



Donald Q. Dillon RMT

Transform Pain and Stuck-ness;
Liberate Movement and Expression

*Knowledgeable. Innovative.
28 Years in Practice.*

Massage...Now!

30 minute sessions are:

- ✓ Available promptly
- ✓ Proficient at a modest price
- ✓ Specific to your symptoms

Book yours today

Back Pain Can Be Effectively Treated

Back pain affects up to 75% of adults at some point in their lives, with 15-30% experiencing back pain in any given year. Back pain is the second leading symptomatic cause of physician visits in the USA. Bone and Joint Canada reports, "In Canada, the cost of medical care alone for low back pain is estimated between \$6 - \$12 billion annually...additional costs associated with loss worker productivity and disability."

Some causes of back pain are pathological and require medical intervention. More commonly, back pain is caused by overuse, underuse or abuse of the spine through occupational or daily activities. It's my experience that a combination of acute care, corrective intervention and remedial exercise goes a long way to alleviate back pain.

Acute—If you're shovelling snow and strain your back, rest and apply ice to calm muscle spasm.

Take pain medication as required. *If pain is significant or produces nausea and vomiting, seek medical attention right away.* Once acute pain subsides, try walking around your home to limber up the back. When seated or lying down, try isometric exercises—slowly contract the back and abdominal muscles simultaneously for 5 seconds, relax, and repeat for 5 sets. Do this on the hour.



Corrective—Once the stop-you-in-your-tracks pain has passed, we can apply gentle, rhythmic massage techniques to remove muscle spasm and locked-up joints to get you moving better. Significant relief usually happens in the first two sessions.

Remedial—muscles often hurt because they're tight, or because they're weak. After injury - and once proper motion is restored - you need to strengthen your back through a progressive series of guided exercises.

Back pain can be treated effectively and progressively. Give me a call and let's discuss how to improve your health state.

Thank You



for your referrals

"Don's work with me has been invaluable."

I Can Help!

- Tension Neck
- Headaches
- Sports performance
- TMJD (jaw) pain
- Low back & hip pain
- Carpal Tunnel Syndrome
- Sense of well-being
- Arthritic stiffness
- Sprains & strains
- Restriction from scarring
- Embodiment
- Sinus congestion
- Stress-related symptoms

"The absence of pain is a 100% positive result."