Acupuncture Increases Bone Strength, Repairs Nerves

Researchers find acupuncture effective for increasing bone strength and preventing bone loss. In a laboratory investigation, electroacupuncture significantly enhanced outcomes by increasing the efficacy of physical therapy procedures. The application of electroacupuncture significantly improved bone density and strength when engaging in load-bearing exercises and treadmill running exercises. Based on the results of the study, the researchers conclude that acupuncture significantly increases bone strength and density, stimulates peripheral nerve repair, and increases the effectiveness of physical therapy procedures.