



# Maitri Health Care for Women

## Obstetrics, Gynecology and Midwifery

11/2/2015

Dear Health Care Provider,

I am a practicing OB/GYN physician at Maitri Health Care for Women in South Burlington, VT. I have been lucky enough to work with the exceptional team at Hemmett Health since 2008 when both of our practices moved to the Eastern View Integrated Medicine Center. Eastern View opened with the goal of establishing collaborative relationships between varying health care disciplines in the hope of providing comprehensive and superior health care services to our clients. Hemmett Health's office is right across the hall from mine and the proximity of our offices has promoted fantastic dialogue and communication which has only enhanced our relationship and expanded the diversity of quality patient care services offered. Since 2008, they have taught me quite a lot in terms of palpating and evaluating for musculoskeletal causes of pain- such as the psoas involvement in lower quadrant pain, and pelvic floor muscles in a diversity of pelvic floor conditions and pain syndromes.

Over the years, as I have come to have more experience with the Hemmett's care. I have gained increased trust and knowledge in their diverse services, and I now refer to them even more than I did when we first started our relationship. This is entirely because I see the results and improvements my patients have achieved after being seen at their practice. It is a joy to have the Hemmett's services to offer to my patients because I know they will see positive results.

As an OB/GYN, I refer my pregnant patients to the Hemmett Health frequently for SI joint, lower back, pubic symphysis, and hip pain. The patients are so happy to feel relief from their pain and to maintain their mobility without requiring prescription drugs. For patients with breech presentations, I refer for a technique that Vicki has developed, which sometimes alone can vert a breech fetus or at least make the maternal abdomen more relaxed and my attempts at an external cephalic version more successful. I appreciate their comprehensive look at what is causing the pain and their focus on educating women how to stretch and strengthen to proactively prevent problems from worsening or creeping up as their bodies change in pregnancy.

Post partum, I now routinely assess my patients at 6 weeks for pelvic floor muscles dysfunction, whether it be hypotonia or hypertonia, and send these women to the Hemmetts for Hemmett Pelvic Floor Release Technique (HPFRT), which is a manual pelvic floor myofascial release technique that Vicki developed. Women suffering from dyspareunia, tail bone pain, and incontinence issues markedly improve or are normal after typically limited numbers of treatment sessions. Most women within 2 visits feel much better, whereas some of them had been unsuccessfully treated for much longer periods of time elsewhere. Their office is also great about helping women rehabilitate their core muscles that get so stretched out with pregnancy and childbirth. They have a great comprehensive postnatal program focused on strengthening and returning women to their normal muscle function and tone (both abdominal and pelvic floor). This helps prevent problems in the future for these women, such as back pain and pelvic floor dysfunction.

I have had women present to me with complaints of years of pelvic pain and dypareunia and thanks to my work with the Hemmetts, I now know how to assess them for pelvic floor muscle sources of pain, in addition to my typical GYN work up. If I find a pelvic floor muscle component to their pain, I refer them to the Hemmetts and I have had people cured of their pain after years of suffering. I have had annual patients tell me they can't exercise because of their back, hip, or iliotibial band pain and I have referred them to the Hemmetts for treatment including Active Release Techniques (ART). These patients return thanking me for the referral because they now can exercise again. My own father, a retired MD, called me in a panic with hip pain thinking he should go to the ED because he hurt so much. I encouraged him to see the Hemmetts and they diagnosed and treated him for bursitis. I had a patient who showed up at my office in tears because she was in so much pain she thought she had another ruptured ovarian cyst. I quickly confirmed with ultrasound that she had normal gyn anatomy and palpated her psoas muscle (as the Hemmetts had taught me to do) and realized that this muscle was in spasm and likely causing her pain. I walked her directly to the Hemmetts office where they evaluated and treated her. She left the building pain free 1 hour later.



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I feel quite lucky professionally to have such skilled and gifted clinicians across the hall from me. My patients have benefited so much from their skills. I appreciate the quick and amazing results they get. I also appreciate that I can offer my patients treatment that is risk free, avoids narcotic prescriptions, is very cost effective, and is so comprehensive. The joy in my job comes from being able to help people feel better and since working with the Hemmetts, I have so much more that I can offer people to achieve this goal. That is a gift to me and to my patients.

If you have any doubt as to what they can offer, please feel free to contact me.

Sincerely,  
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