

Hands On Physical Therapy Newsletter

**October, November
& December**

Volume 4, Issue 4

Calendar

Self Healing Class	October 6th 1:45-2:45pm
Schedule opens For December	October 15th
Spinal Stabilization Class	October 15th 12:00-1:00pm
Intro. To Myofascial Stretching Class	October 27th 1:45-2:45pm
Self Healing Class	November 6th 4:00-5:00pm
Intro. To Myofascial Stretching Class	November 12th 1:30-2:30pm
Schedule opens For January	November 16th
Spinal Stabilization Class	November 19th 1:15-2:15pm
Self Healing Class	December 8th 1:45-2:45pm
Schedule opens For February	December 15th
Spinal Stabilization Class	December 17th 12:00-1:00pm
Intro. To Myofascial Stretching Class	December 28th 5:00-6:00pm

October tends to hold a very special feeling for me because I first opened Hands On Physical Therapy (HOPT) in late September, early October, 1994. October also is a month that our teacher and founder of the Myofascial Release method that we use at HOPT, John F. Barnes, does a very special advanced Myofascial Class in Sedona, AZ. So, that October, 1994, not only did I take a gamble and leave my very safe and secure Physical Therapy position, but I also ventured out to Sedona to do my first advanced Myofascial class, leaving my new business unattended for over 2 weeks. One would think that that is not the smartest way to start a new business. What I have found since getting involved with this life changing work is that most things in my personal as well as professional life take profound twists and turns when I listen to my intuition and follow that guidance rather than following the "black and white" standard. These twists and turns don't always seem the easiest way to go nor are they the most comfortable. However, they have always brought me to the deepest level of expansion within myself and opened doors and pathways that would never have opened had I followed the "right" way. This indeed has proven to be the journey with this incredible work which has turned into a life style not only for me but for all of the incredible therapists and support staff that have been drawn here.

Breaking The Mold

Are you ready? Ready to break the mold of those things that aren't working in your life right now? It's time to change our perception of those things that bother and annoy us into the nagging friend that finally motivates us into fresh new action to become the change we are seeking.

With so much information available and so many directions which we could move how do we know where to begin? Many of us get overwhelmed by this first step and lose motivation soon after beginning.

To help serve as a foundation for beginning I would like to bring to light the knowledge brought forth in past HOPT articles. We discussed how becoming more present can deepen our awareness thus opening the channel of listening to our bodies. Practicing listening is paramount in the process of knowing ourselves and developing the insight (inward sight) necessary in becoming our own intuitive healers. Just as a musician begins every practice session with practicing "scales" we begin every session with "listening".

Continued on pg. 4

Continued inside... pg. 2

Therapeutic 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.



In contrast, in the real world, October tends to mark the beginning of our holiday season. The holidays are supposed to be a time of communion between friends and family but instead are filled with stress and anxiety due to family conflicts, difficulty meeting deadlines and the rush of getting everything "just right" for our family and friends. The original intention of gathering and feeling grateful and thankful turns into a push to just get everything done and is marked by a sigh of relief when it's all over after the first of the year. At HOPT, we tend to see symptoms flair during this time period as home programs and self care fall to the sidelines. It is becoming more and more evident that stress and life style choices affect our over all health and well being. The vital energy and life force that runs through our body is like a river delivering nutrients to every cell of our body. When we are tightened down either with poor, prolonged postures or continual muscle tension due to past injuries or stress, it's like throwing a rock in that river that blocks the ability of our body to deliver the nutrients and remove toxins and waste products. Over time, it creates a unhealthy environment, void of energy. Myofascial release not only removes those blocks and helps restore the flow of energy and health to our system, but brings our awareness and consciousness back into the body.

All of us at HOPT and Advanced Massage Therapy (AMT) continue to be of service to the community bringing this incredible work to all who are interested. We hope to see an expansion within the medical community to promote more education and preventive care.

Looking back at 2009, while our country was dealing with economic crisis and looming health care changes, all of us at HOPT and AMT continued to move forward to provide more educational resources to the community. We relaunched our newsletter and provided 3 issues with informative articles. New to our newsletter is "Exercise Tips". A page dedicated to self treatment.

