



## Natural Healing



Effectively relieve pain and speed healing of sports injuries, including:

- ✘ Sprains
- ✘ Strains
- ✘ Contusions (bruises)
- ✘ Muscle Spasms
- ✘ Abrasions (scrapes)
- ✘ Tendonitis
- ✘ Fasciitis
- ✘ Fractures
- ✘ Lacerations (cuts)
- ✘ Healing after surgery
- ✘ Repetitive stress injuries (carpal tunnel, tennis elbow)



## About Dr. Ryan

### Board-certified Family Physician

Dr. Ryan received her degree in Osteopathic Medicine and her PhD in Microbiology from Michigan State University. She practiced Family Medicine in the Lansing Area from 1995 through 2014.

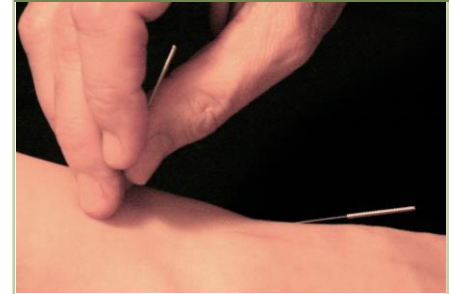
### Acupuncturist

Dr. Ryan graduated from the Medical Acupuncture for Physicians program at the Helms Medical Institute in conjunction with the UCLA School of Medicine ([www.hmieducation.com](http://www.hmieducation.com)) and has practiced acupuncture since 2005. The system of acupuncture she uses, French Energetics, is particularly well suited to aid in the healing of acute sports injuries.

### Sports Enthusiast

Dr. Ryan is a sports enthusiast herself, playing soccer with the Lansing Area Women's soccer for more than 25 years. She has a strong appreciation for your desire to get back to play quickly!

# Sports Injury Acupuncture



Help heal sports injuries quickly and effectively with acupuncture



**Ann Ryan, DO, PhD**

[www.RyanTimeToHeal.com](http://www.RyanTimeToHeal.com)

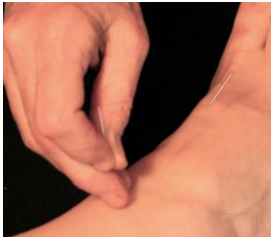
517-927-5804

Time To Heal  
4655 Dobie Rd, Suite 270  
Okemos, MI 48864

*“Acupuncture encourages healing by improving the flow of energy in the body. and by stimulating nerves, muscles, blood flow, and connective tissue”*

### What is acupuncture?

Acupuncture is a form of traditional Chinese medicine that has been used for over 2000 years to promote natural healing and improved functioning. Treatment involves the insertion of extremely thin needles at specific points on your body. Acupuncture encourages healing by improving the flow of energy within the body, and by stimulating nerves, muscles, blood flow, and connective tissue. This boosts the activity of your body's natural painkillers and increases the rate of healing.



### Does it hurt?

Acupuncture needles are made of stainless steel and are very thin. Most people feel minimal sensation as the needles are inserted. The needles are sterile and single-use (discarded after treatment). Acupuncture is safe with extremely low risk of complications. There is occasionally mild bruising or one or two drops of blood when the needles are removed.

### What to expect during treatment

After assessment of your injury, Dr. Ryan inserts needles at specific points of your body. Sometimes the appropriate points are distant from the area of your pain. Knee pain, for example, often requires needles in your foot or abdomen, as well as in your knee. Once the needles are placed, heat or mild electric stimulation is sometimes applied to the needles. The needles will remain in place for 20-30 minutes. There is usually no discomfort while the needles are in the body or when they are being removed. Often, acupuncture can provide immediate relief from pain. People generally find acupuncture surprisingly comfortable.



### Call to Schedule an Appointment

#### Appointment Times:

Office hours are generally Monday, Wednesday, and Friday. Times may vary. Please call for an appointment, 517-927-5804.

Cost: \$30 to \$90, depending on the complexity of the treatment plan and extent of the injury. Payment is due at time of service by cash or check. Although Dr. Ryan does not accept insurance, you may request an invoice to submit to your carrier. Many insurance companies cover acupuncture when administered by a physician.

### Sports Injury Acupuncture At a Glance

Acupuncture provides rapid relief of many acute sport injuries. It has been shown to:

- Decrease inflammation and reduce swelling
- Improve local blood circulation to speed healing
- Decrease bruising and relax muscles
- Alleviate discomfort and hasten repair of tissues
- Enhance immune system and neurologic function
- Increase lymphatic drainage

While acupuncture is most effective when performed as soon as possible after injury, it is also effective for persistent and chronic conditions. Full resolution of symptoms may take one or more sessions.

Dr. Ryan offers additional treatments effective for sports injuries and beneficial for sports performance.

Please visit her website:  
[www.RyanTimeToHeal.com](http://www.RyanTimeToHeal.com)