

About Us

Our Model

We help individuals in the Southwest Ohio area who have been dealing with chronic pain return to a more active and healthy lifestyle without the use of pain medication.

Is your pain keeping you from enjoying an active life?

If you have found your way to this site, perhaps you are looking for an option that you have not tried before.

Have you tried traditional physical therapy in the past and have not gotten the results that you hoped for? Are you tired of being "just a number " or receiving "protocol" type therapy? Or have you had the experience with physical therapy where all you did was perform exercises you could be doing at home?

Many of our clients find us because they are seeking out individualized care and want someone who understands how to treat chronic pain. They want to be listened to and heard. They want the therapist to actually put their hands on them. Maybe they have also heard of myofascial release and are seeking alternative ways to help with their pain.

Some patients are looking to find answers to the cause of their pain, not just chasing symptoms.

Does this sound familiar?

If you can relate to any of the above scenarios, you are not alone. At Premier Wellness and Myofascial Release, we are not your typical physical therapy clinic. What makes us different?

Full hour treatment sessions with one on one care with your physical therapist.

Myofascial Release therapy provided by Advanced Level Myofascial Release therapists who have been trained personally by John F. Barnes, PT.

A whole body, holistic approach to treating the entire person, for longer lasting results

We understand that the pain you are experiencing is not only physical. There may be an emotional and spiritual connection to your symptoms.

Our Physical Therapy Treatment Model

At Premier Wellness and Myofascial Release, we have a very different model and philosophy for how we treat our patients. Our model focuses on the whole person, mind, body and spirit. You will enter the quiet and peaceful treatment room and all the attention will be on you. We want to get to know you, the whole person, not just the "symptoms" or the "body parts" you are having problems with.

Our philosophy is to find the symptoms, look elsewhere for the cause. This involves looking at the whole body. All our patients are evaluated and treated in a holistic way. When we look at the whole body, we are discovering how "everything is connected". This allows us to truly get to the underlying cause of the symptoms.

Many times, we will discover that the symptoms that patients are perceiving and feeling are a distant from the root cause.

This may be why patients may have gotten only temporary results from previous therapies. Because most of the attention was on the areas where only the symptoms were, not addressing the whole body. For example, it is not uncommon to find the true source of a patient's back pain may be due to a very tight psoas muscle in the front or a hip that is not moving correctly. It may also be due to an ankle that has lost mobility. Or possibly there was a previous injury that created habitual holding patterns in the body and over time, compensatory movement patterns have developed, resulting in pain.

Most of these techniques focus on the connective tissue called "Fascia," which surrounds and infuses all the structures in the body, 3 dimensionally, head to toe, completely uninterrupted. To address the myofascial complex, sustained release techniques are utilized. This allows for the connective to elongate and stretch.

Manipulation of joints, the cranial bones, and even the abdominal viscera (organs) may also be used to restore normal pain-free movement and function.

Though it may take some time to collect all relevant information, we feel that you should receive as much treatment as possible on the first visit. For this reason, treatment is generally mixed in with the evaluation so that you experience the effects of hands-on treatment in your first session.

Though movement and exercise are vital in all our patients' plans of care, we do not agree with having patients pay to perform exercises in the clinic when they can be done as part of a home exercise program. Therefore, when exercises or stretches are needed, we give thorough instruction on how to perform them, so you can do them on your own time. Our home programs often also include self-treatment techniques, so you can continue mobilizing your tissues and joints between appointments.

At Premier Wellness and Myofascial Release time is spent only on the components of treatment and rehabilitation that you could not reproduce on your own.

Our goal with every patient is to effectively identify the true causes of your symptoms, and then apply highly effective manual therapy techniques to resolve your pain and get you back to doing the activities you desire, without pain and limitations.

With the hands-on techniques we use, and the individualized treatment approach that is one-on-one care, the time it takes to resolve pain and injury is usually far less than at other clinics.

If any of this sounds like something you are looking for to help your recovery from pain, please give us a call and speak to a physical therapist directly so that we can discuss how to get you back to an active life.

Feel free to give us a call for a free consultation to discuss your limitations.

Call 513-549-6693 if you would like to discuss your limitations. A short phone call may help to give us a good idea of what may be the cause of your symptoms and what options there are for treating it.