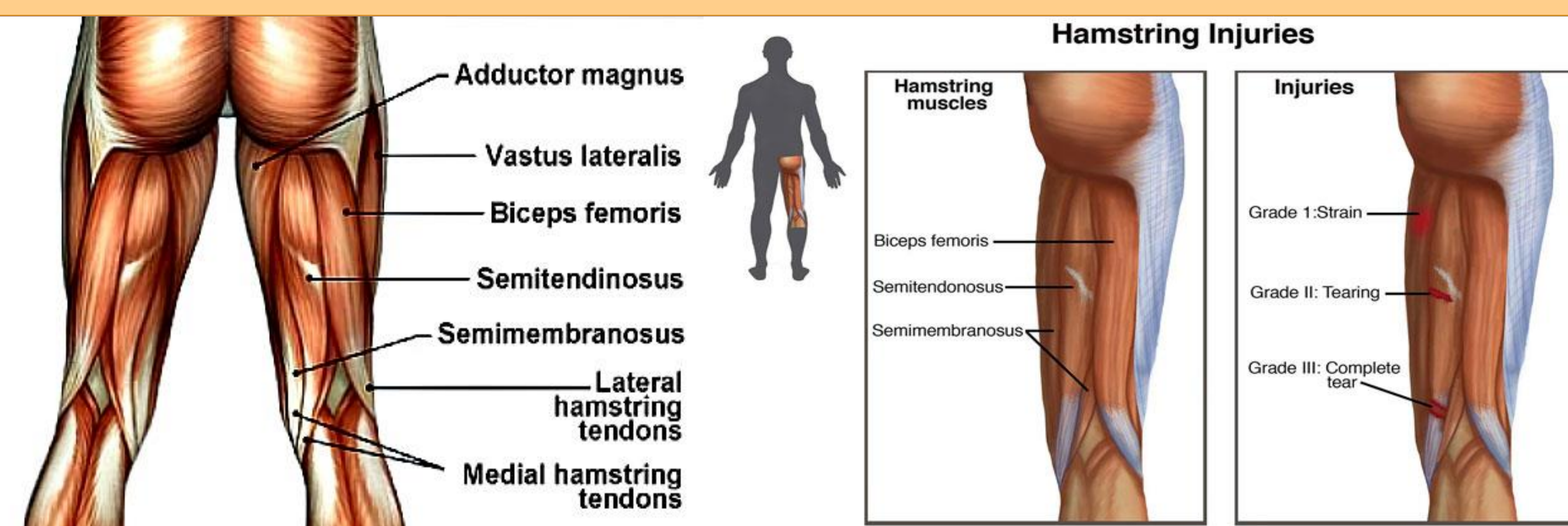
Jihe Zhu<sup>1</sup>, Blagica Arsovska<sup>2</sup>, Kristina Kozovska<sup>3</sup>, Evgenija Nikolovska<sup>4</sup>, Dijana Arsova<sup>5</sup>

1, 2, 3, 4, 5 Faculty of Medical Sciences, University Goce Delcev – Shtip, Republic of Macedonia;  
2, Institute of Biology, Faculty of Natural Sciences and Mathematics – Skopje, Republic of Macedonia



## INTRODUCTION

- ❖ Most of the athletes of all ages and sports and some active individuals, happen to have hamstring strain as most common injury in the group of active individuals.
- ❖ Hamstrings group of muscles include three muscles – the semimembranosus, the semitendinosus and the biceps femoris muscle.
- ❖ Symptoms of hamstring injuries include tightness, tenderness under the buttock, swelling, spasm and if there is a bigger injury the bruises appears.
- ❖ From the Chinese medical point of view, human body is not only formed of mechanic parts, but it's an energetic collection of functions. We have the Life Energy within us, which is known as Qi.
- ❖ If a person has an injury, around the injured area the flow of energy becomes disrupted, causing pain and stagnation.
- ❖ The hamstring strain is at the level of muscles and tendons, with stagnation of the Qi and blood in channels and collaterals.



A hamstring injury can be rated from 1 to 3.

