

Sprained ankle and torn ligaments

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My name is Karyn. I am 28 years old. I live in a three story house with lots of stairs. One day, two weeks ago, I was taking my dog for a walk; I tripped on the stairs, rolled my ankle and was in excruciating pain. At the emergency department, they diagnosed me with a grade 3 sprain with at least two partially torn ligaments. They outfitted me with crutches and an air cast and sent me home with the prospect of at least 6 weeks of physiotherapy and rehab before I could run again... so much for my planning of running a half marathon in March.

After my first session of physio I was even more discouraged, the plan involved twice a week sessions for at least 6 weeks and immobilization for at least 2 weeks. By now it had been a week and there was still extreme swelling and little improvement. With lots of free time on my hands, I came across Justine Vo's website for CHR Health Centre while surfing the internet. I booked an appointment but my continued discouragement with my diagnosis made me skeptical. I thought nothing would work!

When I went to see Justine she immediately said "we can fix this" and set to work with her magic. I've never had acupuncture before so was a little nervous but Justine's calm, serene nature settled my nerves. After the acupuncture, Justine went to work stimulating the muscles and getting the blood flowing back into my foot. After my session with her I felt 100% better. Justine has assured me that I would only need a few sessions with her and I left her office feeling confident that it was only going to get better from here. I went home and noticed the swelling has subsided considerably, even started weight bearing and walking that night - something I couldn't do because of the pain and swelling up until that point.

Justine's treatment and therapy programs were incredible. She truly has a gift for healing. Coupled with her vast knowledge of ailments and diseases, her personality and nature make you feel comfortable and at ease during the treatments.

Karyn P. – Milton, Ontario – February 23, 2010