

Lisa A. Shelter, L.M.T.

With a passion to help people recover their health by restoring function and providing education, I have served patients, colleagues and other health care professionals for more than 29 years through my skills as a therapist, educator, research assistant, speaker, marketer, and successful business owner.

- **Myotherapist** - Attending to patients according to their cumulative health history, obtained through compassionate, analytical listening skills, I apply my unique therapeutic soft-tissue techniques to facilitate healing. I also enlist cooperative care with other healthcare professionals as an important component within the healing process.
- **Educator** - By sharing my knowledge and experience with patients, students, and professionals, I fulfill my deep sense of responsibility as a healthcare provider to assist in providing holistic care.
- **Business Owner and Operator** - I have owned and managed several successful businesses including massage therapy, organizational services, event planning, and other community projects. For the last 11 years, I have owned and operated Point by Point Myotherapy in Memphis, Tennessee

Professional Profile

- Compassionate yet professional approach
- Thorough understanding of human anatomy with its dynamic movement and function, both normal and abnormal
- Expertise in musculo-skeletal care with ability to identify specific soft tissue problems and initiate change
- Intuitive listening skills
- Ability to communicate with patients at their level of understanding yet go to a deeper level of expertise with other health care professionals
- Readily available for professional consultation and coordinating care for the benefit of the patient
- Excellent work ethic
- Superior organization skills
- Exemplary verbal communication and writing skills
- Confident public speaker and instructor
- Positive, enthusiastic attitude

Roles

- Massage Therapist
- Business Owner & Manager
- Soft Tissue Consultant for TMJ Therapy
- Seminar Planner & Coordinator
- Educator
- Curriculum Developer and consultant
- Guest Lecturer
- Marketing Consultant
- Chiropractic Assistant

Certifications

- Licensed Massage Therapist
- Certified Myoskeletal Therapist
- Certified HEMME (History, Examination, Manipulation, Modality, Exercise) Practitioner
- Radiology Certification
- Spinography Certification

Education & Training

- Extensive Continuing Education Units required to maintain licensure; documentation available for review upon request
- Licensed Massage Therapist - Tennessee Massage Licensure Board, State of Tennessee Department of Health, Health Related Boards, Nashville, TN - 1998
- Graduate - Southern Massage Institute, Collierville, TN. Fulfilled 500-hour program requirements in massage and bodywork, hydrotherapy, anatomy, physiology, massage techniques including Swedish massage, chair massage, deep tissue/trigger point massage, sports massage, and application of various therapies. Studied business ethics and law
- Certificate to Practice - Health Awareness Academy, Citrus Heights, CA. Completed 175-hour course in massage and bodywork
- Radiology Certification - Texas Chiropractic College, Pasadena, TX
- Spinography Certification - Palmer Alumni of Texas, certifying body Texas Chiropractic College, Pasadena, TX

Accomplishments

- Successfully owned and operated Point by Point Myotherapy for over 11 years while providing excellent care
- TMJ and Sleep Therapy Centre of Memphis – Consulted with Dr. Melody Barron in the care of patients regarding specific soft tissue problems. Developed and performed massage therapy protocols to accommodate innovative program treating TMJ with a holistic approach. Successfully planned and coordinated seminar given by Dr. Steven Olmos, DDS, who is an international speaker to area dentists, chiropractors, and doctors. Developed marketing strategies including TV ads, media interviews, and additional projects
- Contracted with River City Medical Group, Sacramento, California for administrative and technical services to 25,000 beneficiaries
- Consulted by National Career Education, Sacramento, California as a consultant for the Chiropractic Assistant program as well as a substitute instructor
- Consulted with Kaiser Permanente HMO's pilot program to include Massage Therapy within hospitals as part of post-op recovery, grief counselling, and health programs
- Participated in gathering data for a pilot program to include Chiropractic and Massage in Military and Veteran hospitals
- British Chiropractic Association, Torquay, England - Invited to speak at annual convention. Lectured Chiropractic Assistants about the importance of their role while informing the Chiropractors how to best utilize their staff

Ancillary Skills

Leadership and management abilities as evidenced by serving many organizations:

