

Submitter:

Bill Rice

On Behalf Of:

Committee:

Senate Committee On Health Care

Measure, Appointment or Topic:

HB3824

Hello,

My name is Bill and I have been an active gym enthusiast for most of my high school and adult life. As most gym goers know, injuries are an unfortunate part of the game. Some worse and more long term than others. After suffering an injury that left me away from the gym for an extended period, I started to get extremely discouraged about if I'd ever be able to go to the gym and lift weights in a fulfilling way again. And then one day I met Ashley who was a PT in my area. She tells me to schedule an appointment and I come in with high hopes but low expectations. I had an asymmetrical knot of muscle due to the fact that I was constantly trying to protect it from stress. She began to treat it with dry needling and the results were dramatic. I could feel the muscle begin to release in parts after a few pokes. After a few weeks I noticed a substantial reduction in the size of the knot and the amount of pain in my mobility. Dry needling was a key part on my road to recovery and I can stand behind it and its benefits as a living testimony. I'm extremely grateful for Ashley and the work she performed to get me back in the gym and lifting. Thank you for your time and I hope you vote in support because Dry needling changed my life.

Best Wishes,

Bill