



Acupuncture

Acupuncture has been practiced for centuries and is still common in medicine today for one reason – it works!

Acupuncture treatment has come a long way from its origins in traditional Eastern medicine and is now one of the most widely used complimentary forms of health care recommended by physicians, surgeons and many other health professionals.

At OMNI Health and Rehab Clinic, we offer safe, professional and clinically relevant acupuncture, focused on delivering results and helping you reach optimal health.

Our Acupuncture treatments focus on 3 key benefits:

- **Increased blood flow:** Similar to when you begin to bleed from a cut, the insertion of fine, painless acupuncture needles into the body draw blood flow to that area. Blood transports oxygen and several crucial nutrients to aid and expedite healing.
- **Relax Tight Muscles:** Think of a spasm in a muscle as a “knot” or “ball” of tension in an otherwise smooth structure. The insertion of an acupuncture needle into this “knot” can cause it to painlessly melt away and re-align the muscle fibres into optimal configuration for full pain-free function.
- **Restore Neurological Function:** Pain and dysfunction is perceived by neurological signals sent from muscles, joints, tendons, and ligaments up to the brain. Over time and as a result of injury, these signals may need to be reset or rebooted. For example, an injured muscle may essentially shut off and become inhibited as a result of trauma and inflammation. Using acupuncture, we can target the muscle/nerve that controls this muscle and turn them back “on” – Researchers often equate this to pushing “CTRL-ATL-DEL” on your computer to reset the system.

Acupuncture can be extremely successful in dealing with a wide variety of conditions including:

- Back/Neck Pain
- Headaches
- Stress Relief
- Frozen Shoulder, Strains, Bursitis, Impingements, etc.
- Tennis and Golfers Elbow
- Feelings of Numbness and/or tingling

Know more visit: <http://www.omniclinic.ca> or Call: + 905-876-8885