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THE METTLER RELEASE

MAY/JUNE 2007

NATURE'S HEALING, A STONE'S THROW AWAY

by Jami Taylor, Massage Therapy Coordinator

The Mettler Center is excited to announce the addition of hot stone massage! Our therapists have recently completed certification and are eager to share this expertise with their clients.

Stones have been used in bodywork for centuries and by all cultures for their relaxing and therapeutic effects. A frequently asked question is, "How is a hot stone massage different from other techniques?" There is no simple answer to this because stone massage incorporates ideas from several different modalities such as energy work, Shiatsu, thermotherapy, and Swedish massage.

It might be easier to describe a typical session: We start with the basics—a quiet, dimly lit room, relaxing music, a cozy massage table, and a set of smooth river stones of various sizes. The stones are heated in a large bin ranging from 120 to 135 degrees Fahrenheit. The client will usually begin face up. We first place several stones on the table, aligned so that they will be under either side of the client's spine to warm all the muscles of the back. Then stones are placed along the front side of the body—they may be placed on energy centers (chakras), large muscle groups such as the quadriceps, or just placed randomly for warmth and comfort. The

therapist will then use the hot stones with oil to massage the arms and hands, legs and feet, belly (optional), and neck and face. This is a wonderfully sedating sensation to experience. Cool stones may also be used on the face for a refreshing facial massage. After the front side has been thoroughly worked, the client then turns over, and the same techniques are applied to the back side of the body.

If the client has any trouble areas of pain or tension, special attention can be paid to those areas to provide relief. Hot stone massage is a full 90-minute treatment and is catered to the needs of each individual client.

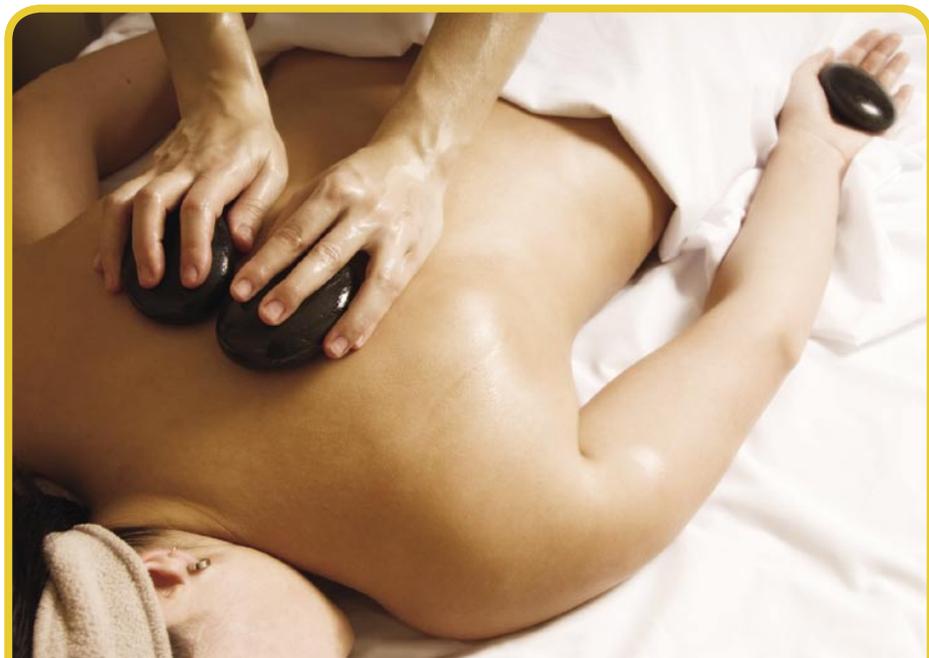
Why would someone choose to have this

therapy done? Here are some of the known benefits of hot stone therapy:

- Sedates the central nervous system, producing relaxation and stress relief
- Softens and mobilizes connective tissue
- Reduces tonicity/tightness in muscles
- Nourishes joints
- Increases blood circulation
- Promotes lymph drainage/toxin removal
- Relieves headaches and sinus pressure
- Facilitates cell hydration

We encourage you to try this wonderful body treatment for yourself or give as a gift to someone you care about.

Book your hot stone massage today! Call 356-6543 today or schedule at Member Services. Gift certificates are available. (See coupon inside.)



Between a rock and a soft place
The deep relaxation therapy of hot stones is now available at Mettler.

HANDY TIPS FOR AVOIDING COMMON INJURIES

by Sheila King, Occupational Therapist

Do you take your hands for granted? As a certified hand therapist, comments such as, "Oh, my hands have always hurt," "It takes about an hour in the morning for my hands to start functioning," and "I'm useless at the end of the day because my hands ache so much" are common. The good news is that you do not have to suffer daily with hurtful, non-functioning hands! Hand therapy can help with ways to avoid everyday bad habits, alleviate these "long-term" aches, or assist with recovery from injury.

