



WHOLISTIC PHYSICAL THERAPY

A Myofascial Release Treatment Center

Quarterly Newsletter

Volume 5, Issue 2

Key benefits of MFR:

- ◊ Eliminates Pain
- ◊ Increases Range of Motion
 - ◊ Improves Function
- ◊ More effective stress coping skills through mindfulness
- ◊ Relaxation training
- ◊ Therapeutic self care

How does Myofascial Release differ from other forms of bodywork?

Myofascial Release treats the cause of the problem and not just the symptoms. The fascial system is 20% elastin (when stretched, it will bounce back like a rubber band); the other 80% is made of collagen fibers. Myofascial release provides SUSTAINED pressure into myofascial restrictions to specifically stretch the collagen part of the tissue. Collagen behaves like plastic - once you stretch it beyond a certain point for a certain time period it will maintain its new length. That's why you have the permanency of the results that you do with Myofascial Release. It specifically targets the collagenous part of the

fascial system to restore the necessary slack needed and decreases pressure on pain sensitive structures. Traditional massage, soft tissue mobilization, neuromuscular, and trigger point therapies address the elastic component of the soft tissue and therefore do not make a permanent change in the system. Fascia on a microscopic level is actually a three dimensional web of tiny hollow tubules filled with fluid that carries information. This information, in the form of thermal, electromagnetic, and mechanical energy is transmitted to all aspects of the mind/body complex, via Myofascial Release for healing on the deep-

est levels. This exchange of information is how consciousness infuses our entire being and is not just in our brain. Incredible magnification by new electron microscopes has allowed scientists to see myofascial structures within the cell. Each fluid filled microtubule can transform incoherent, disordered energy (molecular, thermal, or electromagnetic) into coherent photons (light energy) within its hollow core. So, we are connected - from deep within each cell of our being, flows information/consciousness, via light energy throughout all aspects of our mind/body. MFR is the primary form of bodywork used at WPT.

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Learn MFR in a 2 Day Seminar

"Introduction to Myofascial Release," the John Barnes method.

Date: Saturday & Sunday, September 24th & 25th

Where: Brewster, NY

Cost: \$300.00

Presenter: Scott van Niekerk, PT, *instructor for John Barnes*

Come to learn an "in-depth introduction" to the most effective form of bodywork available today. *Leave* with the ability to immediately apply fundamentals of the MFR technique. Self care will also be covered. Doctors, Therapists, patients, and family members are welcome!

The Natural Nutritionist



MaryBeth Augustine, RD., CDN

*“For the health of People,
Food and land”*

*“foods and nutrients
can INCREASE or
DECREASE inflam-
mation and pain”*

**MaryBeth Augustine is
now part of the family
of staff at WPT.**

**Appointments can be
scheduled by calling:
(845) 940-1030**

MaryBeth Augustine is a Registered Dietitian and New York State Certified Nutritionist specializing in holistic nutrition therapy. Ms. Augustine uses diet therapy, functional and medicinal foods, edible flowers, culinary herbs and spices, therapeutic teas, vitamins, minerals, botanicals and essential oils as part of her nutrition care “toolbox”.

Ms. Augustine’s past work experiences include Memorial Sloan-Kettering’s Integrative Medicine Center in New York, where she provided nutrition consultation on plant-based diets for the prevention and complementary care of cancer while working on research studies for dietary supplements and botanicals. Other specialties include reducing chronic pain

and inflammation, and the role of diet and nutrition in managing bowel, autoimmune, and hormonal disorders.

Ms. Augustine is a sought-after speaker for the public and healthcare professionals, and writes, edits, and reviews diet and nutrition literature for various health publications.

Stop Pain & Inflammation With Diet & Nutrition!

New studies show that inflammation is a common denominator in all states of disease, including pain. The body makes chemicals that can increase or decrease pain and inflammation. These chemicals can all be influenced by the foods we do or do not eat. Certain foods and nutrients can INCREASE or DECREASE inflammation and pain. However, most Americans eat far too much of the foods that are PROMOTERS, and far too little of the foods which are INHIBITORS. People should understand that commonly eaten foods contribute to their “chronic”

symptoms. In my experience, the anti-inflammatory diet - a diet high in “good” carbohydrates, “good” fats, and antioxidants (likewise, eliminating “bad” carbohydrates and “bad” fats) - will help some, but not all, individuals. Those individuals that experience improvement may find even more improvement with an anti-inflammatory diet that also eliminates the commonly “allergenic” foods (gluten grains, dairy, soy, citrus, eggs, corn, nuts). Research has shown that certain vitamins, minerals, accessory nutrients, and herbs also reduce inflammation and pain.

