



**7TH ANNUAL MAYO CLINIC ENTERPRISE THERAPY EDUCATION CONFERENCE:
LIFESTYLE MEDICINE AND THE ROLE OF THE THERAPIST
FEBRUARY 4, 2023**

Complementary and Integrative Medicine

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LEARNING OBJECTIVES

**Upon conclusion of this activity,
participants should be able to:**

- Identify the aspects of life that cultivate holistic balance and well-being.
- Describe 3 ways to incorporate integrative methods into a therapy session.

INTEGRATIVE AND COMPLEMENTARY MEDICINE

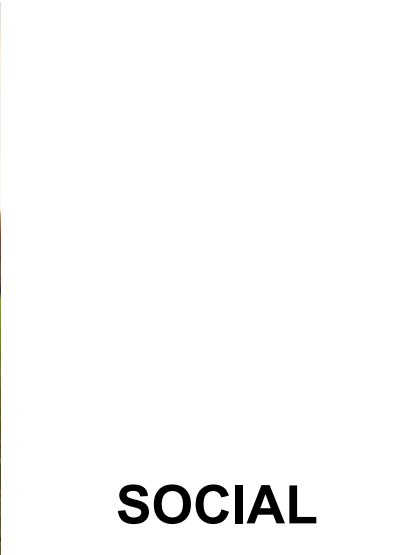


The practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, health care professionals and disciplines to support optimal health and healing.

FIVE ASPECTS OF LIFE TO MAINTAIN HOLISTIC BALANCE



PHYSICAL



SOCIAL



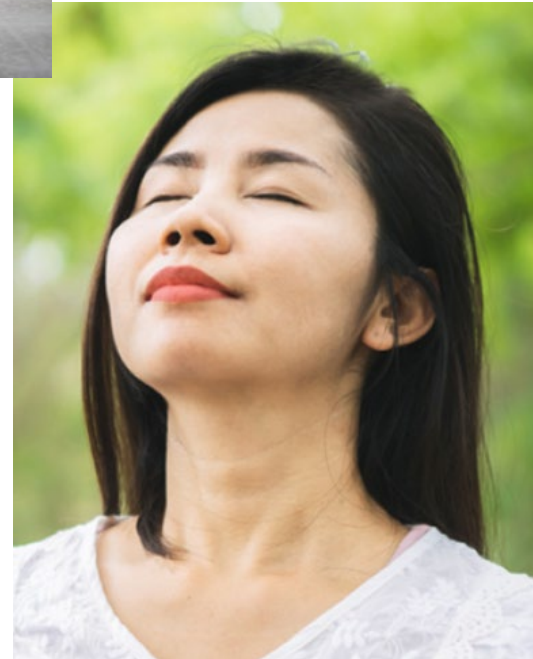
MENTAL



SPIRITUAL



EMOTIONAL



INTEGRATIVE MEDICINE TEAM

Acupuncturists

Registered
Dietitian

Animal Assisted
Therapy
(Caring Canines)

IMH Nurse

Certified
Instructors:
Yoga
Tai Chi
Reiki
Resiliency Specialists
Meditation
Aromatherapists

Occupational
Therapists

Physical
Therapists

IMH
Physicians

Massage
Therapists

Speech
Therapists

NATIONAL CENTER FOR COMPLEMENTARY AND INTEGRATIVE HEALTH

U.S. Department of Health and Human Services



The mission of NCCIH is to determine, through rigorous scientific investigation, the fundamental science, usefulness, and safety of complementary and integrative health approaches and their roles in improving health and health care.

[National Center for Complementary and Integrative Health \(nih.gov\)](https://www.nih.gov)

INTEGRATIVE CARE TECHNIQUES

- **Movement Techniques:**

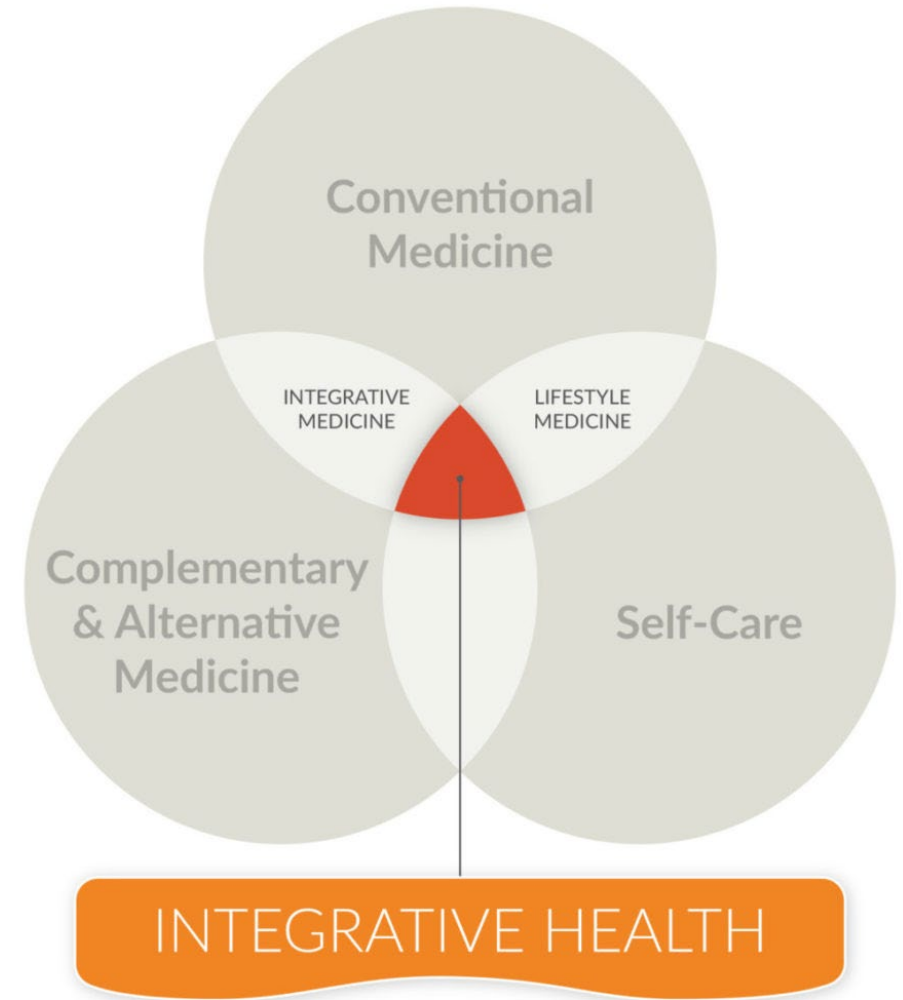
- Tai Chi
- Yoga

- **Physical Techniques:**

- Physical Agent Modalities
- Dry Needling
- Acupuncture
- Massage
- Reiki

- **Relaxation Techniques:**

- Biofeedback
- Essential Oils
- Resiliency
- Guided Imagery
- Meditation
- Progressive Muscle Relaxation



MOVEMENT

TAI CHI: EVIDENCE

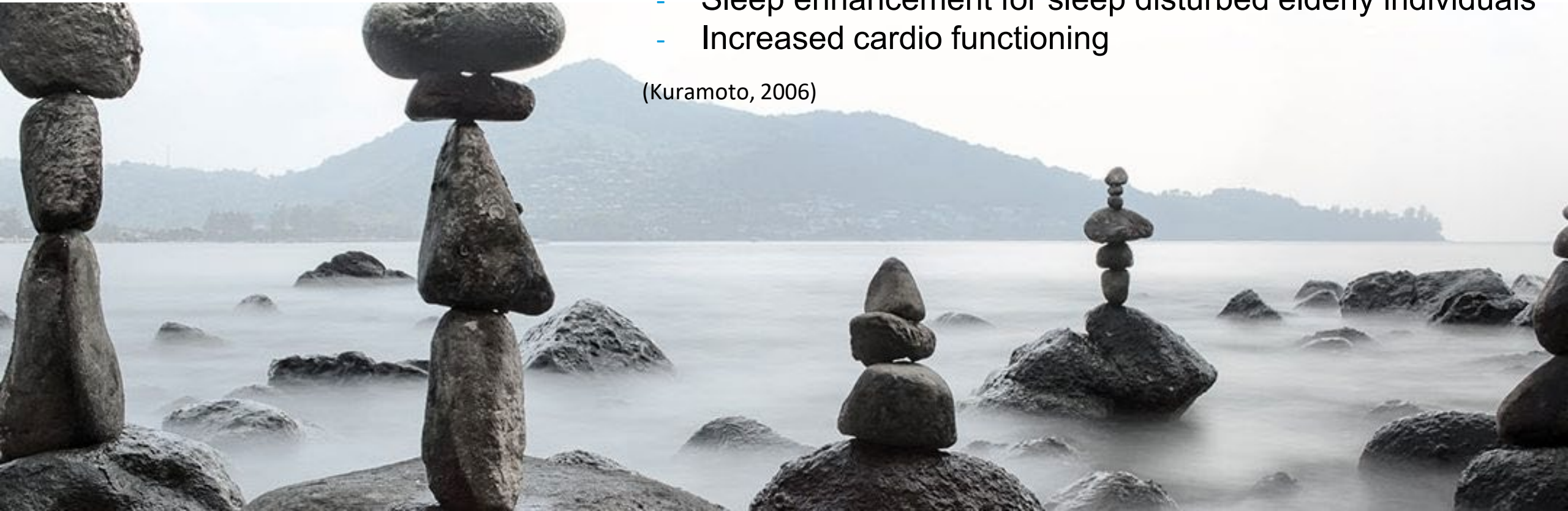
Benefits of Tai Chi include:

