



MOORE myoworx

Concussions, Chronic & Complex Conditions

I work in a physiotherapy company located in Centennial Colorado and would like to connect regarding opportunities we can provide for our local students to assist them in their learning and provide opportunities to earn internships for course credit, needed observation hours, or other experience.

Who we are: Moore MyoWorx was created by Terry Moore as an advanced neuromuscular physical therapy approach specifically designed for the treatment of concussions, chronic pain, and complex conditions. Moore MyoWorx has successfully treated patients in the Guelph, ON clinic for over 35 years. Our clinic in Centennial is the first Moore MyoWorx clinic in the US.

Our Model: Our muscles can be the root of many symptoms. After an injury (or other triggers such as stress, or sustained bad posture), the muscles supporting the spine can become chronically tight, and compress blood vessels and nerves. This can result in a wide variety of symptoms such as migraines, jaw pain, brain fog, to name a few. A primary area through which your brain receives its blood supply is at the base of the skull through the vertebral arteries. If the muscles are tight over these arteries, it can pinch those blood vessels and reduce the quality of blood supply to your brain, not allowing your brain to function normally. The goal is to create independence through exercise. This means that we can be fairly specific with what areas or muscle groups we need to target to address the specific symptoms you are experiencing and is part of the reason we take a very detailed approach to how we treat the neck area. We will work to relax these muscles and rebuild their strength and endurance through a targeted active stretching and strengthening program completed both in the clinic and at home. The goal of these exercises is to give the patient the tools to work effectively on these muscles on their own and to take control of their recovery and reduce and/or eliminate symptoms..

What is treatment in the clinic: We start each treatment using our **TM20** device, an electrotherapy machine designed to help relax the muscles and improve blood flow. This device is one of a kind created by our founder, Terry Moore. It was designed specifically to help people with chronic pain, PCS, and complex conditions. The **TM20** facilitates recovery by increasing blood flow to different areas along the spine and neck. The **TM20** approach is unique and specific to this therapy. We then follow with an exercise portion of the treatment where patients work one-on-one with a Kinesiologist, Athletic Trainer, and Physical Therapist to learn the individualized protocol and work to address any and all types of dysfunction. We will also perform manual work on the muscles to help achieve relaxation. Early on, patients tend to need some assistance in getting the muscles to relax and working with the **TM20** as well as our team help to bring the muscles down and restore the biochemistry before the patient continues on their own. Ultimately, we teach the patient the stretches and exercises to enable them to manage/improve their condition to see long-term results.

What to expect with symptoms: As the muscles relax, the pressure on the nerves and blood vessels can reduce, and ultimately eliminate the symptoms. Initially, the muscles will be very weak and fatigued from being overworked by everyday activities. In order to prevent the muscles from retightening and increasing symptoms, it is vital to build strength and endurance. Proper endurance will allow for the muscles to maintain the release, increase in range of motion, and not fatigue with everyday activities.

What students would be doing: Our students will learn all about our model and be able to properly educate others on what we do, how we do it, and why it works. Students will be able to observe during evaluations and treatments. They will also get to work one on one with patients learning how to use different modalities including the **TM20**, and assist with data collection. Additionally, all students will take our HIPAA course along with other courses, and maintain appropriate compliance and patient confidentiality at all times.

Please let me know if you have any questions and how we can work together! I'm looking forward to connecting with you.

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