



Our mission: quality of life for chronic pain patients ~ to reduce pain and restore physical function



Newsletter January 2020

Thuy's Corner

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The most recent issue (Winter 2019-2020) of the Phi Beta Kappa Society's quarterly publication The Key Reporter included an inspiring quote from Edward Hale, of Harvard:

"I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."

M.T. Wellness Clinic began in 1997 with the focus on caring for chronic pain patients. Through the years, I have had the privilege to touch, talk and spend time, one on one, with thousands of patients with chronic conditions ranging from normal pain to centralized or psychogenic abnormal pain.

because despite all the pain management methods they had tried, these patients were still suffering, they were still experiencing pain. I felt compelled to search for ways to help my chronic pain patients.

Since 1997, I have been listening to and practicing on thousands of patients, working with employers, employees, and insurance companies, and I have had plenty of opportunities to learn and understand what works and what does not work within our healthcare system for our patients, employers and insurance system.

In addition, being married to an academic physiatrist, I have had plenty of opportunities to learn about healthcare from the inside... what worked and did not work for physicians in caring for their patients, why the opioid epidemic happened, and now the aftermath and the backlash.

With many mentors and teachers - beginning with my husband, I learned how to help my chronic pain patients. After 22+ years and over 40,000 treatments, working closely with my ~5,000 chronic pain patients, I found with the right combination of "touch, talk and time", I could help my patients with reducing their pain and suffering and regaining their function through my hands-on practice within a plan of care. However, the difficult part - I must provide what my patients need and not what they want.

I have success... See article on low back pain on our website titled "MRMT as a Novel Treatment for Chronic Low Back Pain: A Retrospective Study": https://www.mtwellnessclinic.com/wp-content/uploads/2018/06/Chronic-LBP-manuscript\_MTW-website.pdf

My team and I have been on this journey of non-pharmaceutical pain management since 2011, searching and researching for ways to help people with pain and dysfunction without depending on pharmaceutical intervention.

In 2016, we shared our data with (then) AG DeWine because... like him... we share the same interest in reduction of pharmaceutical and opioid use. We believe our research discoveries could be part of the solution. Governor DeWine then suggested we work with BWC. We took his advice but soon realized by doing the same thing that I have always done, just treating injured workers, I would not be reducing the chronic pain and opioid epidemic. I would just be perpetuating the chronic pain problem.

From my learned experience, I believe that... Musculoskeletal impairments are a major contributor to chronic pain and functional disorders. Unfortunately, our current primary healthcare system does not appreciate this nor address it until disability, absenteeism, or chronic conditions develop among workers.

I begin to envision what if... we switch from a reactive to a more proactive approach?

Great things are never done by one person. They are done by a team of people!

I begin to imagine-

- What if... we could collaborate with BWC to bring our health and wellness to the next level by having musculoskeletal health be included in our healthcare system?
- What if... we could examine the cost savings when musculoskeletal assessment was included in the work environment?

In 2017, MTW collaborated with Dave Fox Company with roughly 50 employees (50% white collar and 50% blue collar).

In 2018, we shared with you our progress in bringing awareness to the medical community of our belief in the importance of musculoskeletal health with a peer-reviewed medical journal publication that highlighted our core belief of individualized, musculoskeletal assessment-based manual therapy to reduce pain and increase function: <https://www.mtwellnessclinic.com/wp-content/uploads/2018/09/Manuscript-Individualized-Assessment-Based-Manual-Therapy-to-Reduce-Chronic-Pain-and-Increase-Function-Case-study-of-a-patient-with-fibromyalgia-and-Type-2-diabetes-1.pdf>.

We shared with you our desire NOT to perpetuate the chronic pain cycle. We discussed our plans to transition from a reactive to a proactive approach and our continuing pursuit of getting musculoskeletal health to be included in our healthcare system. We reported our collaboration with a local company, Dave Fox Remodeling Inc., since 2017, to examine the cost savings and how to shift from "vital signs only" wellness to adding on musculoskeletal assessment in the work environment. We shared our promising data from this collaboration through our case study with the State of Ohio, Bureau of Workers' Compensation (BWC) and Governor DeWine's office. We were invited to meet with BWC leaders in April and May. If you would like, you may view our PowerPoint presentations

on our website:

<https://www.mtwellnessclinic.com/discover/>.

