



Dear New Physical Therapy Patient,

Welcome to TAVO Total Health! The physical therapy we provide is not the same as “traditional” or “conventional” physical therapy. Thus, we do not rely on modalities (such as Ultrasound, Electrical Stimulation, Iontophoresis, etc.); we do not assign generalized pre-packaged exercise programs; and we do not simply treat your symptoms or localized area(s) of involvement. Instead, we at TAVO Total Health:

- Listen very carefully to your history and complaints
- Treat “YOU” as a whole mindbody entity and not just a diagnosis (ie; “Herniated Lumbar Disc” or “Whiplash” or “Fibromyalgia”)
- We gradually design/develop a highly individualized home exercise program
- Teach you, over time, how to best tune into the wisdom of your body and eventually become your own Therapist

We look forward to working with you to meet your specific goals. First, we would like to clarify some items before treatment begins. The following are some questions/answers that will help in the beginning phases of your treatment.

1. Q. What techniques or treatment forms do you use at your clinic for physical therapy patients?

A. Our primary treatment approach is authentic John Barnes Myofascial Release (MFR). MFR is a hands-on, but non-massage, technique that works on releasing restrictions in the fascial system (connective tissue) that is frequently a root cause of chronic pain, immobility and/or decreased function in millions of frustrated patients. Please purchase the book “A Patient’s Guide to Understanding John F. Barnes’ Myofascial Release” by Cathy Covell, PT at www.motionforlife.net. The book is \$15 and should ideally be read within the first week of your session. Please also visit www.myofascialrelease.com and familiarize yourself with MFR.

2. Q. How do I dress for sessions?

A. Men should bring a pair of loose fitting athletic shorts. Women should bring loose fitting athletic shorts and a jog bra or bikini top. For MFR, it is essential to have direct access to the skin. Although MFR is therapeutic through clothing, it is most effective when administered directly hand → skin. The very best results will be attained when the majority of the body can be observed and manually mobilized without clothing barriers.

3. Q. Is it okay to talk during MFR-based treatments?

A. Less than 10% of an MFR session should include talking/conversation. The Therapist needs silence to stay grounded and tuned into the patient and to feel what is happening in the fascial system. The patient needs silence to be able to tune into their bodily sensations and emotional intelligence. Now, it should be noted that “talking” is different than “dialoguing”. Dialoguing is the utilization of simple words/phrases that facilitate the releasing process. Simple examples are: “What would it feel like to let that tension go?” or “Are you feeling this anywhere else in your body?”



4. Q. Is it true that emotions can come up during MFR? How do I deal with emotions that might come up during treatment?

A. Patients receiving MFR should allow any emotions to surface and be expressed. Emotional release is a natural response to MFR treatment. Our bodies hold emotions in our fascial system like a storage tank, until we are ready to release them. Sometimes the body holds emotions in the form of pain, tightness, tension, etc. Allowing emotions to surface and release can be a large & important piece of the health/wellness puzzle, especially for chronic pain patients.

5. Q. Is it true that sometimes symptoms get worse after treatments?

A. Some patients, especially those with complex or chronic pain, experience what can best be called a **Healing Response**, especially at the beginning stages of therapy. It is not uncommon, initially, to feel worse rather than better after some sessions. This occurs as layers of built up tissue restrictions begin to soften, lengthen, mobilize and release. The “Healing Response” is your body’s way of bringing to your conscious awareness what you are subconsciously dealing with every day but typically “tune out” or cover up (with medication, avoidance techniques, etc.). For more information, please pick up a copy of “Healing Theory – Common Questions” from the magazine stand in the lobby area.

6. Q. What if I have other questions?

A. Ask them! Please don’t ever hesitate to ask any questions you might have. One of our biggest goals is to educate you regarding your current condition, the working/healing of your mindbody, and how to best care for yourself your whole life.

7. Q. What are some other good learning items and resources?

A. John Barnes’ book “Healing Ancient Wounds” and John Barnes’ DVD “Fireside Chat” (both of John’s items can be purchased at www.myofascialrelease.com). The movie “The Living Matrix” (go to www.thelivingmatrixmovie.com). The Release Technique (go to www.releasetechnique.com). “Myofascial Stretching” by Brenda Parady and Jill Stedronsky (available for purchase at TAVO Total Health or via www.myofascialstretching.com).