- Improved balance
- Reduced fear of falling
- Increased strength
- Increased functional mobility
- Greater flexibility
- Increased psychological well-being
- Sleep enhancement for sleep disturbed elderly individuals
- Increased cardio functioning

(Kuramoto, 2006)

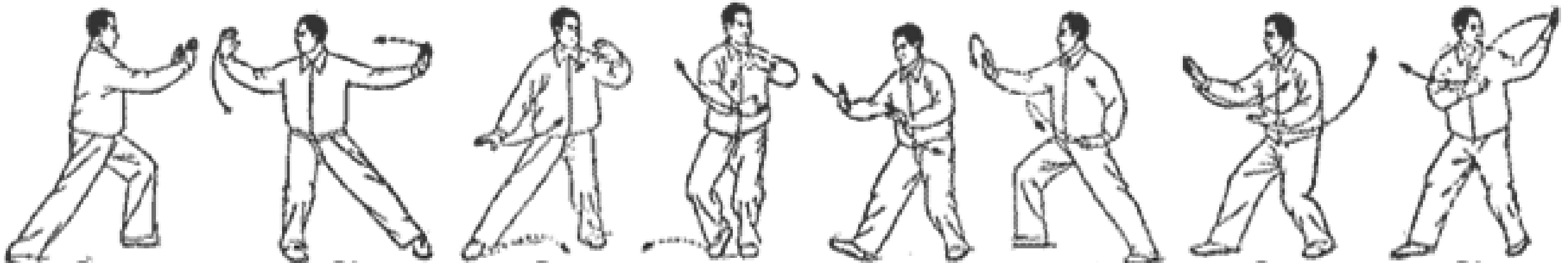
Tai Chi is effective for preventing falls in older adults.

(Huang, et al., 2017)



TAI CHI: THERAPEUTIC EXERCISE

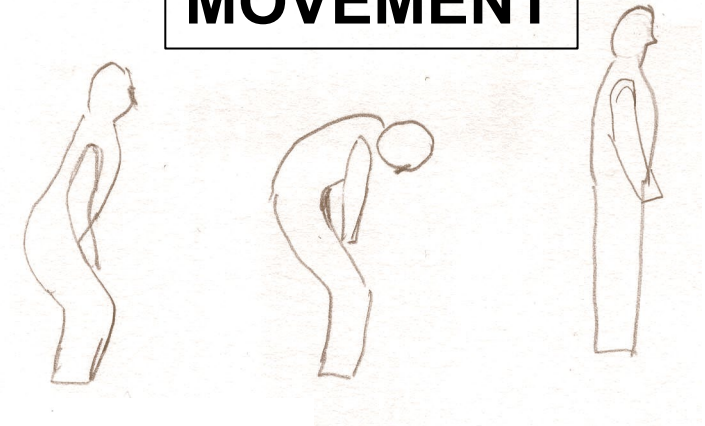
- Dynamic stepping
- Static standing balance
- Reaching outside base of support
- Bilateral integration
- Following multi-step directions
- Visual/Vestibular input
- Diaphragmatic breathing



TAI CHI: FUNCTIONAL CARRY-OVER

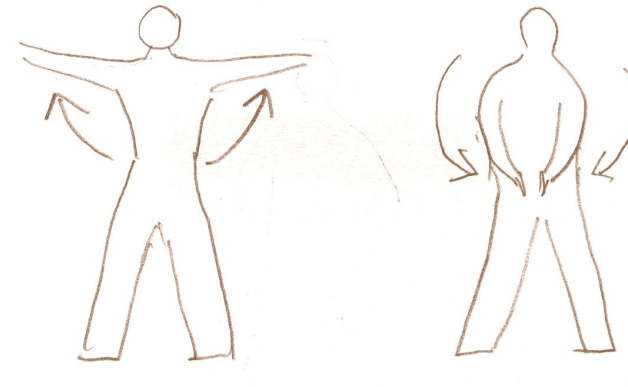
A. SNAKE RISES OUT OF THE GRASS

- Picking up object from ground
- Squating, anterior/posterior pelvic tilt, postural control



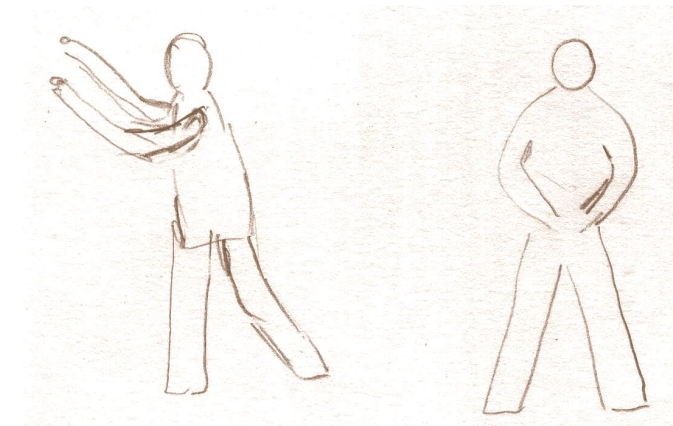
A. PHOENIX ASCENDS FROM THE FLAMES

- Grabbing pile of laundry
- Shoulder mobility, bilateral UE integration, core stability



A. EMBRACING THE SUN AND THE MOON

- Placing cup in cabinet
- Reaching outside BOS, visual-perception, weight-shifting



(Andersson, 2018)

YOGA

- Incorporates deep relaxed breathing
- Gentle prolonged stretches
- Improves circulation, range of motion, balance
- Calms the mind
- Reduces pain

(Patel, Newstead, & Ferrer, 2012)

[Yoga for the Management of Cancer Treatment-Related Toxicities - PubMed \(nih.gov\)](#)

To find a certified Yoga teacher:

