

# Patient Companion



*Clear Passage*

Physical Therapy • Physiotherapy

*Hands-On Care with Proven Results*

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# Welcome to Clear Passage

Thank you for choosing Clear Passage to help you reach your goals. We strive to provide true, personalized attention during the therapeutic process and trust that your experience will be both healing and educational.

This *Patient Companion* has been created to serve as a reference book. Designed to help guide you through the process of being treated at Clear Passage, it should assist you in planning your trip, understanding our technique, preparing for therapy and provide suggestions for when you return home.

With our best wishes for excellent health,

**Belinda Wurn, P.T.**  
National Director of Services

**Larry Wurn, LMT**  
President and CEO

## Meet the Wurns

**Belinda Wurn** is National Director of Services for Clear Passage. She co-developed the Wurn Technique<sup>®</sup>, a manual non-surgical treatment for deforming and decreasing adhesions.

Belinda has more than 30 years of experience as a physical therapist. She graduated summa cum laude with a B.S. in physical therapy from the University of Florida in 1975. She is a member of the American Society for Reproductive Medicine (ASRM) and the American Physical Therapy Association (APTA), and specializes in women's health issues.



Belinda studied with some of the finest therapists, physicians and osteopaths in the U.S. and Europe before developing her unique work. She has provided over 45,000 hours of therapy treatments to patients with pain, infertility and sexual dysfunction, and has completed extensive post-graduate training.

**Larry Wurn** is CEO of Clear Passage. He co-developed the Wurn Technique<sup>®</sup>, a non-surgical treatment for pain, female infertility and sexual dysfunction, with his wife Belinda.



Larry is a graduate of San Francisco State University (BS in English, 1972) and the Florida Institute of Natural Health (LMT, 1990). He is a member of the American Society for Reproductive Medicine (ASRM) and is certified by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).

Larry has taken more than 50 courses of continuing education after licensure and has more than 1,600 hours of manual therapy and specialized post-graduate courses. He has performed over 30,000 hours of manual treatments.

The Wurns have co-authored several pioneering studies regarding using (non-surgical) manual therapy to treat pain, women's sexual health and infertility. This research has been published in a number of peer-reviewed medical journals, including *Medscape General Medicine*, the *Journal of Endometriosis* and *Alternative Therapies in Health and Medicine*.

# The History of Clear Passage

In 1984, following a diagnosis of cervical cancer, Belinda Wurn, PT underwent surgery and intensive internal and external radiation therapy. Though she survived the cancer, her pelvic organs were left severely adhered, allowing nothing in her pelvis to move normally. Her 'frozen pelvis' caused her significant pain.

Finding that conventional medicine offered little relief, Belinda's lifelong friend and husband, Larry Wurn, LMT helped search for alternative options to relieve her debilitating symptoms. Together, they searched among physicians and physical therapists throughout the U.S. and abroad for an alternative to additional surgery.

After taking many courses in manual therapy techniques, Belinda began experiencing the first hope of relief for her pain. The Wurns' curiosity turned into passion. They developed and refined their ability to palpate and treat restricted areas in the body, leading to the development of their own techniques to treat chronic pain and other pelvic pain conditions.

From this uniquely comprehensive foundation of manual therapy techniques, a remarkable discovery was made. In 1990, a female patient attending therapy with the Wurns for pain in her back and pelvis reported she was quite surprised to become pregnant. She stated both of her fallopian tubes had been blocked for seven years. Next, a physician friend of the Wurns referred two women who were experiencing infertility. They also became pregnant after treatment. All three of these women went on to deliver healthy babies.

The physician then asked the Wurns if they could help his wife who had been infertile for 12 years. She was 41, with one fallopian tube remaining and it was totally blocked. Her history also included severe endometriosis, multiple ovarian cysts and adhesions from several invasive surgeries to try to help her pain and fertility. The Wurns agreed to try. The physician and his wife were quite surprised when she conceived after therapy. Nine months later, she gave birth naturally to a beautiful little girl.

The Wurns knew they had to investigate further. A local gynecologist urged them to conduct clinical research to validate the effectiveness of their work. Local hospital Chief of Staff, a gynecologist with significant research background proposed a clinical trial where the Wurns would perform therapy on a woman whose tubes were scientifically proven to be totally blocked. Then another dye test would be performed.

The physician referred her most complicated patient for treatment. Her pelvis was so adhered that she was diagnosed with 'frozen pelvis,' like Belinda had once been. Her reproductive organs were "stuck together" and both of her tubes were totally blocked. The patient had even undergone laparoscopy and laparotomy (unsuccessfully) to open her tubes. This trial showed the Wurns' therapy to be effective in opening one tube completely and the dye moved measurably further through the other tube during a subsequent HSG (dye test).

That case study was remarkable. It was the first scientific proof that the Wurns' therapy could decrease adhesions and open blocked fallopian tubes - without surgery. Clear Passage was born. The Wurns, together with a professional researcher from the U.S. National Institutes of Health (NIH), went on to publish research in peer-reviewed medical journals. They have had several abstracts accepted for presentation at a major gynecology conference. Today, a number of physicians and PhD researchers have joined the Clear Passage team.

# Treatment Philosophy

Our philosophy of treatment is to offer the finest individualized manual therapy available in the world. We believe in treating the whole body/person/mind, due to the interrelated relationships and functions of the fascial system.

***“I feel like my doctor doesn’t have time for me...”  
“Sometimes, I wonder if my doctor is really listening to me...”***

We hear these statements from our patients so often -- too often in a society which purports to provide the best health care in the world. Due to the constraints of managed care and the rush to see more patients, physicians often do not have the time to truly listen to their patients. We believe that this is a great injustice.

In contrast, we know that we must listen deeply to what our patients tell us. When we listen well, our patients often tell us exactly what is wrong and how to help them.