A new exercise tip will be added with each newsletter. Our website is in the final stages of being redesigned to be more user friendly and provide more information. Our therapists have all stayed current with continuing education. We started 2009 off with a "Quantum Leap" which was a new advanced Myofascial course offered by John Barnes, PT. Many of us were introduced to an incredible world wide organization called The Art of Living. The Art of Living (AOL), is the largest non governmental organization in the world which teaches a breathing technique to reduce stress and increase health and vitality. www.artofliving.org. You may notice the Art Of Living doing their Part 1 class at HOPT. Our plans for 2010 are to expand our education for the community by offering classes during the year. Some of the classes that we are planning to do are: Couples Massage, Strength Training, Flexibility and Stretching. We are also going to be providing education to health care professionals by offering continuing education credit classes in Myofascial Release and Women's and Men's Health.

We hope to see 2010 be a year of prosperity and good health for you and your families. Know that we are a resource for you, whether you are a current patient or not. You can always call on us for advice or information.

In closing, all of us at Hands On Physical Therapy and Advanced Massage Therapy thank you for your continued support throughout the year and years past. It continues to be an honor for us to be included in decisions regarding your health and well being. We wish you a holiday season filled with ease and joy.

Jody Hendryx, PT, LMT

Spinal Stabilization Class



The class on spinal stabilization is currently a once-a-month class for beginners to teach concepts and practical application of spinal stability and core stabilization. It is a type of conditioning based on the most current research into the anatomy and mechanical behavior of our spine and its supporting muscles. The goal of the class is to present basic theory of how the spine is supported, why this is important for daily activities, and postures in terms of preventing injury and pain, and to teach simple exercises in a concise and easy to follow program. Although the class is for beginners or for those rehabilitating, the exercises can be modified to compliment any level of performance or any limitations due to pain or positioning.

New! to Advanced Massage Therapy REIKI

WHAT IS REIKI?

REIKI is a Japanese technique for stress reduction and relaxation that also promotes healing. It is a hands on technique that promotes the flow of energy through the body. If our energy is low, we are more likely to get sick or feel stress. If our energy is high, we are more capable of fighting stress and illness thereby promoting health and happiness.

WHAT DOES A TREATMENT FEEL LIKE?

A wonderful, glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well being.

At **ADVANCED MASSAGE THERAPY**, we are able to combine Reiki with Myofascial Release. The choice is yours- just tell us what you want when you schedule your appointment.



HOW DO I SCHEDULE A REIKI TREATMENT?

The same way that you schedule any treatment at Advanced Massage Therapy.

Simply call us at 512-310-1928 or stop by. Currently, Jody Hendryx, PT, LMT and Patricia Saathoff, LMT are available for Reiki treatments.

The cost is the same for Reiki services as any other service at Advanced Massage Therapy:
\$135.00/hr for Jody Hendryx PT, LMT
\$ 90.00/hr for Patricia Saathoff LMT

You can also utilize our **Pre-paid Wellness Packages** for this service.

CONSIDER PURCHASING A GIFT CERTIFICATE FOR REIKI OR ANY OF OUR OTHER SERVICES AT ADVANCED MASSAGE THERAPY.

facebook

Facebook helps you connect and share with the people in your life.

Have you found HOPT yet?

Check out our **NEW** facebook page and join our friends!

Searching for that perfect present?



The holiday season is upon us again, give your friends and family the gift of healing... Gift Certificates are available today!

Advanced Massage Therapy

Did you know?....

You can write a review of Hands on Physical Therapy/ Advanced Massage Therapy on Google, Yahoo or City Search. Ask our office staff for a copy of "Clearing the Air" for more information.

Staff News:

*Ashley Pettipiece is now a certified Qigong Level 1 Instructor

*Laura Holzworth is now a certified Weight Trainer

*Our clinic will be providing many new workshop classes for the community and for healthcare professionals starting January of 2010! See our website for more details.

* Kristi McGrath traveled to California this October for advanced yoga therapy training.

