


 PAUSE FOR HEALING, LLC

13965 W. Burleigh Rd. Suite 103
Brookfield, WI 53005

www.pauseforhealing.com

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

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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 nerves open up and experience increase blood flow and movement.

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.

I look at therapy as a journey of opening up your bodies system towards deeper levels of awareness. A path that can assist in allowing you to connect inward, as tissues are released, awareness often follows, it may be remembering an accident that happened to you when you were very young and have since totally forgotten, or a general feeling perhaps fear, that may just be present, yet you are unsure of why. Your mind and body store memories of all events that have happened to us. We manage to forget them, disconnect from them, but if they were in a sense unresolved, they may still be present somewhere in your system - somewhat unconscious and unknowing to you.

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 pain.

Present stress can build on previous stress and the result is a system full of restrictions, that can be interpreted by pain, general anxiety and a general disconnect from what is going on in your body. This would 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 do not facilitate awareness, and presence to what is taking place at each moment.

CST helps the body resume its natural healing process, promoting awareness and connection of body mind and spirit. After a treatment, it may not be unusual to experience changes in your system up to 72 hours. During this time while the body is adjusting to change and reorganizing, making use of the new space, a variety of symptoms may be experienced.

Individualized Home Exercise Program

The focus is applying appropriate self-management techniques to daily activities at home, work and elsewhere. Maximizing ones functional strength and endurance for optimum quality of life.

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, B.S., from UW Milwaukee, is an Occupational Therapist. She has 16 years of experience working with myofascial pain, including headaches, TMJ, Fibromyalgia, Myofascial Pain Syndrome, Complex Regional Pain Syndrome (also known as Reflex Sympathetic Disorder) and neck, arm and back pain.



She has received extensive specialized training in myofascial techniques, craniosacral therapy, strain/counter-strain, soft-tissue elongation, "Respect" pain programs through Kenn Lamm, and Australian Mobilizations for headache and cervical pain.

Treatment and education of patients and their family bringing awareness of one's whole mind-body healing, is Kellie's goal. Therapy facilitates the bodies ability to self-correct, obtaining changing and balancing the myofascial and nervous systems in order to maximize their functional potentials.

Kellie is a member of The American Occupational Therapy Association and American Pain Society.

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