

Let me begin by saying-I'm not a runner.

I do however run daily with my big, high energy, malamute-mix Bode. We trail run in the Rattlesnake and he loves it!

Truth-so do I as the sights, sounds and smells clear my head. I settle into a rhythm and focus on the trail with my body and on my patients in my head and how best to help them.

There is a large running population in the Missoula Valley. Many of whom I have seen for iliotibial band problems, plantar-fasciitis, achilles tendopathy, patellar tendonitis, delayed onset muscle soreness and low back pain. You never come in and tell me your diagnosis, you do tell me where it hurts and ask me to help. Gladly!

I love the results I am getting using Graston Technique-instrument assisted soft tissue mobilization. In numerous studies subjects have demonstrated improvements in pain and disability, range of motion, increased blood flow and enhanced fibroblastic activity. In the clinic I hear you have less pain and are increasing your miles and or days and are happy.

Similar to ASTYM (plastic tools), Graston (Stainless Steel Instruments) is performed by PT, PTA, OT, COTAS and Athletic Trainers. It is very effective when combined with stretching and strengthening. I love it as it gets fast, long lasting results.

Can I achieve the same outcomes as a licensed massage therapist? I am a LMT and Certified Advanced Myofascial Therapist. It takes more time and appointments when dealing with a chronic issue and scar tissue.

Does it hurt? It should not but it may be intense. Anyone that has had deep tissue or cross fiber friction massage understands "intense". There should be no bruising or minimal with certain conditions and medications; and no long lasting discomfort. Typically performed every other day until your goal is met.

I highly recommend, utilize myself and stock products for your home use including the Activ8r and various foam rollers

. There is a nice article-see the link to the right-from Runners World which covers different approaches. One caveat-the article states massage therapists use the approaches-yes they do-in Canada.

Fellow runners-got a nagging, chronic issue? Call and make an appointment today. I do offer a 15' free PT consult and would love to discuss your needs. Oh and I'm putting my money where my mouth is....you will see Bode and I at the Doggie Dash this year!

Even though-I'm not a runner!



Happy Salubrious Trails Missoula

Renee'