*HOPT/ AMT is hosting Art of Living classes

learn more at www.artofliving.org

Services We Provide

- Craniosacral Therapy
- Lymphatic Drainage
- Trigger Point Massage
- Pre and Post Natal Massage
- Infant Massage
- Thai Massage
- Swedish Massage
- Hot Stone Massage
- (NEW) Reiki



WE ARE MYOFASCIAL RELEASE SPECIALISTS

Breaking The Mold cont...

Just as music becomes layered and more complex deriving its base from the "scales", so do other tools and techniques derive from listening. We learn techniques using body, breath, mind, memory, emotion, ego and essence to channel and direct the changes in our outer world by becoming free of the things that bind us inside.

And so, in the midst of these challenging and uncertain times there is no better time than right here and now with awareness to begin our practice by engaging with a position that pulls us all into a mold of compression: **Sitting at our desk.** No other position has had such world wide impact on physical dysfunction and productivity and as such is worthy of a more in depth study.

Our bodies are designed to move, and in that movement, blood and lymph flow, metabolism and cellular respiration work efficiently to help the body maintain stasis. Components of our internal balance also come from a balance of right diet, exercise, fascial-connective tissue balance, low stress and rest. Looked at another way, we are all high performance race cars that require high octane fuel and regular maintenance to perform optimally. In other words, many of our patterns of high sodium/high fat processed foods, refined sugars, high adrenaline, prolonged positions requiring a narrow focus and shallow breathing are contrary to our optimal health.

Now let's begin the interactive part of the article. If you aren't already seated please take a seated position. Close your eyes and become aware of your breathing. With each breath bring your awareness deeper and deeper as you scan your body. Now start to slump down a little bit at a time to assume an exaggerated version of the classic "sitting at the computer" position; rounded back, forward head, elevated shoulders slightly rolled inward, sitting surface on sacrum/SI joints, and compressed in chest between head and pelvis and between shoulders.

As you continue in this posture notice your breathing pattern and areas of discomfort as they arise. Also notice what adjustments your body attempts to make as you endure the posture. Feel free to come to a more aligned position at anytime as we discuss some of the common symptoms and physiological effects of this position.



1. Forward Head: Due to the “C” curve of the spine the head compensates for its “jutting out” position by contracting the Sub-Occipital Muscles at the base of the skull. This forward head creates a shearing effect at the base of the skull and can affect blood flow to and drainage from the head contributing to mental fog or dullness, dizziness and headache. Jaw clenching, TMJ pain and neck pain can also ensue.

2. Tucked under pelvis: At the other end of the spine the pelvis tilts posterior taking the center of balance from the genital area to the sacrum. In order to maintain balance the lower extremities and pelvis clench creating abnormal muscle patterning throughout the lower extremities and pelvis. This clenching pattern can contribute to symptoms of Plantar Fasciitis, pelvic/rectal pain or dysfunction, lower extremity congestion and symptoms of Restless Leg Syndrome.

3. Rounded upper back, compressed chest and abdomen: This position compresses the chest in both vertical and horizontal axis creating a major front/back imbalance. The rounding of the shoulders disengages the shoulder stabilizers in the back forcing the anterior shoulder muscles to stabilize and perform upper extremity tasks. This imbalance can lead to shoulder instability, impingement syndromes of the upper thorax, frozen shoulder, tennis elbow and carpal tunnel. Compression in the anterior thorax can lead to shallow breathing making a person more susceptible to infection and decreased energy levels. In the diaphragm and abdomen the compressive environment can contribute to reflux, poor digestion and elimination and compromised blood and lymph flow to the pelvis and lower extremities. All of the above postural compensations are a result of compression and a shortening of the connective tissue that runs continuously from head to toe. These compensations can develop from accidents or injuries, asymmetrical patterns like sitting on a wallet or leg crossing and poor postures held over time. Greater imbalances in our body require more energy to perform our daily routines.

Myofascial Release treats and addresses these imbalances directly, helping the body reestablish more balance and improve function with less pain.

At this point many of us may recognize a few patterns and /or symptoms from our sitting patterns. So, what to do?