www.ncbtmb.org

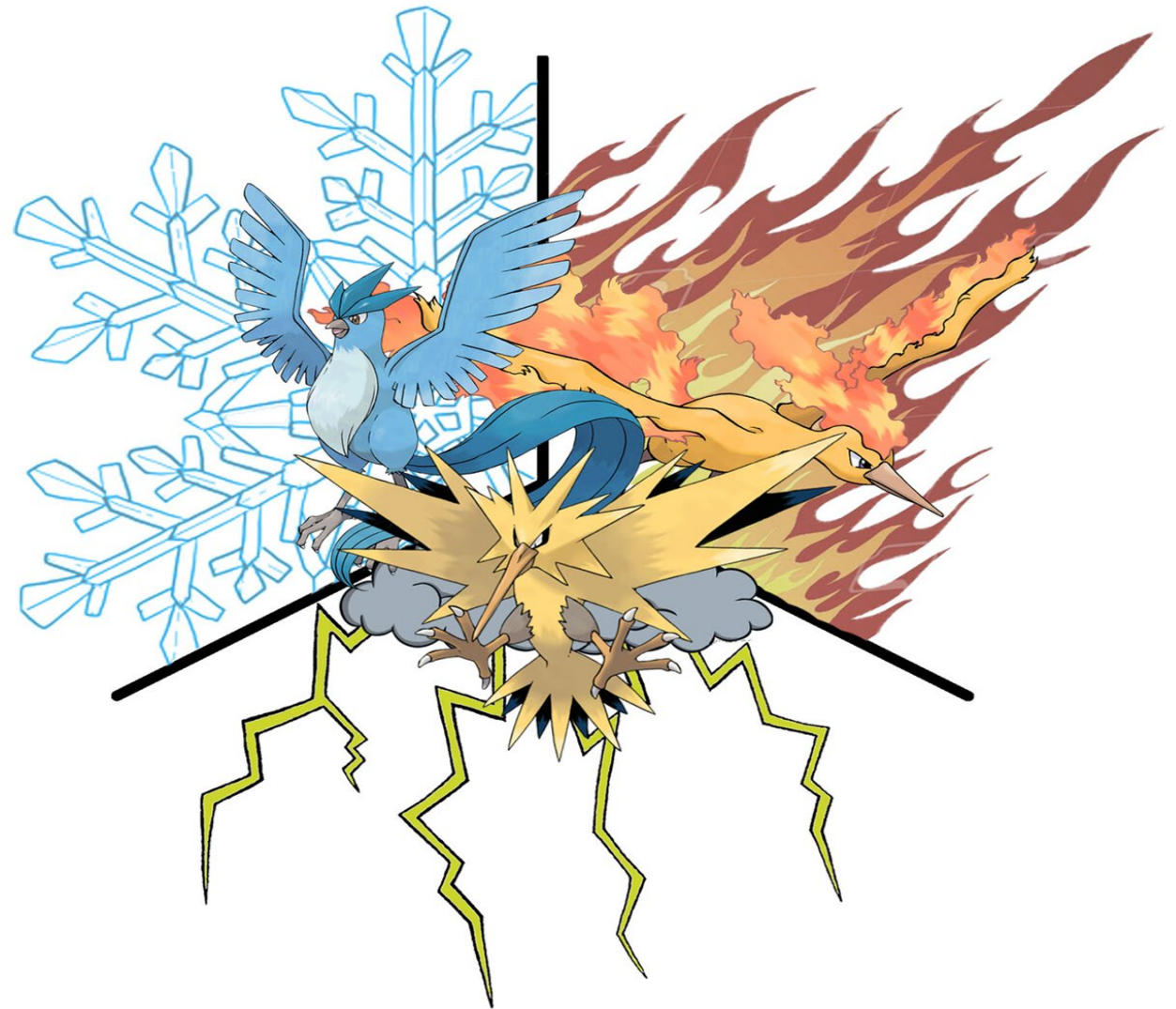


PHYSICAL AGENT MODALITIES:

- Cryotherapy
- Thermotherapy
- Electrical Stimulation
- Ultrasound
- Laser Therapy

WHEN TO USE?

CONTRAINDICATIONS?



PHYSICAL AGENT MODALITIES: EVIDENCE

Pain: Ice/heat packs¹, contrast baths², Iontophoresis³, IFC/TENS⁴, ultrasound⁵, laser therapy⁶

Edema: contrast baths⁷, ice⁸, fluidotherapy⁹

ROM: Neuromuscular Electrical Stimulation (NMES)¹⁰

Spasticity: ice baths⁸

1 (Dehghan & Farahbod, 2014)

2 (Stanton, Bear-Lehman, Graziano, & Ryan, 2003)

3 (da Luz, de Borba, Ravanello, Daitx, & Döhnert, 2019)

4 (Fuentes, Armijo Olivo, Magee, & Gross, 2010)

5 (Papadopoulos, & Mani, 2020)

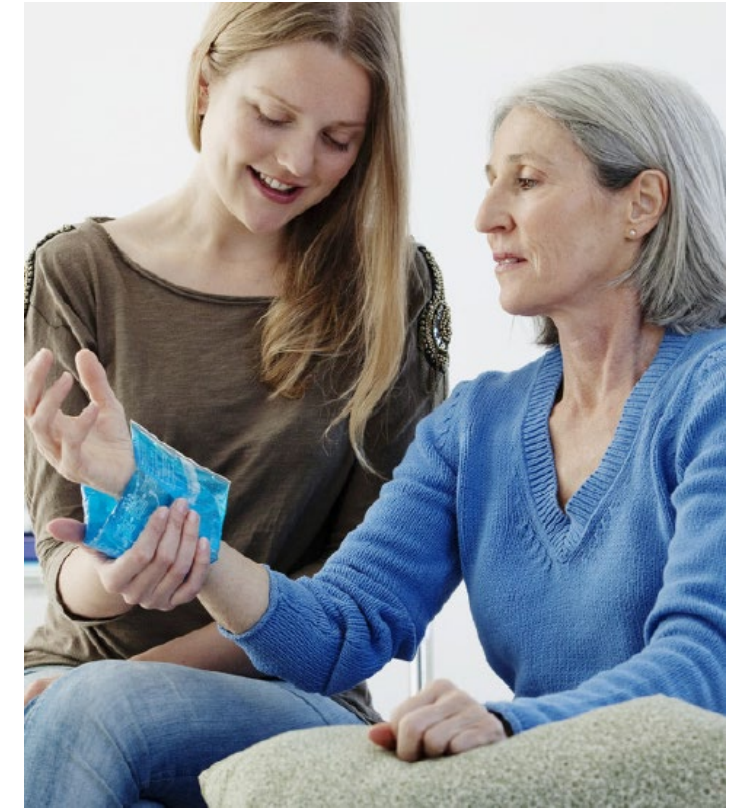
6 (Chen, et al., 2022)

7 (Hnatowicz, 2010)

8 (Kowal, 1983)

9 (Öncel, Küçükşen, Ecesoy, Sodali, & Yalçın, 2021)

10 (Hong, et al., 2018)



TRANSCUTANEOUS ELECTRICAL NERVE STIMULATOR (TENS)

- Proven effective to relieve acute, chronic, neuropathic pain
- Small electrodes placed over the painful area
- Treatments: 30 min, 3-4 times/day
- Relatively inexpensive

(Post, et al., 2022)



DRY NEEDLING VS ACUPUNCTURE

	ACUPUNCTURE	DRY NEEDLING
HOW THEY DIFFER	>2500 years old	1930's and still in research
	Traditional Chinese Medicine	Western Neuromuscular Medical Model
	Balances the flow of qi along meridian pathways	Stimulates self-healing with promotion of healing chemicals to the area needle is inserted
	Uses acupuncture points	Uses homeostatic neuromuscular trigger points and intramuscular trigger points
HOW THEY ARE SIMILAR	Treats neck, back and shoulder pain, arm pain, headaches, jaw pain, buttock pain and leg pain, among many other conditions	
	Uses very thin monofilament needles	

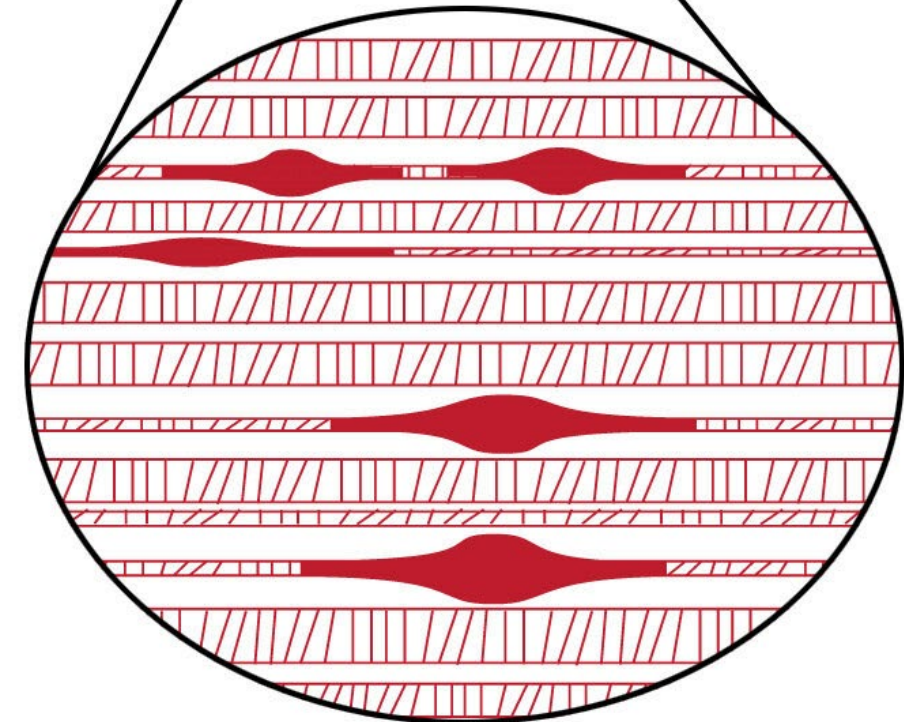
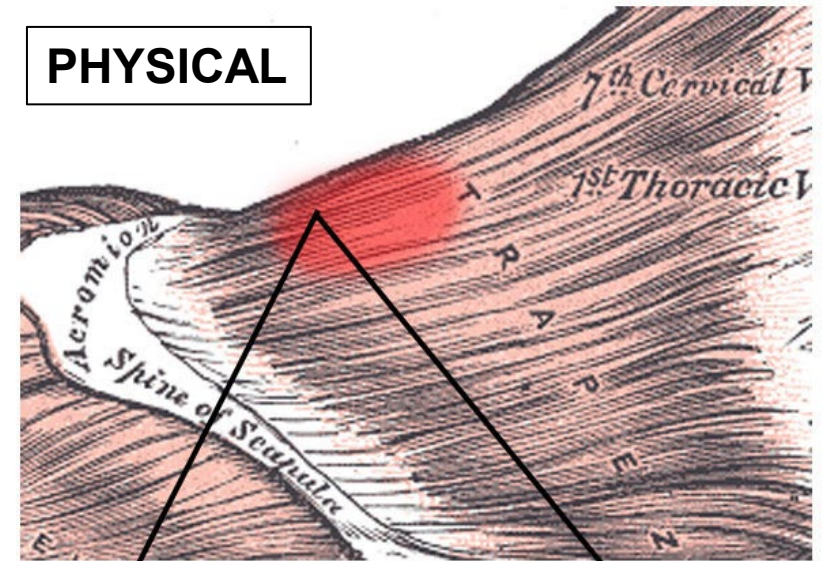
DRY NEEDLING: EVIDENCE

Pain: Low- to moderate-quality evidence suggests that dry needling performed by physical therapists is more effective than no treatment / sham dry needling for reducing pain in patients presenting with musculoskeletal pain.

