



Our Future - Join us!

Thank you to all of my chronic pain patients. My determination to pursue musculoskeletal health and MRMT is coming from working with chronic pain patients, beginning with my mother. Because of my affiliation with PM&R through my husband, Brian, most of my chronic pain patients came to me through referrals, and as their last resort. They had previously been through all recommended approaches to chronic pain treatment. After 20+ years in practice, 16+ years of searching, and 8 years of researching with my team, I find that MRMT is the safest and best non-invasive, non-pharmacological treatment for chronic pain patients. The MRMT discipline is based on the science, principles and protocols of eight different healthcare disciplines, to reduce pain and restore physical function, using a therapeutic hands-on approach within a personalized plan of care.

From 2004-2017, MThuyW Clinic unsuccessfully invested time and money to expand the business by cultivating LMTs to serve chronic pain patients. I cannot help but feel that the failure of this endeavor was because of an unplanned business model when I entered into massage therapy in 1996. I did not go into massage therapy because I wanted to have a business in massage therapy; I definitely did not go into massage therapy because I enjoyed getting a massage, nor because I have pain and massage therapy helps me. I went into massage therapy to help my mother with her back pain! I started the business to help a friend! I moved into the current location because the other building did not have handicap accessibility for my patients! All my decisions were based on emotion instead of a detailed business analysis. For the last 20+ years, I have invested my time and money to pay for research, training and development, to figure out how best to care for chronic pain patients. I feel that "I was led by divine inspiration and not knowing beforehand"

Behind the business failure lays a silver lining: I realized that I would be perpetuating the chronic situation if I successfully cultivated MRMT therapists to serve chronic pain patients by having a successful business "franchise" model. I would be focusing on growing the franchise business instead of collaborating with Dave Fox Company to study early intervention to prevent musculoskeletal conditions that could potentially impact a small company like Dave Fox. And, from a healthcare perspective, doing what we have always done- will not change the outcomes for our chronic pain patients but will perpetuate the current system we are in... the system of illness! I feel that this is a TIME FOR CHANGE and we must focus on early intervention and prevention! We must also focus on and increase awareness of the importance of musculoskeletal health and make it part of our "wellness" evaluation! We must move away from the illness focus.

However, as a solo therapist with all these visions and dreams, I realized that I cannot do it alone and forever. Because I know you, and because you represent our chronic pain patients, we share the same values. Because we believe that if we keep doing the same thing with our healthcare, we cannot expect different outcomes. You and I, we envision a new healthcare system with well care that includes an annual musculoskeletal assessment to be part of our prevention and early intervention, and emphasizes that touch be given first before drugs. Learning from working with all of you, I know you each possess a special talent like I possess with my therapy. I decided to reach out to all of you. Let me know if you want to join me in this journey. With your talent, and my talent, we could help each other - a win-win approach. I am hoping that we can begin building a network to begin the change we envision for our healthcare system. Maybe together, you and I, we can make a difference, a betterment of our healthcare system starting with the musculoskeletal system. Right now, we are at the "discovery stage." I cannot be specific on what MThuyW will need for this early intervention and prevention journey. Because this journey only comes about after years of working with chronic pain patients and realizing that most of their pain and suffering could have been prevented! I am looking for believers who believe that together we can make a difference in our healthcare system. One step at a time, we can change the current practice which is ignoring the very important musculoskeletal health in its entirety in health management while placing more emphasis on tests and procedures. I am convinced that if I surround myself with people who believe what we believe, something remarkable happens. Trust emerges. Trust gives us the confidence to take risks. Because we know we have each other's back. To simply do what you promise does not cultivate trust, it just make you a reliable person. Trust is different- trust is a feeling- a distinct human feeling that arises from common values and shared beliefs. So, from a business perspective, I realized that no amount of work can be done to convince people to do something that they do not believe in.

Learning from my 20+ years of practice, I know I cannot change people but I can change the system- starting with my system! Per Simon Sinek, "The goal is not to do business with everybody who needs what you have. The goal is to do business with people who believe what you believe." I am looking for people who believe in what I do and are interested in helping me - ranging from day to day activities to coordinating and creating an early intervention and prevention healthcare system that focuses on musculoskeletal health within our healthcare system. To us, an early intervention and educational program as an alternative for treatment of musculoskeletal-related medical conditions and non-pharmacological pain management must be considered as first line therapy to address these issues. So, if interested in contributing your talents to this grassroots effort, please share your talents with us and tell us how you can be part of this effort.

We are looking forward to hearing from you! Please let us know your interest and your talent by signing up with us at our front desk, call us at 614-273-0810, or email us at thuy@mtwellnessclinic.com.