



# Donald Q. Dillon RMT

Transform Pain and Stuck-ness;  
Liberate Movement and Expression

Remedial exercises, resources  
DonDillon\_MassageTherapist

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## I Can Help!

- Rx TMJ (jaw) dysfunction
- Rx Headaches & Tension Neck
- Rx Back Strain & pain
- Rx Occupational strain
- Rx Re-embody / Relaxation
- Rx Knee & elbow injuries
- Rx Osteo-Arthritis stiffness
- Rx Sinus congestion
- Rx Carpal Tunnel Syndrome
- Rx Wrist & ankle strains
- Rx Sport injuries / performance
- Rx Shoulder & hip pain
- Rx Physical symptoms of stress

**32+ Years in Practice**

"Illness is a clumsy attempt to arrive at health.  
We must come to nature's aid with intellect."  
- Friedrich Nietzsche

"We must always change, renew, rejuvenate  
ourselves; otherwise we harden."  
— Johann Wolfgang von Goethe

## Our Feet. Our Foundation.

Our feet navigate the terrain, align our posture, move us forward. They allow us to walk, run, dance, propel our bodies upward and onward. Our feet ground and stabilize us.

The foot contains 26 bones, plus multiple blood vessels, nerves and muscles contained within sturdy connective tissues. Short-lever, localized muscles control precise movements, while large-lever muscles—spanning long bones and multiple joints—promote locomotion and balance.

Our feet engage the terrain so we can make our way safely and securely. Yet, our convention of binding feet in socks and shoes, muffles input from the outside world, denying our feet essential sensory experience. Imagine wearing heavy gloves on your hands all day! And so it goes with our sheltered, impoverished feet.

The feet and ankles are subject to many insults and abuses: blisters and callouses, bunions, plantar fasciitis, strains & sprains, stress fractures, Morton's neuroma, hammer toe, and Hallux Rigidus (stiff big toe), to name a few.



Flat feet (over-pronation) contributes to abnormal rotation of the lower limb, hence stressing the knee, hip and lower back.

How can we keep our feet healthy and pliable? Start with footwear designed to naturally mimic the motions of your feet, walking on textural, uneven terrain (like sand,

fresh-cut grass, small gravel) and reconnect with the ground in squatting and resting positions typical of indigenous, hunter-gather populations. <https://thefootcollective.com/en-ca/pages/education>

We can apply a number of exercises to improve the pliability of our feet.

**Addressing stiff ankles** <https://www.youtube.com/watch?v=5qDQq1NJAC8>

**Addressing painful, stiff feet** <https://www.youtube.com/watch?v=MU7r3IN2N9Q>

Clearly, there are numerous benefits to keeping your feet limber.

Experiencing foot pain and stiffness? Ask me how we can get your feet pliable, functional and responsive.

Thanks to Crystal Bogusat, RMT for the video references.

**Remedial Massage Therapy**—Skillful, direct massage technique administered to resolve physical impairment, relieve pain, restore mobility and optimal function. Intended for spasms, strains and sprains, recreational or occupational injuries, physical degenerative conditions.

Comprehensive (60 min) \$105<sup>1</sup>  
Extended (75 min) \$130<sup>1</sup>  
Intensive (45 min) \$80<sup>1</sup> or Express (30 min) \$55<sup>1</sup>

**De-Stress**—Employing massage and relaxation techniques, this treatment melts muscle tension, soothes frazzled nerves and quiets the mind. Designed to re-embodiment, dissolve the physical effects of trauma, and nurture you towards well-being.

Comprehensive (60 min) \$105<sup>1</sup>  
Intensive (45 min) \$80<sup>1</sup>

**Sports Therapy**—Injury-specific treatment for the competitive athlete (of any age) or weekend warrior. Restore suppleness and responsiveness, ward off injury, improve performance and reduce recovery time. Don't be side-lined by injury...Get Back in the Game!

Intensive (45 min) \$80<sup>1</sup>  
Express (30 min) \$55<sup>1</sup>      <sup>1</sup>fees include 13% HST.

**TMJ Disorder (TMJD) and Tension Neck**  
TMJD presents as jaw, tooth or temple pain, audible clicking, headaches, altered chewing and jaw opening. TMJD may contribute to neck pain. In this comprehensive treatment of the head, neck, throat, face and jaw, you will realize unaddressed areas of tension. To ensure best results, treatment is coupled with specific remedial exercises and stretches.

Technical (45 min) \$130<sup>1</sup>



**Have Table Will Travel**—I come to you! I bring all necessary equipment to your home, so after your massage therapy session, you can retire to your own couch. Ideal for people tight on time, convalescing at home, or seeking the convenience of home-based care.

Out-Call (60 min plus set-up/take-down) \$155<sup>1</sup>  
– within Saint Catharines (call for rates outside)

**Workplace Wellness** – Embraced by companies like American Express, IBM, Google and Apple, mobile massage contributes to employee alertness and productivity, while reducing strain. Using a comfortable, upright massage chair, no clothing removed and no lubricants used. Minimum 6 employees/ 2 hours.

Mobile (120 min) – within Saint Catharines \$310<sup>1</sup>

## TMJD

(Temporo-Mandibular Joint Disorder) presents as: jaw, tooth or temple pain, audible clicking, headaches, altered chewing, and, often, neck pain. If you hear a cracking or grinding sound on opening/closing your mouth, TMJ are implicated.

Jaw muscles under prolonged strain may refer pain to the temple region,



ear, and teeth, mimicking headache, ear congestion and tooth pain. TMJD can be disruptive—causing persistent head, face and jaw pain, alteration of eating and speaking function, and habitual clenching.

Relief of pain and jaw mobility progress quickly when dysfunction is removed and exercises applied.

Grinding, Clenching and Aching?  
**I can help!**