Here are a five tips to help you prevent possible everyday injuries:

Carrying heavy groceries Shoppers often strain their delicate finger joints or arms lifting too much weight awkwardly or in one arm. Paper bags are best so you can carry them using both arms under the bag rather than grasping a plastic bag with your fingers. Choose to use a cart instead of carrying a basket with a handle to alleviate torque and twisting of the joints. Always use two hands to lift heavy containers.

Dishwashing disasters Cleaning knives and sharp tools hidden in soapy water can be very dangerous to the palm of the hand. When cleaning glassware, soap up a sponge and place it inside of the glass to avoid cutting your hand should the glass break.

In a pinch Constant pinching while reading and turning pages can aggravate the tendons and joints in the thumb and the wrist. When reading for an extended period of time, hold the book with one hand flat on the front pages and the other flat on the back of the book. If possible, rest the book on a desk or incline surface rather than holding. And when opening packages with a seal, such as a cereal box, use scissors or other tools.

Untreated minor wounds Sometimes a small cut can become a major injury. Minor wounds (such as paper cuts and thorn pricks) can carry bad microbes that flare into dangerous infections. Whenever the skin has been penetrated, wash thoroughly with warm water and soap for several minutes and apply antibiotic ointment. If the area becomes

reddened, warm, enlarged, or irritated, seek medical consultation immediately.

Bagel hand A most dangerous food for preparing and serving is the bagel! Use a bagel slicer or a serrated knife to slice halfway through the bagel and finish slicing downward while gripping the upper sliced half. Never slice a frozen bagel!

Our multitasking lifestyles can really take a toll on our hands, wrists, and arms. Most common injuries are caused by rushing around and trying to do too much, too fast. We take our hands for granted until we sustain an injury and can't use them to lift a cup of coffee or perform other simple tasks. Then we realize just how important our hands are to our quality of life.

Mettler's hand therapist knows the value of your hands and can help educate you as well as help you recover from disabling disorders, injuries, or surgery to restore function to doing the things you love most!

Hand Therapy Awareness and Injury Prevention Week is June 11-15! If you've had a loss of hand function call us today to schedule a free hand therapy consultation.



Setting the Pace

Mettler Athletic offers fitness members the best equipment available in the industry.

AND THEY'RE OFF...

by Colleen Kobylinski, Personal Trainer

Mettler Athletic is up and running smoothly with a variety of options for you and your family to try! If someone in your family enjoys sports, why not try an Athleticism class any night of the week? Athleticism classes get to the core of what a real athlete is all about by addressing coordination, flexibility, agility, speed, and strength. It is a great workout for anyone from eight years of age and older. Try a free trial session today!

Fitness fanatics can enjoy a motivating class from our group fitness schedule. We offer high intensity Sports Blast and Cardio Kickbox classes, or you can slow it down with our Lunch Hour Stretch. Classes are offered at several different times of the day to fit your schedule. If you have always wanted to try a group fitness class but are a little hesitant, now is the time!

Mettler Athletic also offers fitness memberships that include three free orientation sessions

with a personal trainer, unlimited group fitness, and discounts on massage and nutrition services. With the orientation sessions, you can receive assessments involving flexibility, strength, cardiovascular, and waist circumference testing. Sign up as a family and get some great discounts! Or try a month or semester membership to jump start your workout routine.

There has never been a better time to achieve your fitness goals. If you need some direction with your workout routine, our personal training staff can help you reach your goals in a safe and effective way with fun and exciting new approaches. They can also guide you on the new state-of-the-art Keiser® and Technogym® equipment.

Have you heard the buzz? Whether you enjoy sports or just the game of life, come visit Mettler Athletic and move to the next level.

For more information on Mettler Athletic programs and services, visit our newly relaunched website at: mettlerathletic.com.

DESTINATION: WHOLENESS

by Laura Aull Johnston, Therapy Services Patient

As much as we wish the healing process could be a short trip, it is almost always a journey. As a pastor, I have participated in and witnessed the journeys of many folks, and in recent years, I have been on a journey of my own. It's not easy for someone like me to seek help or to be on the receiving end of care, but I am deeply grateful for the holistic approach and sense of partnership I have experienced in Therapy Services at the Mettler Center this past year.

After a hysterectomy four years ago I thought I was done with low back and pelvic pain. When it began again about six months later, it felt very familiar, but was very hard for my doctor and myself to understand. We tested and tried many things and found no obvious cause or solution. I began to believe I should learn to accept and live with the pain and the limitations it imposed, as well as the need to take stronger and stronger pain medication on a daily basis. Then I heard about Paul Mettler's work through a friend.

