

To Whom It May Concern:

In December of 2011 my primary doctor, Dr. Mimi Ghosh, explained M. T. Wellness does restorative massage and many of her patients have found positive results. Dr. Ghosh suggested I make an appointment. Her suggestion came after her trying to treat me for chronic pain from an auto accident in September 2009, where five of my spinal disks had been dislocated (T6, L3, L4, L5, and S1) and in October 2009 from surgery on my hip where I had a complete right hip replaced. I could not tie my shoes, put on my socks, or my pants without help. I started treatment from Dr. William Fitz over a period of 18 months at the Ohio Orthopedic Center on Sawmill Rd. I also received Lyrica and muscle relaxers. All the meds that were being prescribed gave me little relief. I still could not dress myself without help.

I received physical therapy from the center for my pain; at the time my pain was very high 9-10. Dr. Fitz had me go through a series of three cortisone shots (epidural) to my lower spinal region. This did not relieve the pain. I was given an adjustable back brace but this did not help. I received traction from physical therapy which also did not help. I received acupuncture also without positive results. I then went to the OSU Integrated Medicine Office on Kenny Rd and there I received a number of massages that did little to help. All the different therapies were not relieving my pain; at this point I was getting very discouraged and depressed over my physical well-being. My pain level was still high and so in December of 2011 when Dr. Ghosh felt after all the failed therapies I had tried to relieve the pain; I should go to M.T. Wellness. So I made an appointment for 1/8/12.

On that day I had my first massage treatment. The massage was like no other therapy I had ever received. The therapist had me make a number of stretches and movements while she recorded notes from her observations and my responses. (This routine is repeated at the start of every session). The therapist then had me lay on a therapy table and she started the treatment. The therapy started with moving, twisting, lengthening, a frozen water bottle was used at times with the pushing and pulling, help bring life to back to my muscles. (Reminded me of Rolfing but this therapy incorporated more techniques). I am an active participant during the therapy, I am asked to move different muscles and do isometrics. During the whole time the therapist is telling me about my muscles, why they are hurt and what I can do to help prevent the problem. How they work with the rest of the body (this procedure is normal in every session). Pressure on my trigger points helped release knotted muscles that had been locked up for years. By the end of the therapy session which lasted just over an hour I felt very much worn out, but physically different in a good way. I was instructed to go home and take a shower which helps me relax even more. I am discovering how important the muscular system is to my well-being. An example of this happened when the therapist was working on the muscles to the right side of my neck; she pushed on a trigger point and referred pain to above my eye. This is the same pain I had been treated for at the OSU Eye Clinic, the doctors gave my Lyrica and that was that. I now know what causes the pain and I can self-treat and make the pain go away. Also, I had gone to Dodd Hall and was seen for arthritis. I was diagnosed with osteoarthritis and I was given some meds. The treatment I have received from my therapist has decreased the swelling and pain and my fingers are much more agile. I can pick up coins and open jars, and hold a golf club and my fingers do not swell up so I can bowl. My hip surgery had created painful scar tissue but the therapist was able to work on it, break through and my hip area became less painful and much more flexible. The numbness on the outside of my right thigh (from nerve damage that occurred during my hip surgery), I was told by doctors that if I haven't gotten the feeling back to this area after 2 years it would not return and it would be numb forever. Well with the therapy I have received from MTW-MRMT I have regained the feeling in that region of my thigh. My hip and back are much more flexible so I can play golf and bowl which I had given up. I can dress and put on my socks and shoes, do house and yard work. I can only contribute my physical well-being to the therapy and instruction of the therapist, which I use daily.

Over the course of time my pain level has decrease my physical activity increase, and I am no longer depressed. I know I will always have some chronic pain due to my spinal injury, but I now look forward to enjoying activities with my family and friends.

James McShane (with permission)