

ANJUNA

SPORTS ACUPUNCTURE

Sports Acupuncture is an evidence-based intramuscular motor point therapy that uses very thin, sterile filiform needles placed with clinical precision at targeted sites in the body to trigger beneficial neuromuscular and physiologic responses.

We map which muscles, tendons, and nerves are involved in your injury, then treat those “control points” directly: helping to calm irritated tissues, improve circulation, and reset how your nervous system is processing pain.

Most patients come to us for pain reduction, tissue healing, and functional rehabilitation with one clear goal: restore effective movement so they can return to training, competition, and the active life they care about.

Dry Needling is an evidence-based treatment that uses sterile filiform needles placed directly into tight, overworked muscle “knots” (trigger points) to release tension and calm pain.

It maps classic trigger point models onto modern pain science, the aim is to dial down extra pain signals coming from irritated tissues (peripheral nociceptive drive) and reduce the “amplifier effect” in the brain and spinal cord (central sensitization).

In plain terms: we target the precise spots that hurt, reset how your nervous system is overreacting, and restore clean movement so you can get back to training, competing, and living without that constant tug or pinch.

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