



M.T. Wellness Clinic

Winter Newsletter 2004

Inside this issue:

<i>Thuy's corner</i>	1
<i>Gift Certificate Info.</i>	1
<i>Acupressure</i>	2
<i>Headaches</i>	2
<i>Big News</i>	2
<i>The Client's Corner</i>	3
<i>Med. Rehab Massage</i>	3

Thuy's Corner



This October, I attended the annual assembly and conference of the American Academy of Physical Medicine and Rehabilitation.

This conference and exhibition was attended by 2,500

physiatrists and allied health care professionals. A physiatrist (pronounced "fizz ee át trist") is a physician that specializes in physical medicine and rehabilitation. They treat acute and chronic pain and musculoskeletal disorders.

My objectives for attending the conference were to (1) learn new techniques, (2) gain a better understanding of the issues facing physicians that practice physical medicine, and (3) gain understanding of what these physicians think— and know- about medical rehabilitative massage.

I am happy to report that I was able to achieve all three of my objectives!

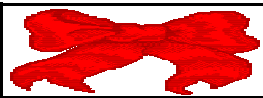
I don't want to bore you with the details, but here is a quick summary of what I learned:

- More and more patients with chronic and acute pain are using massage therapy, and they are telling their physicians about the benefits of massage therapy.
- Physicians are talking more about complementary services like massage therapy, and more and more physicians are recognizing massage therapy as an important part of a total care program.
- Physicians are not all well informed about medical rehabilitative massage.
- Physicians and massage therapist don't always speak the same language, and this hinders effective communication.

- More research needs to be done to document the benefits of medical rehabilitative massage.

So what does this mean to you and the M.T. Wellness Clinic? For the clinic, we need to be more proactive in communicating with physicians and we need to develop a common language. For you, our clients, you should feel comfortable talking to your physician about the services you receive at the clinic and the benefits you experience. And you are always welcome to have your physician call us with any questions. We look forward to seeing you!

Have a wonderful and safe holiday season!



What do you give someone who has everything, including chronic or acute pain?

Why, a gift certificate for medical rehabilitative massage therapy services at M.T. Wellness Clinic, of course!

If you have friends or loved ones that live with chronic or acute pain, and they just never get around to getting help, why not put them on the path to wellness with a gift certificate for medical rehabilitative massage therapy services at the M.T. Wellness Clinic?

It's easy! It is a great gift! And your loved ones won't have to secretly return it!

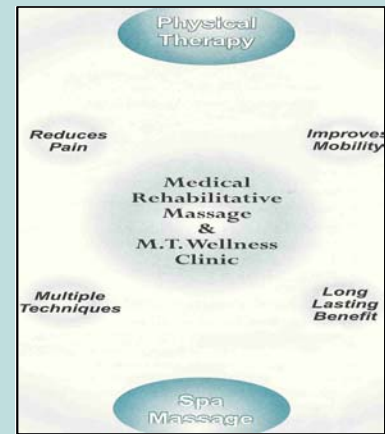
Each \$65 gift certificate includes a one-hour massage for your loved one and a complementary Yoga pass.

Order over the phone by calling 614-273-0810, or purchase them during your next visit.

Happy Holidays!

M.T. Wellness Clinic

fills the void between physical therapy and spa massage.



Acupressure

What is Acupressure?

Acupressure is the use of hands to release muscular tension and to promote the circulation of blood to aid healing. By relieving stress, acupressure strengthens resistance to disease and promotes wellness.

History Of Acupressure

Acupressure began in China 5,000 years ago when wounded soldiers reported that after being shot with an arrow or hit with a rock, that long standing pain had vanished. After several years of studying, doctors concluded that health problems could be cured by striking or piercing certain points of the body. They then compiled their studies into one of the oldest know documents about medicine of any kind, The Nei Ching. It was not until the 17th Century that acupressure made its way into western medicine.

How does Acupressure work?

Acupressure works by pressing places on the skin that are especially sensitive to bioelectrical impulse. By stimulating these points, endorphins are release which relieves pain and as a result, increase the flow of blood and oxygen. The increase of circulation brings more nutrients to the affected areas.

Common Ailments Relieved

Headaches, wrist pain, migraines, low back and shoulder tension.

Headaches & Migraines:

Step 1: Rub your head using fingertips briskly over all parts of your skull similar to shampooing your hair for 1 minute. Then place your fingertips 2 inches directly above your belly button and gradually press into the pit of your stomach while you breathe deeply for 1 minute.

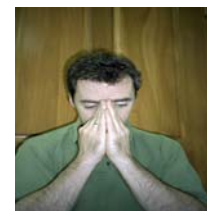
Step 2: Use thumbs to press underneath the hollow base of the skull on either side, 2-3 inches apart depending on the size of your head. Slowly tilt your head back with your eyes closed. Firmly press underneath and up the skull for 1 to 2 minutes as you take a long deep breath.



Step 3: Use your left thumb to press in the center of the back of the head in a large hollow under the base of the skull. Use your right thumb and index finger to press in the indentations on either side of where the bridge of the nose meets the ridge of the eyebrows. Again, tilt your head back and breath deeply for 1-2 minutes.



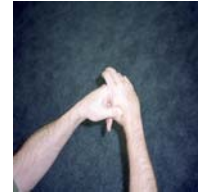
Step 4: With the palms of your hands together, let your head tilt downward and position your index and middle fingers directly between the eyebrows. Hold for 1-2 minutes while you breath deeply.



