

# Hands On Physical Therapy Newsletter

**August & September**

Volume 3, Issue 3

## Your amazing power: Don't give it away!

Have you ever asked a question to which you already knew the answer deep down? Have you ever sought medical help only to be told that nothing was wrong or that your symptoms didn't make sense, they weren't related, or it was all in your head? Yet, you knew that you weren't crazy and that you really were experiencing the things for which you sought help. And maybe you experienced symptoms or sensations that you were sure were related to other things in your body such as unusual sensations, cycles, positions or stressors, yet, were assured that none of it is related. There is nothing more frustrating than trying to seek help from



professionals that are supposed to know the answers only to be belittled or left to feel ignorant or insecure about your own sense of truth. Unfortunately, this is very common in our health care (or more aptly named, ill care) practices.

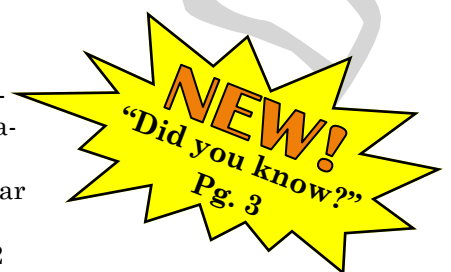
Part of the problem is that our way of educating medical professionals in this country has come to rely too heavily on statistical analysis of double blind, repro-

ducible studies on average people of average physical makeup. This has and will always serve a very important function in how we treat and understand diseases and we will continue to benefit from this kind of science as a population. It may not, however, serve the individual well. The ones that experience strange groups of symptoms or uncharacteristic progressions of what should be simple ailments to heal from. We have left out the intuitive parts of these people, the part that lets us know that something is wrong even if we can't quite identify it. The part that has been through emotional, occupational, social and all kinds of other individualized stresses that can dramatically influence our health down to the cellular and quantum levels.

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## CALENDAR

<i>Self Healing Class</i>	<i>August 6th 2:30-3:30pm</i>
<i>Schedule opens For October</i>	<i>August 17th</i>
<i>Intro. To Myofascial Stretching Class</i>	<i>August 20th 1:30-2:30pm</i>
<i>Spinal Stabilization Class</i>	<i>August 24th 12:00-1:00pm</i>
<i>Spinal Stabilization Class</i>	<i>September 3rd 12:00-1:00pm</i>
<i>Schedule opens For November</i>	<i>September 15th</i>
<i>Self Healing class</i>	<i>September 14th 12:45-1:45pm</i>
<i>Intro. To Myofascial Stretching Class</i>	<i>September 28th 12:30-1:30pm</i>



## 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.



## Your amazing power: Don't give it away *cont...*

This is where an individual's inner wisdom comes in to help us maintain health or heal. This is where our own power comes from. Don't give it away!

Most of us have heard of the studies in the last few years that state that the average person only uses about 7-9% of our entire brain function for conscious thought. What, do you suppose, do we do with the other 90-93%? These same researches believe that the rest of our brain holds every memory, thought, feeling and sensation we have ever had. In essence, your brain holds the answer to every health problem or question you could possibly have because it has all been recorded there. On top of all this, there have been discoveries of neuropeptides in all tissues and organs of the body. Neuropeptides are protein like molecules used by nerve cells or neurons to communicate with each other and with the brain. This means that there is a "brain" in each of these biological structures as well, holding these same beliefs, traumas, memories, etc. We just have to trust that the answer is there and that it will present itself to us as we ask or tune in to it.

The definition of intuition (inner wisdom) is the direct perception of truth or fact independent of any reasoning process. Dr. Christiane Northrup, MD, and Carolyn Myss, an internationally known medical intuitive, tell us that our wisdom comes to us from feelings, not intellectual understanding. To search on an intellectual level is more of a search from outside ourselves without our "deepest knowing" where we often will get stuck in the search. The intuitive part of us is the part that is connected to a divine wisdom. Once we trust that the symptoms are sometimes the only way the body can get our soul's attention, we begin to honor our bodies, rather than feel victimized by them. This is the wisdom of our inner guide. In using myofascial release as part of the healing process, we ask you to pay attention to what your body feels at any given moment, reenter it and experience it. In staying present in what the body is feeling, the external search for answers can be quieted. Our society honors and applauds critical, rational or logical thinking and teaches us to discount other forms of knowing.



