

JUNE “CURRENTS”

Shifting from Renewal to High Efficiency

MASTERING FLUID MOVEMENT

PREVENTATIVE MECHANOTHERAPY & SOMATIC HEALTH

1. **MEN'S HEALTH MONTH:** The Structural Tune-Up;
2. **NATIONAL SAFETY MONTH:** Biomechanics for Injury Prevention;
3. **EMPLOYEE WELLNESS:** Optimizing Corporate Somatic Systems

SUMMARY: We focus on structural alignment and precision physical maintenance to keep you moving efficiently through the summer demands.



SUBSCRIBE FOR YOUR MONTHLY MAINTENANCE GUIDE

M&M Mechanics & Massage | Julie Long, LMT

WELCOME TO JUNE. FOR THE PAST TWO MONTHS, OUR CLINICAL FOCUS CENTERED ON “SPRING RENEWAL”. BUT AS THE SUMMER DEMANDS KICK IN, YOUR PHYSICAL REQUIREMENTS SHIFT. SUMMER REQUIRES **KINETIC ENERGY, PHYSICAL ENDURANCE, AND HIGH EFFICIENCY.**

WE DON'T VIEW MANUAL THERAPY AS AN INDULGENT LUXURY – IT IS **ESSENTIAL PREVENTATIVE MAINTENANCE** FOR AN ACTIVE LIFESTYLE. JUST LIKE ANY HIGH-PERFORMANCE MACHINE, YOUR BODY REQUIRES PRECISION CARE TO HANDLE INCREASED PHYSICAL STRESS AND PREVENT STRUCTURAL BREAKDOWN.



MEN'S HEALTH MONTH:

The Father's Day Tune-Up

If you owned a rare, high-performance sports car, you wouldn't wait for the engine to seize before checking the oil. Yet, many men treat their bodies exactly that way—waiting for a total breakdown before seeking care. This Men's Health Month, we are talking about structural alignment and precision physical maintenance.

Decompress the Chassis: High impact from summer sports, yard work, or heavy lifting compresses the spine and joints. Manual therapy restores vital joint space and fluid dynamics.

Realign the Subframe: Biomechanical shifts in your pelvis and feet can radiate micro-trauma up to your lower back. We target the root mechanical restriction, not just the symptom.

Tune the Somatic System: Chronic physical stress locks muscles into a state of hyper-tonicity (constant tightness). Neuromuscular reeducation resets that baseline.

WHAT'S NEW

NATIONAL SAFETY MONTH

Discover how maintaining structural alignment & optimizing body mechanics protects your nervous system

NATIONAL EMPLOYEE WELLNESS MONTH

Learn how targeted manual therapy lowers cortisol levels to relieve desk strain & cognitive fatigue

CLINIC CORNER & PROMOTIONS

Check out our savings event

NATIONAL SAFETY MONTH

Preventative Biomechanics

Injury prevention isn't just about wearing the right gear; it's about maintaining the structural integrity of your somatic nervous system under physical load. When your body mechanics are misaligned, your nervous system compensates by recruiting the wrong muscle groups, leading to acute strain or chronic injury.

Optimizes Muscle Recruitment: Clean joint mechanics ensure that your primary movers are doing the heavy lifting, protecting smaller stabilizing muscles from tearing.

Enhances Proprioception: Manual therapy stimulates specialized sensory receptors, improving your brain's awareness of your body's position in space to prevent slips, trips, and strains.

Clears Fascial Restrictions: Adhesions in your myofascial tissue restrict range of motion. Clearing them ensures your joints can move through their full, safe trajectory.

NATIONAL EMPLOYEE WELLNESS MONTH

High-Efficiency Workspaces



For local business owners and professionals, physical discomfort is the fastest route to cognitive fatigue and workplace burnout.

The Biomechanical Cost of Cortisol: When desk posture collapses, your somatic nervous system triggers a low-grade fight-or-flight response, spiking your cortisol levels. This results in tension headaches, brain fog, and physical exhaustion.

The Solution: Targeted manual therapy drops high cortisol levels instantly, signaling safety to the brain and restoring mental clarity. Addressing "forward head posture" relieves the mechanical strain on your cervical spine, boosting daily stamina.

SAFETY PREVENTION: INJURY MITIGATION & SOMATIC INTEGRITY PREVENTATIVE NEUROMUSCULAR STRATEGIES FOR PHYSICAL CARE

SECTION 4: ACCELERATED NEUROMUSCULAR REEDUCATION

- Re-establish proper muscle recruitment patterns
- Enhance proprioception for physical stability
- Prevent compensation patterns from chronic static strain
- Restore joint glide and fluid dynamics for load distribution



SECTION 5: ERGONOMIC BIOMECHANICS & WORKPLACE SAFETY

- Analyze and correct repetitive motion patterns
- Joint decompression techniques for manual labor & static desk work
- Implement active somatic breaks for repetitive strain prevention



SECTION 6: CLINIC SAFETY PARTNERSHIPS

- Corporate safety presentations & ergonomic on-sites
- Individual injury prevention screens & movement assessments

CLINIC CORNER & JUNE PROMOTIONS

The Summer Currents

Corporate Decompression Bundle (\$225): A 2-hr clinical chair-massage block for your staff+additional 15-min introductory workspace ergonomics demo. Includes a live participant raffle for clinic prizes and puts your business in a drawing to win a FREE 1-hr summer pop-up! (Upgrades Available)

Don't let desktop tension stall your summer momentum! We are launching a full summer series of "Summer Currents" Express Decompression Pop-Ups throughout the season. **Catch Us Out & About:** Look for our mobile somatic reset station at various local community events, fitness workshops, and premium offices all summer long.

 **JUNE SPECIALS:** Optimize your summer mechanics with these limited-time June bundles: **1. The Father's Day Chassis Tune-Up (\$255):** Three (3) full 60-minute therapeutic sessions focused on structural alignment, joint decompression, and pelvic biomechanics. (Save \$30). **2. The Kinetic Flow Series (\$85/session):** Lock in your consistency by pre-purchasing two or more manual therapy sessions to secure prioritized summer scheduling. (Runs June 22nd through September 20th).

