

## TESTIMONIALS FOR TOKYO CLINIC REHABILITATION OFFICE/MARI GISH, PT

### FROM K.F.

I have been seeing Mari for over 2 years for chronic muscle tension, women's health issues and most recently for a torn shoulder. In my opinion, she is one of the best practitioners I have seen in all of my years in Asia. She is so knowledgeable in terms of anatomy and physical therapy, but has continued her education over the years to include more holistic and innovative therapies. Her approach incorporates her more traditional background with more up-to-date therapies which makes a session with her VERY effective and NOT painful. She is also one of the only therapists in Tokyo who is working with women with pelvic floor rehabilitation which is so important and critical for women's health.

Mari is compassionate and genuine and really empathizes with her patients making her an excellent therapist. I would highly recommend her and her practice.

K.F., Age 42, Yoga Instructor

### FROM LISBETH RICHARDSON

I hurt my arm/shoulder in August 2006 while sailing. I lost my balance on the boat and grabbed the boom to avoid falling. In doing so, I really pulled down hard with a shock on my right arm. Ever since then, I had increasing pain in the upper right shoulder region, across the shoulder and down my right arm, sometimes reaching my fingers. Over the next 6 months, the pain had steadily become worse, even waking me up at night. It became impossible to use weight lifting machines in the gym, carry handbags on the right shoulder, etc...

After just one treatment by Ms. Gish (PRRT treatment) the pain improved dramatically. The first treatment left my back muscles and right arm a little bit tender but I had been informed that this could happen and that this was because of the intensive treatment used. The next day all sensitivity had gone and I felt about 60 to 70 % less pain. This benefit has increased even since the 2nd treatment I have had in the meantime.

I am now able, after just a short course of treatment, to completely extend my right arm over my head again and sleep on my right side again to name but a few things. I am extremely impressed by the treatment and would not hesitate to recommend it to anyone else needing similar help.

Lisbeth Richardson

### FROM KAREN DEVITO

As a young woman recovering from breast cancer treatment (chemotherapy and multiple surgeries) and a traumatic fall, I was referred to Mari Gish for help in "healing" my body. My physician felt comfortable that I was free from the cancer that had started this chain of events, but I was sure that

my body was not well--- I was very deconditioned, experienced chronic headaches and other bodily pains. I started to see Mari in the fall of 2006. Our relationship was built upon her ability to listen and hear my perception of what was going on with my body.....where I had pain, what actions impacted the pain, etc., even my "lay person" diagnoses. She took all of the information that I relayed to her and incorporated it into her very thorough assessment and treatment plan. We worked patiently through issues, one by one, until, when I departed Japan, I felt strong and "healed".

In my opinion, Mari approaches health in a very holistic manner. I have a great deal of respect for her abilities as did my physician, who basically turned the last part of my recovery over to Mari's very capable hands. Mari's techniques are both traditional and not, but all were based on a scientific approach to wellness. Sometimes you have to allow yourself to "think outside of the box"!

Karen, Breast cancer survivor

#### FROM RAINER BUHTZ

Due to recurring backaches, my GP, Dr. Peter Seez, recommended and subsequently transferred me to the care of Mari Gish.

Since then I have had several sessions with Mari and I am very satisfied with her work and the way the treatment is going. With simple yet effective stretching exercises, she has helped to ease the tension in my muscles. She has a profound understanding of the human body and knows how closely the physical and the psychological are connected, which is why she starts each session off with mental relaxation exercises.

As an experienced therapist, she knows exactly which muscles are overly tense and, accordingly, shows me stretching exercises which use other muscles to release this tension. This creates a whole new balance in my body.

My body awareness has generally changed since I started therapy with Mari. I pay a lot more attention now to my posture, and I make time for the stretching exercises Mari taught me. I can do these anytime by myself, at home or at work, which I find very useful. At my age, I am really starting to feel the toll my work is taking on my body, but thanks to Mari, I now know what I can do to alleviate my muscle pain and generally how to take better care of my body.

Rainer Buhtz

#### FROM GEORGE ADVANI

I started suffering from back pain after a slight twisting injury during my shower in mid-November. Because of the severity of the pain, I went to two hospitals but the doctors just did the routine X-rays and asked me to take pain killers. The problem became severe, and I felt my nerves were contracting in my neck and arm. I had to stop working for a month beginning in mid-December.

During that time, I found an orthopedic specialist through a private Tokyo clinic. The specialist arranged epidural injection (caudal block) treatments. Though it helped to reduce the pain, my recovery was not very satisfactory. I was developing numbness, spasms and weakness in my arm, and could no longer move it without significant discomfort.

Finally, I was referred to physiotherapy in mid-January, since neither X-ray nor MRI results could reveal any major problems. The physiotherapy treatment I received from Mari is called PRRT (Primal Reflex Release Technique). At the time I write this, after five treatment sessions, I feel the pain has almost gone. On top of that, I can now re-conduct certain body postures and movements that I had stopped after the accident. Without this treatment, I am afraid that I would still be suffering even now! I would definitely advise people having similar symptoms to try this innovative way of treatment.

George Advani

#### FROM CONNY JENSEN

From about August 2005, I had been struggling with pain in my shoulders and neck. I had received physiotherapy treatment for a period of 9 months, when in August, 2006, I had my first experience with PRRT (from Mari). My condition at that time was not very good. However, after the very first treatment with PRRT, I could feel improvement, and the pain was decreasing. I felt my shoulder and neck was more relaxed, as well as my nerves in my arms, shoulders and neck were more released. After a few more PRRT treatments, my pain was much lower, and I found that, my overall condition was considerably improved.

For the first time in a very long time, I have been painless because of the amazing results with PRRT, and I'm very pleased that I've been able to receive this treatment.

I have had an excellent experience with PRRT and can highly recommend it to any other patients.

Conny Jensen