



M. T. Wellness

Winter Newsletter 2005

Thuy's Corner



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Congratulations!

Here are the winners of our Masters Center Grand Opening door prizes:

Grand Prize: One hour medical restorative massage therapy
 Meredith Evans
 Jean Yang
 Joann Johnson

2nd Prize: Large cold pack
 Tom Gillespie
 Wendy Goldstein
 Ralph Antolino, Sr.

3rd Prize: Natural pain relief gel
 Ann Gazelle
 Richard Slemons
 Frank Banks



Thanks for helping us celebrate!

I am happy to say we are celebrating 8 years of providing wellness and pain relief to people in Central Ohio. In this short time, we have come such a long way. I wanted to share just a few of the exciting developments this year.

We have hosted numerous workshops where we and other therapists from around Ohio learn new techniques. Our award-winning instructor, Alan Saxon, shared his advanced knowledge of ortho-bionomy, which uses gentle movements to reposition joints and muscles and induce relaxation and pain relief. These continuing education classes provide a wonderful opportunity to expand our knowledge so that we may continue serving you better.

But hosting these workshops is just the tip of the iceberg. In January, we will open our M. T. Wellness Masters Center. It is *the country's first school* to offer certification in Medical Restorative Massage Therapy to licensed massage therapists. We are excited to give therapists this opportunity to take their professional development to the masters level. On October 23rd, more than 200 clients, friends and potential massage thera-

pists joined us in celebrating the grand opening of our Masters Center. Look for a more in-depth article about the Center on page 2.

This year, our growth has attracted the attention of some of Central Ohio's business leaders. Over the summer I was honored to accept the Visionary Award from the National Association of Women Business Owners (NAWBO). An article was written in The Daily Reporter, and there was a report on an NBC 4 newscast. In the fall, the Clinic and Masters Center were featured in Business First magazine. We were also invited to give a demonstration at the NBC 4 Health and Fitness Expo. What a wonderful opportunity for us to introduce Medical Restorative Massage Therapy to the general public.

All of these accomplishments would not be possible without you – our clients. Everything we do is about your wellbeing, and without you, we have nothing. You are the driving force behind our growth and our exposure, and for that we are grateful. THANKYOU!

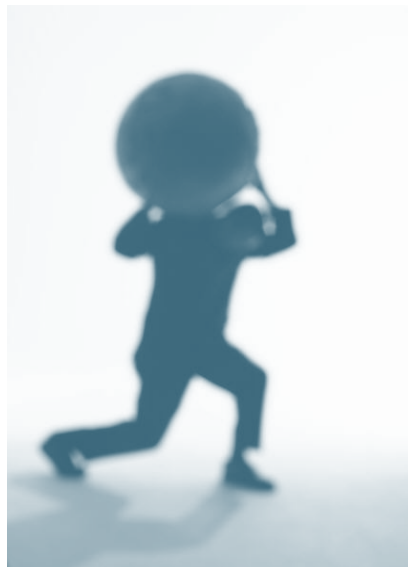
Have a wonderful and safe holiday season!

Give the Cold Shoulder to Shoulder Pain

Do you feel like you have the weight of the world on your shoulders? Many of our clients come to us with shoulder pain.

What causes it? A variety of situations can lead to shoulder pain – driving, computer or desk work, slouched posture. Each of these daily activities causes us to round our shoulders forward. That creates an imbalance which pulls on muscles in the neck, shoulders and upper back. This can lead to limited range of motion.

At M.T. Wellness, we assess shoulder pain using a medical model. We check range of motion through active and passive movement. We assess internal and external rotation – rolling the arm in and out, along with abduction and flexion – bringing the arm out to the side and across the chest.



Treating shoulder pain with medical restorative massage involves a variety of techniques that release muscle tension and free joint movement. We not only address the shoulder girdle, but we also correct any imbalance in the pelvic girdle as well. Why? It's all connected. Problems in the hips and lower back can lead to pain in the

shoulder. And with medical restorative massage, we address both muscle groups in one session. Along with passive techniques to reduce pain and active techniques to restore function, stretching is also used to lengthen the tight shoulder muscles.

