

myLife • quality care

let us
help you
begin *to*
heal



Meet **Katie Plosczynski**,
MS OTR/L and
Holistic Occupational
Therapist

"Everyone has scars, but most people are not aware of the crippling effect scars can have in their life."

Katie received a Masters of Occupational Therapy in 2006 from the University of South Alabama. For the first 10 years of her career, she embraced pediatric therapy however focused in on Sensory Integration and processing, Behavior Modification, spectrum disorders and trained under a renowned Applied Behavior Analysis therapist to further her training.

In 2016, Katie ventured into the adult side of Outpatient Occupational Therapy. Seeing a wide variety of diagnoses ranging from Orthopedic Issues, Strokes, to Burns - she loved them all but found her heart drawn to Scars. Not only the formation of scars, the effects of scar tissue on the body, the stories behind them, and the spiritual, emotional and mental components that revolved in its formation and release.

Certifications:

Chickly Health Institute:

Lymphatic Drainage Therapy training including, LDT1, LDT2, LDT3, LDT Advanced, and applications to Chronic Fatigue Syndrome, Fibromyalgia, MS and Chronic Neuroinflammatories

Contact us today to meet with Katie for an individualized treatment plan based on your needs.

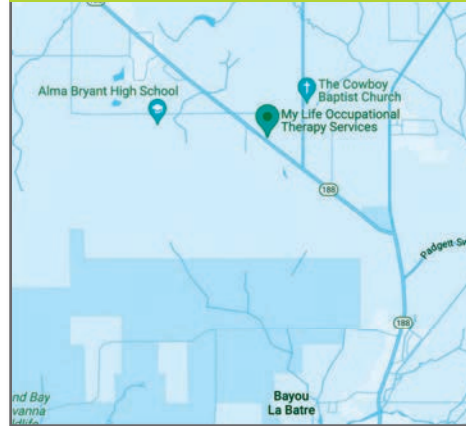
Schedule a Scar Release Appointment today!

Call: (251) 824-2515

Email: lisa@mylifeotservices.com

myLife • starts here

9420 AL-188/ Suite 9 • Irvington, AL



www.mylifeotservices.com

Check us out on Facebook!

- Insurance & Self Pay Options Available
- Most insurances are accepted for medically necessary services.
- We encourage you to speak with your physician prior to initiating any therapy treatment.

Referrals can be faxed to 251-650-1908.



scar release
therapy

Let's Connect!

Relief from physical and emotional scars

(251) 824-2515

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Irvington, AL 36544

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what is *scar release therapy*?



Scar Release Therapy

is a gentle, comforting healing approach that incorporates a variety of techniques from micropoint stimulation, manual lymphatic drainage, and other modalities to address the emotional, physical and spiritual effects left behind from a scar.

Why Scar Release Therapy?

Most people are not aware of the crippling effects scars can have on our lives. Scars can be a hidden source of chronic pain, depression, and PTSD, no matter the cause or how long it's been since the injury or trauma occurred.

Scar Release Therapy addresses the physical and emotional effects scars leave behind. It is **PAINLESS**, suitable for **ALL AGES** (Yes! Even kids!), and for **ALL TYPES OF SCARS!**

Scar Release Goals:

- Reduce/ Prevent Adhesions & Contractures
- Re-polarize & Restore Balance
- Reduce Pain
- Improve Mobility & Circulation
- Reduce Physical Appearance of Scars
- Encourages Emotional & Mental Healing

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Not all scars are created equally. Nor **TREATED** equally!

Types of Scars



MyLife treatment is unique to you!

We will journey through your scar history and develop a treatment plan to best suit your needs. Our treatments will combine Micropoint stim, manual techniques and alternative healing modalities for personalized scar release.

MyLife Heal & Flow

Pre/Post-operative lymphatic drainage treatment & post operative scar release

MyLife Return from Burn

Scar package for those with burn scarring, grafts and graft sites.

Orthopedic Scar & Joint Rehab

Combination of scar treatment, manual technique and therapeutic rehabilitation for your best comeback from orthopedic injury or surgical procedure.

Scar Trauma & Inner Healing

Combination of scar treatment, manual lymphatic drainage, and frequency healing. This is a gentle, comforting, personalized, intuitive healing approach that meets the client where they are- to address the emotional, physical and spiritual effects left behind from the scar.

So what problems can a scar create?

Internal Stress - Activating the sympathetic nervous system producing stress, decrease heart rate variability, and healing vagal tone



Chronic Post Surgical Pain

Locally and referred pain to other locations of the body



Fascial Restriction

Causing movement restrictions and structural imbalances



Internal Adhesion

Reducing muscle and organ performance and causing pain

Stagnate Energy and Lymph Circulation

Scars block circulation, fluid and energy flowing through the body, creating dams and producing stagnation

Scars lock in emotion and trauma in the cells.

Always check with your doctor if you are unsure if Scar Release Therapy is right for you.

Let us help you live your **BEST** life!

