

The Client's Corner: Gretchen

Gretchen is a current M. T. Wellness Clinic client and she first visited the Clinic in April 2004.

When Gretchen moved to Columbus 14 years ago, she started noticing something wasn't right. She first felt tired and had recurring numbness and pain in her hips and legs. Then a few years later, chronic headaches developed, making it hard for her to continue her work as a freelance editor.

Gretchen visited many doctors and she tried many types of treatments – including various prescription medications, acupuncture, chiropractic, sports massage, even botox injections. Some brought minor relief, while others did not. Then a few years ago, Gretchen finally learned the reason for her pain -

fibromyalgia. In layman's terms, it is chronic and widespread muscle pain and fatigue. Gretchen is one of about 4 million Americans, mostly women, living with this disorder.

A local physician ultimately diagnosed her condition and referred her to the M. T. Wellness Clinic. After her first session, Gretchen knew that medical restorative massage therapy was working. "My neck felt better right away. And within 2-3 months, I saw other positive effects," said Gretchen. She and her therapist have worked together for about three years to get Gretchen where she is today. Gretchen also credits major lifestyle changes like proper diet and exercise, eliminating stress and adding relaxation techniques for

helping maintain that progress. She's sleeping better, she has more energy, and she's enjoying the little things that many of us take for granted: going out to dinner with her husband, weeding the garden, and vacationing with the family.

Perhaps most enjoyable for Gretchen, she is now able to put in more hours substituting and volunteering at a local preschool. Where ½ a day used to leave her exhausted for days, she can now work with the children 2 days in a row without feeling wiped out. Gretchen says, "It's been night and day from when I started visiting M. T. Wellness until now, and I wouldn't be here without medical restorative massage therapy."

Pain Relief is Just
a Click Away

For more info, check out our website
www.MTWellnessClinic.com

and proper breathing, you will help the therapist help you regain function and feel better.

Trying is believing! You or your loved ones have nothing to lose except pain and diminished physical function.

Get Moving to Get Relief!

When you are in pain - whether from surgery, weakness, injury, tight muscles or even a chronic medical condition – you might think rest is the best thing. Not necessarily. With proper guidance from the trained therapists at M. T. Wellness Clinic, healing can take place through movement.

Medical restorative massage therapy is all about reducing

pain and restoring physical function to allow you to become more mobile and enjoy a better quality of life. Our therapists start with passive massage techniques to calm irritated muscles and tissues, and reduce your pain. Once you are more comfortable, you participate in your healing through active massage techniques. With slow stretches, controlled muscular resistance,

M. T. Wellness Masters Center: Graduates & Beyond

At M. T. Wellness, we are truly a leader in providing medical restorative massage therapy. And now, we are proud to announce our first graduates from the M. T. Wellness Masters Center, the first advanced training program for medical restorative massage in the country.

In June, Licensed Massage Therapists Susan Pirkl and Angel Lei earned advanced certification in medical restorative massage therapy, becoming Certified Medical Restorative Massage Therapists.



Masters Center Instructors Len Montavon and Thuy Bowyer with graduates Susan Pirkl and Angel Lei.

A third student, Jennifer Padawer, received a certificate of completion. This is the culmination of hundreds of hours of hard work in the classroom and in hands-on training, and we congratulate them.

The launch of our Masters Center challenges Licensed

Massage Therapists across Ohio to expand their knowledge and careers. Never before have massage therapists partnered so closely with the medical community. Our goal is to be an important member of our patients' healthcare teams.

What Clients Say About Our Graduates

I was referred for Myofascial Release/Soft Tissue therapy by my Primary Care Physician. I was in a great deal of pain and was unable to get an appointment quickly within the Managed Care System. I called M.T. Wellness ... and my therapist was Angel Lei. After 5 visits, I have experienced a marked improvement and am back on the way to pursuing a healthy, active lifestyle. Not only did Angel relieve much of my pain, she gave me many practical tips on how to help myself stay healthy and pain free. I think this facility is one of Columbus' hidden treasures and I just wanted to pass on my satisfaction.

-Donna F.

Now we are building on our first year of success. Our second session began in September. Therapists who enrolled in this fall's class are experiencing an updated curriculum that spans 8 months and includes 336 credit hours of in-depth classroom and hands-on training. The course work is taught by physicians, physical therapists and chiropractors, and interns have the opportunity to earn while

they learn. Beginning in February, be sure to schedule an appointment with one of our talented interns. Upon graduation in the spring, the Masters Center offers job placement assistance, and graduates will receive priority consideration for positions at the M. T. Wellness Clinic.

We are excited to offer this new program at a tuition rate that is reduced from last semester. For more information on the M. T. Wellness Masters Center, or to receive our program catalog, call us at 614-273-0810, or email info@mtwellnessclinic.com.

Admissions Requirements for the Masters Center

- ✓ Valid, unrestricted 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
- ✓ Previous training in Neuromuscular Therapy recommended, but not required
- ✓ \$100 application fee