

Date: April 7, 2011

To: Columbus Business First

From: William H. Matthews, Ph.D.

Re: 2011 Health Care Heroes, Innovator Award  
Support of Thuy Bowyer, Founder and President of M. T. Wellness Clinic

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It is with great pleasure that I add my support to the nomination of Thuy Bowyer for this award. For the past two years, I have had the benefit of the treatments that she has pioneered in Medical Restorative Massage Therapy® (MRMT®). I have also learned about her dedication and effectiveness in transforming her knowledge and considerable experience into a discipline and then advancing this innovative approach by creating the M. T. Wellness Training Center.

Since space is limited for this endorsement, I will give only a very brief overview of my medical experience with Thuy Bowyer. I had a horse riding accident about 15 years ago that resulted in chronic back pain, stiffness, and periodic debilitating spasms. Years of chiropractic adjustments and massages, including myofascial release and Rolfing, provided only temporary relief. During the past two years, the unique approach of MRMT has made a huge difference. I am much better off than I was before starting with M. T. Wellness Clinic. My muscles have indeed been re-educated to tense and release differently providing me more mobility with less discomfort. As a result, my brain is willing to be less on guard against possible spasm attacks and they are becoming rarer. I have also been able to successfully prevent discomfort from escalating into spasms by using techniques based on the M. T. Wellness medical model.

I have been especially impressed with the innovative nature of Thuy Bowyer's work as I view it from my own professional experience as an engineer (doctorate from and faculty member at MIT) and as a consultant on technological innovation for large corporations.

As an engineer I want to know how things work and how to make things work. Engineers are results-oriented and success is measured in making a positive change in all we do. We use our professional knowledge and skill for the advancement and betterment of human welfare. This is exactly the philosophy of 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 continuous development of Medical Restorative Massage Therapy. To me the treatments are remarkable and very successful--an extraordinary blend of science and art. They are based on medical knowledge and understanding and applied with talent, skill and creativity.

Thuy Bowyer is dedicated to creating a new discipline with highly trained practitioners who will be welcomed in the medical community as valued partners in health care teams. Innovation in any discipline is exciting and it is extremely hard work. MRMT represents a major innovation in pain relief and restoring physical function. With all meaningful innovations, success requires overcoming resistance to change that has many causes including lack of understanding, lack of appreciation, and, the most difficult of all, inertia and vested interests in the status quo. Thuy Bowyer and her colleagues at M. T. Wellness Clinic are systematically overcoming each of these barriers to innovation with professionalism, with continuous learning, with patience, and, most of all, with consistently positive results for the hundreds of patients under their care.

In my view, Medical Restorative Massage Therapy represents a significant advance in the delivery of health care. Its founder and principal practitioner, Thuy Bowyer, is definitely a "Health Care Hero" to all of us who she serves so skillfully and effectively.

Signed: \_\_\_\_\_ William H. Matthews, Ph.D.

[Dr. Matthews has 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.](#)