

<http://www.hilloah.com>

Onsen Therapy

Hilloah Rohr, M.S.

For Prevention & Rehabilitation

The style of therapy I have created is a product of my background in Exercise Physiology, personal training and an integrative type of therapy known as Onsen. My own personal approach emphasizes treating you as a total, integrated individual.

What this means is that if you come in to see me with neck problems, for example, I need to know what kinds of work and play activities you regularly engage in, what kinds of injuries, surgeries and chronic problems you have had, the kinds of exercise you do, your personality style, *in addition to* your current symptoms! *Then...*

I look at your structural (skeletal) patterns and functional (soft tissue) patterns for balance, range of motion, strength and pain. What is happening in your low back can definitely affect your neck! How you sit at your workstation, the types of sports you engage in, etc. all can have an effect on your neck. Your body is a connected piece of art and science, and in order to realize true healing, I believe that it is important to treat the root of the existing problem.

Treatment takes on three levels:

- 1. Structural Correction:** *The realignment of the bony structure is achieved through a "soft" technique called "Muscle Energy Technique".*
- 2. Functional Correction:** *A variety of techniques are used to release, lengthen, flush and balance the specific soft tissues which have become shortened, adhered and imbalanced. This step is essential for the structure to remain aligned.*
- 3. Exercise Therapy:** *This is your part! Specific exercises are given to continue steps 1 & 2. Some muscles will be strengthened, while others are stretched. Posture, body mechanics and ergonomics are also worked with if applicable. Sports specific adaptations are made, as are suggestions and resources for lifestyle changes.*

Now you have the basis for lasting recovery. In most cases pain can be released in 1-3 treatments. Depending on the health, length of time the problem has existed, prior therapy, and willingness of the individual to participate in their healing, lasting recovery can take place in 2-6 treatments.

In an attempt to make preventative/alternative therapy available, I have kept my fees at ½ of most "insurance based" professionals. A billing statement may be provided if insurance is to be billed.

Initial Session with full assessment:	\$ 155
Hourly sessions:	\$ 85/hr

Emergency and drop in sessions: \$ 95/hr

more...

Professional Background

I believe that it is important to have a clear understanding of the educational and experiential background of any health care provider. Following is a brief outline of what has brought me to my present level of practice.

Starting around 1970, I began a long process of developing fitness and health classes. These provided my subject matter many years later in 1982 when I completed a Master's degree in Exercise Physiology from the University of Oregon.

I continued to work as a personal trainer as I developed educational workshops for businesses and government agencies. I presently present these seminars throughout the Western U.S. I was one of the first to develop and implement Pre-Work Stretching programs. Other seminar titles include: Creating and Maintaining a Healthy Back, Soft Tissue Injury Prevention, Creating a Stress Balance, The Aging Workforce, along with all kinds of training programs for health and fitness. I constantly am expanding my education through professional conferences, trainings and my own personal research.

I moved to Bend in the summer of 1996. Some of the reason for the move was so that I could pursue my 'later in life' interest in athletic pursuits. I competed on a national level in master's nordic ski racing. I also raced statewide in mt. bike 1997-2000. My other athletic passions include: ski mountaineering, hiking, and road cycling. I am a strong believer in practicing what I preach!

My most recent business is something that's a product of my life passion: ***L'Esprit des Montagnes/The Spirit of the Mountains***. I provide hiking vacations in France, with routes specializing in the parks of the French Alps. They provide an inexpensive way of discovering Europe, hiking in some of the most breathtaking scenery in the world, discovering the richness of culture and cuisine while having the comforts of the mountain villages or refuges and a light pack depending upon the tour chosen.

In addition I have developed a style of yoga called ***Balance Yoga***[®] which is designed to specifically address the chronically short and weak tissues in a safe and efficient style. This system is shared with my Onsen clients. I'm a firm believer in prevention and aging gracefully!

The Basis of Practice

As your therapy provider, I am committed to provide you with:

1. *Quality private time in a clean, quiet, healing environment*
2. *Scientific and intuitive based healing methods*
3. *40 years of study and practice, with on-going education*
4. *Affordable preventative health care*
5. *Quality referral service*
6. *Attention to you as a whole person*

Thank you for your interest in my service. Please call me at 330 6621 for additional information and check out my website at: <http://www.hilloah.com>.