

Graduation: M.T. Wellness Medical Model Massage Institute

Notes of Bill Matthews

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Thank you to the new graduates--on behalf of those waiting to have their pain relieved

- For choosing a career devoted to healing
- For your discipline in getting to this important milestone
- For your commitment to continuing your learning and your service

I will respond to Thuy's request from two perspectives

- What my body tells me--a physical reaction to Medical Restorative Massage Therapy
- What my mind tells me--a mental response to MRMT
- Don't worry--they are not in conflict--they are both positive about my experience

What my body tells me--My Story

- Though our pain may be similar--all of our stories are different and the approaches to reducing pain and improving function must also be different--that individualized treatment is one of the great strengths of Medical Restorative Massage Therapy.
- For half a century I never thought about my back very much.
- That all changed about 15 years ago---riding a large and energetic horse who decided it would be more fun to run without me. Three bucks later I was flying through the air and from about 5' up I made a one point landing on the corner of my right pelvis.
- I had bruises and some fitful nights but after a week or so on ibuprofen I thought it was a thing of the past.
- Then two weeks later after some strenuous exercise my lower back began to really hurt. I figured that it would be better in the morning but the next morning I was all but paralyzed with a massive back spasm.
- After many weeks of physical therapy, numerous trips to a chiropractor, and lots of Tylenol with Codeine 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--often minor--movement would precipitate another spasm. Years of chiropractic adjustment and more massages--including myofascial release and Rolfing--helped some.
- Chronic discomfort with bouts of periodic acute pain became a part of my life.
- 20 months ago I learned about the approach of MT Wellness through my wife's insurance program at OSU. 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.
- You know the systematic approach that Thy takes to observing the human body and to ferreting out all of the relationships, tensions, and misalignments that cause pain.

- So you will not be surprised to learn that her first focus was not on my back but on my left shoulder, then on my right knee and ankle, and so on. Over time her unique approach of Medical Restorative Massage Therapy has made a huge difference.
- She has not only helped heal my body, she has taught me how to anticipate and recognize problem areas and how to take steps to prevent and avoid them. The stretching exercises, the SI belt, and the remedial routines have all been very beneficial.
- I am much better than I was before starting with MT Wellness. 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 and her pioneering approach for enriching my enjoyment of life.

Back to: The three things that are the context for what my mind tells me

- My appreciation of MRMT is not just from the relief it has brought me but it also comes from parts of my professional experience
- I studied engineering and have a doctorate in it
 - 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. Sound familiar.....?
 - 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 hallmark of the engineer.
 - For me, MRMT is in the best tradition of engineering in the devotion to service and in the advancement of the field.
 - I respect and appreciate that.
- I founded and managed a Research Institute for 9 years
 - I am--at heart--an academic. I value research--not as end within itself--but as providing the foundation for informing action and determining the consequences of action. Research not only helps the practitioner directly. It gives those who are served and those who prescribe and who pay the confidence that they need to commit themselves to new areas.
 - To me, MRMT is a remarkable--and very successful-- blend of science and art. It is based on medical knowledge and understanding and..... it is applied with the talent, skill, and creativity of the artist. Every time you touch a patient's body you are doing applied research to solve a problem.

- In addition you know that Thuy has a major goal to be involved with research for credibility and to demonstrate evidence based results.
- Those of you who continue with MRMT have a unique opportunity--and I would suggest--a unique responsibility to find ways to reinforce and advance your discipline by documenting what you learn in your practice and by engaging the interests and creativity of the medical research community.
- I respect and appreciate that.
- For 15 years I consulted with companies that were innovators in areas with high growth potential
 - Innovation and entrepreneurship in any area or discipline is exciting and fun and...it is extremely hard. Most good ideas are never successfully marketed to become the basis for a new business.
 - It's not having the grand idea that is the hardest part--there are a lot of good ideas out there. The hard part is turning that idea into a reality that is both widely accepted and widely available.
 - The MT Wellness Clinic and the Medical Model Message Institute have successfully completed the first two critical steps of a successful commercial innovation:
 - Discovery and Reduction to Practice: MRMT represents a major innovation in pain relief and recovering function. It is new; it serves an important function; it is teachable; it has been certified; and, it has been tested and accepted in a limited marketplace.
 - The principal challenges now are to create two organizations based on MRMT: 1) so that there is a viable business beyond the capacity of a few dedicated professionals; and; 2) so that there is training to assure a steady stream of new professionals offering the services.
 - 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.
 - Thuy, the present staff, and two of you new graduates have laid the foundations for two new organizations devoted to practice and to teaching. I salute you and I encourage you to continue extending the reach of MRMT to a large and growing patient base.
 - I respect and appreciate that.

Thank you again

- My body and my mind are in concert.
- I feel that you are learning how to do something enormously important for all who you will serve.
- Thank you for your dedication to the continuing process of increasing your knowledge and skill and to helping those of us that you serve.