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## Brother Kenny

“Hello, how are you?” Such a simple question, a common and generic greeting usually. The first person I saw before entering the building offered this greeting with a smile. Then inside, every person I passed or made eye contact with extended the same salutation. A stranger to them all, I was taken aback by the consistent warmth infused in their welcomes.

Sounds like a country club or upscale restaurant? Not! It was the Rehabilitation Institute of St. Louis (TRISL)—there to visit my brother Kenny whose complications from Prostate Cancer suddenly paralyzed him from the waist down in July. He received urgent treatment from Barnes-Jewish Hospital, whose doctors were very proactive in getting the PC under control. From Barnes-Jewish he was transferred to TRISL.

By the time I arrived, Kenny had made tremendous progress. In 12 days’ time he could transfer to and from the wheelchair, do laundry, shower without assistance, and looked really healthy. Kenny was so excited about his gains! He has always put a positive spin on things but seeing him look forward to and work so hard in therapy showed me that his personality trait was his truth. Now it served him well by revealing itself in how intent he was on taking back control of his health. I asked about his enthusiasm and he responded, “*They don’t push you to do it but make you want to do it.*”

In the therapy sessions I witnessed, patients, therapists, and staff smiled and laughed freely. The therapists helped each other when needed. Patients shared with and supported each other. “*What makes this place so special?*”, I asked myself while considering the abundant friendliness and camaraderie, while noticing the cleanliness of the facility, while observing the organization of treatment. “*These are good people and good at what they do*”, Kenny remarked. “*They’re attentive and explain what they’re doing and why.*”

Kenny’s Physical Therapist Meagan Street described the purpose of the Standing Frame aka The Torture Chamber: to stretch the anterior body, to provide a break from sitting and lying, and to allow blood to circulate vertically. Thus doctors, nurses, and therapists engaged Kenny (and other patients) in the treatment process.



Therapy Manager Brendan Tanner, PT, DPT has worked at TRISL since 2003. For him, TRISL is “*a good workplace.*” Brendan is challenged there and enjoys the amount of time he’s able to spend with patients in treatment and educational classes. Yeah, the time spent with patients is priceless. For example, Meagan had free tickets to a

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*“I had strained a calf muscle going up for a serve in tennis and knew I was out of the game for at least four weeks. I went to see Glen and she administered three treatments with Kinesio Taping and I was back on the court in just two weeks. Thanks Glen!”*

*Kelley*

## Massage Myths

**1. Sports Massage is Deep Tissue**

**Fact:** A variety of techniques are used to provide Sports Massage. The depth of pressure and length of the massage depend upon its timing.

**2. Massage is a luxury and has no real medical benefits.**

**Fact:** Doctors’ offices, hospitals and gyms offer Massage Therapy because it can relieve pain, reduce stress, increase flexibility, and enhance recovery from and prevention of injury. Regular massages offer the best overall benefits.

**3. You have to be naked to get a massage**

**Fact:** The client chooses how much clothing to remove. And in all legitimate massages, only the body part being massaged is exposed; all other parts are draped/covered.

**4. No pain no gain**

**Fact:** Pain during the massage nor next day soreness indicate how effective a massage is. A good Massage Therapist can often relieve pain and tension without Deep Tissue techniques. Also, discomfort is different than pain.

**5. Massage is too expensive**

**Fact:** Therapeutic Massages are competitively priced and are often less expensive than hair services, for example. Glen provides massages for \$75/hour and offers group discounts.

*Glen explains the process to all new clients and invites questions before, during, and after treatment. So set aside your pre-judgements and get a Massage!*

**The difference between  
Trying and Triumph is a little  
‘umph’.**

Author Unknown

## G<sup>ALEX</sup> FOUNDATION

*Enriching lives through tennis and wellness programs*

Send donations to: 7121 W. Craig Rd #113-185, Las Vegas, NV 89129. 501(c)(3) pending

## Life Happens...

Once upon a time, life happened. Fate and destiny met with conditions and decided it was time. So lives were saddened by death, stricken with paralysis, and disrupted by instability. Disheartening.

Then along came Love. Not the romantic kind. Rather, the kind described by Ron Smothermon in *Winning Through Enlightenment*: "The source of love is not the other person. ...it is always there to be experienced. It isn't some "where". It is everywhere. Love is quite powerful and can exist in the absence of sex, physical presence, financial support, and anything else you can name. It is who you are and where you come from."

Unconditional, ever-present Love gently reminded that pain is informative. Heartbreak is temporary. Death is transitory. And that we always have access to Love, just need to be open to tap in to it.

When life happens, be still and be in Love.

*glen*

### S E R V I C E S

90 Minute Massage	\$115.00
60 Minute Massage	75.00
30 Minute Massage	45.00
Onsite Chair Massage	call for quote
Travel (Internationally)	call for quote
10-Pack	10% off
60-minute massages	675.00
90-minute massages	1035.00
Gift Certificate – 1 1/2 Hour	115.00
Gift Certificate – 1 Hour	75.00
Kinesio® Tape	20.00
Massage Add-on	5.00



### P R O D U C T S

Biofreeze — Spray, Roll-on, Tube	13.00
MonaVie	
Active Bottle	45.00
Active Case (4 bottles)	160.00
Let It Rip — Autographed Bryan Bros Band CD	10.00
Donation to G <sup>ALEX</sup> Foundation	
Returned Check Fee	30.00
No-show Fee	75.00



Contact Glen for Group rates & specials.

Rates effective 01/01/10 & subject to change. TMA has the right to refuse service to anyone.

### Brother Kenny Continued from page 1

Cardinals game and opted to take Kenny. I tagged along because Kenny is responsible for my love of sports. And another PT allowed Kenny to use her SUV to practice car transfer because she has the exact model that Kenny's wife does. Brendan also appreciates the ample resources that TRISL has—connections with Washington University, Barnes-Jewish, other medical facilities, and highly trained physicians.

It seems that TRISL has the recipe for excellent treatment and results. They have well-trained staff who are attentive and caring. They tap into a patient's mental and emotional strengths to open the door for the best possible results. They have a nurturing and supportive environment that inspires the best from staff and patients.

I've worked in the medical field for over a decade and fail to recall any one facility with all of these elements. Though saddened that Kenny is experiencing Prostate Cancer and its complications, I am so thankful that he was treated by Barnes-Jewish Hospital and Rehabilitation Institute of St. Louis because both facilities provided a rare level of care that connected with Kenny's inner strength and will.



*Glen*



### EVENTS

- ⇒ **Oct 9, 2010: Pro-Am with Rick Leach** for benefit of G<sup>ALEX</sup> Foundation
- ⇒ **Ongoing: Ethel's Helping Hands**—free massages for single moms *or* women caring for a family member with cancer
- ⇒ **Coming soon: Zumba for the Cure** for benefit of Susan G. Komen
- ⇒ **Coming soon: Mixed Doubles** event for benefit of USTA NV

Stay connected and up to date with Glen's activities. Join the mailing list at [massageadvantagelv.com](http://massageadvantagelv.com) or email [tma@massageadvantagelv.com](mailto:tma@massageadvantagelv.com).

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