## **The patient is an expert; the therapist’s job is to listen and follow**

Your participation is invited throughout the treatment process. We have learned that most patients seem to have an intuitive sense about what their body needs. As you have been in your body for several decades, you have extensive knowledge of what your body has experienced during your lifetime. Therefore, we regard all patients as experts in their case. We encourage and incorporate your deductions and feelings about your body throughout the therapy process.

During your Initial Evaluation, we begin listening to you with our ears and intellects. Then, we listen to your body with our hands, feeling the tension patterns to determine what is moving properly and what areas are restricted, adhered, inflamed or irritated.

To augment this information, we also listen with our intuition. For us, intuition is a sum of our deductive and sensory reasoning added to your personal insight. Because our bodies are more than a set of plumbing and electrical impulses, we have learned to unite our strict clinical protocols with a level of listening to the patient that extends far beyond the mere scientific gathering of data.

This approach provides us with a sense of what is and what is not functioning properly in your body, allowing us to find physical restrictions and asymmetries indicating the presence of adhesions. At times, there may also be an emotional component that needs to be resolved. We always meet you exactly “where you are” in your life, without judgment, as we assist you in reaching your goals. The summary of all of the above leads us directly into our treatment plan.

The approach of wholly listening to our patients makes therapy similar to solving an unfolding mystery. Together as we unravel layers of pain, adhesions and dysfunction, we expose the harmonious, symmetrical, functional and pain-free individual within. Your therapy is specifically tailored to your history and present condition.

## **We differ significantly from other medical approaches.**

We offer a very different approach from most patients' experiences with their doctors. In the typical medical model, the patient is sometimes regarded as an assemblage of plumbing and wiring that needs to be fixed. When health care practitioners do not listen to patients, they may lack some of the most important information available.

In our treatment model, we regard you as an expert and invite you to share your extensive, intimate, expert knowledge of your body with us. We explain our work to you and encourage you to be an active participant in your own recovery. Your input is invaluable and adds greatly to the results of the treatment process. When we listen deeply and follow the tissues, the results are very personal, individualized and often extraordinary.

# **Clear Passage Philosophies**

#1: We treat the whole body, person and mind

#2: Healing takes time

#3: The patient is an expert in their own body

# Treatment Overview

From your first visit, we perform specialized manual 'hands-on' therapy to treat the causes of your pain or dysfunction. We feel it important to address the body as a whole, rather than in parts, to:

- significantly decrease or totally eliminate pain
- improve mobility and flexibility
- improve circulation
- improve bodily functions
- restore balance and functional ability
- improve postural asymmetries or deviations

The primary goals of the Wurn Technique® are to improve structural mobility, balance, tone and function, and to decrease pain by breaking up collagenous cross-links that can form anywhere in the body (body cavities, organs, joints, soft tissues, etc.) We begin with a thorough physical evaluation of your body, reviewing your lifetime medical history and current complaints to create a personalized and comprehensive treatment plan. We then use our hands to apply a gentle, sustained, specific stretch to restricted or adhered areas throughout the entire musculoskeletal and viscerofascial structures until we feel the tensions release. Our goal is to restore mobility and symmetry throughout the body.

**Our primary therapy focus is treating adhesions affecting the soft tissues of the entire body:**

- the fascia, the connective tissue that separates and supports all of the body structures, and is the body's main shock absorber
- the muscles, which help us move
- the organs, which help us function
- the nerves, which alert us to problems through pain
- the ligaments, which connect bone to bone, and
- the tendons, which connect muscles to bone.

Our intent is to decrease adhesions in and around the organs, ligaments, muscles, joints and support structures of your pelvis, abdomen, pelvic floor, hips, lower back and coccyx (tailbone). In fact, we may treat anywhere in your body where the biomechanical balance and function are being compromised by adhesions and restricted myofascial or viscerofascial mobility.

Patients usually report positive changes within the first few hours of therapy. Most state that their muscles, abdomen and pelvis feel looser, and that they are moving with an enhanced ability to move more freely and easily during functional daily activities. They also report feeling that they can stand straighter and take much deeper breaths.

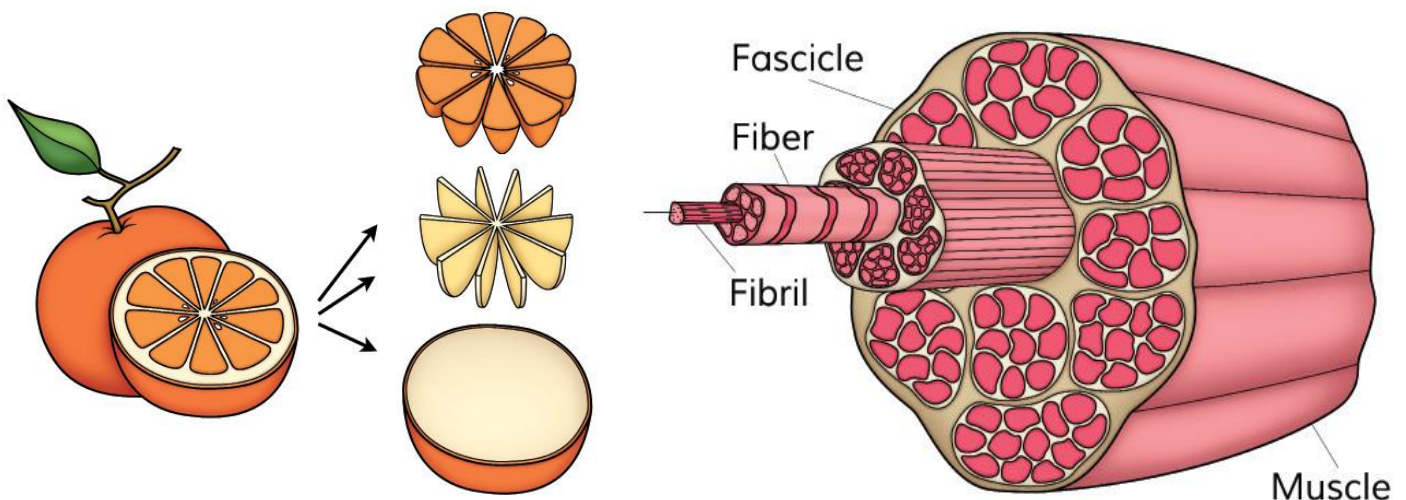
As pain decreases and function begins to return, we educate patients in a lifelong preventive and restorative program to maintain and improve their flexibility, strength, lifting ability and endurance levels. Patients generally report enhanced personal and professional life, performance and well-being. Our goal is to return our patients to active, productive and enjoyable lifestyles.