- PTO President and other board positions for eight years
- Active parent within Memphis City Schools from 1998 to the present
- Procurer and manager of the Airman's Attic at Upper Heyford RAF Air Force Base in England
- Wedding and events Planner/Coordinator
- Office process and efficiency analyst with ability to recognize and assess inefficient office flow and organize procedures to help business run smoothly
- Children's Meeting Teacher in the church as well as being active in other capacities
- Avid public speaker on behalf of Chiropractic, Massage/Myotherapy, and other health related issues

Chronology of Experience

Point by Point Myotherapy, Memphis, TN • September 1999 to Present

Position: Owner / Operator

- Provide a unique approach to soft-tissue therapy primarily using Myofascial Trigger Point, Neuromuscular with other techniques
- Collaborate with other healthcare professionals toward the treatment of patients
- Manage all aspects of maintaining a business such as scheduling, bookkeeping, marketing
- Pursue continued growth in my profession through continuing education and developing new avenues and approaches for the practice of myotherapy in my community with other health care professionals
- Dedicated to helping others through my skills
- Member of Associated Bodywork and Massage Professionals (ABMP) 1994 through 1997 and 1999 to the present

Chronology of Experience

TMJ and Sleep Therapy Centre of Memphis, Memphis, TN • October 2006 to Present

Position: Massage Therapist and Marketing Consultant

- Consulted with Dr. Barron regarding the soft-tissue aspects of patient care
 - Assisted with interviewing and hiring employees, developed protocols for quarterly reviews
 - Organized and coordinated a seminar given by an international speaker to educate area dentists, doctors, and chiropractors about TMJ cooperative care
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Southern Massage Institute, Collierville, TN • October 1998 to December 1998

Position: Instructor

- Taught students about my Point-by-Point Myotherapy approach, chair massage, business law and ethics, and other aspects of business practice for massage
 - Promoted a positive learning environment
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Alternative Health and Wellness Chiropractic Center, Sacramento, CA • 1997 to 1998

Position: Massage Therapist, Chiropractic Assistant, Marketing and Office Manager

- Performed soft tissue therapy for patients and assisted Dr. Robert Wilcox in chiropractic treatments
 - Promoted the clinic grand opening by developing marketing strategies, brochures, and speaking to potential patients
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Point by Point Therapeutic Massage, Antelope, CA • 1994 to 1998

Position: Owner / Operator

- Applied various massage and soft tissue techniques to improve patients' condition
 - Managed all aspects of owning a business
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National Career Education, Citrus Heights, CA • 1996 to 1998

Position: Consultant, Massage Therapy Instructor, Substitute Chiropractic Assistant Instructor

- Consulted in the development, implementation and instruction of a Chiropractic Assistant's course
 - Instructed students in various aspects of massage and business practices
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Nitches Organizing Service, Antelope, CA • 1996 to 1998

Position: Owner / Operator

- Assisted clients with organizing projects either rooms or whole moves. This was targeting military families and the elderly
 - Conducted seminars to educate people how to eliminate clutter, prioritize belongings pack and unpack household goods
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Woodstock Chiropractic Clinic, Woodstock, England • 1989 to 1994

Position: Massage Therapist / Chiropractic Assistant

- Assisted Dr. Rupert Malloy and his associates with the care of their patients through administering various therapies, primarily Trigger Point Myotherapy and other soft-tissue techniques
- Helped with the daily running of the clinic, especially the reception desk, while educating the staff on various aspects of being a Chiropractic Assistant
- Promoted Chiropractic through speaking with the community

Chronology of Experience

New Life Chiropractic Clinic, Denton, TX • 1987 to 1988

Position: Chiropractic Assistant / Office Manager

- Assisted Dr. Alan Rosenbaum in all aspects of patient care
 - Efficiently and accurately handled bookkeeping, scheduling, and other business matters
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Dental Family Practice, Inc., Fort Worth, TX • 1986 to 1987

Position: Dental Assistant / Office Manager

- Assisted Dr. Burres W. Garrison as a chair-side dental assistant while learning many on-the-job skills
 - Handled all office responsibilities as this was a one-person office
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Bronson Chiropractic Health Clinic, Fort Worth, TX • 1980 to 1985

Position: Chiropractic Therapist & Radiology Technician; Office Assistant

- Assisted Dr. Gerald G. Bronson in treatment of chiropractic patients. Carried out prescribed therapies and developed specific therapy protocols
- Worked as a receptionist, insurance clerk, and business assistant
- Provided direct input for development of certification program for therapists in radiology