(Gattie, Cleland & Snodgrass, 2017)

ROM: Dry needling is an effective physical agent modality to decrease spasticity and increase ROM, both of which are potentially beneficial to functional outcomes.

(Bynum, et al., 2021)



ACUPUNCTURE

- Thin needles applied to acupoints
- Stimulates the endocrine and nervous systems
- Promotes optimal health and well-being

EVIDENCE: Studies have shown the effectiveness in the treatment of back pain, either acute or chronic and myofascial pain.¹ No statistically significant difference was observed between Traditional Chinese Acupuncture and sham acupuncture, suggesting that the observed differences could be due to placebo effects.²

1 (Manheimer, White, Berman, Forys, & Ernst, 2005)

2 (Scharf, et al., 2006)

To find a licensed acupuncturist: www.NCCAOM.org



MASSAGE THERAPY

PHYSICAL

Therapeutic manipulation of the soft tissues of the body.

Benefits:

- Reducing stress and increasing relaxation
- Reducing pain and muscle soreness and tension
- Improving circulation, energy and alertness
- Lowering heart rate and blood pressure
- Improving immune function

(Li, et al., 2014)

To find a licensed massage therapist: www.ncbtmb.org
National Certification Board for Therapeutic Massage and
Bodywork (NCBTMB).

AROMATHERAPY

Aromatherapy can offer relief from numerous ailments:

- Depression
- Indigestion
- Headache
- Insomnia
- Muscular pain
- Respiratory problems
- Skin ailments
- Swollen joints
- Nausea



(Ali, et al, 2015)

ESSENTIAL OILS: CLINICAL APPLICATION



EUCALYPTUS

- BENEFICIAL FOR COLDS/ FLU, BRONCHITIS + SORE THROAT
- NATURAL INSECT REPELLANT



LAVENDER

- IMPROVES SLEEP
- RELIEVES STRESS
- REDUCES ANXIETY
- HELPS WITH MINOR BURNS + INSECT BITES



LEMON

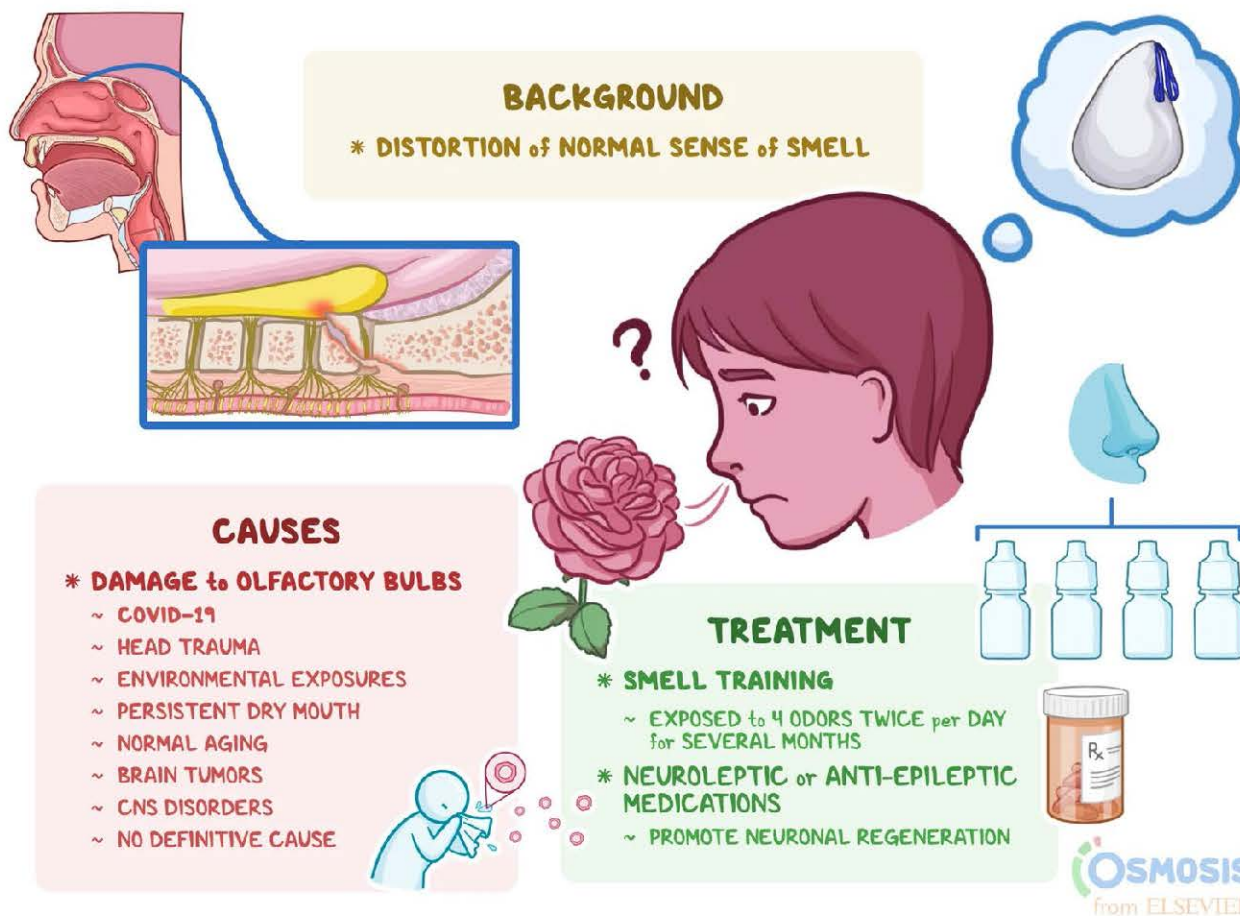
- AIDS DIGESTION
- BOOSTS MOOD + ENERGY LEVELS
- ANTIMICROBIAL



PEPPERMINT

- AIDS DIGESTION
- RELIEVES MUSCULAR ACHES + PAINS
- RELIEVES NAUSEA + MIGRAINES
- IMPROVES CONCENTRATION

Olfactory Training



Olfactory Training

Treatment for the Loss of the Sense of Smell

Your health care provider has recommended that you do a therapy called olfactory training as a way to treat the loss of your ability to smell. Your olfactory system is the sensory system that you use to smell.

Your loss of the sense of smell may have been caused by any of these:

- You had trauma to your head.
- You had a viral illness such as an upper respiratory infection.
- You had surgery on your nose.
- You have long-term sinus problems.
- You have dementia or Parkinson's disease.

To assess your ability to smell, your health care provider may ask you to do a test called the University of Pennsylvania Smell Identification Test, or, UPSIT, for short. The higher your score, the better you are able to smell.

After doing olfactory training, most people do not regain 100 percent of their ability to smell. However, research shows that olfactory training can be helpful to improve some people's sense of smell.

Choosing the essential oils you will use for your olfactory training

There are many essential oil scents available. Choose scents that are from these four groups: fruity, floral, evergreen/resinous and spicy.

Examples include:

- **Fruity:** lemon, lime, grapefruit
- **Floral:** rose, geranium
- **Evergreen/resinous:** pine, patchouli, balsam, blue spruce
- **Spicy:** sage, rosemary, thyme, lavender

The most common scents people choose are lemon, rose, eucalyptus and clove.

You do not have to limit yourself to the oils you originally choose. You can substitute other essential oils with the four you started with or add ones to those you use. Just be sure to always use at least one essential oil from each of the four scent groups.