# Understanding Fascia

The musculoskeletal system consists of muscles, ligaments, tendons, bones and fascia( connective tissue). It is the main consumer of body energy and comprises 60% of the mass of the body.

The connective tissue, or fascia, is a tough, complex three-dimensional fibrous mesh web that runs from head to toe and has a tremendous influence throughout the body. The fascia suspends, surrounds, supports and separates every muscle, bone, organ, nerve and vessel down to the cellular level. This fascial weave comprises 16% of a person's body weight and stores 23% of the body's total water content. The fascia gives support, stability, structure and organization to the body, while allowing flexibility, mobility and plasticity (ability to be molded) of all of the anatomical structures. It helps the body to oppose both internal and external mechanical stresses.

The fascia divides the body's tissues and organs into different compartments (like inside an orange).



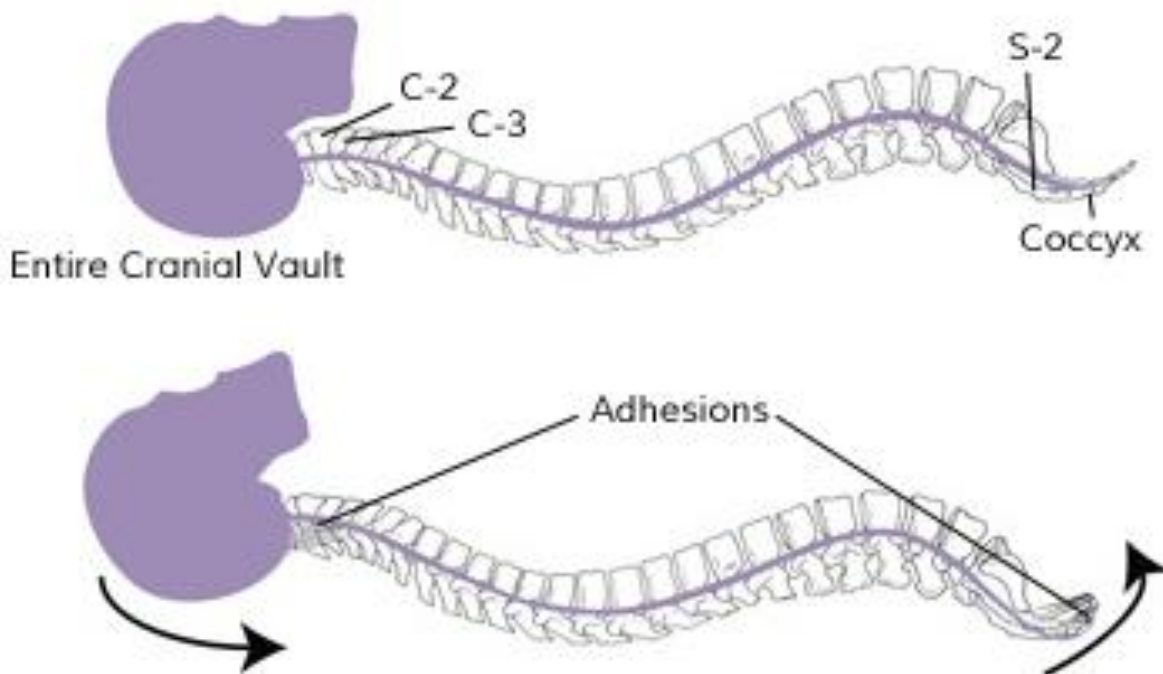
The fascia consists of three layers: the superficial fascia, the deep fascia and the dura mater. The superficial fascia consists of loosely knit connective tissue that attaches directly beneath the skin, and is connected to the muscles and joints. This fascial layer allows movement of the skin in many directions over the deeper structures, allowing enough space for the accumulation of fluid. It can stretch in any direction and is able to adjust quickly to various strains.

The deep fascia is more dense, tough and tight as it compartmentalizes the body. It surrounds, supports, separates and protects the muscles, organs, bones, blood vessels and nerves, and contributes greatly to the shape and function of the body. The deep fascia is very strong yet resilient. When placed under abnormal strains or tensions, it can become quite restrictive, acting like a straitjacket to the structures it contains.

The dura mater, the deepest fascial layer, surrounds and protects the central nervous system (brain and spinal cord), and lines the skull. The spinal dura is a hollow cylinder that extends from the base of the skull to the sacrum (the lower back). It has strong attachments to the base of the skull, the upper cervical (neck) vertebrae, the sacrum and the coccyx. Within the skull, the dura mater supports and surrounds the brain.

Due to the interconnectedness of the fascial system with all of the other body structures, any changes in tension due to postural imbalance, gravitational pull, surgery, trauma or inflammatory processes can affect connective tissue tensions and mobility throughout the body.

### Points of attachment of Dura to Bone



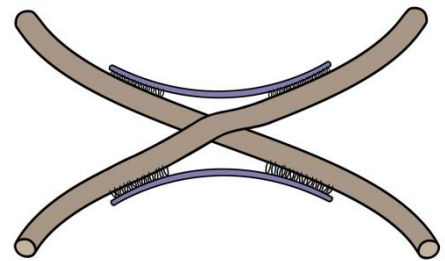
# Adhesion Formation and Deformation

Adhesions can form anywhere in the body. Elastocollagenous cross-links (where the collagen and elastin fibers cross over each other) are the building blocks of adhesions.

