



Acupuncture



Acupuncture can have profound effects in reducing pain and inflammation, treating muscle imbalances, and affecting the nervous system.

At Work-Fit Total Therapy Centre's, our Physiotherapists and Chiropractors use *acupuncture* needles to promote healing naturally, to decrease or alleviate pain and to improve function at the affected areas of the body. It can be a safe and effective therapeutic treatment on its own or as an adjunct to other therapeutic treatments. The goal behind acupuncture is to restore balance in the body to promote good health and function.

HOW DOES ACUPUNCTURE WORK?

Very fine needles are inserted through the skin at specific acupuncture points causing modulation of abnormal activity of the nervous and endo/exocrine systems. Consequently, releasing the body's own pain relieving chemicals known as endorphins.

The end result; pain relief, general relaxation, improved function and biochemical restoration of the body's own internal regulation system.

An overall improvement in energy, physical and emotional well-being, biochemical and neurological balance and reduction in inflammation occur after acupuncture as the body's natural healing abilities are stimulated.

WHAT DOES ACUPUNCTURE TREAT?

The benefits of acupuncture have been recognized by the World Health Organization by treating the following:

Neurological and muscular disorders:

- TMJ disorders • Knee Pain • Rotator Cuff Dysfunction
- Headaches • Neck and Back Pain • Neuralgia
- Frozen Shoulder • Tennis Elbow • Tendonitis
- Sciatica • Arthritis • Carpel Tunnel

***Call us today to begin treatments to better health.
May be covered by your extended health insurance plan.***



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WorkfitPhysiotherapy.ca

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