Step 5: Use your middle and index fingers on both hands to gently press up underneath the cheekbones, directly below the center of your eyes, for 1 minute.



Step 6: *Forbidden point for pregnant women...*



Place your left hand over the top of your right hand. Use your left thumb to press the webbing between the thumb and index finger of your right hand. Angle the pressure toward the bone that connects with the index finger. Hold for 1 minute. Then do the same with your opposite hand.

Step 7: Place your right heel on top of your left foot to rub in between the bones on the tops of your feet for 1 minute. Stimulate the sensitive spots between your big toe and second toe as well as between the bones that connect to your fourth and little toes. Then switch and work on the opposite foot.



Big News about The Big Room

In 2005, we will be transforming our big room into three additional private massage rooms. This exciting remodeling project will allow us to serve more clients, add new therapists and maintain scheduling flexibility as we continue to grow. The project will not impact our reception area or our current private massage rooms so there will be no disruption to our normal massage schedule. We are working on securing additional "big room" space that will accommodate classes and activities that require a larger area.

We will keep you posted on our progress.

The Client's Corner

The Client's Corner is a new column for our newsletter that tells the story of one of our clients.

Greg has been a client of the Clinic for a year and a half. His physician referred him to Thuy and the Clinic. As a result of a car accident, Greg was experiencing chronic pain and range of motion problems with his hip and shoulder. Hip and shoulder issues would be a problems for anyone, but they were particular challenge for Greg since he earns his living as a dentist.

After the accident, Greg tried physical therapy and injections, but this course of therapy did not adequately resolve his pain and range of motion issues. He then decided to try medical rehabilitative massage at M.T. Wellness Clinic. For the first twelve months, Greg's course of treatments focused on addressing his pain issues through weekly massage therapy sessions. As his pain subsided, Greg continued with massage therapy, but added Pilates to his regimen.

At first, Greg was able to work with M.T. Wellness Clinic's Pilates instructor once a week. As he continued with weekly massage therapy supplemented by the Pilates therapy, his range of motion continued to improve and his hip and shoulder pain continued to subside. This progress has enabled him to increase his Pilates exercise and stretching sessions to three times per week.

Greg described his experience with medical rehabilitative massage as "an evolutionary process". From the very beginning, he was impressed by the personal, and customized approach M.T. Wellness Clinic staff took in developing and executing his plan of care.

Greg is now able to work and live with dramatically reduced pain and significantly improve range of motion. He has also learned to improve his posture to help minimize the impact of his job on his overall well being.

Greg's long-term plan is to continue with his Pilates regimen, and gradually reduce his massage therapy treatments to once a month. Given the demands of his profession, Greg anticipates continuing a "maintenance" massage therapy program for the foreseeable future.

A special thank you goes out to Greg for sharing his experience with us.



Medical Rehabilitative Massage

M.T. Wellness Clinic specializes in medical rehabilitative massage. So just what is medical rehabilitative massage? And how does it differ from other types of massage?

Medical rehabilitative massage is the advanced practice of applying multiple, blended massage therapy techniques to:

- Develop, maintain, rehabilitate, augment and improve physical function
- Relieve or prevent physical dysfunction and pain
- Enhance the overall well being of the client

Medical rehabilitative massage begins with an assessment of the client's situation and individual needs. The

therapist then develops and executes a plan of care designed to improve physical function and / or reduce or eliminate pain. As the plan of care is executed, the therapist charts the client's progress, and makes adjustments to the plan of care based on the clients response to the therapy.

In addition to massage therapy, the plan of care also typically includes remedial exercise programs and self care programs. The ultimate goal of medical rehabilitative massage is to achieve the client's objectives, allowing them to enjoy their lives.

That are some of the distinctive characteristics of this approach? Here are a few:

- Therapist have extensive advanced training in multiple massage therapy techniques
- Therapist have extensive experience with the blended application of these techniques to address each client's unique needs
- Therapist regularly work cooperatively with physicians and physical therapist and trainers when developing and executing a plan of care
- The primary focus is on improving physical function and reducing or eliminating pain
- Relaxation and stress reduction are secondary benefits of the therapy, not the primary objective

There are dozens of proven massage therapy techniques and approaches, and each has it's own benefits. At M.T. Wellness Clinic, we believe that medical rehabilitative massage is the right choice for anyone that needs to improve physical function or reduce or eliminate pain.

Wellness Classes

We provide small semi-private wellness classes for expert individual attention at a lower cost. Private lessons are also available.

Some of the classes offered:

-Functional Living is a special wellness class taught by an exercise physiologist. You will individually assess your goals, flexibility, strengths, weaknesses and posture, then use exercise balls, bands and more to increase muscular strength and flexibility and improve your posture.

-Functional Yoga and Yoga for Therapy is offered weekly for you to reduce stress, gain flexibility, strengthen muscles and energize the body. Ten-class yoga passes are available.

-Stott Pilates floor work focuses on increasing flexibility and mobility, toning and strengthening muscles emphasizing the back and abdominals, and increasing coordination and balance.



Happy Holidays

From Susan, Thuy, Lisa, Wendy, Cheryl & Loan

Best Wishes
for a
Merry Christmas