The adhesions form in response to the inflammation, restricted blood flow, disorganization and damage to the cellular architecture of tissues associated with surgical procedures and other traumas or inflammation. Minor adhesions are often limited and absorbed within a few days.

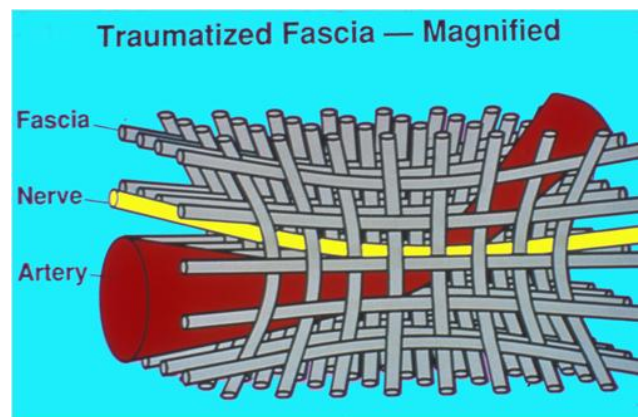
Adhesions can be tough and wiry, or filmy and thin. They may be large enough to be seen by diagnostic tests, or so small that they are microscopic. Either way, they can exert tremendous tensile forces in the areas where they form.

Adhesions and cross-links remain in our bodies long after the original inflammation or trauma has healed. They may adhere injured tissues to pain-sensitive structures, causing pain, or to neighboring structures, causing dysfunctions. Pain associated with adhesions often does not begin until one to three months, or more, after surgery or tissue injury. The pain and dysfunction are caused by adhesion formation and the ensuing restricted mobility, contraction and mechanical shortening of the soft tissues. Thus, the healing process can actually create more mechanical irritation and more cross-linking of collagen fibers, perpetuating the cycle of adhesion formation.



The fascia is a three-dimensional continuous weave of connective tissue that runs from head to toe, and from front to back. As a result, excess tension on one corner of this connective tissue web will exert a pull throughout the structure affecting the organs, muscles, bones, nerves, blood vessels and glands. Fascial restrictions can seriously interfere with the proper functioning of the organs and with the distribution of body fluids. Reduction or elimination of these restrictions is an important part of our manual therapeutic techniques.

When adhesions attach to delicate internal tissues and organs, they can pull on sensitive structures causing pain and decreased function with every step and breath we take. Tiny micro-adhesions can cause so-called 'mystery pain' which is difficult to diagnose. We can assume their presence from looking at our patients' surgical, medical and trauma histories. As the body has no natural way to dissolve them, they are permanent byproducts of healing, a glue that binds our delicate internal structures together. While attempting to resolve the symptoms you may be experiencing, the pain and dysfunction caused by adhesions can become chronic and frustrating.

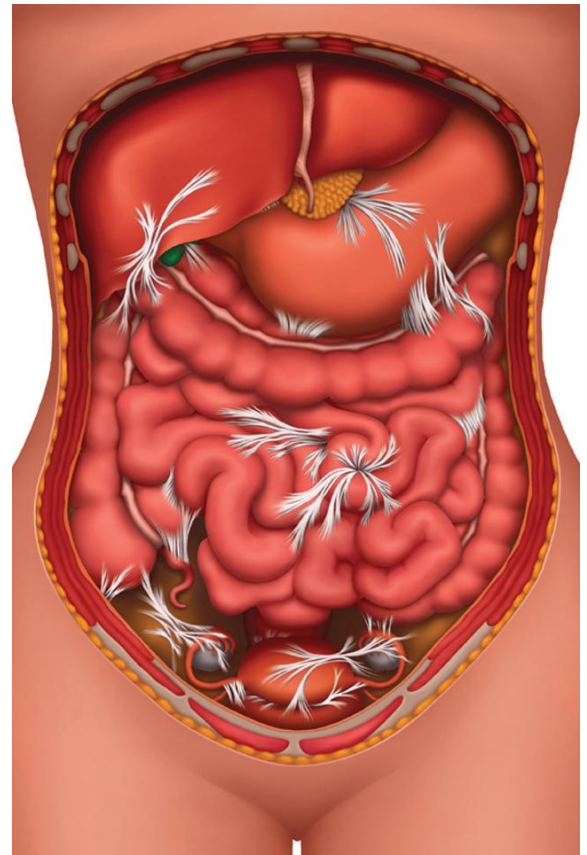


Surgery is a primary cause of adhesions. Extensive fibrous adhesions are a major cause of post-operative complications; they can be a significant factor in many cases of infertility, intestinal obstruction and chronic pelvic pain. Data from a 1995 study suggests that 67% to 93% of patients will develop adhesions following open abdominal surgery (most involve adherence of the omentum to the anterior abdominal wall). Furthermore, 55% to 100% of patients will develop adhesions following open gynecologic surgery. Chronic pelvic pain accounts for 10% of all office visits to a gynecologist and for more than 40% of laparoscopies performed by gynecologists. Researchers found pathologic changes in 89% of women undergoing laparoscopy for pelvic pain. They reported that adhesions that tightly bound adjacent organs together were the probable cause of the pain.

Surgery can save lives, but preventing adhesions from forming as a natural part of the healing process is nearly impossible. Many surgical procedures are performed to remove adhesions, using a laser to burn them, or a scalpel to cut out any adhered tissues and structures out. While some surgeries may decrease pain or improve function temporarily, the body has to heal from the most recent surgical trauma. Thus, new adhesion formation is a natural byproduct of the healing process from the very surgery intended to decrease adhesions.

