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Sent: Monday, 19 March 2012 1:03 PM
To: Steve
Subject: PHYSIO4ALL E-News: Needles Don't Hurt!

Learn about how Acupuncture can help YOU! PLUS Special Offer - 20% off your next Acupuncture session!!

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PHYSIO4ALL E-News

Needles Don't Hurt!!

Why Do Physiotherapists use Needles?

- Relaxes muscle spasm – can be more pleasant than massage
- Increases blood flow to injured area
- Reduces inflammation
- Accelerates the healing process
- Studies have shown needling to be very effective in long-term tendon injuries



SPECIAL OFFER!!!

Download the following voucher, and receive 20% off an Acupuncture Session with one of our experienced physios!

BOOK NOW on 02 9922 2212!

What Conditions can it Help?

- Achilles Tendonitis
- Tennis Elbow
- Runner's Knee
- Rotator Cuff Injuries
- Back/Neck pain
- Ankle Sprain
- Muscle spasm/Tight muscles
- Many more...



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Watch a great Acupuncture Video on our PHYSIO4ALL Video Blog!

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Interesting Facts about Needling...

- Although **everyone says they hate needles**, most people that have acupuncture ask for it again
- The needles we use are much smaller and thinner compared to what you may see at the doctors
- Pull a single hair from your head, **feel a tiny twang that disappears instantly** - that's the sensation you have from a needle
- When you're next at the physio, ask to see a needle - you will be pleasantly surprised!

For more information, click the following link:

[Acupuncture/Dry Needling](#)

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