

# Health & Wellness

## MEDICAL MASSAGE FOR PAIN RELIEF!

Are you suffering from back related problems such as sciatica, degenerative disk disease, chronic & acute muscle spasms, scoliosis, lordosis, herniated or bulging disks? Renee Maimone, a licensed massage therapist who specializes in neuromuscular therapy, has treated many who feared back surgery was their only alternative. There is hope!

### Read our testimonials below:

#### NERVE IMPINGEMENT

*"This therapy is a God-send that gets to the root of your muscle pain. I am not waking in the middle of the night with arm, neck and shoulder pain!"*

Pretty Jennings, R.Ph.

#### BROKEN NECK

*"I have been using this treatment since May when I broke my neck falling from my horse. There has been continued improvement in my comfort level and a much greater range of motion than even before my accident. This type of therapy would be advantageous to just about anyone."*

Frances L. Cox, Local Business Owner

#### SPINAL FUSION

*"Twenty years ago, I was in a car accident resulting in a spinal fusion. Since that time, I have suffered from moderate to severe back pain with spasms. Having tried multiple medications without success, I was resigned to living with this pain. Thank goodness I started being treated by a neuromuscular therapist. The therapy has decreased my discomfort tremendously. There have been weeks I am relatively pain free. This has made a difference in my everyday life."*

Jana Watkins, Certified Registered Nurse Anesthetist

#### SCOLIOSIS

*"I am an eighteen year old who has suffered from scoliosis since I was thirteen. It has affected me through school and whatever part time work I participated in. I had limitations with severe pain when I sit or stand for periods of time. On the brink of giving up, I met a neuromuscular therapist who enlightened me to the dramatic wonders of medical massage therapy. Receiving this therapy, along with my chiropractic care, is when I experienced the fullest potential of pain relief."*

Derek Comb, College Student

#### SCIATICA

*"I was in a lot of pain. After three visits, I am able to do things that I used to do. The treatments have helped me tremendously."*

Phyllis Pillman, Teacher

## **WHAT EXACTLY IS ‘NEUROMUSCULAR THERAPY’?**

Neuromuscular therapy (medical massage) is a very specialized form of manual (hands-on) therapy involving muscular tissue. More specifically, it utilizes static pressure on specific myofascial points, in addition to re-educating the muscle and freeing the tissue of adhesions. This allows for muscle oxygenation, flexibility and strength while reducing nerve impingement.

NMT also addresses biomechanical dysfunction, postural distortion, and nerve compression on entrapment, trigger points and ischemia. The outcome? PAIN RELIEF!

## **HOW DOES NEUROMUSCULAR THERAPY DIFFER FROM DEEP TISSUE MASSAGE?**

NMT is more localized. This form of therapy can be light or deep. The therapist can adjust the position of the muscle as well as the entry into the muscle, leaving breathing room, so to speak, to an impinged nerve. This form of treatment does wonders for those suffering with sciatica.

## **WHAT TO EXPECT...**

NMT is different than a typical massage session. You will be assessed by means of your history, medical diagnosis, injuries and activities. Testing may include evaluating your posture, range of motion, muscle strength testing, observing how you walk, visual assessment and evaluating muscle tone. Communication is vitally important before, during and after treatment. Therapy may incorporate heat or cold applications, range of motion and stretching when necessary.

Problems may resolve in one treatment, or the client/patient may need several sessions depending on the severity of the problem. Suggestions may be given for exercises or stretching as well as modifications in work habits.

Yes! There's hope for you! Join the many who are experiencing pain relief and let's work at getting you back toward the quality of life you once enjoyed.

## **WILL MED PAY FROM AUTO INSURANCE PAY FOR TREATMENTS?**

Yes. If you've been in an accident and need therapy, make an appointment as soon as possible. It has been proven that medical massage is advantageous in the healing process. The therapist will call your insurance company, with the information you provide, for your convenience. An appointment can then be made soon thereafter.

## **IS IT SUGGESTED TO GET MASSAGE PRIOR TO COLONIC THERAPY?**

Yes. A half-hour appointment is most advantageous prior to colonic therapy.

## **WILL STANDARD INSURANCES PAY FOR TREATMENTS?**

Unfortunately, other than workman's compensation and automobile insurance, standard insurance in addition to Medicare/Medicaid, will not cover the therapy.

## **WHAT IS THE COST?**

\$75 for an hour. \$40 for a half hour. Cash and checks are accepted.

**IF I NEED SEVERAL SESSIONS DURING THE MONTH, IS THERE A SLIDING SCALE THAT'S AFFORDABLE FOR MY BUDGET?**

You can talk to your therapist for payment arrangements.

**ABOUT THE THERAPIST**

Renee Maimone is a Licensed (06242) Neuromuscular Therapist, located in Raleigh, NC. She has treated thousands of patients in medical facilities, including chiropractic centers. She came to North Carolina with credentials and schooling that exceeds standard requirements and dedicates her expertise in medical training to a practitioner, in addition to one of the finest of therapists in the field. She is also a firm believer that pain medication can be reduced or eliminated in those who suffer with muscle-related issues.

**HOURS OF OPERATION**

Hours have been extended from 9 am to 8 pm to accommodate working individuals from Tuesday through Friday. Saturday hours are from 9 am to 4 pm. The office is closed on Sunday and Monday.

**Call 919.872.2110 to schedule your appointment.**