



Testimony of Dr. Matt Bambling

6th Nov 2020.

I had an ongoing problem with my right lateral epicondyles or to put it another way, dam sore elbow tendons. The problem had become chronic (over 2 years) which ranged from significant discomfort to intense pain. This affected my training and bothered me in general life activities. I had tried acupuncturists, chiropractors and physios with no real results. I explained my problem to Graham Healy during a martial arts training session and he suggested a dry needling treatment. I was a little skeptical but thought, what the heck.... Nothing to lose. Graham's dry needling technique was like nothing I have ever seen before and I have had a lot of needling. It made a lot of sense as he clearly explained what he was doing and how the procedure worked. At the end of 1 treatment I felt a noticeable improvement in pain which was pleasing enough. What truly surprised me was that by day 3 post-treatment the pain had resolved and I am still pain free 12 months later and do not need to restrict my exercise routine in any way.

I have no hesitation in recommending Graham as he really knows his stuff and is a skilled holistic practitioner.

Dr. Matt Bambling