



WHIPLASH TRAUMA



**By: Francesca
Graziano-Legrand**

Have you ever had a fender bender? Why do some people complain of headaches, neck and back pain, eye and ear disturbances, and other issues? Neck pain can be a result of injuries from any location in the body. Did you know that the force of a serious collision is equal to the weight of an elephant traveling in a car?

Because many times these injuries don't show up on conventional medical tests, the result is that they are hard for doctors to diagnose. When the doctor can't find anything to treat

and a person remains in pain, very often patients feel they are not being helped.

Traumas to the body can also trigger emotional reactions. As time goes on, aches and pains can develop in the accident victim and a great bodyworker can be of help. Finding an appropriate massage therapist who is also skilled in the use of CranioSacral therapy, SomatoEmotional release and in Visceral Manipulation for the nervous system can be a healing choice. The first step in identifying proper treatment is for the victim to understand that the body needs to release the trauma so that they can go back to living a healthy normal life.

For more information or for a complementary postural assessment, please contact Francesca at One Body by calling 617-738-2639. She will view your habits in standing and it's everyday effects. Since mutual comfort and rapport is

important to One Body, this allows people to meet Francesca and to ask any questions without obligation as you both assess your potential to work together.

One Body owner, Francesca Graziano-Legrand, recently re-opened her transformational bodywork practice in Coolidge Corner after 18 years of practice in Brookline and Boston. Her office, now located on the second floor at 1368 Beacon Street, suite 112, is equipped with the body support system to optimize postural support and enhance comfort while promoting deep relaxation during a massage. A nationally certified practitioner of Therapeutic massage and bodywork, Francesca is also a member of the American Massage Therapy Association.

Additional specialties include Zen Body-therapy and Zen Trigger-point Anatomy, as well as sports massage, vis-

ceral manipulation, craniosacral therapy and somato-emotional release techniques. Her background of 30 years of dance training lends to her skill in teaching movement re-education to her clients.

Graziano-Legrand has used massage therapeutically to help clients improve breathing and relieve pain as well as improving range of motion in joints related to over-use, injuries or accidents. She has recently studied practical integration of visceral manipulation as well as advanced visceral release techniques with the Upledger Institute and is skilled in using a variety of techniques to soften connective tissue and benefit the structural integrity of the entire body.

Graziano-Legrand calls her practice "One Body" because at birth each person is gifted with one body. She welcomes the challenge to use her skill and expertise to help others maintain that gift. Her approach includes offering complementary postural assessments to view an individual's habits

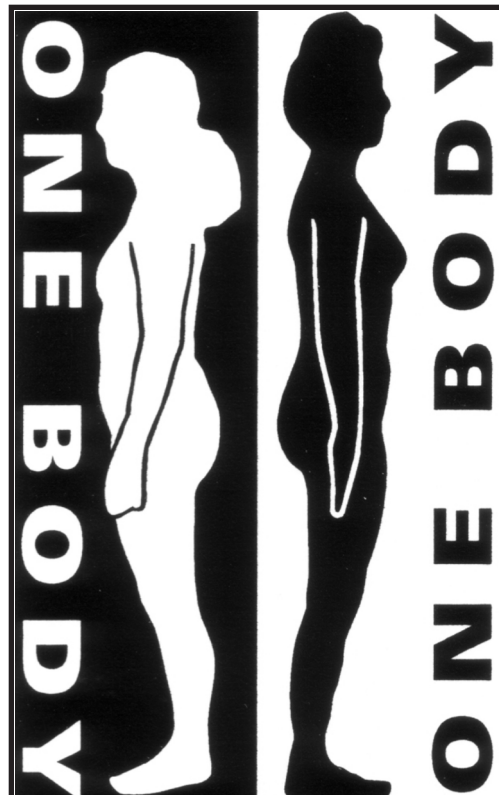
in standing and its everyday effects, while promoting an opportunity to develop mutual rapport without obligation.

For more information, call One Body at 617 738-2639 or e-mail at onebody1@verizon.net. One Body's goal is to uplift and transform people, one body at a time.


Descriptions and useful information about these therapies can be accessed at www.Upledger.com. Practitioners with these areas of expertise are listed in the International Association of Healthcare Practitioners website, www.iahp.com.

Testimonial
"Francesca has seen me through a trampoline accident where I straightened the cervical curve of my neck, as well as two whiplash car accidents. In all instances, where MRI's and neurological tests couldn't find the root of my issues, Francesca was able to and she used her talents to help my body heal. I would most likely be on many pain meds and unhappy today, if it weren't for her. I am eternally grateful to her."

~Sophia Stead



One Body
Transformational
bodywork and therapeutic
massage.



Uplifting and
transforming people,
One Body at a time.

617 738-2639

e-mail : onebody1@verizon.net.

1368 Beacon Street, suite 112
Brookline, MA 02446

Francesca Graziano-Legrand

