



Effective treatment for adults and children with a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Traumatic Brain and Spinal Cord Injuries
- Scoliosis
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction

 **PAUSE FOR HEALING, LLC**

(Located in the West Wind Building)

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PEWAUKEE, WI 53072

www.PauseForHealing.com

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THE MEDICINE BEAR REPRESENTS THE HEALING POWER WITHIN EVERY LIVING ORGANISM AND THE HEALING CAPACITY ASSOCIATED WITH THE MIND AND SPIRIT.

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Therapy Treatment Description

Myofascial Release (MFR)

Developed by John F. Barnes, P.T., Myofascial Release (MFR) utilizes the concept of sustained, low forces applied over a period of time to release restrictions in the myofascial system. Effective in treating acute and chronic pains throughout the body, Barnes' approach focuses on the fascia system, the interconnected tissue system that covers the body from head to toe.

Myofascial Release is generally an extremely mild, gentle form of stretching that has a profound effect upon the body tissue. Because the fascia surrounds every other tissue and organ, an injury to one part of the body can put tension on adjacent or far away pain-sensitive structures. Through MFR, patients may experience a temporary increase in physical or emotional pain as the body reorganizes, achieving often remarkable improvement after just a few treatments.

CranioSacral Therapy (CST)

John E. Upledger, D.O., O.M.M., combined MFR concepts with Cranial Osteopathy to develop CranioSacral Therapy (CST), an approach that locates and effectively treats restriction in deeper tissues of the body. Because the tissues include the spinal canal, jaw and cranium, the approach is especially helpful with headache and TMJ (Temporal mandibular Joint Pain). Gentle manual techniques release problem areas and relieve undue pressure on the brain and membrane structures that surround the spinal cord and other nerve structures. Profound effects take place throughout the body as relief of the cranial membranes, brain, spinal cord, and peripheral nerves open up and experience increase blood flow and improved movement throughout the body.

Both MFR and CST treat pain memories, an emotional component connected to the pain and trauma of the injury. With release of the tissues combined with

emotional awareness, therapy empowers the patient to self manage pain and promote healing with a greater degree of mind-body connection that is imperative for health and healing.

What you may experience during a session.

As the various layers of soft tissues throughout your body release and elongate, you may notice a variety of release signs. I will work with you to help you understand how, for example, releasing the



cranial base may than produce a sensation in your jaw, which may then lead us to the

next restricted area. Often it is hard to believe how one who may experience neck pain, as we release the tissues associated with the neck pain, it may than link up with a past knee injury. Your mind and body store memories of all events that have happened to you over time. These previous stressor to the body may be recalled, they are called Energy Cysts. Once an energy cyst is released or tissue release, the body is able to reverse the dysfunction and restore balance to the system, often alleviating the pain that came in with the original injury and any further restrictions that develop over time as either compensatory patterns in the soft tissues or other tissue memories tied in with posture that seem to almost maintain pain and interrupt our bodies abilities to heal and regain the function that had been lost due to the injury or disease process the body has experienced over time.

The bodies tissues hold memories of injuries, emotions associated with the injury, somewhat like a hard drive in a computer. Another example would be if you listen to a song from long ago, and it may trigger a memory or emotion. The body does a great job at restoring balance and health, we note this especially when we are younger, but as we age and accumulate years of "life" much of

the time our bodies ability to recover slows down or doesn't work like it use to. Thus, old injury patterns layered with all the stress and perhaps injury or disease processes we experience over time can make it very hard for the body to recover and regain functional health. Thus seeing multiple body systems involved, perhaps sleeplessness, pain, and a significant decrease in one's ability to carry out functional daily demands, general anxiety and depression can result as our bodies tissues are full of compression. Compression = Depression.

This could describe a body stuck in survival mode vs experiencing daily life as it is intended.

The body may have developed some highly chaotic survival patterns that can significantly impaired a persons ability to perform ADL's and IADLS, a measure of one's ability to perform functional activities of self cares, home making, sleep, and other daily functional demands necessary to live independently. Occupational Therapy performed in this manner helps the body resume its natural healing process, promoting awareness and greatly improved function. After a treatment, it may not be unusual to experience changes in your system up to 72 hours. Every individual is different, and every one has a different process to go through to attain the best possible functional outcome.

- Individualized Home Exercise Program
- Functional Postural Evaluation Program

Getting Started

- A physician's order is required
- Insurance Card/Information
- Times available for therapy
- Medicare Accepted
- Most Insurances Accepted

If you have any questions, please call and I will help you in anyway I can.



Kellie J. Lindberg, OTR
Specializing in Treatment of Pain



Kellie Lindberg, received her B.S., from UW Milwaukee, and is an Occupational Therapist. She



has over 20 years of experience working with musculoskeletal pain, including headaches, TMJ, Fibromyalgia, Myofascial Pain Syndrome, Complex Regional Pain Syndrome (also known as Reflex Sympathetic Disorder) MS, and neck and back pain upper and lower extremity

pain. Most frequently, the clients she serve have multiple symptoms with multiple body systems involved, nervous, musculoskeletal, endocrine, gastrointestinal, often multiple diagnoses.

She has received extensive specialized training in myofascial techniques, craniosacral therapy, strain/counterstrain, soft-tissue elongation, "Respect" pain programs through Kenn Lamm, and Australian Mobilizations for headache and cervical pain. She has served in the Persian Gulf War in 1991 and has unending passion for her work and the people she is privilege to assist with in their individualized healing process.

Her expertise as and Occupational Therapist facilitates the bodies ability to self-correct, obtaining changing and balancing the myofascial and nervous systems in order to maximize their functional potentials.

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