

THE INJURED ATHLETE:

What to Do When Ice, Rest and Pills Just Don't Cut It!



Muscle-Pull.com
Helping athletes recover faster!

Discover the Centuries Old Remedies Athletes Are Using to Prevent and Heal Injuries!

As an athlete, you understand the importance of keeping your body in great physical condition. You spend hours training every day. You've given up empty calories and fatty foods in favor of good nutrition. You stretch after every workout, wear the right clothing, and practice proper training techniques.

But even the most cautious athlete is prone to injury. And when athletes get injured, it can easily become a long-term, and very painful experience. As you age, your chances of getting injured increase and recovery time takes longer.

Chances are, if you're reading this free report, you've done some damage to your body. You're suffering through pain or discomfort. But even if you're actively "treating" your condition, it could be weeks before you see improvements. And even then, you may not be entirely healed.

"I sprained my ankle in eighth grade. I was on crutches for two months, and the doctor said it would have been better if my ankle had broken. I see now what he meant, because sixteen years later, I still feel the affects of my sprain when I run."

– Stephanie Fleming
Long Distance Running

Western medicine has made great advancements in the art of healing and recovery. But in addition to these treatments, many athletes are turning to centuries old Eastern remedies for relief. And they're seeing some incredible results! We'll show you how you how to use and benefit from these same remedies in a minute. But to understand their power, you need to understand the complexity of your body...and your injury.



Why An Injured Athlete Needs More Than Just "Traditional" Treatment

Consider this...the average American takes between 8,000 and 10,000 steps per day. And, if you run, jog, or participate in sports, that number dramatically increases. Plus, as you run, each stride results in an impact to the feet and legs that is up to three times your body weight. That's a lot of stress on your lower body!

And in addition to your lower body, you have to consider all the movement and repetitive strain your upper body endures as you lift weights, swim, swing a club or racket, or participate in any other sport.

No matter how physically fit you are, the constant strain of athleticism can catch up with you. If you're a serious athlete, eventually one overstressed part of your body will weaken.

Like any system, your body is only as strong as its weakest link. If your activities or lifestyle put a strain on your body, the weakest link can reveal itself in the form of pain or injury.

Once an area of the body is in pain or is injured, trying to compensate only strains other areas and leads to further problems. The good news is your body, if functioning properly, is constantly trying to heal or



harmonize itself when given a chance. The bad news is, if you are experiencing pain or an injury, your healing or harmonizing ability is not keeping up with the stresses you're applying to your system.

A lot of athletes adopt the phrase "no pain, no gain." They know that to get stronger, faster, and more agile, they've got to push themselves to the limit. Unfortunately, this amazing will power causes most athletes to continue driving forward—even during an injury. In their eagerness to get back in the game, to the gym, or on the road, they don't give their bodies a chance to naturally recover from pain or injury.

Rather than treating their body with special care, many athletes push their muscles, bones, tendons, and ligaments to the point of breaking.

They ignore pain, or treat their pain with temporary solutions, so they can continue to participate in their sport. But practicing through an injury nearly always results in further strain on the body...and could eventually lead to long-term, even life-long damage.

If an athlete is determined to "keep going," in spite of pain or an injury, they'll need a way to recover quickly and naturally.

As An Athlete Who NEEDS Their Body... Can You Afford to Rely On These Treatments?

If you've been an athlete for long, you know what your coach, trainer, and/or doctor will recommend for your pain or injury. And those recommendations will certainly help the situation. However, with as much strain as you put on your body day-in and day-out, you'll likely need something a little more powerful than these treatments:

Rest. Perhaps the most recommended treatment for any injury is rest. When you rest, you allow your body to naturally rebalance, lower inflammation and reduce pain. Plus, rest can be used in conjunction with the other treatment options below to help restore a good condition.

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However, if you've actually have sustained an injury, resting will only help you recover if your circulation is working properly. If you're suffering from damaged blood vessels, toxins, or swelling, rest is much less effective. That's why an athlete can take time off, but not recover very well.

And while there are no side effects to resting, the main drawback to this approach is that it can take a significant amount of time! But time, for an athlete is a limited resource. In addition, prolonged rest can cause muscles to atrophy and joints to stiffen which requires more time to get back to optimal performance levels.

Pills: Anti-inflammatory Drugs and Aspirin.

Non-steroidal anti-inflammatory drugs

(NSAIDS) like Aspirin, Ibuprofen, naprosyn, and Naproxen sodium can be taken to temporarily reduce pain. By blocking certain enzymes in the body, NSAIDs help reduce pain and inflammation.

