

address the whole person and not just their diagnosis.

“Either through manual therapy techniques looking at balancing the sympathetic/parasympathetic nervous systems or specific breathing techniques, visual field exercises or other mindfulness and meditation techniques, we find we’re better able to improve both local areas of pain and dysfunction, while also having inroads to affecting more systemic issues,” said Zadow. “There are great complexities when we look at pain or disease with regard to stress, but I truly believe there are very few conditions that don’t benefit from a mindfulness practice.”

Beth Hummel opened Hummel Laser Therapy last year after a career in nursing and over 15 years as a massage therapist. She created a practice that blends eastern and western medicine. She’s excited about the positive results she’s seeing with the addition of deep tissue heat laser therapy.

“Its whole purpose is to decrease pain and inflammation,” said Hummel. “Being able to continue outdoor activities and staying healthy both mentally and physically is especially needed this last year for self-care. It’s working for my clients and has been very successful at keeping people out and having fun. I love

hearing from clients that they’re finally able to get back to the activities they love. People tend to think of using my service only when they’re injured. It’s also effective for clients recovering from surgery, as well as chronic conditions like arthritis. They can finally get back to what they used to do or want to do, and that’s so gratifying.”

Matt Kirchoff is the clinic director for Therapeutic Associates.

“As physical therapists, we frequently find ourselves helping our patients better understand the connection between their bodies and minds as it relates to management of orthopedic conditions. This is particularly important in the management of chronic musculoskeletal pain. Often times these patients have seen numerous providers by the time they land in our office and may have had multiple imaging studies, injections, etc. without any change in the nature of their symptoms,” said Kirchoff.

Therapeutic Associates staff strive to empower patients by educating them on the role stress management, quality sleep, and diet have in the management of chronic musculoskeletal pain.

“Our goal with these patients is to promote self-efficacy in order to get their minds in a place where their bodies will follow.”

Alana Vernon performs a manual joint mobilization technique to help improve segmental mobility at the targeted vertebrae.

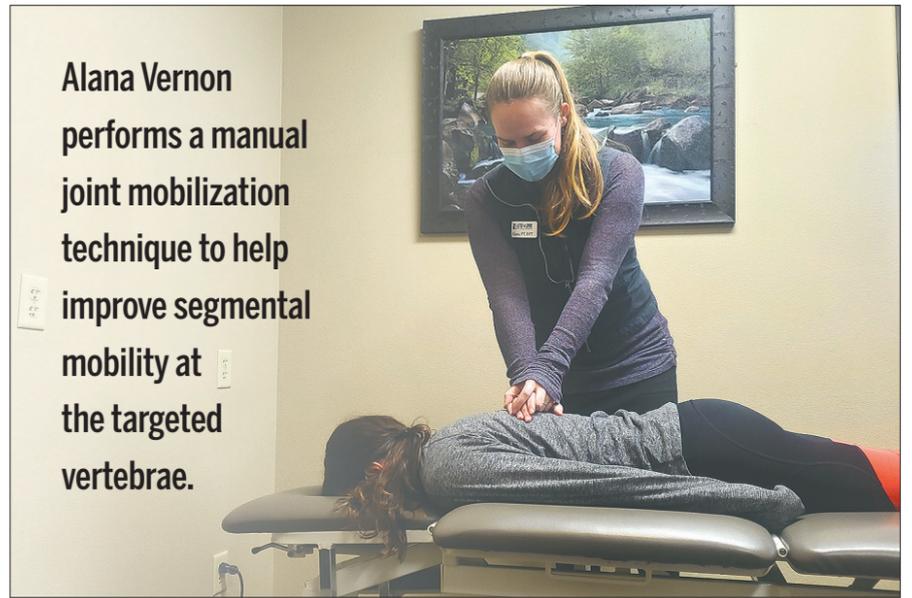


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Sarah Conroy, of Black Butte Chiropractic, looks at stress to the nervous system, which controls everything including our brain, nerves, and spinal cord.

“It’s constantly dealing with physical and emotional stress. Chiropractic can help with the emotional-mental piece,” said Conroy, who has been in practice for 18 years. “Once you improve the way the spine functions you can improve the way the brain and mind functions... both emotionally and psychologically. Spinal adjustment improves structures but also releases positive hormones, like endorphins, which help the way the mind functions. The mind expands and heals based upon movement. So improving the way a patient is moving improves the mind and functions.”

Conroy sees patients’ moods improve. Their balanced nervous systems cause a positive ripple in their family and community life.

“That’s one of the positive side effects. I help them feel relaxed in our office, that’s when the true healing starts to begin.

Brianna Lattanzi is a professional reflexologist and energy medicine practitioner at Legendary Strategies.

“As a reflexologist, I do a lot of physiology equals psychology. When your feet hurt your energy is affected. With everything going on with viruses and more, having access to relaxation like reflexology can provide help. The edge of your heel relates to the spine. There can be instant gratification of pain. We need healing touch,” said Lattanzi.



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By using a team-based care approach, St. Charles works to ensure you receive the treatment you need based on your unique health circumstances. Because the Sisters clinic is part of St. Charles Health System, patients benefit from ready access to specialized services, including on-site visiting cardiology, orthopedics, and women’s health care.

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