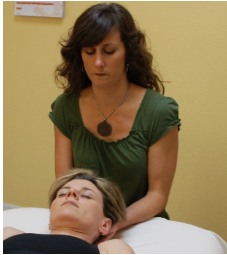


Hands On Physical Therapy Newsletter

January 2010

Volume 5,

Wellness Packages



Get the therapy you need without dealing with the insurance limitations!

Services performed by Physical Therapist with dual massage license or Occupational Therapist.

*3-1 Hour sessions for \$385.00 (save \$20.00)

*6-1 Hour sessions for \$729.00 (save \$81.00)

Bodywork/Therapeutic class special
1 hour session with PT, LMT or OT and Therapeutic class for \$145.00.

Self Treatment Classes

Introduction to Myofascial Stretching

January 8th-Friday @ 11:30-12:30pm

February 5th-Friday @ 4:00-5:00pm

Spinal Stabilization Class

January 14th-Thursday @ 12:00-1:00pm

February 11th-Thursday @ 12:00-1:00pm

Self Healing Class

January 28th-Thursday @ 3:45-4:45pm

February 23rd- Tuesday @ 1:45-2:45pm

So To Pelle

Terri Suresh will be at Hands On Physical Therapy Thursday, January 14th.

Clinic and Insertions from 11:30-4:30.

Presentation at 5:00pm

Will be speaking on the power of natural hormone restoration and balance through bio-identical hormone replacement therapy.

If you are interested in learning more about how the power of pellets can restore YOUR balance, attend the presentation or schedule a private consultation.

Call for an appointment (817) 251-6376.....terrisuresh@mac.com

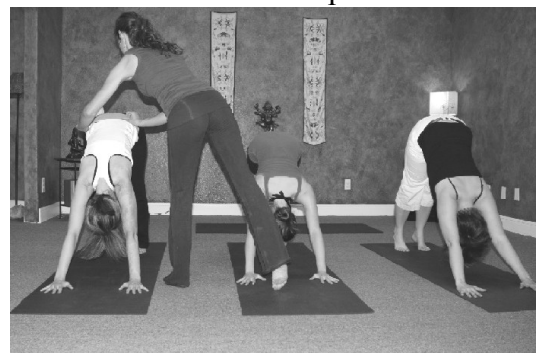
YOGA, FASCIA AND MYOFASCIAL RELEASE

Yoga literally means union.

To unite body, mind and spirit is how the practice of yoga flows, no matter which style is being practiced. Fascia is the most abundant tissue in the body. It spreads three dimensionally throughout the body from head to toe, without interruption. It is the immediate environment and structure-giving component of all of our organs, muscles, bones, nerves, blood vessels and cells. It is a pressure sensitive system- responding to direct and indirect, low grade sustained pressures.

Myofascial Release is a whole-body, soft tissue technique used to treat pain and restriction of motion anywhere in the body. Myofascial Release techniques are performed by using sustained, direct pressure which affects the alignment of the fascia or connective tissue, thereby affecting postural alignment and changing long-held pain patterns. Since the fascia reaches all the way down to the cellular level, the release of the fascia also reaches all the way down to the cellular and molecular levels of the body not only affecting the physical restrictions but also releasing emotions and memory held within those tissues.

To view this month's full article go to...
www.handsonpt.net



Visit Our New Website!

Hands On Physical Therapy/ Advanced Massage Therapy has reconstructed our Website. Please check it out and tell us what you think. We hope that you will find it more user friendly and filled with valuable information.



Advanced Massage Therapy Wellness Packages



Pre-pay for Advanced Massage Therapy services and invest in your wellness.

Consider making a commitment to your good health!

Package prices are as follows:

3-1 Hour sessions for \$255.00 (\$85 each)

6-1 Hour sessions for \$480.00 (\$80 each)

1 Hour session with LMT and 1
Therapeutic class for \$100.00

Couples Massage Class

Are you looking for a unique gift for that special someone?

Celebrate Valentines Day with this 3 hour workshop that will go over the basics of giving and receiving a massage integrated with Myofascial Release techniques designed to facilitate a deeper connection for couples.

2-5pm Feb 13th, 2010
Course taught by:
Jody Hendryx, PT, LMT
Michael Rende, OTR



\$75 Per Couple
Please Call to reserve
your spot today
Phone: (512) 310-1928
www.handsonpt.net

Couples will learn to ease tension and stress plus specific pain relief techniques for the neck, back, hands and feet.