Take the "Scratch Test"

Check your shoulder range of motion. Take your right hand and bring it over your right shoulder, like you're trying to scratch your upper back. With your left hand, reach down and behind your back and try to reach your other hand. Then switch sides. It is normal to have some discrepancy, but if the scratch test is hard for you, it can affect your daily life.

The Client's Corner: Lydia Slemons

Lydia came to M. T. Wellness Clinic 3 years ago, struggling to find relief for her pain. She was just 18 with chronic back pain that forced her to stop gymnastics and cheerleading.

Lydia had seen many experts – including doctors at The Mayo Clinic. Injections, prescription pain pills and 5 rounds of physical therapy didn't help. Bone scans, MRIs and x-rays showed nothing wrong. Doctors finally told her she had muscle strain

throughout her torso. When they suggested massage therapy, she was eager to try it. Her doctor suggested M. T. Wellness Clinic and she started seeing Thuy twice a week.

Within 6 to 8 weeks, Lydia noticed improvement. And while medical massage released her strained muscles, she added Pilates for strengthening. In just one year's time, Lydia was pain free.

Lydia now gets massage once a month. She's a junior at OSU. And she still does Pilates - not as a student, but as a certified instructor. Lydia says medical massage and Pilates taught her awareness about her body and how to correct or prevent pain. And it's a lesson she now shares with others.

Same Address
New Look!

Check out our new & improved website

www.MTWellnessClinic.com



M. T. Wellness Masters Center

At M. T. Wellness Clinic, we are a leader in providing medical restorative massage therapy. Now, we are offering that specialized training to others, with the first advanced training program for medical restorative massage in the United States.



Instructor Susan Lerch at Masters Center Open House showing skeleton to potential intern.

At the M. T. Wellness Masters Center, located next to the M. T. Wellness Clinic, up to 20 Licensed Massage Therapists (LMTs) will attend a 40-week program beginning



Thuy Bowyer & Dr. Everhart-McDonald officially open the new Masters Center.

in January 2006. Students will learn how medical restorative massage reduces pain and restores physical function through the use of blended massage therapy techniques. They will gain an in-depth understanding of the human body, and how it responds to specific massage therapy techniques. This is accomplished through classroom instruction with physicians, physical therapists, chiropractors and massage therapists, along with hands-on training. Just like a teaching hospital, students at M. T. Wellness can learn and earn by performing massages on clients. Once they have successfully completed the program, graduates will become Certified Restorative Massage Therapists (CRMT), with the potential to earn more money than regular LMTs.

Demand for therapists with medical restorative massage therapy certification is expected to grow for three reasons:

- Medical restorative massage therapy reduces pain and restores physical function for a vast majority of clients.
- There is growing awareness of the therapeutic benefits of medical restorative massage.
- The U.S. population is aging, and the normal aging process brings with it aches, pains and diminished function.

With the advanced training our Masters Center provides, therapists can take their professional development to a new level and have professionally and financially rewarding careers. Upon graduation, the Masters Center offers job placement assistance, and graduates will receive priority consideration for positions at the M. T. Wellness Clinic.

For more information on the M. T. Wellness Masters Center, or to receive a program catalog, call us at 614-273-0810.



Masters Center Instructors:
Dr. Everhart-McDonald, Dr. Bowyer, Dr. Saxon,
Len Montavone, Thuy Bowyer, Susan Lerch

What are the admissions requirements for the Masters Center?

- ✓ Current Ohio massage therapist license
- ✓ Two letters of recommendation from previous employers or other responsible parties
- ✓ Official transcripts from primary school of massage therapy
- ✓ Proof of current professional liability insurance
- ✓ \$100 application fee

M. T. Wellness



1151 Bethel Road
Suite 302
Columbus, OH 43220

Phone: 614-273-0810
Fax: 614-273-0173
www.MTWellnessClinic.com



Happy Holidays

From Angel, Thuy, Wendy,
Susan, & Cheryl

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