I have helped many of my patients with chronic migraines, arthritis, joint pain, circulatory disorders, neurological conditions, and respiratory disorders significantly improve their condition, reduce pain, and often reduce medications with an individualized anti-inflammatory diet and supplementation regimen. In fact, I’ve even helped many people become pain-FREE.

Nutritional guidance may enhance your healing process. Call for a consultation 845-940-1030

- MB Augustine -

New Staff Update

Priti Parsotam is a New York State Licensed and Certified Orthopedic Manual (COMT) Physical Therapist with 13 years of work experience as a Physical Therapist. She has worked in a number of different healthcare settings, such as: orthopedic outpatient, pain management, sports care, spinal unit, traumatic

head injury center, occupational health clinic, skilled nursing facilities and acute care. She has a keen interest in MFR, Women's health and pelvic floor pain. Priti is currently working towards becoming a certified orthopedic specialist (OCS). She received her Physical Therapy degree in South Africa in 1991 and came

to the U.S. to practice in 1996. She started MFR training with John Barnes in 2004, and began working at WPT in March. Priti is constantly studying and learning new skills/techniques to better serve her patients in achieving their quest for health and healing.



Priti Parsotam , PT

Traditional Massage Therapy Now at Wholistic Physical Therapy

Teri Olsen, LMT can now be found at WPT. She is a graduate of the Connecticut Center for Massage Therapy in Westport, CT and has been practicing for 10 years. Teri is licensed in New York and Connecticut, Nationally Certified in Therapeutic Massage and Bodywork, Certified in Orthopedic Massage and a Member of AMTA (American

Massage Therapy Association). She offers three different types of massage: relaxation, orthopedic/medical, and sports (see the story below for which one best suits your needs). A one hour massage is \$75 and a 1/2 hour massage is \$40. There are also discount packages: 3 or more 1 hour massages are \$70 each and 3 or more 1/2 hour massages are

\$35 each. Daytime, evening, and Saturday appointments are available. For further information or to schedule an appointment call (845) 729-4020.

Bring in this newsletter and receive \$10 off your first one hour massage.



Teri Olsen, LMT

A session with Teri works as a good complement, before or after an MFR session.

Different Types of Massages

Relaxation Massage: A great massage for stress relief. The tension in soft tissue is gently released through light to medium pressure using long strokes with some extra attention on tight areas. The slow gentle kneading is an excellent way to relax the body.

Orthopedic/Medical Massage: Specifically designed to assess and help relieve occupational, sport, and other pain and soft-tissue dysfunction using trigger point therapy, deep transverse friction, myofascial approaches and various stretching techniques.

Sports Massage: Specifically designed for a particular sport. Uses range of motion, active and passive stretching, and deep compressive techniques to relieve and prepare muscle groups for activity. Also helps to balance muscle groups, prevent injuries, and speed recovery.

Why get a Massage?

- ◇ Stress relief
- ◇ Painful or tight muscles
- ◇ Delayed muscle soreness
- ◇ Posture
- ◇ Tension headaches
- ◇ Improve immune system functioning
- ◇ Muscular back pain

What Our Patients Are Saying

I arrived at WPT last July "all messed up". I spent 2 years on and off all kinds of meds., anti-inflammatories, Vicodin, Valium, Ambien, massages, etc, and lots of ice. I even laid flat in my bed for 5 months with "bags of ice" like 4 laying on my back for pain. Cortisone injections too. I had tried multiple modes of massage therapy and several physical therapists. This all helped yet, nothing lasted. After my first few MFR sessions, I was told that I would need to start treating myself as

instructed and begin a walking program. I thought "I don't think you understand, I can barely walk!" I was told not to worry, people often feel that way when they arrive. I soon began to "take off my brakes slowly". I realized for the first time that I had the ability to be well if I really wanted to; I just needed a different perspective from what I had been previously taught and, believed in. For the first time, in over 7 years, my body was beginning to "unwind". I was becoming

"alive" from "within". No one was doing anything to me except guiding me, encouraging me and, giving support. I was told that this is "authentic healing" and, that I would be fine in time. MFR, has shown me so much there isn't enough time or words to describe it all here. I cannot thank Scott and the WPT staff enough for what they have begun to teach me. It all seems so long ago now. I walk, hike and, carefully jog at times now. Possibly better now. -Thank you -