In a grade 1 there is a minor swelling, stiffness, pain and minor tearing and injured patient can still walk.

In grade 2 tearing of the muscle is partial and the patient would have problem to straighten their knee.

In a grade 3, there is major or complete tearing of the muscle.



## MATERIAL AND METHODS

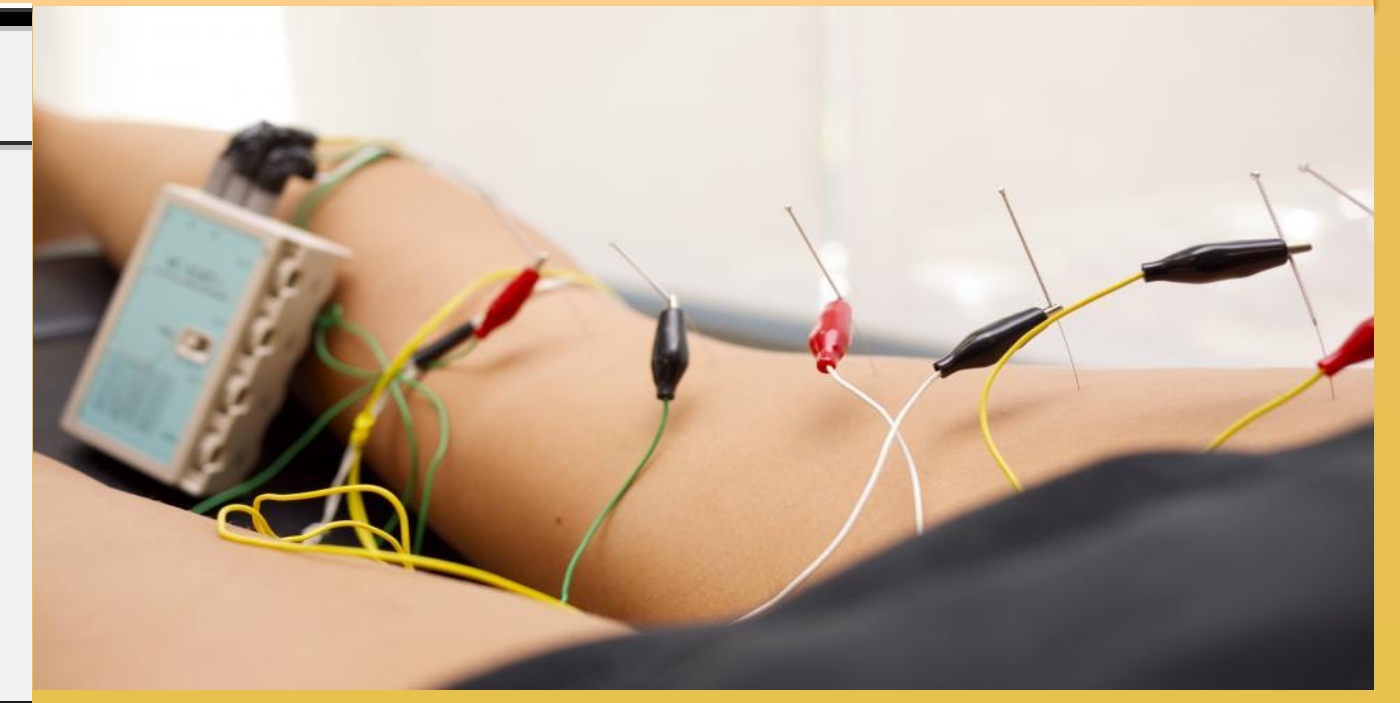
- ❖ In this research is shown a group of 8 patients, all athletes with same injury of hamstring group of muscles
- ❖ 2 female and 6 male, on age from 17 to 55
- ❖ All the athletes were treated with acupuncture on the same acupoints, indoor on a room temperature with duration of the treatment of 25 to 30 minutes.
- ❖ Acupuncture treatments were done in a clinic for TCM and acupuncture in Skopje, by a doctor specialist in acupuncture.
- ❖ During the treatments are used fine, sterile acupuncture needles size 0.30 x 40mm produced by Wuijiang City Medical & Health Material Co., LTD.
- ❖ Acupuncture points that were treated are: Bl 26 (Guan Yuan), Bl 36 (Chengfu), Bl 37 (Yinmen), Bl 38 (Fuxi), Bl 56 (Cheng Ying).