RESILIENCY

SMART : Stress Management and Resilience Training (Dr. Amit Sood)

- Mayo Clinic Guide to Stress-Free Living
- Mayo Clinic Guide to Happiness
- Mayo Clinic Guide to Integrative Medicine
- Mindfulness Redesigned for the Twenty-First Century: Let's Not Cage the Hummingbird A Mindful Path to Resilience

[A Very Happy Brain](#)

[Resilient Option](#)

[Relaxed Breathing](#)

GUIDED IMAGERY

- Use visualizations of objects, scenes, or events that are associated with relaxation
- Visualizations can elicit peaceful or happy memories or heighten our awareness to better perceive the image through our senses.
- Imagery alters processing in the central, peripheral, and autonomic nervous systems so that perception of a symptom such as pain is reduced or eliminated

[CA Cancer J Clin 2017 May 6;67\(3\):194232. doi: 10.3322/caac.21397.](https://doi.org/10.3322/caac.21397)

MEDITATION

The emotional and physical benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance
- Lowering resting heart rate
- Lowering resting blood pressure
- Improving sleep quality



[2018 Feb;27\(1\):4-22. doi: 10.1111/jsr.12568. Epub 2017 Jun 15.](#)

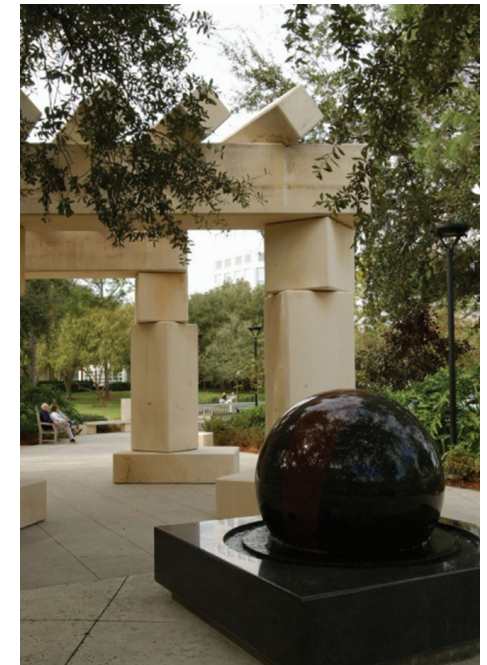
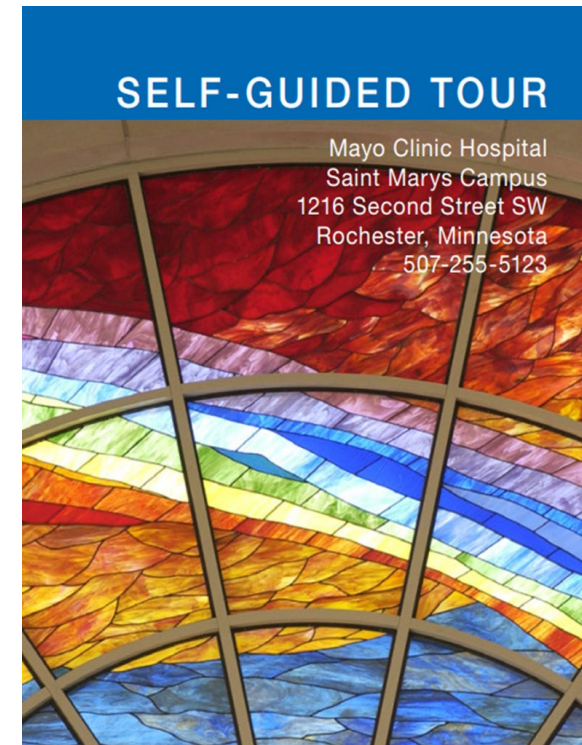
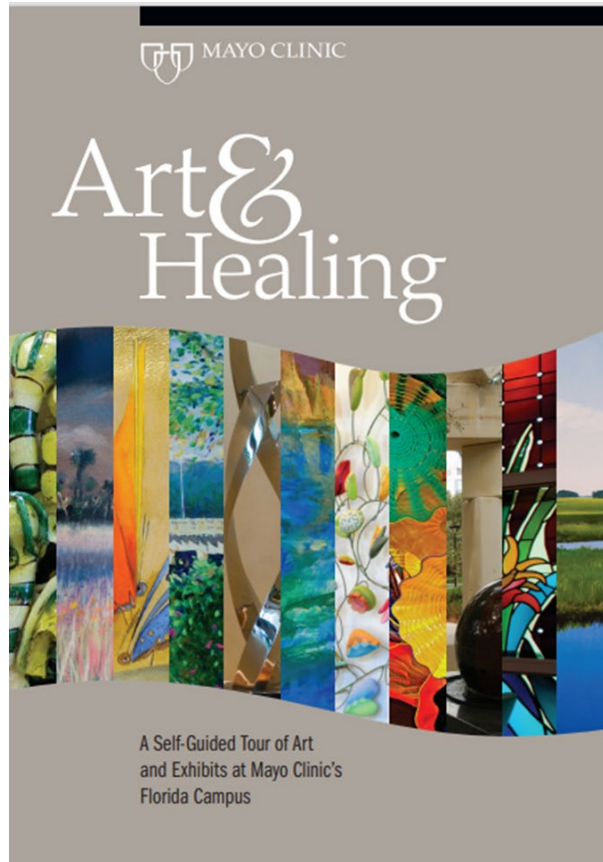
PROGRESSIVE MUSCLE RELAXATION

- Progressive Muscle relaxation (PMR) is tensing and releasing of muscle groups
- Rationale - a person's attention is drawn to discriminating between feelings experienced when a muscle group is relaxed and when it is tensed
 - Frequency and pain levels of migraine headaches were decreased using PMR.
 - A number of studies suggest that PMR or mindfulness training can relieve low back pain and improve flexibility.



[Progressive muscle relaxation reduces migraine frequency and normalizes amplitudes](#)

SPIRITUALITY



[AZ Spiritual Support](#)
[RST Spiritual Support](#)
[FL Spiritual Support](#)

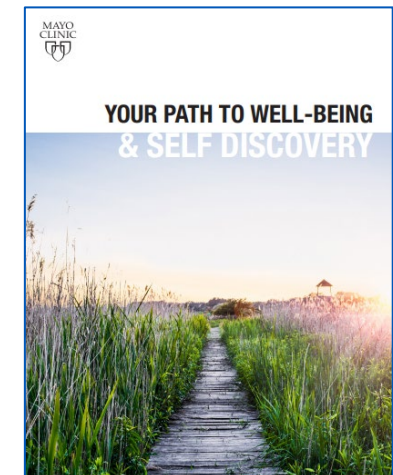
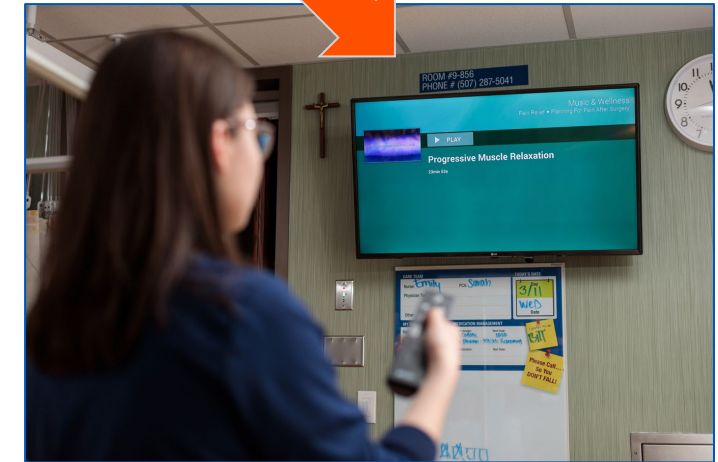
[FL Art Tour](#)
[Self Guided Tour SMH](#)
[Rochester Tours](#)

OFFER IM MODALITIES & RESOURCES DURING THERAPY SESSIONS

Assist Patient to Navigate to Relaxation Channel, Music & Wellness on MCTV

IM Patient Education Resources to Stock:

