

# Business

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## Therapist taps body's ability to heal itself

Hands-on technique used at Advanced TherEx Rehab

BY LOUISE ERNEWEIN  
 Staff Writer

Pain relief by means of tapping?

It might sound far-fetched, but that's just what one physical therapist in Woodbury claims is giving her a more than 90 percent success rate among her patients.

Jan Hanson, who holds bachelor and master of science degrees, is a convert to the relatively new procedure which is known as primal reflex release technique (PRRT).

It aims to help patients primarily with chronic pain, but also those suffering from car crash injuries such as whiplash.

And the most incredible aspect of this method, which was developed by Californian physical therapist John Iams, is that it works entirely by the use of the therapist's hands, through a series of taps, strokes, brushes and gentle pressures.

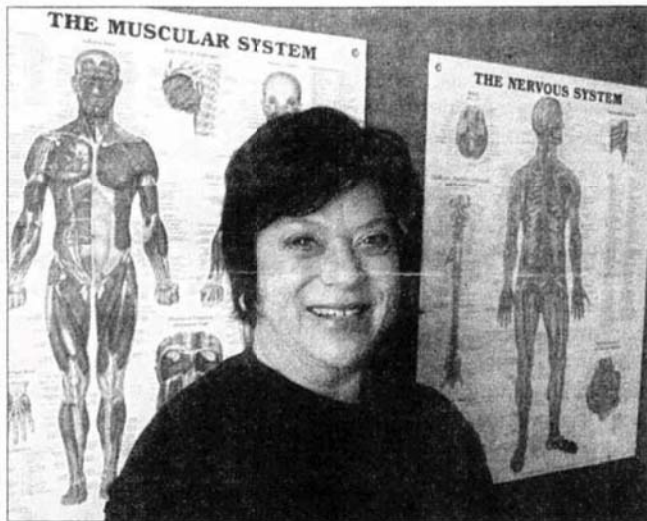
"I have the option of 120 different places to tap using [the body's] reflexes," explained Hanson.

"I would choose the ones I'm going to use on somebody, then I would do this gentle tapping on their body.

"What that does is it helps decrease the pain. It's very gentle, non-invasive and quick."

Hanson, who leases space from Anytime Fitness on Woodbury Drive and operates under the name Advanced TherEx Rehab, has been working in physical therapy for 37 years.

She says she was spurred on to investigate the potential of



STAFF PHOTO BY LOUISE ERNEWEIN

**Jan Hanson operates Advanced TherEx Rehab of Woodbury. Among the services her business offers is a procedure called "primal reflex release technique."**

PRRT after realizing that many of the existing physical therapies were not helping patients suffering from chronic pain.

Although even Hanson admits no one is entirely sure just how the technique functions, it basically works by targeting the body's autonomic nervous system, which goes into overdrive when someone is experiencing chronic pain.

"We use the reflexes of the body to influence the autonomic nervous system," she added.

One of Hanson's patients, who describes herself as a thoroughly satisfied customer, is Woodbury resident Tanni Misra.

She visited Hanson appealing for help with her carpal tunnel syndrome, which had afflicted her over the last nine to 10 years.

### My experience

Jan Hanson gave me a quick demonstration of the techniques she uses on patients.

She concentrated on my neck, which has suffered off and on ever since a horseback riding accident 11 years ago.

It wasn't simply tapping that she did, rather she used a series of movements involving relatively gentle pressure, brushing motions — and, of course, some tapping.

One of the techniques she used involved getting me to put my tongue between my teeth and lips while she exerted a gentle pressure upwards on my jaw. Yet another saw Hanson using a series of light, brushing strokes around my eyes, which felt as though she was trying to uncover my face from under a heap of sand or dirt.

My neck certainly felt a little looser after her demonstration, although I can't speak for any long-term effectiveness of the technique.

—Louise Ernewein

"I had gone to the hand surgeon, and he said there was nothing else he could do but set up a time for me to have surgery," she recalled.

"I asked what was the rate of success with the surgery and he said it was a 10 percent chance of success."

Not wishing to elect for a surgery with such a small chance of success, Misra turned to Hanson, and says since her course of treatment, she is now free from pain.

"I couldn't drive, I couldn't even eat without pain — after two minutes my hand would go numb and have tingling feelings," said Misra. "Now, if anyone in my family or any of my friends have pain, I recommend them to go to Jan [Hanson]. It's so effective."

For more information on PRRT and Advanced TherEx Rehab, log on to [www.advancedtherexrehab.com](http://www.advancedtherexrehab.com) or call (651) 501-2010.

### PRRT Facts

- Sessions with Jan Hanson are covered by insurance as they fall into the category of physical therapy. Private patients can expect to pay \$100 for an hour-long session.

- PRRT claims to be clinically proven to reduce pain by 50 percent or more, even on a patient's first visit.

- John Iams, inventor of the technique, describes PRRT as being similar to a doctor using a reflex hammer to elicit a "knee jerk."

- Iams claims PRRT could be used in the treatment of veterans suffering from post traumatic stress disorder.

- Visit [www.theprrt.com](http://www.theprrt.com) for more information on Iams and his development of the technique.