

## Finally, test drive hearing aids that let you decide at your own speed.

At Halton Audiometric Centre, we believe the only way to know which hearing aid is right for you is to experience the benefits in your day-to-day life. Take home and *test drive* state of the art hearing aids today with **NO COMMITMENT OR DEPOSIT REQUIRED.**

Call us today for your free consultation



# HALTON

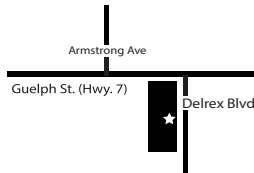
## AUDIOMETRIC CENTRE

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(In the Knolcrest Centre)



### Ask the Professionals

Find local professionals here every Thursday!  
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Acupuncture & Traditional Chinese Medicine  
@ HealthSpan Wellness

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BPHE, RAC, RTCMP

### Q: Can acupuncture help with the management of my sports injuries?

**A:** Whether you are a weekend warrior or a competitive athlete, acupuncture is an effective tool to help you recover from both acute and chronic and/or recurring sports injuries.

Acupuncture and TCM treatments can:

- Decrease pain, inflammation, and bruising
- Relax muscles and relieve muscle spasms
- Speed healing time by improving blood circulation to the affected area
- Increase the range of motion of injured joints
- Reset muscle imbalances that predispose the joint to injury
- Assist in training, performance, recovery, and injury prevention

Common injuries that Acupuncture can treat include: **neck strain, shoulder impingement, rotator cuff, tennis elbow, back spasms, disc injury, bursitis, sciatica, hamstring tear, IT Band syndrome, knee pain, shin splints, ankle sprain, plantar fasciitis, tendonitis, and repetitive strain injuries**

The combination of traditional Acupuncture techniques with modern Motor Point needling are extremely effective in the treatment of sports injuries due to trauma, over-training, or repetitive strain. Look for a Licensed Acupuncturist that has completed specialized musculo-skeletal training for your sports medicine needs.

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Schedule a consultation appointment with our office today to discuss your treatment options and begin to enjoy the benefits.



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