

# Bodywork for Wellness

Manual Physical Therapy & Therapeutic Massage, PLLC  
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## Early Fall '10 Newsletter

### Notice of Enhanced Service and Fee Adjustment

My passion has been for many years now, to study and to the best of my ability understand the human body, how it works, and how to help it heal or adapt to injuries so that we can be healthy, mobile and in as little discomfort as possible.

As many of you know, I pursue many continuing education courses per year from coast to coast to gain the most current and diverse treatment information, which allows me to offer you the *best care possible*. So far this year I have attended 7 different courses with 2 more planned before the end of the year. Each seminar I attend adds valuable tools to my toolbox and allows me to offer the most effective and complete healing skills and tools possible. It has been 2 years since my rates were last reviewed, as I always do my best to balance my costs of education and business with the cost of treatment.

As of October 4, 2010, there will be a slight increase of \$10 to my current fee for a session. My one hour session will be valued at \$100, and my initial session for the evaluation will be valued at \$120. I want to thank you in advance for your continued support and I remain, as always, committed to providing you with the very best bodywork and manual therapy care available.

### Fall Wellness tip: 4 Daily Covert Causes of Low Back Pain

We often don't think about the day to day little things we do that can contribute to lower back pain.

1. Carrying purses or any type of shoulder bags. According to recent studies the average American woman's purse weighs about 5 pounds. Computer and shoulder bags can weigh that or more. It can be very helpful to lighten the load, carry a smaller bag, or try a backpack using both straps. This keeps weight you are carrying in the center of your body compared to a bag carried consistently on one side of the body that can cause undue strain on either side of the spine.
2. Wallets placed in back pockets and sat on all day long. Often sitting on an uneven surface causes our pelvis to shift and the spine to follow, putting undue strain on the low back. Instead try using a slimmer money clip and card holder in the front pocket to avoid poor positioning when you sit.
3. Sitting posture can cause low back, midback, or neck pain. Sitting in a slumped position for long periods can stress our backs and necks. Try sitting with body weight on the pelvic floor (area of your body between pubic bones and tip of tailbone/coccyx) and back of the upper thigh bones rather than on your tailbone. This will help keep your spine in a more neutral position which creates less stress on your body.
4. Footwear can lead to back pain. How long have you had your shoes? If you do a lot of standing or walking for work or exercise you will need to get new shoes more often. You might be surprised to know that the insides of shoes can break down before the outsides show a lot of wear. This reduces the amount of shock absorption that your shoes can provide which means more impact can be transmitted to your back. When buying your next pair, look for shoes that have a good amount of structure and shock absorption/cushioning, and proper fit.

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

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