- [Your Path to Well Being and Discovery](#)
- [Essential Oil: Aromatherapy Safety - MC5574-120 \(mayo.edu\)](#)
- [Relaxed Breathing \(Diaphragmatic\) - MC0992 \(mayo.edu\)](#)
- [Mindful Movements: Gentle Yoga - MC6734-04 \(mayo.edu\)](#)
- [Mindful Breathing Recording Bookmark - MC4120-20 \(mayo.edu\)](#)
- [DVD Progressive Muscle Relaxation - MC5719-01 \(mayo.edu\)](#)
- [DVD - Gentle Movements Tai Chi Qigong - MC5997 \(mayo.edu\)](#)
- [Using Relaxation Skills to Relieve Your Symptoms - MC4009 \(mayo.edu\)](#)
- [Transcutaneous Electrical Nerve Stimulation \(TENS\) - MC2058 \(mayo.edu\)](#)
- [Tai Chi Discover the Many Possible Health Benefits - MC5997-01 \(mayo.edu\)](#)
- [A Simple Guide to Meditation - MC8405 \(mayo.edu\)](#)
- [Ways to Manage Your Feelings and Thoughts - MC7569 \(mayo.edu\)](#)
- [Well-Being Coloring Booklet - MC5574-135 \(mayo.edu\)](#)
- [Massage - MC0928-03 \(mayo.edu\)](#)
- [Acupressure for Anxiety Bookmark - MC5574-70 \(mayo.edu\)](#)
- [Acupressure for Pain bookmark - MC5574-114 \(mayo.edu\)](#)
- [Acupressure for Insomnia Bookmark - MC5574-77 \(mayo.edu\)](#)





School of Continuous
Professional Development

MAYO CLINIC ROBERT D. AND PATRICIA E. KERN
**CENTER FOR THE SCIENCE OF
HEALTH CARE DELIVERY**



NOHARM

**NON-PHARMACOLOGICAL OPTIONS IN POST-OPERATIVE HOSPITAL-BASED AND
REHABILITATION PAIN MANAGEMENT PRAGMATIC TRIAL - A HEAL UH3 DEMONSTRATION
PROJECT**

ANDREA CHEVILLE, MD, MSCE & JON TILBURT, MD

GOALS:

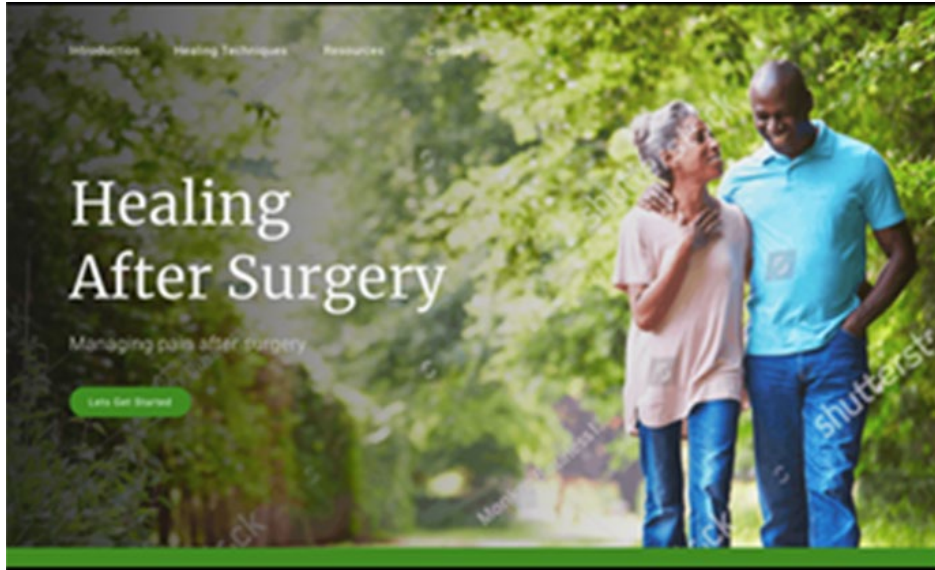
- 1. Support patient education and decision-making** around non-pharmacologic options for pain management in the post-operative setting
- 2. Support patients in their pursuit** of non-pharmacologic pain management modalities

NOHARM STEPPED WEDGE DESIGN



	Tranche 1	Tranche 2	Tranche 3	Tranche 4	Tranche 5
	Rochester Cardiac, C-Section Florida Ortho Eau Claire Ortho, Colorectal, Gyn, C-section LaCrosse Gyn, C-Section	Rochester Ortho, Gyn, Lung Arizona Lung, Cardiac Mankato Colorectal	Rochester Colorectal Florida Transplant Arizona Colorectal, Gyn, Transplant	Florida Colorectal, Gyn, Lung, Cardiac Eau Claire Lung, Cardiac Mankato C-Section	Rochester Transplant Arizona Ortho Mankato Ortho LaCrosse Ortho, Colorectal
Control condition	Data Collection 10/16/2020				
Step 1	Go live 3/1/2021				
Step 2		Go live 10/1/2021			
Step 3			Go live 5/1/2022		
Step 4				Go live 12/1/2022	
Step 5					Go live 7/1/2023

Healing After Surgery Guide – Sent to Mychart (Portal)



Using pain management techniques

Watch videos and download educational material that will help you heal after surgery.

Videos & Downloads



Movement

- Walking
- Yoga
- Tai Chi

Relaxation

- Meditation
- Relaxed Breathing
- Music Listening
- Guided Imagery
- Muscle Relaxation
- Aromatherapy

Physical

- Acupressure
- Massage
- Cold or Heat
- TENS

Healing After Surgery Videos and Handouts



Aromatherapy: An introduction

Aromatherapy involves breathing in the scent of natural oils made from plants to feel calmer. Learn how aromatherapy can help with pain management as you recover from surgery.



Breathing: An introduction

Breathing from the belly is a very effective way of lowering stress. Learn how practicing relaxed breathing can help with pain management as you recover from surgery.



Breathing: Relaxed abdominal breathing

Offers practical techniques to manage stress and promote relaxation.



Breathing: Skills to manage emotions and reduce suffering

Explains how to use gentle, paced breathing to help relax in times of distress.



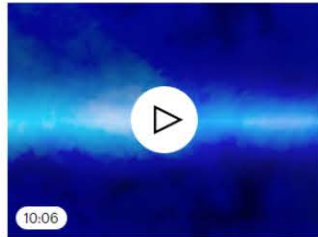
Guided Imagery: An introduction

Guided imagery is a way to use the power of your imagination to relieve anxiety and pain. Learn how guided imagery can help with pain management as you recover from surgery.



Guided Imagery: Evening sky guided imagery

Offers practical techniques to manage stress and promote relaxation.



Guided Imagery: Seaside serenity guided imagery

Offers practical techniques to manage stress and promote relaxation.



Meditation: An introduction

Meditation is a way of focusing your attention on the present moment to manage thoughts and feelings. Learn how practicing meditation can help with pain management as you recover from surgery.

healingaftersurgery.mayo.edu

Massage

Massage involves rubbing or spreading soft tissues of the body. Skin, muscle, tendons, and ligaments are soft tissues. Massage can be used to help reduce pain, promote healing and improve your recovery after surgery. It also can promote relaxation and reduce stress and anxiety.

Ask your care team how a massage therapist can treat you safely. Friends and family members also can perform massage. But they may need special instructions to be able to treat you safely. If you are a caregiver, remember that wetting your face or head and neck massage will offer best benefits for your loved one's sleep, pain, and mood.

If you plan to use a massage therapist when you get home, try to arrange this before surgery. Look for a massage therapist who is licensed or certified. Ask the therapist whether he or she has recent massage training working with people recovering from surgery. You may be asked what type of surgery you plan to have or what area the surgery will affect. (Refer to sample questions.)

6. Do not massage the surgical area. Massage the tissue above and below the surgical area.

7. Massage gently, slowly and rhythmically. Be careful not to massage so hard that it is painful. Regularly ask your loved one if what you are doing is uncomfortable. Stop if it is.

REACTING MESSAGE

1. Create a warm and relaxing space to do this.

2. Warm your loved one up in the car with radio music. Regularly ask if your loved one is comfortable.

3. Use a lubricant, such as coconut or jojoba oil. If your health care provider tells you not to use these products, follow your provider's directions.

4. Do not massage incisions. Avoid massaging bony areas, such as elbows and knees.

5. Do not massage the surgical area. Massage the tissue above and below the surgical area.



Pain Management Action Plan

The Healing After Surgery program is here to support and encourage you to have a plan for managing pain after surgery. Managing pain is an important part of healing. You may feel nervous before surgery. Many people feel this way. At Mayo Clinic, we are committed to helping you to recover well after surgery.

Your plan for manage pain will include pain medications and other techniques proven to help you recover after surgery. Mayo Clinic combines combining pain medications with

non-medication techniques best practice for managing pain and healing after surgery. Together, they can usually reduce your pain to a tolerable level.

There are many proven pain management techniques that will lessen pain or increase your tolerance for pain. The more familiar you are with these techniques before surgery, the more prepared you will be to use them during your recovery. Do not wait until after your surgery to experiment with these techniques. Have a plan before surgery.

These pain management techniques...