## RESULTS

- ❖ The pain at the back of the thigh and tightness were present in all patients.
- ❖ Other symptoms were: tenderness under the buttock, swelling, and spasm.
- ❖ Most of them had pain in the right leg (5 patients right and 3 left leg).
- ❖ Of the treated athletes 6 were male and 2 female.
- ❖ All the patients were professionals at different kinds of sports, three of them were handball players (1 female and 2 male), three football players all of them male, one marathoner - male and one karate player – female.
- ❖ The most common age group was from 30 to 40 years.
- ❖ The causes for hamstring injuries were: no warm-up before training, poor stretching, doing some activities which involve rapid acceleration or deceleration such as jumping, sprinting etc.
- ❖ After the treatment all the athletes felt better, without pain and other symptoms and were satisfied for returning healthy function to injured parts.
- ❖ All patients needed only one treatment, except for one young female handball player, who needed 16 treatments to solve the problem.

Age	Athlets
10-20	2
20-30	2
30-40	3
40-50	/
>50	1



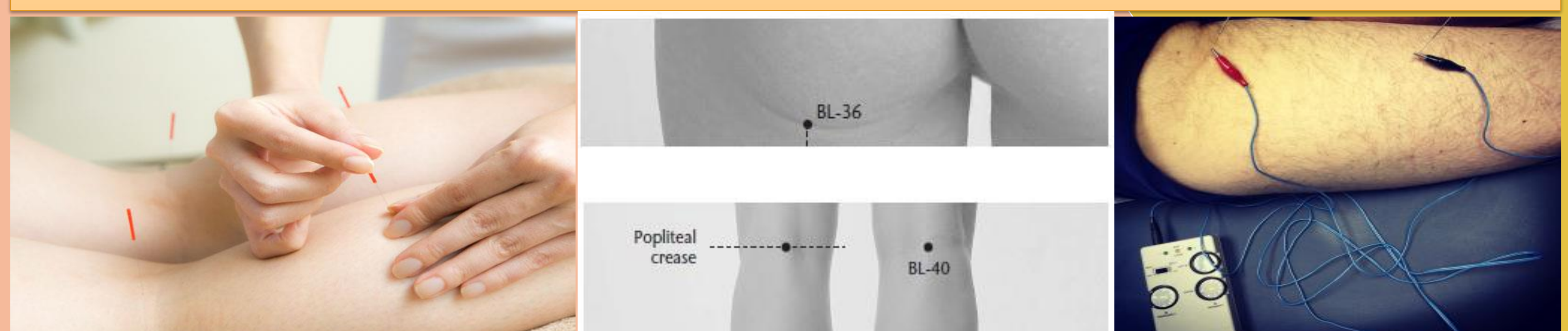
## DISCUSSION

- ❖ Acupuncture for hamstring injury can greatly accelerate the recovery.
- ❖ By the philosophy of Traditional Chinese Medicine (TCM), there is a system of energy meridians which can be utilized to treat a hamstring injury.
- ❖ Local acupuncture points specifically on the fibrous tissue are palpated and needled directing the energy away from the injured tissue.
- ❖ Acupuncture improves circulation, function and mobility, reduces inflammation, relieves stress, helps to alleviate the pain, stimulates local healing response, prevents future injuries, enhances the athletic endurance and performance and by increasing local circulation it helps to improve the joint mobility, muscle stiffness and disperse the swelling.



All the points which were chosen in the treatment were located on the meridians where the energy was blocked, thus to help the blood flow freely and remove all the blockages which cause pain.

The hamstrings are connected to the Bladder meridian and when there is some hamstring dysfunction, it affects the Bladder meridian and points that are located on this meridian should be treated.



## CONCLUSION

Acupuncture as a treatment for sport injuries, specifically hamstrings injuries, is an effective method for acute and chronic pain and gives excellent results for a very short time.