



## **Mary Gales, PT / Dipl. ABT (NCCAOM)**

*Mary Gales, PT / Dipl. ABT (NCCAOM), is a physical therapist with over 22 years of experience, Diplomate of Asian Bodywork (NCCAOM), senior Jin Shin Do® acupressure instructor, and Jin Shin Do® acupressurist. She is the sole proprietor of a physical therapy practice in Seattle, Washington specializing in orthopedic, autoimmune, neurologic and women's health clients integrating physical therapy and acupressure for her clients in an expanded hands on approach.*

*Ms. Gales lectures extensively on physical therapy and acupressure to numerous organizations including APTA, OSIG (PTWA), Women's Health SIG (APTA), University of Washington Physical Therapy Department, AMTA, Women's Healthcare Conference for Physicians, and the International Conference of Traditional Chinese Medicine and Western Medicine. This fall, she will also be lecturing at the 2008 PTWA state conference in Seattle, WA.*

*In addition, Mary teaches acupressure/physical therapy integration seminars focusing on the women's health client, head and neck tension client, and the client with back and lower quadrant tension. She also teaches a 500 hour program of Jin Shin Do® acupressure that is recognized by the AOBTA (American Organization for Body Therapies of Asia) under its certified schools program, to physicians, physical, occupational, and massage therapists in Seattle, WA which includes a student acupressure clinic accessible to the public. Ms. Gales has contributed to the text, *A Complete Guide to Acupressure, Revised* (Japan Publications, Inc., 2002). Bastyr University, Northwest Institute of Acupuncture and Oriental Medicine, and Brenneke School of Massage are institutions where Mary has served as faculty. A consulting service for integrating acupressure techniques is available for physicians, PTs, OTs and nurses into their current practices at western health institutions.*

**MARY GALES**  
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PHYSICAL THERAPY

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## **PT/Acupressure Integration Seminars (SIX HOURS)**

Integration of Physical Therapy and Acupressure for the:

- Client with Head and Neck Tension
- Client with Back and Lower Quadrant Tension
- Women's Health Client

Physical Therapists are well versed in using TENS units on acupressure points (acupoints) to decrease pain, and facilitate increased mobility in clients. Learn acupressure, or finger pressure techniques with some of these same points (as well as other acupoints) to integrate with traditional manual therapy techniques for improved functional outcomes with clients.

These three individual classes have been developed from years of clinical practice integrating physical therapy techniques with acupressure by Ms. Gales. Classes can be taken in any order and the information can be immediately used in your practice.

## **Jin Shin Dō® Acupressure Program (500 HOURS)**

Acupressure, also known as finger pressure, utilizes acupoints in specific areas of the body to loosen muscle tension which allows for improved ease of movement and posture.

It is also known that acupressure stimulates the body to produce endorphins which also helps to decrease pain sensations for clients. The 500-hour Jin Shin Dō® Acupressure curriculum was founded by Iona Marsaa Teeguarden, MA, and is recognized by the AOBTA (American Organization for Body Therapies of Asia) under its certified schools program. In this program, students learn acupressure assessment skills, specific acupoint locations, and acupressure release methods. Individual classes, or the complete program can be taken by students, and integrated immediately into their current practices.

### **Module I:**

- Basic Acupressure
- Intermediate Acupressure
- Advanced Acupressure
- Relaxation Techniques

### **Module II:**

- Integration of Key Theories
- Master Class
- Expanding Theoretical Horizons

### **Module III:**

- Student Acupressure Clinic

## **Physical Therapy Private Practice**

Mary has a private practice working with orthopedic, neurological, and Women's Health clients in Seattle, WA. Her sessions integrate traditional physical therapy techniques with acupressure protocols for an expanded and hands on approach to client care. Initial Evaluation is 90 minutes; follow up sessions are 60 minutes.

## **Consulting Services**

Mary Gales PT, provides consulting services for integration of physical therapy and acupressure to hospitals, private practices, and outpatient clinics on an as needed basis.

Didactic instruction, educational materials, hands on clinical training and program development are all services that are available to professionals.



**For more information or class registration, please call 206.669.4905 or visit [www.marygalespt.com](http://www.marygalespt.com) today.**