**BWC Team:** *John Annarino*, Chief Medical & Health Officer, *Dr. Terry Welsh*, Medical Director, *Freddie Johnson*, Chief MCO Compliance and Analytics, *Dr. Brian Wilson*, Director Medical Projects, *Debi Kroninger*, Chief Medical Operations, *Kristen Dickerson*, Manager of Health and Wellness, *Bernie Silkowski*, Interim Superintendent, *Mike Lampl*, Director of Research, *Jeff Hutchins*, Manager of Quality Assurance and Technical Support, *Rick Stoner*, Procurement Contracts Administrator, *Mark Later*, Director of Fiscal Operations.

**MTW Team:** *Jennifer Larson*, PhD, Assistant Professor, Capital University; *Leena Hiremath*, PhD, MPH, MBA/Research Consultant; *Eileen Bertolini*, MEd/Development Consultant; *Thuy Bowyer*, BS, LMT, CMRMT, Clinical Expert/Specialist; *Brian Bowyer*, MD, PM&R, Retired; *Gary Demos*, President, Dave Fox Remodeling Inc.

The June letter from BWC indicated that the agency thought our pilot program showed potential and encouraged us to continue developing our program in the occupational health setting, through the *Ohio Occupational Safety and Health Research Program* for the 2020 research grant program through Capital University. BWC outlined specific points to consider when applying for the grant such as: external validation of our survey and assessment instrument; confidentiality of our participants; intended storage of confidential information; class curriculum and internship/field experience specifics; data analysis plan; specific research questions, etc.

Since then we have been working diligently to meet BWC's specific requested points mentioned above. Our team reached out to numerous individuals for guidance and support ranging from physicians (esp. PM&R) to PhD researchers from OSU and Capital University; numerous philanthropist patients, therapists/trainers, and MTW employees.

While the list is very long, I would like to take this opportunity to acknowledge some of them because without these individuals and their support, we would not be able to achieve as much as we have achieved in preparing for our grant application.

*Capital University- Dr. Megan Beard*, PhD, ATC, Assistant Professor, Health and Sport Sciences, explained what we need to do to conduct reliability testing.

*OSU- Dr. Bill Pease*, MD, former Chair, OSU PM&R, reviewed and made suggestions on our software program application.

*Dr. Ann Scheck McAlearney*, PhD, Health Policy & Management, Executive Director, Professor of Family Medicine, Ohio State University College of Medicine, OSU Center for the Advancement of Team Science, Analytics and System Thinking (CATALYST), will review our grant application.

*Dr. William Matthews*, PhD, Engineer, who 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. He too will review our grant application.

*Dr. Brian Bowyer*, MD, PM&R, jack of all trades for MThuyW. But, most importantly, he is the care provider for my parents so I can focus on this project.

Our newest teammates:

*Dr. Ai Ni*, PhD, OSU Assistant Professor/College of Public Health is guiding us with our Biostatistical needs and will analyze our research data.

*Dr. Laura C. Boucher*, PhD, AT, ATC, OSU Assistant Professor/School of Health and Rehabilitation Sciences. As Co-Investigator, she will be developing and implementing a course on Musculoskeletal Health Assessment as part of our research once our application is funded by BWC.

For reliability testing of our web-based app. with 20 volunteers - *Mike Johnson*, Personal Trainer; *Rina Rotolo*, Physical Therapist; *Pam Wentz*, Pilates instructor. (See Pictures 1 and 3)

MTW employees - *Isabella Bals*, *Nia Dewberry*, *Julia Chapman*, and extra kudos to *Carole Mench*, *Yen Nguyen*. (See Pictures 4 and 5)

16 patients volunteered that cannot be identified here (HIPAA compliance).

Our teammates for the grant application who have worked tirelessly since last year- *Leena Hiremath*, *Eileen Bertolini*, *Jennifer Larson*.

*Thank you to each and every one for joining me in this journey.*



***Do not go where the path may lead, go instead where there is no path and leave a trail - Emerson.***

Together, we can *envision* our healthcare future where *manual therapy* will be part of the care that our Family Practice and Internal Medicine primary care physicians provide, where *musculoskeletal assessment* will be part of the annual checkup and *hands-on therapy* will be given before pain medications.



