

This is MY story of what my body tells me. For half a century I never thought about my back very much. That all changed about 15 years ago after a very large and energetic horse threw me, and I fell over five feet and landed on the corner of my right pelvis. After many weeks of physical therapy, numerous trips to a chiropractor, and lots of pain medication, I was functional again. For years, the daily stiffness and discomfort were bearable. What was less tolerable was waiting for “the other shoe to drop.” Every few months some minor movement would precipitate another spasm. Years of chiropractic adjustment and more massages, including myofascial release and Rolfing, helped some.

About two years ago, I learned about the approach of M.T. Wellness Clinic through its discipline: Medical Restorative Massage Therapy®. I studied the webpage and was impressed by what I learned. My primary physician was pleased to prescribe therapy with the hopes that it would succeed where other treatments had failed. Over time the unique approach of Medical Restorative Massage Therapy has made a huge difference. I am much better than I was before starting with M.T. Wellness Clinic. Sometimes days go by without my being constantly reminded when I get up from a chair or a bed that I need to be careful. My muscles have indeed been re-educated to tense and release differently, and most of the time my brain is willing to be less on guard for another spasm attack. Those attacks are becoming rarer and I’ve successfully aborted some instances that could have led to them. I am very grateful to Thuy Bowyer and her pioneering approach for enriching my enjoyment of life.

As an engineer I want to know how things work and how to make things work. I am results-oriented and success is measured in making a positive change in all we do. Our creed begins: As a Professional Engineer, I dedicate my professional knowledge and skill to the advancement and betterment of human welfare. This is very similar to the M.T. Wellness approach. Also, engineering is based on continuous learning, sometimes in large steps using science as the foundation, and sometimes in small steps through trial and error. Curiosity, creativity, persistence and patience are the hallmark of the engineer, and this is also true for the development of Medical Restorative Massage Therapy. To me the treatments are remarkable and very successful: the perfect blend of science and art. It is based on medical knowledge and understanding and applied with talent, skill and creativity.

Innovation in any discipline is exciting and extremely hard work. MRMT represents a major innovation in pain relief and recovering function. With all meaningful innovations, success requires overcoming resistance to change, which has many causes: lack of understanding, lack of appreciation and the most difficult of all: inertia and vested interests in the status quo. You have to deal with all of these on your way to becoming an integral part of health care teams.

To M.T. Wellness Clinic and Thuy Bowyer: Thank you for your dedication to the continuing process of increasing your knowledge and skill and to helping those of us that you serve.

Bill M has a doctorate in engineering and spent many years working in academia, research and consulting. He is a Jefferson Award finalist, for his volunteer work with the Columbus Rotary Club, Columbus City Schools and Junior Achievement of Central Ohio.

*Bill*