We discover undiagnosed adhesions by using advanced palpation skills. We recognize how the organs are supposed to move; there should be mobility and easy movement in most directions for all of the pelvic and abdominal organs. When the organs are unable to move freely, they are usually being pulled on or restricted by something adhered to them in one or more areas. This decreases organs' ability to function efficiently and can cause pain at the adhered site -- or even cause referred pain to other areas. Medical treatment for abdominal or pelvic pain usually involves drugs or surgery. Drugs can decrease pain, but they do little to address the actual cause of the dysfunction or problem. In addition, many drugs have unwelcome side effects.

Clear Passage therapists work methodically to break up adhesions, eliminate pain and increase function gently, naturally and permanently. Based on our clinical data, positive effects from the therapy appear to last for years. The data indicates our work may be very effective alone, or in concert with your physician's medical and pharmaceutical treatment.



# What to Know Before Treatment

## **Statement of Disclosure**

Like virtually all health care procedures, the results of this treatment cannot be guaranteed. Every person is a unique individual and, as such, every individual body responds differently. While Clear Passage has published multiple studies and continues to conduct promising clinical research, please understand that we cannot guarantee your results.

## **Will therapy hurt?**

Our work creates structural changes in order to create more functional movement throughout your body. While the pressure we use with our hands is often gentle, it can result in profound changes deep within your body. With firmer pressures, patients typically report experiencing a temporary stretching or burning sensation. They often refer to it as a “good hurt,” saying they can tell it is what their body needs. We maintain communication to ensure that we remain well within the patient’s tolerance level at all times.

## **Will I get sore?**

Most people do very well after treatment and find that our therapy is helping to reduce or resolve many different symptoms throughout their entire body. Some patients report temporary soreness.

If you experience the latter, you may soak in a luke-warm bath with one to two cups of Epsom salts. When magnesium sulfate (found in Epsom salt) is absorbed through the skin, such as in a bath, it draws toxins from the body, sedates the nervous system, relaxes muscles and acts a natural emollient. Alternately, for pain in your neck, back or extremities, you may ice the area for 20 to 30 minutes every hour. For pain in the abdomen, apply heat (moist heat, heating pad, water bottle) to the area for 20-30 minutes every hour.

When you return for your next session(s), we will use techniques that should calm the sore areas.

## **Medical records**

Please provide, in advance, all medical records including but not limited to typed surgical, radiological, diagnostic and blood testing reports, as well as physician office notes. These records can be helpful in corroborating what we feel is going on inside your body. Your most recent test results are most valuable, but even reports that are several years old can tell us a lot. Please organize paperwork in date order.

- **Physician referral requirements (U.S. patients)**  
Depending on your state law, we may require a physician referral for physical therapy. Our therapists cannot provide treatment without physician referral in those states.
- Some states may not require a physician referral, though we encourage you to inquire regarding your insurance requirements.

## **Flying After Therapy**

Perhaps due to pressure changes in airplanes, about 10% of patients report difficulty when flying immediately after therapy. We suggest these patients not fly for 24 hours after 20 hours of therapy or for 48 hours after 30+ therapy hours.

# What to Bring with You

## **Walking shoes**

We recommend a 30-minute walk after each therapy session to allow your body to assimilate the new information it receives during therapy (decreased restrictions, increased mobility, improved gait, etc.) Low heel walking shoes are the best choice. Performance of any other exercise regimens must be discussed with your therapist.

## **Picture ID**

Upon arrival, we will request to copy a valid Driver's License, ID card or Passport for your chart.

## **Comfortable clothing**

You may wish to wear clothing that is easy to change in and out of. At each session, we will provide you with a knee-length paper gown to keep you appropriately covered during evaluation and therapy.

## **Loose fitting under garments**

Please wear loose fitting undergarments, as tightly fitting garments and elastic bands make it difficult for the therapist to palpate the subtle tensions in your tissues. Gentlemen, please wear boxers to therapy.

## **No lotion**

Please do not apply body lotion to your skin prior to therapy. Lotion hinders the therapists' ability to effectively stretch tissues, unless applied in the evening.

## **Lightly trim**

For women attending with pelvic conditions, lightly trimmed pubic hair may make it more comfortable for you during assessment and treatment.

## **Medications (prescription and over the counter)**

Any medications that you currently take on a regular basis should be taken regularly as prescribed. Any medications that you take on an as-needed basis should be discussed with your therapist.

## **Water**

We ask that you do your best to drink 64 ounces, or half your body weight in ounces, of water daily.

# During Treatment

Most patients say they find treatment sessions informative and relaxing. All members of our staff are sensitive to your physical and emotional comfort, and we respect your privacy. We perform all therapy in private treatment rooms. Each session includes 10 to 15 minutes for clinical documentation, therapy-related communications and room change.

Your therapists will discuss with you any adhered or restricted tissues or areas that we detect throughout your body and treat those areas each day. We will also advise you regarding changes we feel as therapy progresses. Your feedback is valuable information. Please interrupt us at any time to let us know what you

are feeling physically or emotionally. As the adhesions begin to diminish, your pain will begin to lessen and function will begin to improve.

### **Internal treatment**

We have found that combining internal and external assessment and treatment is much more effective than external assessment and treatment alone in order to resolve abdominal and pelvic pain and dysfunction. Physical therapists have been treating patients internally for urinary incontinence and pelvic pain since 1975. The Women's Health section of the American Physical Therapy Association (APTA) regularly teaches and endorses courses in internal assessment and treatment of pelvic floor dysfunctions.

Depending on your medical history, your evaluating therapist may suggest vaginal or rectal assessment to locate tissues that are tender, tight, inflamed, irritated or restricted. As with any part of your evaluation or therapy, we will communicate the basis for suggesting this option and you may accept or decline this component of your care.

With your approval, using non-latex gloves and "environment-friendly" lubricant, we treat any adhered or restricted tissues and structures within the vagina or rectum, as indicated. You can expect to feel some pressure with internal treatment and sometimes tenderness, which will improve as we restore mobility to these tissues. Your therapist will always remain within your tolerance level during therapy and, upon your request, will stop at any point in the treatment.