- Promote the healing process.
- May help you recover more quickly and return to normal daily activities.
- Help you stay an active role in your own recovery.
- Help limit the length of time you need to take pain medications.
- May allow you to feel more calm and relaxed as you recover from surgery.

As you make your pain management plan, think about why learning to manage pain is important to you. The more important something is to you, the more likely you are to try it and stick with it. Write down your own personal reasons to try these techniques.



Yoga

Yoga is a mind and body practice that originated in India more than 5,000 years ago. It focuses on thoughtful breathing, meditation, and gentle stretches that result in a series of poses.

Yoga is an effective way to improve your circulation. In fact, that better pain and swelling. Improved circulation also can boost healing after surgery. In addition, practicing yoga can release muscular and emotional tension. This promotes relaxation and calms the mind.

GETTING STARTED

Be sure to ask your surgeon if you have broken or how you should move and how much weight you should lift after surgery.

Yoga can be a soft and beneficial even following most surgeries. You can do the poses at your own pace. And as needed, you can change things down, sitting or standing.

Qualified Yoga teachers should attend a 200-hour Yoga teacher training program. Yoga teachers at community colleges, local YMCAs and YWCAs, and at other gyms and wellness centers. If you need to change your practice due to post-surgery movement restrictions, consider contacting a certified yoga therapist. Yoga therapy is the adaptation of yoga practices for people with health challenges. Yoga therapists provide specific, targeted adjustments, including restorative and relaxation techniques to suit individual needs. To attain yoga therapy certification, a certified yoga teacher must acquire 500-1000 additional training hours.

These national registries can help you find yoga professionals in your area:

- Yoga Alliance.org/yogaalliance.org
- [International Association of Yoga Therapists \(IAYT\) http://www.iayt.org/](http://International Association of Yoga Therapists (IAYT) http://www.iayt.org/)

CAUTION

Ask a member of your care team when it is safe for you to begin yoga. Many people can do yoga shortly after surgery if they follow these precautions:

- No leg or arm movements when a pain medication is used and any other type of limb surgery.
- No standing balance poses if you are at risk of falling or have lower extremity weight bearing precautions.
- No arm raises after shoulder and cardiac surgery.

If you had spinal fusion surgery, for 3 months after surgery do not bend or twist your neck or lower back.

- Observe lower extremity weight bearing and fall precautions.
- Patients should wear used of drains are removed before starting yoga.

OTHER RESOURCES

For more information about yoga, visit these resources:

- **Handout: Mindful Movements to Help You Heal and Restore** www.healingaftersurgery.mayo.edu/your/your/0410041004.html
- **Video (6 minutes): Mindful Movements** www.mayoclinic.org/health/video/0410041004
- **Video (20 minutes): Mindful Movements** www.mayoclinic.org/health/video/0410041004

Acupressure

Acupressure is one of the world's oldest medical therapies. It was developed more than 5,000 years ago in China as a way to restore natural energy. To do this, it uses finger placement and pressure on certain points along your body's energy pathways, similar to needles used in acupuncture.

This therapy has been proven effective to help:

- Manage pain, headaches, stress, and nausea.
- Lessen fatigue and depression.
- Improve sleep quality.

You can apply acupressure to yourself. Or you can ask a caregiver to do it for you. There are several acupressure points on the body. You may like to try these in the ear and one on the hand. See the images for more direction.

HOW TO USE ACUPRESSURE

1. Use your fingertip to apply gentle, firm pressure on each point.
2. Press and hold for 30 seconds to 3 minutes.
3. Breathe slowly and deeply through your nose as you apply the pressure.

There are acupressure points on both sides of the body. You may use this therapy as often as you like; there is no limit.

CAUTION

If you are pregnant, do not use LI4. Otherwise, LI4 acupressure is safe to use after surgery. You should not apply pressure over points that may be located on or near your surgical area until these are healed, or over areas with burns, infection, contagious diseases of the skin or active cancer.

FINDING A TRAINED SPECIALIST

To find a trained acupressure provider in your community, look online for a national database of providers, accredited Eastern Medicine schools and other resources: National Certification Commission for Acupuncture and Oriental Medicine NCCAOM

Or a massage therapist who practices acupressure: ahmp.com/yoga/

RESOURCES NEAR YOU AND ONLINE

The following acupressure books can be purchased online, or you may be able to rent them from your local library.

Book: Acupressure's Patient Plants: A Guide to Self-Care for Common Ailments by Michael Reed Geich

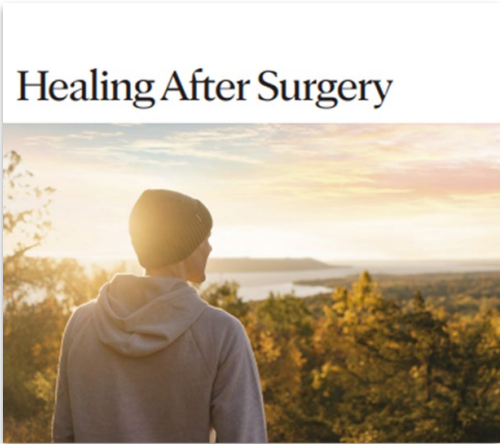
Book: Acupressure Made Simple: Easily Treat Yourself for Common Ailments by Deborah Blewett, L.Ac., MSOM

Continuum of Care Providers can support Healing After Surgery initiative

Preoperative



HAS Guide in Portal



Healing After Surgery
Workbook
MC5574-157rev1122

Acute Care



Mobility



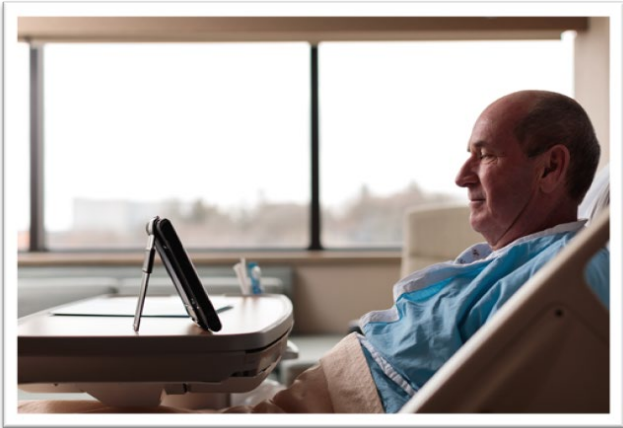
Modalities



Videos on Patient Education



Pre-Post Operative



Group Zoom Calls



Toll Free Support

ROCHESTER

Services Available to You in the Hospital

Offering	Description	No Fee	Fee-Based Service	How To Request
Humanities in Medicine				
Arts at the Bedside	Artists, authors and musicians (many of whom are Mayo Clinic employees) visit patients at their bedside to engage them in an individualized arts experience.	X		Ask your care team to contact Humanities in Medicine
Creative Writing at the Bedside		X		
Music at the Bedside		X		
Integrative Medicine & Health				
Acupuncture	Licensed and nationally certified acupuncturists work with your care team to enhance the body's self-healing abilities		X	Ask your care team to place an order
Animal Assisted Therapy (Caring Canine)	Registered and trained therapy dogs provide compassion and support, nurture human-animal interactions and help to motivate patients	X		
Integrative Health Specialist	Consultation to discuss and develop a treatment plan utilizing integrative therapies.	X		
Massage Therapy	Board-certified massage therapist will work with your medical team to provide massage therapy or other related modalities as part of your care plan.		X	
Reike/Healing Touch	Gentle touch to help balance and support individual's natural ability to heal.	X		
Volunteer Services				
Caring Hands	Non-therapeutic relaxing hand massage	X		Ask your care team to contact Volunteer Services
Hospitality Cart	Volunteers enhance the patient experience by visiting designated hospital units offering conversation and a variety of comfort items.	X		

* Fee-based service. Insurance coverage of Integrative Medicine services vary. You will be responsible for that portion of your bill if your treatments are not covered.

Acupuncture - billed per 15 minutes; fee: \$105/first 15 minutes; average treatment is 30 minutes. \$185/30 minute treatment.

Massage Therapy - average treatment is 20 minutes; approximate fee \$28.

Integrative Medicine & Health



Healing Enhancement Resources

- Acupressure
- Breathing Techniques
- Aromatherapy
- Massage
- Guided Imagery
- Holistic Nursing Strategies
- Integrative Medicine Services

OUTPATIENT

Integrative Medicine Outpatient Referral 4-8913

Integrative Oncology Services 8-9166

If your patient is being followed by the Palliative Care team, contact their service pager for integrative therapy options.