## SELF HEALING CLASS W/ KRIST MCGRATH

Self Healing Class addresses more individualized needs of the class participants. You will learn body and breath awareness, relaxation techniques and the principles of myofascial stretching and release. In this class you will learn how to unwind your own body of its holding patterns and tension. These techniques are excellent tools to use at home and to experience as an ongoing class participant.



When we discount our own sense of knowing or allow others to do that to us, we give away our power. Once you give away your power, you lose your ability to focus your energy on healing and staying healthy. You may even start to feel animosity against the very people trying to help you. This is not to say that you should not seek medical help for things that affect your body. You may even start to feel animosity against the very people trying to help you. This is not to say that you should not seek medical help for things that affect your body. It is just to advise that you work with your health care professional to find answers for your health. You must be more invested than anyone else, even those trying to help you. Be present in your body even when there is pain or discomfort. Being present means not tying up your energy in a wounded past or worrying about the future. Trust what you know about your own body and don't let anyone talk you out of what you know to be true. Spend time meditating or listening to your sensations to get a clear picture. You have the power to create your own life in conjunction with the more divine power at work in the universe. Don't give it away!

Some excerpts for this article were taken from *Women's Bodies, Women's Wisdom* by Christiane Northrup, MD.

**Katrina Barton, PT**

# Advanced Massage Therapy



**Advanced Massage Therapy is for people who are serious about pain relief, restoring balance, and flexibility, improving and maintaining health and well being.**

## 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**

## WE ARE MYOFASCIAL RELEASE SPECIALISTS!

**What is Myofascial Release?** (MFR) is a hands on technique that facilitates a stretch into restricted soft tissue using a low-grade, sustained pressure into tightened areas of the body. MFR addresses the fascial system. Fascia is a tough connective tissue which spreads throughout the body in a continuous 3-D web from head to toe. Trauma, poor posture or inflammation can create a binding down of fascia resulting in excess pressure on nerves, muscles, blood vessels, bony structures and organs. It is believed that a high percentage of people suffering with pain and or lack of motion may be having fascial problems but most go undiagnosed.

## 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:

Amy Sanders, OTR, completed Advanced Unwinding this June in Sedona, AZ.

Patti and Jody are taking Reiki 1 and 2 training this August

Erin is attending a Craniosacral workshop through the Upledger Institute this August in Austin.

Kristi went to the Art of Living Ashram in Montreal, Canada for their Advanced Class in July.

Michael and Jody went to Chicago and took Art Of Living Advanced Class in July.

Our own little Emerson Hannah Arnold will be having her 1st birthday on July 27th.

Hands On Physical Therapy has hosted two Art of Living Part One Classes.

The Part One class offers "practical wisdom" for getting the most out of life, such as:

- \*Breathing Techniques to eliminate stress and tension, harmonizing the mind, body and spirit
- \*Skills for improving relationships at home and work
- \*Skills for handling negative emotions and situations
- \*Stretching and low-impact yoga for health, circulation, and body stillness.

Visit [www.artofliving.org](http://www.artofliving.org) for more information

## Services We Provide

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



# Lymphatic Drainage

A gentle technique that works throughout the body's Lymphatic system to activate the body fluid circulation and stimulate the functioning of the immune and parasympathetic nervous system.



Lymphatic Drainage allows your therapist to detect the rhythm, direction, depth and quality of the lymph flow anywhere in the body using a distinctive manual process. Working with flat hands, and using all the fingers to stimulate gentle specific wave like movements. These maneuvers activate lymph interstitial fluid circulations as well as stimulate the functioning of the immune system and parasympathetic nervous system. It is shown that when these actions are accomplished, the results can be...



- Reduction in edemas (swelling) and lymphedemas of various origins
- Detoxification of the body
- Regeneration of tissue including burns, wounds and wrinkles
- Anti-aging effects
- Relief of chronic pain
- Reduction in the symptoms of chronic fatigue syndrome and fibromyalgia
- Anti-spastic actions to relieve conditions such as muscle hypertonus and some forms of constipation.
- Deep relaxation to aid insomnia, stress, loss of vitality and loss of memory.
- Alleviation of adiposis and cellulite tissue

**\*For additional information or to schedule an appointment please call (512)310-1928  
..or visit our website at [www.handsonpt.net](http://www.handsonpt.net) to learn more.**

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Round Rock, TX. 78681

**New!**

**Exercise  
Tip of the  
Month**

[www.handsonpt.net](http://www.handsonpt.net)

