
Sports Recovery & Acupuncture

NEEDLES FOR HEALTH ACUPUNCTURE



Kayla Booker R.Ac
Registered Acupuncturist



Supporting Performance, Recovery, and Injury Prevention

Whether you're training for competition, recovering from injury, or managing chronic overuse patterns, acupuncture offers a **evidence-informed, whole-body approach** to support your athletic goals.



In this newsletter
you can expect:

Common
Concerns
Treated

Modalities Used

How
Acupuncture
Supports
Recovery

When to
Consider
Treatment

A Collaborative
Approach

Ready to
Support Your
Recovery?

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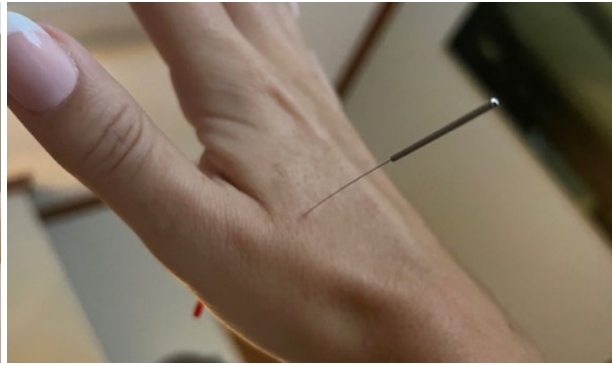
Common Concerns Treated

- Muscle strains & sprains
 - Joint pain & stiffness
 - Tendonitis & tendinopathy
 - Overuse injuries
 - Post-exercise soreness & fatigue
 - Reduced range of motion
 - Chronic pain affecting performance
 - Lower back pain
 - Shoulder impingement & rotator cuff issues
 - Neck tension from training posture
 - Knee pain (runner's knee, patellar tracking issues)
 - IT band syndrome
 - Shin splints
 - Plantar fasciitis
 - Achilles tendon pain
 - Hip flexor tightness & pain
 - Hamstring tightness & strains
 - Calf tightness & cramping
 - Muscle imbalances affecting performance
 - Delayed onset muscle soreness (DOMS)
 - Elbow pain (tennis/golfer's elbow)
 - Wrist & forearm strain from repetitive movement
 - Ankle sprains & instability
 - Postural imbalances from repetitive training
 - Pre-competition tension & nerves
 - Recovery support after high-intensity training blocks
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Modalities Used

- **Acupuncture** — Targets pain, inflammation, and muscle tension
- **Electroacupuncture** — Enhances stimulation for deeper muscle recovery
- **Cupping Therapy** — Releases fascia and improves circulation
- **Gua Sha** — Breaks up adhesions and promotes blood flow
- **Tuina** (Chinese Therapeutic Massage) — Supports mobility and muscle recovery



How Acupuncture Supports Recovery

- Helps reduce inflammation and pain signaling
- Supports circulation to speed tissue repair
- Assists in restoring range of motion
- May help regulate the nervous system for better recovery between sessions



When to Consider Treatment

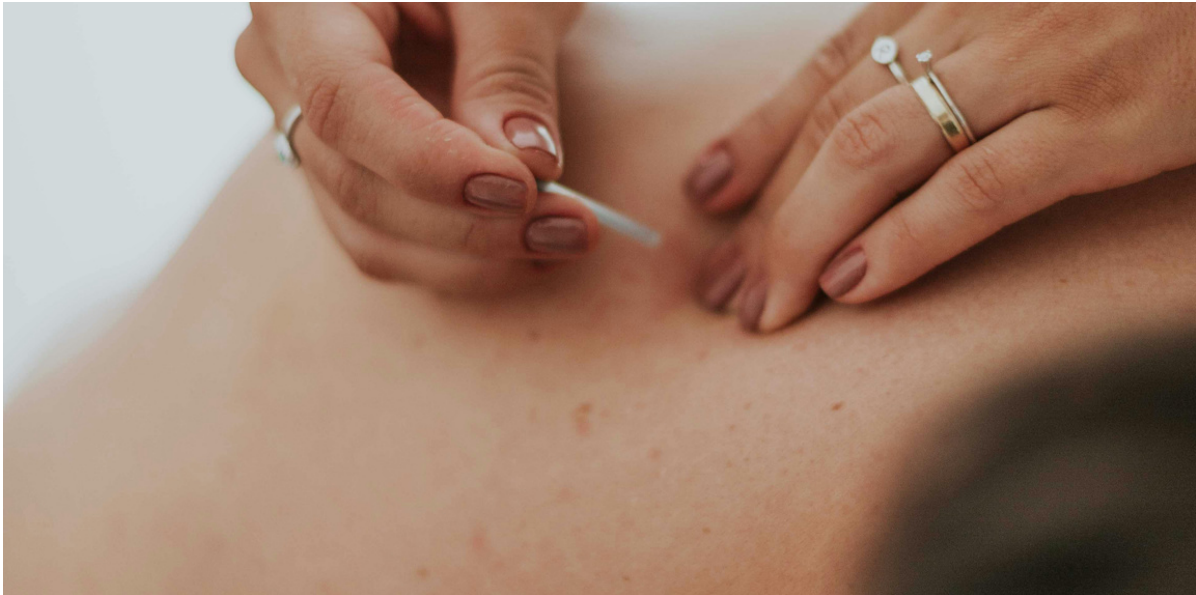
- **Pre-Event** — Prep muscles, reduce tension, support focus
- **Post-Event** — Aid recovery, reduce soreness, prevent injury buildup
- **Ongoing Training** — Maintain mobility, manage chronic overuse patterns
- **Injury Recovery** — Support the body's natural healing process alongside other care



A Collaborative Approach

Sports recovery often works best alongside your other care providers — physiotherapists, chiropractors, or massage therapists.

Treatment plans can be adapted to complement your existing recovery routine.



Ready to Support Your Recovery?

Book a session to discuss your training, recovery goals, or current injury concerns.



Questions?

Let's Connect!

Website:
needlesforhealthacupuncture.com

Instagram:
[@needlesforhealthacupuncture](https://www.instagram.com/needlesforhealthacupuncture)

Email:
needlesforhealthacupuncture@gmail.com

Phone:

Direct: (519) 429-0355

Clinic: (905) 592-3004 ext 4

Thank you for reading!
