



## Massage 'N Motion Therapeutics Renee Baker, LMT, Ph.D.

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*Helping you nurture your body back to comfort and joy.*

### Massage for Orthopedic Conditions

Medical doctors are now finding that a safe and effective treatment for the pain and disability of soft tissue injury and misalignment is orthopedic massage. Orthopedic massage does more than just treat the pain, but serves to restore the imbalanced tissues within the body, restoring them to their natural states of alignment.

There are literally hundreds of techniques that massage therapists may use to treat injuries and chronic pain. The ones that I depend upon for orthopedic conditions include the following:

**Wave mobilization** is based on Tai Chi rocking motions that recognize the spiral structures of muscle fiber.

**Strain and counter strain** is a muscle energy technique that is vital for relieving hypertonicity in muscles and strengthening inhibited or weak muscles. The clients muscles and opposing muscles are engaged and stretched.

**Deep tissue** is not the same as deep pressure. It is used to reach muscles deep below the superficial layers of tissue. **Deep pressure** is used with a Swedish technique called fulling, a type of simultaneous stretch with compression.

**Pin and stretch.** In this technique, a muscle is held down mid-body while the muscle is placed in its shortened state. The muscle is then lengthened which stretches the muscle.

**Positional release** and range of motion techniques are demonstrated to the client to empower them to continue their work at home and put them on a path of self-healing.

### Massage for Stress and Depression

Muscle dysfunction is frequently arises from emotional or psychological sources. Individuals that are consistently undergoing a great deal of anger, frustration and stress or have too much responsibility tend to hold their muscles under a continuous contraction. Other individuals that are lonely, sad or depressed often do not get enough exercise and have muscles that are continuously in a weakened state. Typically, a combination of muscle release and strengthening is required to restore functionality.

Individuals that wish to find balance through massage and meditation are introduced to a combination of Swedish techniques and consultations on how to raise one's own consciousness. It is vital for clients to learn and "know" how to stay present in order for them to become well and whole again. Massage teaches them to get out their heads and into their bodies.



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**Renee Baker, LMT, Ph.D.**

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## **Professional Training**

**MASSAGE THERAPY**—My formal studies in massage therapy were at Universal Body Wellness in McKinney, Texas. 2007.

**ORTHOPEDIC MASSAGE**—My certification in orthopedic massage was through the American Institute of Allied Health in Lewisville, TX. Informally, I have studied the orthopedic techniques of Thomas Hendrickson. 2007-2009.

**CRANIOSACRAL THERAPY**—My formal studies in Craniosacral work was with the Upledger Institute in Palm Beach Gardens, FL. 2007.

**MARATHON TRAINING**—My formal studies in marathon training were at South Dakota State University. 1987. I have completed 13 marathons.

**DEEP TISSUE MASSAGE**—My training in deep tissue is via the self-study course of Art Riggs deep tissue massage.

**POSITIONAL RELEASE**—My training in positional release is via self-study of Pete Egoscue's pain-free methods of positioning and release.

**SPIRITUALITY AND MEDITATION**—My foundations of massage are based on being present and still, as taught by spiritual teachers such as Eckhart Tolle and Wayne Dyer.

**PUBLIC SPEAKING AND WRITING**—I speak professionally on spirituality and my journey to self. I am also a freelance writer writing stories of spirituality and human interest.

**DOCTORAL WORK**—My formal studies were in engineering at the University of Texas at Dallas. 1998. I opened my own massage practice to help others overcome pain and suffering.

**LICENSE**—I was licensed through the Texas State Department of State Health Services in October 2007, MT104375.



**Renee Baker, LMT, Ph.D.**

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## **Prescription Form (Please keep and use photocopies)**

**Client Name:** \_\_\_\_\_

**Doctor:** \_\_\_\_\_ **Doctor Phone:** \_\_\_\_\_

**Nature of Complaint:** \_\_\_\_\_

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**Specific Treatment Instructions As Needed:**

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