### **Emotional response to treatment**

Research suggests that memory is stored not only in the brain, but also in the soft tissues of the body. Our experience shows that when we are traumatized (physically, mentally, sexually, emotionally or spiritually), it is an emotional experience and we react to the trauma. As a protective mechanism, the body keeps the memory of the trauma below our conscious level, so we 'forget' about it.

When we treat the areas of the body that were traumatized, or when a body part is put into the position it was in during the trauma, hidden memories that were associated with the trauma come up to the level of our conscious mind. This allows us to understand information stored in our subconscious memory, release these emotions, and allow our bodies to heal. Thus, becoming emotional, sad, angry or melancholy within 24 to 48 hours after treatment is a perfectly normal reaction.

We feel that symptoms and/or pain associated with adhered and restricted areas of your body are released with the physical release of the tissues. This allows you to free emotions that have been held deep within -- emotions you may have forgotten.

At Clear Passage, you are in a safe environment. We encourage you to give yourself permission to let out any negative emotions that may come up during your treatment. Take a pillow and hit, yell or cry into it. Our bodies seem to heal better and more quickly if we can release any emotions that come up during or following therapy.

***"Healing can occur in the person only when we allow ourselves to feel, express, and release emotions from the past that we have suppressed or tried to forget."***

**- Christiane Northrup, M.D.  
Author of "Women's Bodies, Women's Wisdom"**

# What to Do After Treatment

## After Each Session

**Immediately after therapy, we suggest that you walk for 20 to 30 minutes.** We feel this provides neuromuscular re-education, re-establishes mobility in previously restricted areas, increases blood flow, and reinforces increased range of motion achieved during treatment. Alternatively, you may swim (make sure you kick with your legs) or walk in water.

**Your body has had to compensate in order to move and function.** During your therapy, we impose structural changes in your body as we free up restrictions in the tissues. The body will need time to assimilate these changes. We ask you to take it easy and avoid strenuous exercise for at least 48 hours after any therapy sessions, especially high-impact activities.

**Drink plenty of water.** At least 6 to 8 glasses daily throughout the day, not all at once and preferably not right before bedtime. As therapy breaks up adhesions, metabolic waste products (lactic acid) are released into the body. This is the same substance that causes post-exercise soreness. Drinking water helps flush the lactic acid out of your body, minimizing post-treatment soreness.

**Listen to your body.** Treatment can provoke many responses. Please pay attention to everything you experience between treatments and communicate this important information to your therapist. Responses can include fatigue and/or decreased appetite. Follow your body's wisdom and respond appropriately (e.g. lie down and rest if tired, eat a smaller lunch, etc.)

**Soreness.** There are several options for managing soreness you experience, including:

- Epsom salt bath or compress
- natural anti-inflammatories, e.g. ginger, turmeric, etc.
- over the counter pain medications like ibuprofen or Tylenol
- any prescription medications you already take for pain

Be sure to drink plenty of water and walk (or swim) after each session to help with soreness.

## After Returning Home

**Do not expect immediate results - healing takes time.** You may continue to notice changes in your body over the weeks and months following therapy. Please contact us with any questions or concerns. We remain available for you.

*Do not stop taking any of your prescription medications or over-the-counter medications without first consulting your physician.*

**Continue self-help suggestions:**

- Stretch, exercise and perform self-treatment techniques regularly as recommended by your therapist.
- Maintain recommended water intake
- Walk regularly

**Feel free to investigate alternatives.** Our treatment appears to work well as a “stand-alone” treatment or as an adjunct to other therapies.

**Please stay in touch!** To assist the accuracy of our records, we may monitor your results for 36 months after treatment via emailed follow-up surveys and/or phone calls.

**Should I return for more treatment?** Some patients benefit from more therapy in addition to the usual 20 hour program. If you feel you have not fully met your goals, we encourage you to contact us to schedule a telephone consultation, at no charge, with one of our therapists.

If you have any questions regarding continuing care, please call us at 352-336-1433 or email [info@clearpassage.com](mailto:info@clearpassage.com).

### **What's New at Clear Passage?**

We will email newsletters to you to keep you updated on our new studies, locations and other Clear Passage news.

**Spread the word.** You can help many who still search for an alternative option to help them reach their goals by sharing your Clear Passage experience with your physician, friends and others.

You can also spread the word online through our Support Forum ([www.clearpassage.com/forums/](http://www.clearpassage.com/forums/)), or your own website or blog.

# Area Information

## Metro New York, NY

**Clinic Address:**  
280 North Central Ave, Suite 211  
Hartsdale, NY 10530

## Meet Your Therapist

### **Geri White, PT, DPT, WCS**

Geri has been a practicing physical therapist since 1988. She received specialized training in the evaluation and treatment of female and male pelvic floor muscle dysfunction through the American Physical Therapy Association (APTA) and numerous professional organizations. As well as receiving certification in the Wurn Technique and Clear Passage Approach to treat female infertility, small bowel obstruction and adhesion-related disorders, Geri is an APTA Board Certified Women's Health Clinical Specialist (WCS).



Geri is the first physical therapist in the state of New Jersey to achieve APTA Board Certification in Women's Health. Her specialties include chronic pain, adhesion-related disorders, and pelvic floor rehabilitation. Geri also has extensive experience in orthopedic physical therapy with an emphasis on manual physical therapy. Geri is licensed to practice in New Jersey and New York.

