

*Considering that I'm not the biggest fan of needles it took a pretty serious injury to add acupuncture to my arsenal of injury treatment. I'm a professional tennis player, which requires me to travel nine months out of the year competing in tournaments all of the world - sounds exciting but it has it wear and tear on the body.*

*In March 2009 while competing in Peru I felt a yank across the right side of my chest and up to my right shoulder during my match. Even though I'm used to playing through pain this was different. I immediately went to see an orthopedic surgeon back in the states where I then had to get x-rays and a MRI which confirmed that I had a tear in my chest muscle. I had one of two choices: rest and physical therapy and if that didn't work and the tear wasn't healing then I could have it operated on as a last resort. As you can imagine I didn't like those answers ...*

*It was an answer to my prayers when my trainer suggested I go visit his acupuncturists and see if they could aid in the healing process of my shoulder as well as all my other aches and pains that I was having.*

*From the moment I walked into Dr. Kim Maronne and Dr. Harmony Brown's office, I felt at home! The initial consolation not only addressed my current shoulder injury and their plan of attack, but they also sought to improve my overall health (from nutritional habits, sleeping habits, stress level, and boost my overall immune system).*

*After three months of steady treatment my shoulder pain grew less and less and I was back on the court training getting ready to head back on tour for the rest of the summer with the tear having healed itself!*

*Not only does my shoulder feel good, but my overall nutrition, immune system, supplement intake, and level of stress have become more balanced with each visit.*

*Kim and Harmony are more than just your acupuncturists; they become like family. Not only are they there to help you improve your overall health but they are there for the little things as well ready to listen while they are jabbing you with a few needles : )*

*Thanks again for everything!*

*Sydni Katz*