



Our mission: quality of life for chronic pain patients - to reduce pain and restore physical function



Quarterly Newsletter,
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Thuy's Corner

I want to give a big thank you to our patients who voted on topics for our upcoming newsletters and for those who submitted questions to the "Ask Brian" column. We are so grateful for your continued support of M.T. Wellness Clinic and are excited to have you with us on our journey!

As you know, I am dedicated to MRMT and in finding noninvasive and natural solutions for chronic pain patients. In an effort to continue our educational journey, I am excited to announce that we are going to have a **Facebook**

campaign, which will focus on the face of M.T. Wellness- **YOU**- our patients! We would like to celebrate our chronic pain patients, who come from every walk of life and are dedicated to regaining their function and decreasing their pain the natural way- without medications!

My vision is for Facebook to act as a forum to allow open discussion or voicing of ideas from one patient to another, to allow those with common interests to find and interact with each other, and to create a safe place for patients to

connect. Our emphasis is about chronic pain, education, and connections.

The bottom line- we are not looking for M.T.W. testimonials to promote our business. Instead, we want to promote you, to celebrate you and your accomplishments and to connect you with others. Tell us your day to day activities, how you manage your pain, and any other advice to give help and hope to others who may be suffering from chronic pain. If you are interested, please email us at info@mtwellnessclinic.com with your story.

Ask Brian Column

Brian Bowyer, MD, is a PM&R (Physical Medicine and Rehabilitation) physician who recently retired from his full time faculty position in the OSU Department of PM&R which emphasized patient care and teaching. His experience is with the evaluation and management of patients experiencing acute and chronic "neuromusculoskeletal" disorders (sports-related injuries, pinched nerves in the neck and lower back, carpal tunnel syndrome, etc.). He serves as our

medical consultant at M.T.W., and his hobbies include exercise and music.

For this newsletter issue, the following question was submitted to Brian: ***Are there ways to slow the normal "wear and tear" of muscles, joints, etc., as we age?***

Brian says: *A common misconception is that getting weaker and more frail is an unavoidable part of getting older. However, in most cases, "We get weaker and more frail because we become*

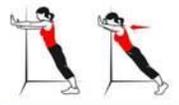
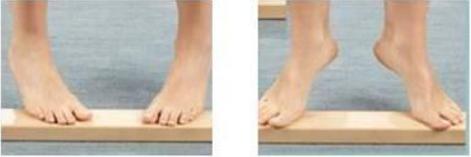
*less active," instead of "We become less active because we get weaker and more frail." **Muscle strength can be significantly increased with proper exercise- even in our 90's!** The health of our joints can be maintained or improved by optimizing the strength and flexibility of muscles crossing those joints (for example, the quadriceps and hamstring muscles which cross the knee), by proper posture (while sitting, standing, walking, sleeping), by proper ways*

of moving (during routine daily activities, hobbies, exercise, sports), by avoiding uninterrupted and prolonged periods of sitting (such as at a computer), and by avoiding or reversing weight gain. If necessary, a therapist, trainer, physician, dietitian, and/or health coach can provide useful guidance to help reduce pain and restore function which has become diminished due to "wear and tear."

Daily Stretching and Toning Movements

Performing controlled stretches and toning movements can be an essential way to stay strong and healthy, which can be especially useful for people who sit for prolonged periods of time.

Here are some suggested stretches and toning movements you can do throughout the day- even while you're at work!

 <p>Neck Stretch Sit on a chair with your feet flat on the floor. Place your left hand on the top of your head and then slowly tilt your head to the left. You can apply gentle pressure with your hand to increase the stretch. Hold for 30 sec. and then switch sides.</p>	 <p>Squat While standing and holding on to a chair or other form of support, bend your knees and lower your body toward the floor with your feet shoulder width apart. Hold for 2 sec. and repeat 10 times.</p>	
 <p>Shoulder Rolls While sitting, move your shoulders in a backward circular motion- up, back, and down. Don't roll your shoulders forward. Repeat 10 times.</p>	 <p>Hamstring Curls While standing and holding on to a chair or other form of support, bend your knee and bring your heel towards your buttocks. Hold for 2 sec. and repeat 10 times. Switch sides.</p>	
 <p>Lateral Trunk Stretch While sitting, raise your arm and bend to the opposite side for a stretch. Hold for 30 sec. and repeat 3 times. Switch sides.</p>	 <p>Peroneal Stretch/Toning Movement While standing, gently roll onto the outside of your feet and walk around for 10 sec., initially. Try to work up to 60 sec., eventually. The peroneal tendons run along the outside of the ankle and are crucial for strength and support, especially for runners, dancers, and athletes. This stretch will help with flexibility and strength and can help prevent ankle sprains by connecting you with your body.</p>	
 <p>Quad Stretch While standing and holding on to a chair or other form of support, bend your knee back behind you and hold your ankle or foot. Gently pull your knee in closer to your body for a deeper stretch. Hold for 30 sec. and repeat 3 times. Switch sides.</p>	 <p>Ankle Circles While sitting, extend your right leg, keeping your knee straight. Move your right foot in a circular motion clockwise 10 times (work up to 20), rest your leg for 5 sec., and then raise it again and move your foot counterclockwise the same number of reps. Switch legs. Try to do this 3-4 times per day. This will help strengthen the muscles in and around your ankle.</p>	
 <p>Write the Alphabet While sitting, extend your right leg and using your big toe as the "pen," write the alphabet in all capital letters first, then repeat with lower case letters. Switch feet and repeat. This is a challenging strength exercise for your ankles.</p>		
 <p>Wall Push-ups</p>	 <p>T-Sitting While sitting up straight, place your arms at your side with your palms up. Raise your arms straight out to your sides keeping your palms up to form a T-shape. Pull your shoulder blades together while pulling your arms back. Hold for 3 sec. and relax your arms to neutral. Repeat 2-3 times.</p>	 <p>Corner Wall Stretch</p>
<p>Heel Raises Place the balls of your feet on a block, step or book. Lower your heels slowly and hold for 5 sec., then raise your heels as high as you can and hold for 3 sec. Repeat 5-10 times.</p> 		<p>Inward/Outward Heel Raises Complete the same heel raise exercise with your toes pointed toward each other, then with your toes pointed away from each other.</p> 

