

## Local Professional

### Sagewood Wellness Center

**Maria Martos is Dana Point's Neuromuscular Therapist**

Maria Martos, Certified Neuromuscular Therapist and founder of Sagewood Wellness Center in Dana Point, says "I find a great deal of personal satisfaction in helping people heal from pain and improve the quality of their lives. My studies in Neuromuscular Therapy and Clinical Sports Massage have given me the knowledge and skills to accomplish this".

Through the use of Neuromuscular Therapy (NMT), Maria helps people eliminate pain from a number of conditions such as headaches, backaches, shoulder, hip and knee pain, tennis and golf elbow, and TMJ Syndrome. She also works with athletes to help them improve their athletic performance by creating comprehensive programs which are designed to help them avoid pain and support them in reaching their goals.

NMT is a form of specialized treatment that centers on soft-tissue therapy and stretching to relieve pain. This manual therapy focuses on correcting imbalances between the nervous, skeletal and muscular systems. NMT can be used on people of all ages to treat chronic, severe, or minor pain. It is also used for injury rehabilitation and prevention.

"My approach is comprehensive. When I treat someone, I look at all areas of their life. I not only evaluate the cause of the pain, I also help them modify behavior and repetitive activities that may be contributing to their problem."

One of Maria's clients, Peggy Eckroth, a San Clemente resident, had been a runner a good portion of her life. While training for a half marathon when she was 55 years old she began to experience significant pain in her hip, down the side of her leg and into her knee. "The pain was so bad," she said, "I couldn't even sit in my car. It felt like I was sitting on a rock as big as my fist."

Eckroth began seeing doctors for her pain; an orthopedist prescribed pain medication and advised her not to walk up hills. "I lived in Dana Point at that time. How was I not supposed to walk up hills in Dana Point?" she asked.

Unsatisfied with her diagnosis, Eckroth went to yet another physician, who referred her to Maria at Sagewood Wellness Center. "Maria took the time to do an evaluation of my condition. After receiving NMT from Maria for a couple of weeks, I felt substantial relief from my pain. As a result of additional therapy provided by Sagewood Wellness Center, I no longer have any pain. I hike regularly and practice yoga three to four times a week," she said, "and when I turned 60, I climbed Mount Shasta. But I couldn't have done it without Maria's help."

After 13 successful years operating Sagewood, Maria Martos is looking to expand and broaden the reach of her healing. She says, "There are so many people out there who need my help. However, they don't find their way to my office because they are convinced that there is no solution to their condition and believe that they have to live with their pain. They live their lives masking their pain with medication instead of treating their condition to eliminate the cause. Part of my commitment is to educate people to the fact that in most cases, they do not have to live with their pain."

At Sagewood Wellness Center, Martos' mission is "to provide quality care, supported by the highest standards of education, training, and credentials." There is a dedication to "healing, health and wellness, while honoring the spirit within and respecting each person's humanity and individuality."

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