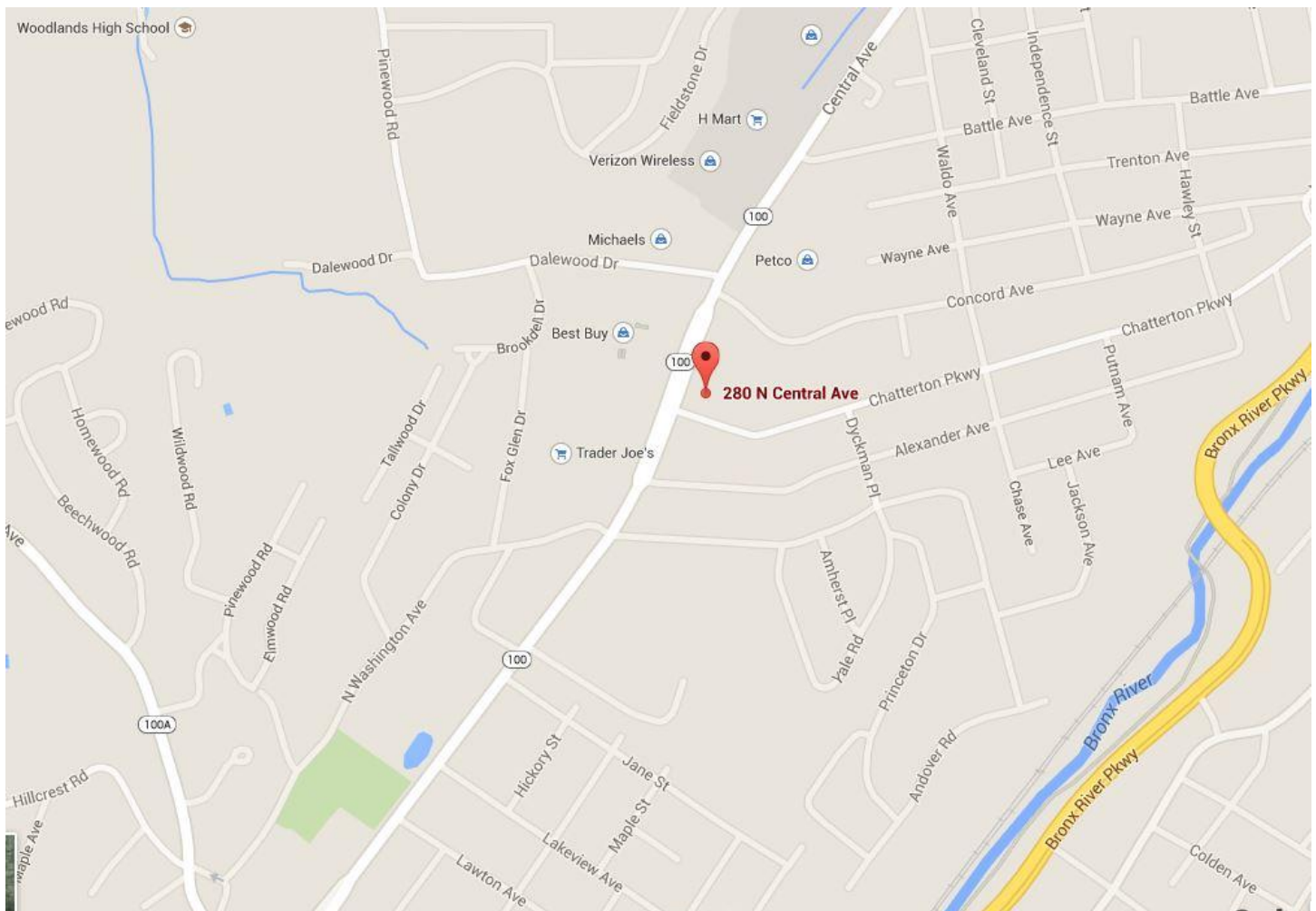
# Clinic Map & Directions

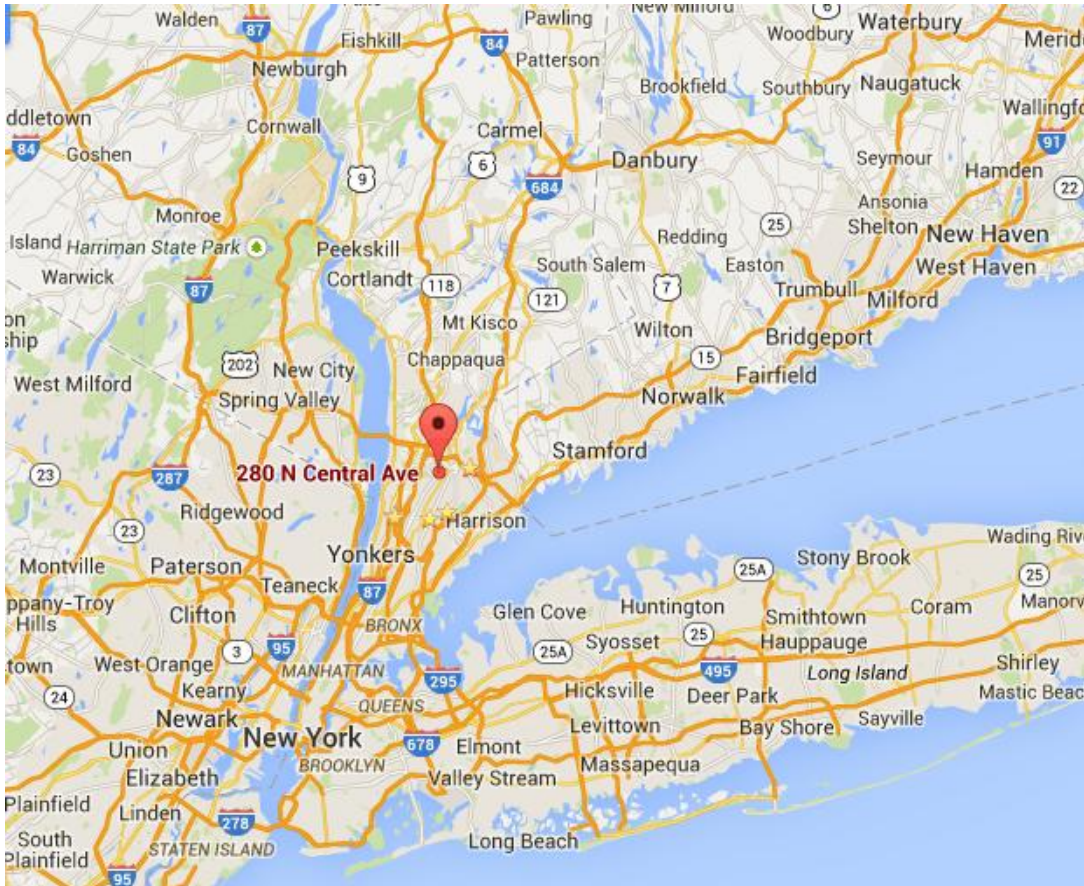
The Metro New York Clear Passage location is conveniently located 30 miles North of Midtown Manhattan, in Westchester County.

