

DID YOU KNOW?

What: Acupuncture

Who: Patricia Sennett – Registered Physiotherapist and also certified by The Acupuncture Foundation of Canada Institute

Where: Human Performance Centre

When: Monday to Friday by appointment



Why: To Achieve Your Best!

“What is acupuncture and how can it help control your symptoms?”

“The acupuncture treatment provided at Human Performance Centre is based on the western approach where fine needles are inserted into the skin to stimulate specific nerves, muscles, and blood vessels. A secondary effect of acupuncture is the release of the body’s own natural pain reliever endorphins.”

Acupuncture as a component of the overall physiotherapy treatment is indicated for pain (muscle, joint, jaw, sinus, menstrual), swelling, headaches or migraines, and patients that have limited medication options and need to control symptoms otherwise.”

Book your appointment today!