Awareness and recognition are the first step followed by a desire and commitment to seek, start and sustain a healthy practice that fosters and deepens our relationship with ourselves as we travel through the ups and downs of our daily lives. The best exercises are the ones we do in an actual and practical way that fit into our routines and ones that we enjoy doing.

Here are a few suggestions:

1. Start in a seated position, allow your body to start to sway back and forth, slowly include head and neck and exaggerate the movements as your body starts to warm up and loosen. Take this motion into standing and turn it into a full body movement experience. Let out some sound as you move allowing for variations in movement speed and amount.
2. Once the body has warmed up a bit then start some focused stretching opposite to the positions you are normally in each day. Some suggestions include:
 - A. Sitting edge of a chair stretching arms up the wall, shoulder blades pulling toward each other and away from ears maintaining slightly arched back.
 - B. Standing with back to corner of the room, stretching arms back with slight backward lean and heart opening to the sky.
 - C. Telescoping one arm at a time into the wall, heel of hand to the wall and fingers actively stretching, twist body around arm allowing thorax to twist as well.
 - D. Place a towel roll along your spine as you lay on your back allowing your chest to open as you reach with fingers to opposite sides.
 - E. Place two tennis balls in a sport sock with a spacing knot between the tennis balls and a closing knot at the end. Place along spine lying on back.

Our website has a new section entitled, “Exercise Tips”, which will highlight and add new exercises each month.

Stretches should be performed 2-5 minutes moving slowly and mindfully into and out of each stretch. Try to breathe into the areas of pain slowing down and listening to enjoy this moment with ourselves.

We at HOPT encourage and support your process of breaking the molds that bind you and encourage you to do something constructive daily to aid you in deepening your inner awareness through these articles, stretch and exercise classes and wellness packages to enhance and deepen your experience and journey into wellness.

Michael Rende, OTR

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:

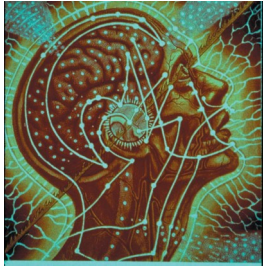
3 -1 Hour sessions for \$255.00 (\$85 each)

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

1 Hour session with LMT and

1 Therapeutic class for \$100.00

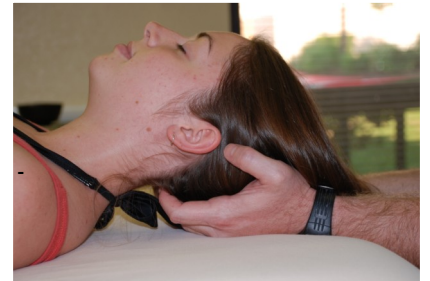




Craniosacral Therapy

Craniosacral therapy is a gentle, hands on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system. It consists of the membranes and cerebrospinal fluid that surrounds and protects the brain and spinal cord. Using a soft touch the therapist releases restrictions in the craniosacral system to improve the functioning of the central nervous system. By complementing the body's natural healing process, craniosacral therapy is often used as a preventive health measure for its ability to create resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction. Including...

- Migraine Headaches
- Chronic neck and back pain
- Motor-coordination impairments
- Colic
- Autism
- Central Nervous system disorders
- Orthopedic problems
- Traumatic brain and spinal cord injuries
- Post- traumatic stress disorder
- Scoliosis
- Post-surgical dysfunction
- Infantile disorders
- Learning disabilities
- Chronic fatigue
- Emotional difficulties
- Stress and tension related problems
- Fibromyalgia and other connective tissue disorders
- Temporomandibular joint syndrome (TMJ)
- Neurovascular or immune disorders



*For additional information or to schedule an appointment please call
(512)310-1928

Hands On Physical Therapy
301 Hester's Crossing ste.160
Round Rock, TX. 78681

Holiday Greetings

The staff here at Hands on Physical Therapy would like to wish you all happiness, health and healing this holiday season and throughout the new year. At Hands on Physical Therapy, we feel truly blessed by the opportunity to work with each and every one of you. Thank you for making our holiday season, our year and our lives so special. Have a happy holiday and wonderful new year!