*Stretches/Toning Movements adapted from *Shape* and *Prevention* Magazines and Footsmart.

Meet Our Staff

Carole Mench, Front Desk Coordinator

Carole Mench started working for M.T. Wellness Clinic in February of 2017. She retired from The Ohio State University after 36 years in November, 2016. Carole started on staff at the university when she was 19 years old, working in various libraries. She has two degrees from OSU- a B.A. in Communications and a M.A. in Education/Training & Development. Carole also worked as a Systems Trainer for the Admissions

and Financial Aid Office.

Carole's most recent position was the Learning Management System Administrator for the OSU Wexner Medical Center where she tracked education and compliance for online learning and other educational programs for the Medical Center faculty, staff, and student employees.

Carole enjoys sailing with her husband on Hoover Dam during the summer months and taking classes

in Tai Chi and Qigong.

Carole loves jewelry and collects vintage Christmas Tree pins and pieces from the 1920's. Carole loves to read and always has a book with her. She also enjoys classic movies and music from the 1930's and 1940's.

Carole enjoys working at M.T.W. because she likes helping people and supporting Thuy in her mission to restore function for people with chronic pain.



Katy Fillman, Clinical and Research Coordinator

Katy grew up in Northeastern Pennsylvania, where she received her B.S. in chemistry from Kutztown University. She then moved on to the University of Rochester where she received both her M.S. and Ph.D. in chemistry. Following her graduation, she was a Postdoctoral Research Scientist for 1 year at The Ohio State University, where she focused on cancer research.

Growing up, Katy always had a passion for learning, especially topics in science and the arts. In her spare time, she enjoys drawing and painting, knitting, card-making, reading mysteries, and watching movies and TV shows with her husband and puppy.

Katy also enjoys research- which she has spent a substantial amount of her time doing over the years! She happily brings her

experience in research, data analysis, and scientific writing to the M.T. Wellness team, and she is currently working on a number of projects. Katy says that her favorite part of working at M.T.W. is being able to help others who are in pain. She stated, "Even though I'm only a small piece of the puzzle here at M.T.W., I always leave at the end of the day feeling good about the work we do here."



Next Issue

Our next issue will be sent out on **Monday, February 26th, 2018.** Our next topic will be the **"Do's and don'ts of everyday life,"** and will include tips about proper footwear, use of purses and backpacks, and much more! We are also looking

for more questions to be submitted to the "Ask Brian" column, so please send them by January 15th, 2018. As always, we welcome any feedback, comments, or questions you may have. Feel free to stop by the office, call us at 614-273-0810 or

email us at info@mtwellnessclinic.com. Also, don't forget to schedule treatments with us for 2018 if you haven't already. The New Year will be here before you know it! The M.T.W. team wishes all of our patients a happy and healthy holiday season!



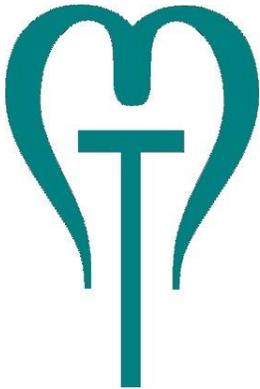
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*The Foundations of MRMT*

MRMT provides individualized treatment that is assessment-based and incorporates education, self-care, and treatment modalities that allow individuals to participate in their own care thereby reducing the burden on the health care system while minimizing or eliminating costs associated with pain and other medication. The foundations of the discipline are:

- Using Passive Pain Management techniques to reduce pain and Active Restorative Function techniques to restore physical function both of which impact nervous, musculoskeletal, and vascular systems;
- Knowledge and awareness of physiological effects of specific manual and massage modalities, including structural and postural, neuromuscular, myofascial, and integrated approaches;
- An in-depth understanding of human physiology and psyche;
- Reliance on and routine use of a medical model (a set of procedures in which a medical discipline is performed).

The medical model in which the MRMT discipline functions has **FIVE** basic components:

- ✓ Assessing each patient's condition with an emphasis on identifying specific musculoskeletal dysfunctions;
- ✓ Developing a personalized, written Plan of Care;
- ✓ Executing the Plan of Care, including ongoing patient education with the goal of preventing behavior-based injuries and improving maintenance of the results (MRMT Plan of Care- the 5 R's: reconnect mind and body; reduce pain; replenish connective tissues, rebalance and restore physical function);
- ✓ Maintaining records and charts to monitor progress versus Plan of Care; and
- ✓ Collaborating and communicating with physicians and other medical professionals working on each patient's health care team.

We are here for you!