***Sneak Peak***- Proudly introducing to you our key personnel for our 2020 BWC grant application-

Name/Title	Organization	Major Role(s) on Project
Jennifer R. Larson, PhD, Assistant Professor	Capital University, Columbus, Ohio	Will serve as Principal Investigator; Develop and implement Course on Healthcare Communication; recruit students for the project.
Laura C. Boucher, PhD, AT, ATC/ Assistant Professor	School of Health and Rehabilitation Sciences, The Ohio State University, Columbus, Ohio	Will serve as Co-investigator on project; Develop and implement course on Musculoskeletal Health and conduct student practicum.
Kim-Thuy Bowyer, BS, LMT, CMRMT; Clinical Expert/Specialist	M.T. Wellness Clinic, Inc./ MRMT Institute, LLC, Columbus, Ohio	Expert in musculoskeletal assessment and treatment; will participate in curriculum development for the course on Musculoskeletal Health awareness and assessment; will serve as clinical expert consultant and will evaluate students and employees. Will provide basic employee education and training for better musculoskeletal health management. Will serve as liaison with local small businesses.
Andy Ai Ni, PhD, Assistant Professor/ Biostatistics Consultant	College of Public Health, The Ohio State University, Columbus, Ohio	Will provide guidance for reliability and validity planning and for data review and analysis.
Leena Hiremath, PhD, MPH, MBA/ Research Consultant	M.T. Wellness Clinic, Inc., Research	Will provide guidance for research planning, quality data collection, curriculum development, data review and analysis and also serve as guest lecturer and will prepare reports and presentations, posters and publications to disseminate results of research.
Eileen Bertolini, MEd/Development Consultant	M.T. Wellness Clinic, Inc., Development	Will serve as technical consultant on the project and will additionally serve as the administrator for data collection from our web-based application. She will assign appropriate access to various users, monitor data collection and submission, and will be the liaison with our app. developers for troubleshooting and updates.

## ***Be part of our research team and become an agent of change!***

Currently, *Dublin Dance Studio* and *Merion Village Dental Clinic* have agreed to participate with us. We are seeking two more local, private companies to partner with us on our grant application to BWC for the Capital University students to implement their learning of Musculoskeletal Health Assessment. They will conduct free musculoskeletal health assessments at companies with 150 or less employees that do not currently have an annual "Health and Wellness" program for their employees. Students will work with employee volunteers from the company one day per week for 1-6 weeks depending on number of volunteers that sign up at each company. If our research proposal is funded, we expect this to occur in September/October of 2021. Interested companies can be referred to us or they can contact us directly for more information and to determine if they meet our study requirements. Employee participation will be voluntary with support from employer. Employee time commitment will be 30-60 minutes each at three times during one year once they enroll in the study. All participants will receive gift cards as a Thank you!

## ***Knowledge is Power-***

Because I have encountered many patients with chronic musculoskeletal conditions that required an integrative approach beyond MRMT knowledge, last year I solicited my husband, Brian, retired faculty member from the OSU Department of PM&R, to explain to us what Platelet-Rich Plasma injections are, since many of my patients have inquired about this process. (See 2019 newsletter on our website: <https://www.mtwellnessclinic.com/wp-content/uploads/2019/01/MTWC-Newsletter-January-2019-2.pdf>)

This year, I invited Dr. Tom Kasulis, Retired Distinguished Scholar Emeritus, OSU Professor of Philosophy, to conduct a workshop on how to better address pain and suffering using "body/mind reflections" first instead of medications. Dr. Kasulis understands chronic pain because he, himself, has had chronic musculoskeletal pain for many years. Thus far, he has endured 40+ surgeries including joint replacements. He was placed on numerous pain medications including a morphine pump to combat post-surgical pain. On September 28<sup>th</sup> this year, Dr. Kasulis shared with us his methods on how to deal with his chronic pain while continuing to function at a very high level profession that demanded great mind and body effort. He continued to travel, esp. to Japan, despite his numerous physical challenges. I am glad I finally had the opportunity to learn from Dr. Kasulis because we share the same desire to finding noninvasive and natural solutions for chronic pain patients. If you would like, you may view his PowerPoint presentation on our website: <https://www.mtwellnessclinic.com/wp-content/uploads/2019/12/Pain-and-Suffering-Bodymind-Reflections-presentation-by-Dr.-Tom-Kasulis-09-28-2019.pdf>

### **M.T. WELLNESS CLINIC, INC.**

1151 Bethel Rd.  
Suite 302  
Columbus, OH 43220

Phone:  
(614) 273-0810

Fax:  
(614) 273-0173

Website:  
<https://www.mtwellnessclinic.com>

E-Mail:  
[info@mtwellnessclinic.com](mailto:info@mtwellnessclinic.com)

***Season's Greetings  
&  
Happy New Year!***

## ***Meet Our Staff***



### ***Back row- left to right***

Carole Mench - Front Desk Coordinator  
Yen Nguyen - Clinic Coordinator  
Isabella Bals - Admin Assistant

### ***Front row- right to left***

Julia Chapman – Front Desk Assistant  
Thuy Bowyer – MRMT Therapist



Nia Dewberry – Social Media Assistant