

# Ortho-Bionomy is Gentle and Effective



Working with the whole person, together we fine tune positions of comfort, allowing your body to relax, unwind, and release, restoring balance & creating a feeling of over-all wellness.

## Engaging the Body's Natural Desire to Heal

Ortho-Bionomy can bring you back into balance by relaxing muscles and spasms and allowing the bones to return to their normal position without force. Using this safe supportive noninvasive modality, we engage the body's innate self correcting mechanisms and desire to heal.

## Release Pain, Gain Flexibility and Range of Motion

Results from sessions tend to be long lasting and accumulative.

## Ortho-Bionomy addresses all parts of the body from head to toe.

Acute and chronic injuries  
Back and neck  
Shoulders, knees, hands and feet  
Sciatica  
Stress and stiffness  
Women's care / uterine balancing  
Great for everyone including children and the elderly

*I am a 69 year old carpenter/builder. Last year I fell from a ladder and was diagnosed with compression fracture of my L1 vertebra, a broken pelvis and two cracked vertebrae. I wore a brace for a prescribed time but still had a lot of pain. I had previous experience with OB which was very beneficial and was hopeful it would help so I contacted Erin to schedule treatment. Erin did a session which consisted of gentle body movement and placement, that was so pleasant that I found myself doubting it would help. When the session ended I was surprised to find myself exhausted and also pain free for the first time in months. I could walk unassisted again and was overjoyed! I appreciated Erin's professional approach and firm but gentle healing touch. ~ In gratitude, Mallory Sanford*



## Erin Quinlan

Ortho-Bionomy and Reiki

Serving the community as a healing arts practitioner for 11 years.

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