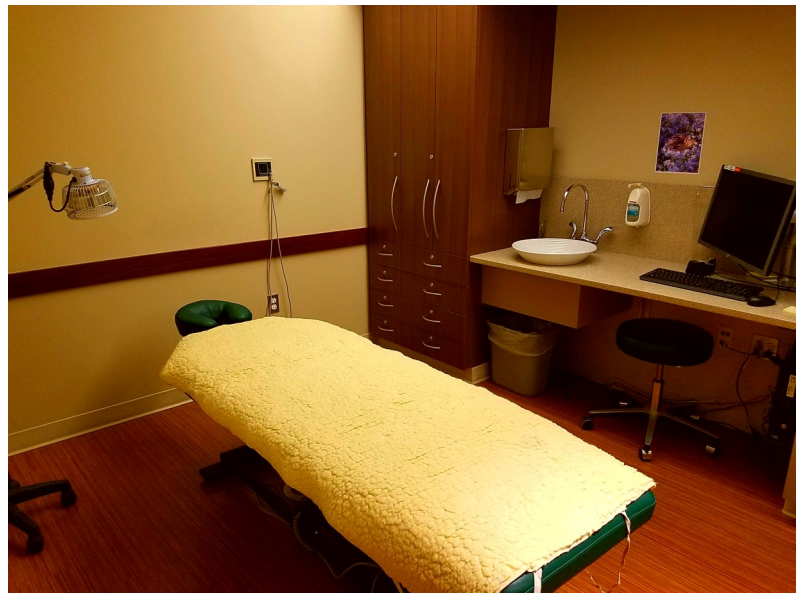


Massage and Movement Therapy at the Osher Clinical Center



A quality massage can relieve soft tissue pain, muscle tightness, trigger points, stiffness and stress. At the Osher Clinical Center, we can serve that need well. But, what should you do if the symptoms continually return?

It is common to develop abnormal and compensatory movement patterns that cause soft tissue pain and dysfunction to continually return. A deeper analysis of body mechanics may lead to therapy that corrects the problem at its roots. Movement based therapy is aimed at retraining these inefficient patterns of movement and allow one to move efficiently with a feeling of ease and comfort. After addressing the underlying cause of the pain, you may more fully appreciate the benefits of traditional massage therapy.



How do I schedule an appointment?

Please call the Osher Clinical Center at (617) 732-9700 to get more information about our massage and movement based therapies. The Center is located at the Brigham and Women's Ambulatory Care Center in Chestnut Hill.

Overview of Our Therapists

The movement and massage therapists at the Osher Clinical Center offer a unique combination of hands on and patient active treatment approaches.

Thomas Jacobson provides a hands on approach to massage therapy and draws from his experience as a yoga instructor to restore musculoskeletal function. He leads a weekly yoga class within the Osher Clinical Center.

Arthur Madore uses manual techniques in combination with guided movement to change painful, restrictive tissue and optimize musculoskeletal movement and function.

For detailed information about each clinician, please refer to the individual bio-sketches on the reverse side.



OSHER CENTER FOR INTEGRATIVE MEDICINE
HARVARD MEDICAL SCHOOL AND BRIGHAM AND WOMEN'S HOSPITAL



Thomas Jacobson, LMT, is a 1983 graduate of the New England Institute of Musculo-Skeletal Therapy and is a licensed massage therapist. He has been an instructor in Hatha yoga since 1985 and is proficient in a broad range of movement therapies. His therapeutic approach integrates hands-on massage techniques and a specialty in therapeutic applications of yoga and body movement. Hands-on treatments are provided in a private setting and he teaches yoga and therapeutic movement in both private and group settings.

Tom has served as Supervisor at the Pain and Stress Relief Clinic at Lemuel Shattuck Hospital and as Director of the Student & Professional Clinics at the Muscular Therapy Institute, where he was also an instructor of Anatomy.

Consider treatment with Tom for:

- **Hands-on soft tissue therapies** to relieve musculoskeletal pain
- Individual **yoga instruction**
- **Posture improvement** and optimizing movements of daily living
- Yoga for medical symptoms reduction
- Yoga for stress reduction

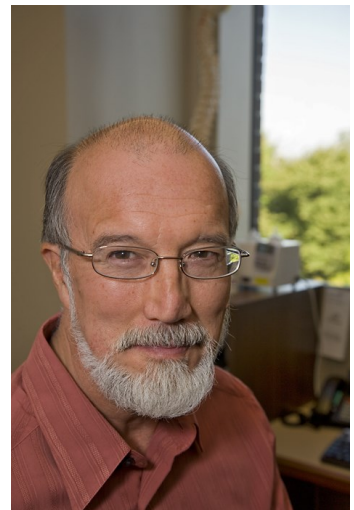


Arthur Madore, LMT, is a licensed massage therapist, and Nationally Certified Core Movement Integration instructor. He is a 1990 graduate of the Muscular Therapy Institute, and specializes in the treatment of complex injuries and physical restrictions. Arthur particularly enjoys helping his patient to optimize their posture, walking, running and every day activities.

Arthur applies a diverse range of manual skills to optimize and restore his patient's movement patterns in order to help them pursue their health and fitness goals. He is Nationally Certified in Therapeutic Massage and Bodywork, and holds advanced certification in Neuromuscular Therapy (NMT) and CranioSacral Therapy (CST). Combining the deep tissue approach of NMT with the very light touch of CST opens a wide range of treatment approaches. He is the co-author of the chapter on massage therapy in the medical textbook Integrative Pain Management. Outside of the clinic, Arthur is a marathon runner, short distance tri-athlete, hiker, and skier.

Consult Arthur Madore for therapeutic movement approaches to:

- Musculoskeletal pain, spine and extremities
- Neck pain, low back pain; acute and chronic
- Tennis elbow, carpal tunnel syndrome
- Restricted or frozen shoulder
- Headaches
- Trigger points
- Pain related to simple and complex activities of daily living, such as:
 - Sleeping
 - Getting in and out of bed
 - Rising from sitting to standing
 - Running, walking, weight lifting



Will insurance pay for massage or movement therapies?

Most Massachusetts health insurance policies will not pay for massage and movement therapy. Some worker's compensation and personal injury (motor vehicle accident) insurances will offer reimbursement. It is always best to confirm your insurance benefits with your insurance company. Patients with health savings accounts may submit their bills for reimbursement.