



Keeping

In Touch

Fall 2006

Volume 1 • No. 1

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Welcome to Our New Clinic!

Professional service you have come to expect, now at a new location

We would like to take this opportunity to welcome all of you to our new clinic and to our first Newsletter. We would like to thank all of our clients for making the move with us. Your loyalty means a lot to us. Our new clinic is located in Vineland at 3435 King St., right beside Movie Planet. We have approximately 900 sq. ft. of bright, inviting clinic space. We will still be offering all of the therapies we offered at the old clinic. They include:



- Massage Therapy
- Hot Stone Massage
- Active Release Techniques
- CranioSacral Therapy
- Neuromuscular Techniques

Our rates have also remained the same—visit our website for more details.

www.lincolntouch.com/ We have the

same flexible hours to try and accommodate our clients the best we can. Evening appointments are available. For more information call Chris or Colleen at the clinic. We look forward to seeing all of you at our new place!!

Chris Takes Nerve Release Course in NYC!

Celebrates Completion of Five Active Release Techniques Certifications



In May, I went to New York City to take my final ART certification course. I am now offering Long Tract Nerve Release which is a new 5th certification course. It is a very effective technique in releasing nerve entrapments in the extremities. Basically the nerve is shortened and then lengthened at common entrapment sites with tension applied to release where the nerve is hung up. When the nerve and other structures are adhered together or compressed, this causes pain and protective muscle spasming.

For example, there are so many people with chronically tight hamstrings. They stretch and do everything they can think of and are still tight. If the Sciatic



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Consider CranioSacral Therapy!

by Colleen Taylor, BPHE (Hons), RMT

I have taken CranioSacral Therapy Levels 1 and 2 from the Upledger Institute, Inc., an innovative healthcare organization that offers continuing education courses to medical professionals worldwide.

CranioSacral Therapy is a gentle yet effective technique used to detect and correct imbalances in the CranioSacral system. These imbalances can be the cause of sensory, motor, or intellectual dysfunction. The CranioSacral system includes the membranes and cerebral spinal fluid that surround and protect the brain and spinal cord. It extends from the bones of the skull, face and mouth- which make up the cranium- down to the sacrum, or tailbone area.

CranioSacral Therapy has been successfully used to treat headaches, neck and back pain, TMJ syndromes, chronic fatigue, and central nervous system disorders.

For more information or to ask if CranioSacral Therapy would be helpful to you, call me at the clinic or email me at colleentaylor@lincolntouch.com

Open House Celebration

Visit from Town of Lincoln Mayor

Our Grand Opening & Open House took place on June 17, 2006. It was a huge success. We had the Mayor of the Town of Lincoln, Bill Hodgeson, come and cut the ribbon. It gave us a great opportunity to meet many people from the community and to teach them about the benefits of massage therapy and the other therapies that we offer.



Coming Soon - Acupuncture!

Starting in September, Colleen began taking the Medical Acupuncture Program at the Michael G. DeGroot School of Medicine at McMaster University. This is a course in Traditional Chinese Acupuncture with a scientific research base.

This program is open to MDs, Chiropractors, Physiotherapists and Massage Therapists who also have a university degree.



The program is taught by Dr. Kien Trinh. Dr. Trinh is an associate clinical professor at the medical school, and Director of the Ancaster Sports Medicine Centre.

Acupuncture is considered to be under the scope of practice of Massage Therapy by the College of Massage Therapists of Ontario, so if you have coverage for Massage Therapy, Acupuncture is also covered. For more information, please speak to Colleen at the clinic.



ART, Continued

nerve is entrapped (it travels through the hamstrings), the muscle will tighten to protect it. Long Tract Nerve Release frees the nerve and gets to the root cause of the tightness. It does not just treat the symptoms. Call and ask Chris if ART would be helpful to you, or email him at chrisjason@lincolntouch.com