

Letter from Thuy

October 17, 2017

Updates on our Journey in Medical Restorative Massage Therapy (MRMT)

Over the past year, there have been a number of changes at M.T. Wellness Clinic. After 20 years of serving our patients, our mission remains the same: to help people with chronic pain regain their quality of life! As many of you know, I am now the only therapist at our clinic, which has really turned out to be a blessing! It has given me freedom to focus more on serving my patients and exploring opportunities in research and education. I am taking a break from training additional massage therapists for our clinic so that I can devote my time to taking MRMT into a more academic direction.

We are excited to announce that we currently have several projects in the works, including a wellness program being conducted jointly with a local business. This effort has been on-going since the beginning of 2017. We are helping these employees reap the benefits of MRMT clinic services as well as actually visiting them on-site and assessing their day to day work habits. Through the on-site efforts, we have been able to give them tips on proper posture, movement, and self-care. Our goal is to showcase the success of this wellness program to expand the MRMT clinic and wellness services to be a natural and critical part of our healthcare system, providing treatments to all who need it. Our vision is for healthcare to focus on prevention and early intervention rather than addressing problems after they become chronic, complicated, severe, and addressed with pharmaceuticals or surgical interventions. As you know- MRMT is a non-invasive, non-pharmaceutical path to reducing pain and restoring physical function, which has been used to help hundreds of patients over the years. We are excited to continue to grow MRMT through education, research and development, and through future collaborations with local businesses, government agencies, and universities. On the topic of growth, our staff now includes Front Desk Coordinator, Carole Mench, a retired learning management systems administrator at the Ohio State University, and Clinical and Research Coordinator, Dr. Katy Fillman, a former postdoctoral researcher at the Ohio State University (see below for our new staff photo). We have a dedicated team of people and with focus, hard work, and critical partnerships we can accomplish our goals!



2017 M.T. Wellness Clinic Staff photo.
From left: Dr. Katy Fillman, *Mr. Bones*, Carole Mench, and Thuy Bowyer

We want to hear from you, our dedicated patients! It is our intention to send out a quarterly newsletter on the last Monday of the quarter, beginning in November. We will be sending the newsletter via email and will also provide links to the newsletters on our website (www.mtwellnessclinic.com) after they have been sent to our current patients. We are excited to announce that we are including an “Ask Brian” column in our newsletter where our patients can ask health-related questions to our consultant and advisor, Dr. Brian Bowyer! Brian is a retired Associate Professor of Clinical Physical Medicine and Rehabilitation from OSU where he practiced medicine and taught Residents and medical students. If there are any questions related to the musculoskeletal or neurologic systems that you would like answered by Brian, please email them to us at info@mtwellnessclinic.com by **October 30th**. In addition, in each newsletter we plan on including a more extensive look into our current and future projects as well as self-care tips. We are here to help you and want to provide information to you on various topics to help improve your overall health and wellness! Our objective is to learn, share, and hear from you- our patients! I have listed 4 topics below that you may find of interest and we would like your opinion on which topic to discuss in our upcoming newsletter! Please take the time to look over the topics and **respond by email by October 30th** as to which topic you would prefer and we will deliver!

Potential topics for our next newsletter:

1. How to properly sit at a desk and stand up (proper sitting and standing posture)
2. Stretches and toning movements you can do throughout the day
3. Icing techniques using frozen water bottles, ice packs, and cold therapy socks
4. Do's and don'ts of everyday life including proper footwear, use of purses/backpacks, etc.

Lastly, we have just opened up our clinic schedule for **January-June, 2018** so please call or visit us to schedule your appointments for next year. I look forward to hearing from you and as always, thank you for the opportunity to serve you!

Sincerely,

Thuy