



M.T. Wellness Clinic

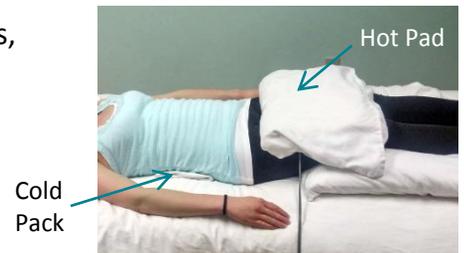
The leading provider of Medical Restorative Massage Therapy® (MRMT®)

Medical Restorative Massage Therapy® (MRMT®) reduces pain and restores physical function through the use of hands-on, therapeutic techniques applied within a personalized plan of care. It was developed to help individuals regain their quality of life, and for patients receiving MRMT treatment, this is often accomplished by helping individuals become aware of their bodies and by helping them to “reconnect”.

Below are four simple tips and suggestions that you can practice on a daily basis to help increase or retrain your mind-body connection. Following these tips will not only increase your awareness of your body, but also increase your overall wellbeing at several levels — physically, mentally, and spiritually, as each are interwoven and dependent on one another!

Tip 1: Increase your connection of body, mind, and spirit through quiet time, breathing, awareness, and using thermoreceptors.

- Pick a regular time to practice your quiet time every day.
- No distractions. No electronic devices.
- Do not hold your breath! Focus on breathing. Start with working breaths – inhale 3 times, hold for 3 counts, and exhale 3 times. Once this becomes less difficult, switch to more relaxed breaths – inhale for 3 counts, hold for 3 counts, and exhale for 6 counts.
- Focus on grounding yourself. Lie down in a comfortable position with a pillow in back of knees to support the low back and apply heat and cold in combination – 10 minutes for the neck/upper body region and 10 minutes for low back/lower body region.
- Think of these questions:
 - How tense are you with the cold? Are you clenching your teeth? Are you able to relax? Are you holding your breath? Is it possible to use relaxation breathing?
 - How uncomfortable are you with the heat? Does it feel like “pins and needles”? Are you fidgety? What is your breath’s tempo? Is it shallow or is it fast?



Tip 2: Respond rather than react to any pain and discomfort that you experience.

When you first begin to experience any pain or discomfort, I recommend the following:

- Immediately apply an Icy Hot® patch (Chattem Inc.; Chattanooga, TN) to the area.
- Do not hold your breath. Instead, utilize working breaths – inhale 3 times, hold for 3 counts, and exhale 3 times.
- Be still and avoid reacting through physical stretching.
- Ask yourself the following questions while scanning the body:
 - What is happening?
 - What are the facts of the situation?
 - Did I really hurt myself or am I just guarding my body because of fear?

Tip 3: Establish specific bedtime rituals.

Normally, self-care before bedtime includes brushing your teeth and putting cream on your skin. I encourage you to also prep your muscles for bedtime using two frozen water bottles (FWBs), each wrapped in a sock.



- Sit at the side of bed, with a FWB under each of your feet. Roll the bottle back and forth for 5-10 seconds. Your feet need circulation, and you need to feel your feet to feel the ground.

- While lying down with two FWBs applied to back of your calves, dorsiflex (cock-up) your ankles to stretch the calves and hike your hip upward, one hip at a time. Repeat this five times on each side. You are prepping your low back and legs for the next day.



- Next, place the FWBs under your hamstrings, near the buttock area. Again, dorsiflex the ankles to stretch your calves and hike your hip upward, one hip at a time. Repeat this five times on each side. You are prepping your low back and hips for the next day.



- Put the FWBs aside and place a pillow between your knees. Lift up the buttocks to straighten out your hip flexors and your extensors muscles. Then keeping the pillow between your knees, roll to your side, and go to sleep. If you sleep on your back, put the same pillow underneath the back of your knees, and go to sleep.

Tip 4: Establish morning rituals.

Aside from eating breakfast and exercising, I encourage you to establish morning rituals for spiritual and mental connection. I am sharing with you my morning ritual that I practice each and every day.

- Before getting out of bed, I practice gratitude and acceptance.
- I go into my meditation room and meditate for 20 minutes. Then, I pray.
- I try to avoid negative news by not watching the TV in the morning.
- While getting ready for work, I listen, read, or learn something that I could use for my patients or myself.