

observó que se debía de esperar una media de dos o tres días a que disminuyera a la mitad la inflamación de los esguinces grado 2 y 3, porque en algunos casos se llegó a acentuar el edema en la zona de inserción ligamentosa.^{2,5,6,7,8,9}

CONCLUSIONES

Los hallazgos encontrados hasta el momento revelan que la acupuntura en los esguinces de tobillo es muy efectiva, reduciendo el dolor y la inflamación, acortando el tiempo de evolución y evitando posibles recidivas.

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