



# HEALTH REPORTS

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## ACUPUNCTURE KEEPS TENNIS PLAYER SWINGING!

When intense neck and shoulder pain kept an avid tennis player off the court and threatened to end her career as a hair dresser as well, she turned to Acupuncture as a last resort before surgery.

At 57 years of age, Gilda Goodman loved the game of tennis. "I liked to play at least 5 days a week. Sometimes I'd have to schedule 2 matches a day. One set of partners would wear out, and then I'd go off to play with another group." It was not uncommon for her to play tennis for 4 hours at a stretch.

However, her enjoyment for the game and her ability to work at her profession almost came to a dead halt about 2 years ago. "I started to develop pain in my neck and shoulders that got worse and worse over time. It made it difficult to continue playing tennis. At work, I had a hard time holding a blow drier in place to use on my clients. The pain was that severe."

The reason for the pain developing at this point in her life had a lot to do with two accidents she was involved in during her youth. She said that when she was going through therapy at the time, a doctor had told her that these injuries would probably cause her some pain and discomfort as she got older. Apparently, this doctor knew what he was taking about.

Gilda began her quest to solve her problem with a visit to a medical doctor. While she is not a believer in drugs, she was using some over-the-counter pain medications by this point. The doctor had her take this one step further in prescribing muscle relaxers. She tried this for a while, but it offered no help. If she had persisted with the medical program, it is likely she would have ended up in surgery.

"I had never even considered the possibility of trying Acupuncture until several of my clients recommended that I give it a try," said Gilda. "I was really at the end of my rope and even considering surgery. I decided to give it a try as a last resort."

Naturally, Gilda was a bit apprehensive on the way to her first visit. "I just didn't know what to expect," she said. And then she got her first treatment. "The very first thing my acupuncturist did was to insert a needle right in the top of my head," she said. "Then she put needles in the back of my neck and shoulder and all the way down my arm and even into my hand."

And the result? "I began to feel instant relief," she said. "I knew something was working." Gilda said that the relief from this first visit did not last a long time, but she was ready for more. She came back for two visits per week. Sometimes her acupuncturist would add heat to the needles and sometimes an electrical impulse. Gilda became very comfortable with the visits. "I even fell asleep during one of my treatments," she said.

Gilda had a total of 11 Acupuncture treatments. She was also given a series of exercises to do at home and she did them religiously. By the end of her treatment she says the pain was totally gone. Better yet, in the 2 years following her treatment, the pain has never returned. She continues to work with no discomfort and is able to play tennis – pain free – to her heart's content.