RMH: 04311

SMH: 07817

Healthy Living Program and Rejuvenate Spa
intranet.mayo.edu/charlie/healthy-living-program-rst/integrative-medicine-health-rst/

Healing Environment resources

- Check TV channel listing for music, relaxation/ CARE channel
- Humanities in Medicine
<https://intranet.mayo.edu/charlie/humanities-medicine-rst/>
- Meditation and chapel spaces
<https://intranet.mayo.edu/charlie/spiritual-care-rst/chapels-at-mayo-clinic/>
- Volunteer Services
<https://intranet.mayo.edu/charlie/mayo-clinic-volunteer-programs-rst/>
- Check out the outdoor spaces on the campus maps
<http://mayoweb.mayo.edu/sp-forms/mc1600-mc1699/mc1663-55.pdf>

[Cancer Education Classes & Resources](#)
[Mayo Clinic Connect](#)

MC5574-56rev1022

INTEGRATIVE MEDICINE

Quiet the mind Soothe the body Restore the spirit



For more than 10 years, doctors at Mayo Clinic have been integrating complementary and alternative therapies with conventional Western care. Alternative medicine, also known as integrative medicine, is meant to complement rather than replace Western medical care and treatment.

Offered to patients of the

Robert and Monica Jacoby Center for Breast Health

- Integrative Medicine Consult
- Supplements and Botanicals Consult
- Mindfulness and Stress Management Consult
- Functional Nutrition Consult
- Acupuncture
- Massage Therapy
- Mindfulness and Stress Management Classes
- Integrative Cooking Classes



Each service is designed to complement an individual's overall wellness needs and emphasize treatment of the whole person, including physical, emotional, mental, and spiritual health, with the goal of providing optimal health and balance.

For more information or to request an appointment – please visit the front desk of
 Robert and Monica Jacoby Center for Breast Health
 Davis Building- 2 North
 Mayo Clinic Jacksonville, FL

INTEGRATIVE MEDICINE & HEALTH



MIND BODY MEDICINE

Mind body medicine embraces the meaningful interplay between the mind, body, and spirit. Our Mind Body Counselor educates patients about the powerful ways in which physical, mental, and spiritual factors directly affect personal health. Mind body medicine involves the application of a variety of therapeutic techniques shown to be effective in changing physiology as well as mood, behavior, and consciousness. Our mind body modalities include:

- Mindfulness instruction
- Yoga, mindful movement, and breathwork
- Various meditation and guided imagery techniques
- Body-centered psychotherapy
- Stress management
- Trauma-informed care

MASSAGE THERAPY

Massage therapy is the therapeutic manipulation of the soft tissues of the body. It is a powerful science used for centuries as an integral part of the healing process. Massage provides health-related benefits that affect the musculoskeletal, circulation, and relieves the stress and tension associated with everyday living. Our board certified massage therapist will work with your medical team to provide massage therapy or other related modalities as part of your care plan.



INSURANCE

Many insurance plans have started to cover Integrative Medicine services – though each plan is different. Please follow-up with your health care payer to determine if acupuncture is a covered benefit and if prior authorization is required. Please contact Mayo Clinic Integrative Medicine at 904-953-2075 only if prior authorization is required. Should you elect to proceed with this service, and your health care payer does not cover the services, you will be personally responsible for payment.

INTEGRATIVE MEDICINE & HEALTH



Applied Science of Lifestyle and Complementary Medicine

INTEGRATIVE MEDICINE is a practice of medicine that reaffirms the importance of relationship between practitioner and patient, and focuses on the whole person. Our practice is informed by the latest evidence on lifestyle and complementary modalities, and makes use of numerous therapeutic approaches, healthcare professionals, and disciplines to achieve optimal health and healing.

INTEGRATIVE MEDICINE & HEALTH

Pricing



Acupuncture –insurance

Many insurance plans have started to cover Integrative Medicine services – though each plan is different. *Mayo Clinic is contractually obligated to bill commercial insurance.*

Please follow-up with your health care payer to determine if acupuncture is a covered benefit and if prior authorization is required. Please contact Mayo Clinic Integrative Medicine at 480-342-4888 only if prior authorization is required.

Should you elect to proceed with this service, and your health care payer does not cover the services, you will be personally responsible for payment.

Medicare / no insurance

Self-pay at time of service

Massage Therapy

60 Minute Treatment	\$98
45 Minute Treatment	\$88
30 Minute Treatment	\$48

Self-pay at time of service

No tipping allowed, referrals appreciated

Gift Certificates Available

Call **480-342-4888** to schedule.

Email ArzIntegrativeMed@mayo.edu

Mayo Clinic Building – PHX 3 | Concourse Level
5881 East Mayo Boulevard |
Phoenix, Arizona 85054



Wellness Classes & Services

INTEGRATIVE MEDICINE & HEALTH

CLASS SCHEDULE March – June 2020



TRY A CLASS TODAY!

- Designed to complement your overall wellness needs
- Treatment of whole person: physical, emotional, mental, and spiritual
- Provide optimal health and balance

INTEGRATIVE MEDICINE & HEALTH

Quiet the mind Soothe the body Restore the spirit

CLASS SCHEDULE March – June 2020

MONDAY		
9:30 – 10:00	Meditation (free)	Renee
10:30 – 11:30	Chair Yoga	Renee
12:00 – 1:00	Events/Workshops	Rotates
1:15 – 2:15	iRest® Yoga Nidra	Renee
TUESDAY		
9:15 – 10:15	Yoga	Maria
10:30 – 11:30	Gentle Stretch Yoga	Maria
12:00 – 12:45	Tai Chi Beginning	Maria
WEDNESDAY		
9:15 – 10:15	Yoga Basics *New	Maria
10:30 – 11:30	Chair Yoga	Maria
12:00 – 1:00	Workshops	Maria
THURSDAY		
9:15 – 10:15	Yoga	Maria
10:30 – 11:30	Gentle Stretch Yoga	Maria
12:00 – 12:45	Events/Workshops	Maria
FRIDAY		
9:30 – 10:00	Meditation (free)	Renee
10:30 – 11:30	Stretch & Restore	Renee
11:45 – 12:45	iRest® Yoga Nidra	Renee

Please note: **Unexpected class cancellations may occur.** The most current class schedule can be found online: <https://clients.mindbodyonline.com/classic/home?studioid=275512>

Wellness Class Rates

Single Class	\$10	Yoga Mat provided
Gentle Strength	\$10	Resistance band provided

Wellness Class Packages

5 Classes	\$45	
10 Classes	\$85	Includes Mat Rental
15 Classes	\$125	

Private Sessions

1 person 60 minutes	\$95
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Gift Certificates Available

Class Descriptions

Classes suitable for all levels unless noted

Chair Yoga A chair-based practice for improving physical balance simultaneously reducing stress, muscular tension, and pain. This class will include chair-based supported movement, breathing exercises, and yoga nidra or mindfulness.

Yoga Pair breath and movement in a seated, standing and reclining practice of traditional yoga postures to cultivate balance, strength and flexibility.

Gentle Stretch Yoga Yoga props such as blankets and blocks are often used. This class is a slower pace and focuses on stretching all areas of the body, working your muscles, and calming your mind.

Meditation (free/no charge) Discover and learn stress reducing methods to invite peace of mind, awareness and balance in your life. This includes several types of meditation breathing exercises and how to recognize stress patterns and manage them.

iRest Yoga Nidra (Integrative Restoration) Yoga Nidras are 35-45 minute guided meditations designed to help alleviate stress, improve sleep and help unresolved issues and traumas. All levels welcome.

Yoga Basics Learn basic standing postures for overall strength, balance and flexibility. Experience mindful movement while implementing focus, intention and simple breath exercises to boost energy and calm the mind. Come and learn if you're new to yoga, refine your practice if you're familiar with yoga.

Stretch & Restore: Develop flexibility through primarily seated positions in the stretch portion. Props may be used to fully support the body in poses to facilitate relaxation & restoration in the restore portion.

Tai Chi Beginning Learn how to coordinate and connect the parts of your body until they work as one integrated unit. Based on Tai Chi Easy™ this class takes five movements from traditional Yang Style Tai Chi and incorporates them into a sequence that is easy to learn, and easy to practice. This sequence can be done seated, standing or walking. Additional Qigong exercises will be explored. This is a great drop in class or as an introduction to Tai chi.

Workshops A variety of workshops are offered. Check the Mindbody Online schedule for current offerings.

Late Arrival Policy

Please note: Classes will start on time and **no late entries are allowed.** Aim to arrive 15 minutes before class is scheduled to start. Allow extra 15-20 minutes for traffic congestion, parking, and check in.



THANK YOU!

We wish you well in your continued journey toward health and well-being 😊

Jane Hein, PT:

hein.jane@mayo.edu

Christopher Taylor, OTD:

taylor.christopher@mayo.edu



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