**Address:**

280 North Central Ave, Suite 211  
Hartsdale, NY 10530

Our office is located in the Fortune Building, on the corner of North Central Avenue and Chatterton Parkway. We are directly across from the Best Buy, Marshall's, and Trader Joe's shopping complex. We are in close proximity to Routes 287 & 87 and the Bronx River Parkway.





### **By Car**

280 N. Central Park Avenue is easily accessible from most major highways. To calculate driving distance and directions from your exact location, please visit: <http://www.hudsonvalleypt.com>

### **By Train**

Metro North provides frequent train service (35-40 minutes) from Grand Central Station, in Midtown Manhattan, to Hartsdale and White Plains train stations. These stations are a ten minute cab ride away.

For full Metro North train schedules, please visit: [www.mta.info/mnr](http://www.mta.info/mnr)

### **By Plane**

There are three major airports serving our Metro New York clinic region:

- Westchester County Airport (HPN) - 8 miles
- LaGuardia Airport (LGA) – 24 miles
- John F. Kennedy International (JFK) – 34 miles

# Hotels

For your convenience, Clear Passage has arranged preferred rates with two local hotel properties located less than three miles from our Metro New York clinic.

**Cambria Suites White Plains**

250 Main Street  
White Plains, New York, NY 10601  
914-681-0500 /888-714-5214, M-F 8am-8pm

Booking code: LCPT

<http://www.cambriasuites.com/ires/en-US/html/ArrivalInfo?hotel=NY547&srp=LCPT&pu=no>

**Halstead White Plains**

Furnished Quarters  
25 Martine Avenue  
White Plains, NY 10601

Rates for short term stay one bedroom suites range from \$150 - \$190.

Please contact Valentina Dedvukaj and mention you are a patient of Clear Passage Therapies.  
Direct 914-848-7431, ext 5004

<http://www.furnishedquarters.com/search-furnished-apartments.aspx#r=31,9,30&k=white%20plains>

Additional hotels conveniently located near to our Metro New York Clinic include:

**Crowne Plaza**

66 Hale Avenue  
White Plains, NY 10601  
844-252-5702

[www.cpwestchester.com](http://www.cpwestchester.com)

**Renaissance Westchester Hotel**

80 W Red Oak Ln  
White Plains, NY 10601  
914-694-5400

[www.marriott.com/hotels/travel/hpnsh](http://www.marriott.com/hotels/travel/hpnsh)

# Transportation

## Local Taxi/Bus Services

**Metro Taxi:** 914-328-2888

**Splendid Taxi:** 914-949-7333

**United Taxi Company:** 914-683-3886

**White Plains Taxi:** 914-949-0054

**Bee-Line Bus - Westchester County:**  
<http://transportation.westchestergov.com/>

## Airport Shuttle/Limo Services

**Westchester Express Limousines & Airport**

**Shuttle:** 866-914-6800

**Shuttle Me:** 844-877-4888

**Go Airport Shuttle:** 877-544-4646

**All County Express Air Shuttle:** 800-914-4223

## Car Rental Companies (located at the various local airports)

**Advantage:** 800-777-5500

**Alamo:** 877-222-9075

**Avis:** 800-331-2112

**Budget:** 800-527-0700

**Dollar:** 800-800-4000

**Enterprise:** 800-261-7331

**Europcar:** 877-940-6900

**Fox Rent a Car:** 800-225-4369

**Hertz:** 800-654-3131

**National:** 800-468-3334

**Payless:** 800-729-5377

**Simply Wheelz:** 888-999-9078

**Thrifty:** 800-367-2277

## Getting Around New York City

**Airport transportation in Manhattan to and from JFK and LaGuardia Airports:**

<http://www.nycairporter.com/>

**Getting around NYC:** <http://www.nycgo.com/articles/nyc-transportation-getting-around>

**Subway and buses:** <http://www.mta.info/>

**Grand Central terminal:** <http://www.grandcentralterminal.com/info/transportation>

**Guide to taxis in NYC:** <http://gonyc.about.com/a/taxi.htm>

# During Your Stay

There is much to do and see in the Metropolitan New York / Hudson Valley region. You will have a lot of free time between office visits. We recommend that you visit the following websites to learn more about the dining, recreation and entertainment options available in our area.

## **20 Ultimate Things to Do in New York City:**

<http://www.fodors.com/news/photos/20-new-york-city-must-dos#!1-intro>

## **New York Restaurants:**

<http://www.nyc.com/restaurants/>

## **Best New York Attractions:**

<http://www.10best.com/destinations/new-york/new-york/attractions/>

## **Arts, Culture and Entertainment:**

<http://www.nycgo.com/arts-culture-entertainment/>

## **Day trips from New York on the Metro-North train:**

<http://www.timeout.com/newyork/things-to-do/day-trips-from-new-york-on-the-metro-north-train>

## **Things to do in Westchester County, NY:**

<http://www.hvwebtv.com/westchesterevents.html>

## **Visit Westchester:**

[www.visitwestchesterny.com/index.php/things-to-do/events-calendars](http://www.visitwestchesterny.com/index.php/things-to-do/events-calendars)

***For additional recommendations, please ask your therapist or hotel concierge.***