



# Donald Q. Dillon RMT

Transform Pain and Stuck-ness;  
Liberate Movement and Expression

*Experience, knowledge and competency.  
In practice 27 Years.*

## Accepting New Patients

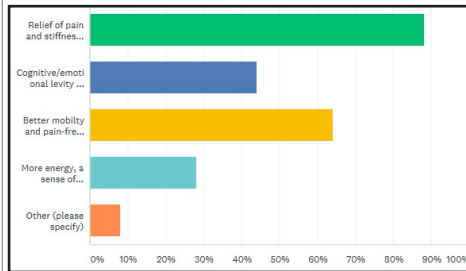
After years of redirecting referrals to honour my existing patient base, I can now open a limited number of appointments to new patients.

Please refer friends or family that you think will benefit from care. I can help:

- Tension neck
- Headaches
- Sinus congestion
- Sports injuries and performance
- TMD (jaw) pain
- Lower back and hip pain
- Carpal Tunnel Syndrome
- Arthritic stiffness
- Sprains and strains
- Scar tissue
- Effects of distress and trauma

***"Overall I feel significantly better. My tension headaches happen much less often and I suffer less back and hip pain."***

In a recent survey of 25 practice patrons, I confirmed a **majority (88%) reported the primary reason they sought care is to relieve pain and stiffness.** Many (64%) also desired better mobility and pain-free movement. A significant number (44%) sought cognitive / emotional levity from their care, while fewer (28%) more energy and a sense of well-being.



Sixty (60) percent of respondents reported feeling "much better" post-session, 36% said "better", and one person reported feeling no better or worse post-session.

In the progression of care (typical plan 2-3 visits), **respondents reported feeling 75% better overall...**an impressive rate!

Regarding unexpected benefits:

*"(I experienced) release of tension in areas I was not aware (I was) holding tension."*

*"A more restful sleep."*

*"My sinuses are better."*

*"Overall movements were better."*

*"Just feeling so much better. He is amazing."*

*"Better mobility."*

*"Change in attitude toward pain."*

Asked if there was anything else to add:

*"I always have a good experience when I come for massage, and feel better after."*

*"Don has the ability to provide a quiet and comfortable work area, and engages in soothing quality conversation directly related to one's individual concerns."*

*"Keep doing what you're doing!"*

*"Best experience."*

*"Please don't change a thing...and don't retire."*

*"Combining techniques and treating the whole person feels good physically and psychologically."*

Thanks to everyone who responded, and for the invaluable feedback in serving you better.

**"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied." - Herophilos**



**Instrument-Assisted Soft-Tissue Manipulation (IASTM)** may reduce muscle discomfort by softening tight, tense areas, allowing precise manipulation with excellent results.

Particularly effective with tendonitis and chronic injury.

**"We must always change, renew, rejuvenate ourselves; otherwise we harden."**

— Johann Wolfgang von Goethe

### Ask Me About:

- Hot stone therapy
- IASTM
- Micro-Point Stimulation
- Acu-Ball (self-application)
- Vacu-sage / cupping