While almost nothing is easier than taking a few pills, this treatment is not without its drawbacks. Most NSAIDs have been around for the past 30-40 years or less and we're just now discovering the side effects. Recent studies point to some side effects like upset stomach, bleeding in the digestive tract, kidney failure, perhaps even heart arrhythmias. (Check out http://en.wikipedia.org/wiki/Kenny_Easley. This article is about a former NFL defensive player of the year who had kidney problems related to taking too much Advil.)

Despite the possible side effects, NSAIDS continue to be a popular treatment option.

Ice and Ice therapy. One of the oldest forms of therapy, ice, has long been used to help treat injuries. Ice was probably used by cavemen for injury recovery. So why is it still the treatment of choice?

Well, when an area of the body is injured, often blood vessels are damaged. When this occurs, your body's ability to circulate is impaired, and fluids can build up in the damaged area, causing swelling and bruising. Ice draws heat out of the body, effectively cooling the



area being treated. This cooling numbs nerve endings, reducing pain. Plus, it can keep an injury from swelling, which is why people run for ice as soon as an injury occurs.

Unfortunately, once the injury warms up, the pain can return. And while reducing circulation is important initially, it is not a good thing long term. That is why icing is done in the first 24-36 hours after an injury, but typically not recommended thereafter.

Ultrasound Therapy. This therapy was first used in the 1940's, but has become more mainstream in the last couple of decades. A special machine sends sound waves into the body to heat up muscle tissue. The heated tissue stimulates more blood flow, which in turn can bring in more nutrients.

Many physical therapists use ultrasound to treat sports injuries but studies are not conclusive on its effectiveness and is not recommended for use for under the age of 16 without the recommendation/supervision of a physician or therapist. (<http://www.sportsinjuryclinic.net/cybertherapist/general/ultrasound.html>)

You have 2 options for ultrasound therapy – get a doctor's referral for physical therapy and schedule multiple treatment visits or you can order a home ultrasound therapy machine which runs \$250-\$750 in cost. Typically a treatment lasts 5 – 10 minutes and can be done twice a day.

But be aware: ultrasound therapy use comes with a long list of warnings and restrictions. Ultrasound should not be used near reproductive organs, or the spine, and there are several other restrictions to be aware of.

Cortisone Shots. For ligament, joint, and sometimes muscle injuries doctors will recommend cortisone shots. Your adrenal gland produces cortisone when the body is under stress. The cortisone injected by your doctor is a synthetic version of this steroid. It helps temporarily reduce inflammation, which in turn can diminish pain.

Even though cortisone shots have been around since the 1950's the list of documented side effects now includes:

- Osteonecrosis – occurs when a bone dies near the cortisone injection point
- Joint infection
- Damage to nerves around the injection site
- May affect tendons near the injection site by weakening or even rupturing them

Multiple injections over a short period of time can relieve pain but can cause bone degeneration and cartilage damage within joints.

Working in conjunction with each other, these treatments can certainly ease pain and encourage healing. However, to achieve maximum results faster, and without risking any side effects, athletes need to get to look at more natural, effective solutions.

3 Powerful Techniques to Prevent and Recover From Injuries and Restore Balance to Your Body

Gaining recognition in the United States, East Asian remedies have been known for centuries to help balance body conditions. Qi Therapies (pronounced “chee”) function by balancing or harmonizing Qi, or energy. When you have an injury, your body's ability to circulate energy is interrupted and becomes imbalanced. The more out of balance your Qi is, the more difficult it is to maintain a good physical condition.

Qi therapies promote increased and harmonized Qi, so that the body can return more quickly to a balanced condition. With a combination of 3 techniques – **movement, acupressure, and herbal therapies** – athletes can speed up the recovery process and restore their bodies to a natural, optimal state.

Sport injuries are nothing new. People have been spraining ankles since man first walked the Earth. The solution for properly treating these injuries is nothing new either. But it is fairly new to the U.S. Though we have little experience with these Eastern methods in the United States, they have been used and passed down for generations. And the best part...they work!

Both Eastern and Western medicine can agree that a healthy body with good circulation promotes healing and removes toxins. A healthy body feels good and is



full of energy. And a way to promote good health and injury recovery is through movements, acupressure, and special, herbal formulas.

Movement

The right movements have long been used to break down scar tissue from injuries and promote energy flow. As your recovery begins, using movement will accelerate the process.

Lower Body Reset

This movement brings circulation down through the lower body, which in turn helps to “reset” your feet and legs.

- **MAIN AREAS AFFECTED:** Entire lower body, feet, ankles, Achilles tendon.
- **TIME REQUIRED:** 1 minute.

This Therapy helps reset the energy of the lower body, reestablishing a natural equilibrium. It also develops foot condition and coordination, ankle flexibility and Achilles tendon flexibility.