Paul's examination of the structure and function of my back was the most thorough (and yet gentle) I'd ever had. By the end he was able to explain what was causing my pain, namely adhesions from surgery, and what could be done to get rid of them. It made sense of all the pieces of my experience, and along with Paul's compassion and understanding, gave me hope. That began to make a difference in my life even before I actually had any physical relief. The MRT® work was intense, but I was encouraged by the gains I made in flexibility and resilience.

When some other contributors to the pain emerged, Paul referred me to other staff



Joined at the Hip

Laura receives passive stretching from massage therapist, Jami Taylor.

members at Mettler who had their own specialties to offer. The healing that began with Paul's care continued through several sessions with physical therapist JT (so knowledgeable and conscientious) and has been ongoing with my gifted massage therapist Jami. I have especially appreciated Jami's support through the ups, downs, and plateaus of the healing process. Jeff, Stephanie, and now Kat, are also a bigger part of the healing atmosphere at Mettler than they know, with their unfailing kindness and patience in greeting folks, scheduling appointments, communicating with doctors, and working out insurance coverage and payment plans.

I had been in pain for a few years before I discovered Mettler, and a body with long-term chronic pain comes up with its own defenses.

Relief from that pain has been slow in coming, and despite me being discouraged at times the staff at Mettler has continued to show compassion and readiness to keep working and learning with me as long as they believed they could be of help. What more can you ask for in traveling companions when the destination is wholeness?

METTLER SUCCESS STORY

LAURA JOHNSTON



PATIENT SINCE: 3/06

Laura came to Mettler because of pain and tightness in her hip and abdominal areas. She began bi-weekly treatments with Dr. Paul Mettler, receiving MRT® as well as other therapy techniques. In June of 2006, she began seeing licensed massage therapist Jami Taylor for work to her lower back, glutes, hips, and legs; incorporating many passive stretches. Throughout treatment, great increases in Laura's joint range of motion have been made, and she has noticed a decrease of pain and discomfort. Laura has been very consistent and optimistic in her sessions which has contributed to producing positive results.

SPECIAL OFFER

Offer expires: 7/31/07

\$10 off

Save \$10 when you schedule a Hot Stone Massage treatment.



INVESTING IN EMPLOYEES

by Dree Atwood, Worksite^{3D} Coordinator

It has been said that lifestyle and self-responsibility are the most important factors influencing health, yet most workplaces are not set up to support employees in taking charge of their own health. It is common in our society to focus on *disease* management instead of *health* management. A rise in chronic illnesses, alarming increases in healthcare costs, and the absence of healthy lifestyle habits have caused employers to take a closer look at the health of their employees.

While managing health care costs is important, even more important is the investment you make in each and every one of your employees. Providing your employees with health-related benefits such as subsidized gym memberships, disease management

programs, and preventative services empowers them to effectively manage their own health. This benefits both the individual and the company in several ways.

A business that promotes health from the top down leads to increased levels of productivity, concentration, job satisfaction, and feelings of well-being among its employees. Offering quality, health-related benefits shows that you truly care about your employees and also creates a supportive and nurturing work environment. A company also stands to gain several perks from worksite wellness programs including decreased health care costs, the ability to attract and retain employees, and fewer worker's compensation claims just to name a few. This results in healthier profits and waistlines!

Interested in corporate wellness programs? For more information or to schedule a free consultation, contact Dree Atwood at dree.atwood@mettlercenter.com.

M.A.R.T MAKING A MARK

by Andy Derks, Performance Training Coach

The Mettler Athletic Racing Team is a group of collegiate and post-collegiate competitive distance runners in the Champaign-Urbana area. Currently made up of 13 total runners (both male and female of various ages), M.A.R.T was established to give competitive area runners a chance to compete in races in and around the Midwest as a team. Our runners compete for various reasons, but what we all have in common is our passion for running, the challenge of competition, and achievement of our own personal goals. At Mettler Athletic, we want to promote distance running as both a lifelong healthy activity as well as a sport. The team has a schedule of 10 races for the 2007 season and has already represented well in our first races, placing runners in many of the top spots. Look for M.A.R.T's upcoming race schedule on the Mettler Athletic website.

CULINARY KIDS CAMP

Kids Can Cook is a cooking and fitness camp just for kids! During this hands-on experience your child will learn healthy cooking techniques from Mettler's Registered Dietitians and then apply this nutrition knowledge in the kitchen through preparation of nutritious, kid-friendly lunches with our cooking staff. And because a healthy lifestyle includes exercise, your child will participate in age-appropriate physical activities led by a personal trainer. Campers will also receive their very own apron, cooking utensils, and recipe book. Space is limited. Register your child today!

Camp Dates: June 18–22 (entering 4–6 grades), **July 16–20** (entering 1–3 grades)



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