1. Holding the knee in a bent, but relaxed position, pull back on your toes as if you were trying to touch your toes to your shin. Breathing in and out naturally, hold this position for 5 seconds.
2. For the second position, extend the leg. The ball of the foot should extend as far as possible, while pulling back on the toes. This is an important foot coordination, which some people lose as they age. If you have difficulty with this position, try working on it to regain this ability. Hold this position breathing regularly for 5 seconds.

For more Qi Therapy Movements, log on to <http://www.qivantage.com/qi-therapies.php>.

Acupressure

Acupressure is an ancient Chinese method of healing that involves applying pressure to particular points on the body's surface. Similar in nature to acupuncture, stimulating these points helps to balance the body's Qi (or energy). In the United States, acupressure has been clinically shown to help with a variety of health conditions.

Sports massage and massage in general use acupressure principles. (Find more information at: <http://www.webmd.com/balance/acupressure-points-and-massage-treatment>.)

Here are some easy acupressure techniques you can do on your own:

Series A: Points on the Calf

1. Using your thumbnail, press in on the point located at the center of the calf. To stimulate the point, you may need to press in with strength. You should feel the stimulation if you press the acupressure point correctly. Inhale while pressing in, and exhaling when releasing pressure on the point. Repeat this three times.



2. Moving down two finger widths, as pictured, find the second point. Again, inhale while pressing in and exhale when releasing pressure. Repeat this three times.



3. Move down two more finger widths to find the third acupressure point, and repeat the breathing and pressure process three times.

Series B: Points on the Foot

1. Using your thumbnail, press in on the point located at the base of the heel. To stimulate the point, you may need to press in with strength. You should feel the stimulation if you press the acupressure point correctly. Inhale while pressing in and exhale while releasing. Repeat this three times.



2. Moving down one finger width, as pictured, find the second point. Again, inhale while pressing in and exhale when releasing pressure. Repeat this three times.



3. Move down one more finger width to find the third acupressure point, and repeat the breathing and pressure process three times.

Series C: Points Between the Toes

1. Using your index finger, press in on the point between your two smallest toes. Inhale while pressing in and exhale while releasing. Repeat this three times.



2. Repeat this process for the points in between each to for points 2,3 and 4.

3. The last point in the series (Point 5) is on the outside of the foot, on the knuckle of the big toe. Inhale while pressing in and exhale while releasing. Repeat this three times.



Before doing the acupressure series, we recommend using one or more of the herbal formulas. Using herbal formulas in conjunction with acupressure brings about a compounding result – the herbs and acupressure work together to restore balance to the body.

Herbal Formulas

Herbal formulas are all natural herbal products that help the body naturally balance joint, muscle, tendon, fascia and ligament conditions. Most of these treatments are topical solutions, providing athletes with relief, without requiring them to ingest anything.



For centuries, traditional martial artists, East Asian physicians and royal families passed powerful herbal formulas from generation to generation through select individuals, guarding them from outsiders. In other words, while some common sports injury treatments have been used in the U.S. for a generation or two, these solutions have been safely used for hundreds of years!

And it's no wonder these formulas have been so carefully preserved and protected. **Because these herbal formulas have the incredible ability to speed recovery by:**

- Naturally relieving pain and swelling
- Improving circulation and
- Removing harmful toxins from the body

Ultimately, using herbal formulas will help restore your body to optimal health and fitness. So you can get back to doing what you love most!

So where do find herbal treatments designed to reduce pain and injury fast? We're so glad you asked.

Introducing the QiVantage Sports Injury Recovery Solution!



QiVantage formulas & products are unique in strength and effectiveness. QiVantage combines these special formulas with modern processing techniques to provide the highest quality herbal products.

These all-natural and time-tested, QiVantage formulas help release blocked Qi and promote

balanced, free flowing energy throughout the body. This type of equilibrium allows the body and mind to perform at optimum levels and recover quickly from strenuous training or competitions.

So whether they're preparing for a big competition or simply completing the day's practice schedule, athletes strain joints muscles and internal systems. Proper maintenance and recovery is CRITICAL to avoiding and overcoming sports injuries and maintaining consistent, effective training.

QiVantage formulas and products help athletes of all ages and ability levels:

- Recover Faster
- Prevent Injury and
- Maintain a Healthy Overall Condition Longer

And now, you can get the best treatment for your injury with our unique, specially formulated Recovery Kit!

Simply log on to <http://www.qivantage.com> and find out how you can get your hands on the QiVantage solution to your worst pain and injuries.



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Get a free, no obligation injury treatment plan from a QiVantage Injury Specialists.



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