

EAGA Business Builder

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Today's speaker was Jon George - Southwest Myotherapy

Jon came to Albuquerque from Indianapolis when he was 2 years old. His family has a long tradition of business ownership; whether his parent's grocery or drug stores, or his three older sister's baby clothes; beauty supply or antique businesses. Jon knew that he was destined to own his own business; and his 40 years as a water polo player gave him confidence that he would be successful, because he had a lot of experience in keeping his head above water. Not sure what lead Jon to the Myofacial Trigger Point Therapy profession, but we have quite a few members that are glad for his choice. Jon has been a CMTPT (that is a Certified Myofacial Trigger Point Therapist) for about 27 years. At today's meeting, we learned that myofacial pain comes from the irritation of connective tissue (facia), not the muscle itself. Muscles are never in a slack, droopy condition. They are always either stretched or are contracted, but never just limp. The working muscle can have a strain at one end which causes an abnormal pull on the connective tissue at the other end. The strain may be caused by over use; by mis-use; or by trauma. But whatever the cause, the pain at that connective tissue is actually the result of an abnormal event on the opposite side. The problem has to be solved by correcting the situation at the source, not at the point of pain. Jon has a tremendous knowledge of how the body's muscle groups work. He knows which muscles are connected to what. He knows, for each muscle group, what pulls on them to make them stretch; and what they pull when they contract. During Jon's presentation, he spoke of more muscle groups than I ever knew existed. He talked about the trapezius muscle; the sternocleidomastoid muscle; the levator scapulae; the suboccipital muscles; pectoralis muscles (of course he mentioned both the major and minor); the scalene; the latissimus dorsi; the quadratus lumborum; the iliopsoas; and the piriformis muscles. There were also the rhomboid muscles (both major and minor there, too); the infraspinatus; the erector spinae muscles and the gluteus minimus and gluteus medius muscles. Jon (I think I will refer to him as Mr. Muscle now) did not just stand up there and list off the muscle groups. He showed where each muscle is on the body and he spoke about what each one does and where their use may cause pain. He gave exercises to be used to reduce or alleviate the pain that may present itself by abnormal use of the specific muscle. Some exercises involved putting your hands together overhead and twisting; some leaning the head forward, then moving side to side. One exercise consisted of turning and then leaning side-to-side. That was for issues in the sternocleidomastoid muscle area. (I just wanted to use that word again). As noted earlier, Jon has a tremendous knowledge of the body's muscle groups; how they work; which are the source of a specific facia pain; and what to do to eliminate that pain. He also provides instructions and advice on how to sit, stand, travel and work so that you don't subject your muscles to abnormal use in the first place. Thanks, Mr. Muscle, for a very informative and educational presentation. If you find yourself in need of Jon's services, you should ask your physician for a referral to Southwest Myotherapy - phone number 505-830-8535.

- ◆ Our next EAGA Member Open House will be February 24th; hosted by Jerry Becker at the Steamatic facility at 3722 Hawkins, NE. More details will be provided in our Tuesday meetings.
- ◆ Stan Byers provided a good summary of Albuquerque's real estate market. Average selling price has increased by a very modest 1.9% in the last year, but looking at the market from a different perspective: the market value has increased 250% in the past 30 years. If you purchased a home in 1985 for the then average price of \$85 thousand, it would be worth today's average price of \$213 thousand. Stan also noted foreclosures are about 10% and short-sales about 12% of home sales today. About 750 homes are sold each month today, compared to 1,000 per month this time last year. At this time, 20% of home sales are for cash; 40% via conventional loans; 30% VA loans and 10% owner financed.

Business Leads:

None noted today

Reciprocity:

Thank you to Chuck Mitchell for repairing the rear differential seals on my vehicle.

Thank you to David Rodriguez for recovering files from our homeowners association treasurer's computer.

Thank you to Raul Rodriguez for trhe nice job on cut vinyl logo for our client.

— Rick Reese — Blue Ristra

- ♦ Good to hear so many positive comments and stories from the recent cruise participants. It is obvious that, whenever you get a group of EAGA members together, there will be a good time. Plan to attend all our 2015 events. Whether golf outing, Summer Bash, trap shoot, Christmas Party, or other events. Attending any, or all will be an enjoyable adventure to remember.
- ♦ We had another full house today. Only a couple of front row chairs left. Better start arriving before 6:45 so that you get warm food and a good place to sit. The table and standing group conversations are excellent at that time as well.

Badge Board Greeters

Feb 3rd	Kevin Lorenzen - Aflac
Feb 10th	Don Clark - ABQ1
Feb 17th	TJ Maloy - Waterjet Cutting
Feb 24th	Phillip Menicucci - Paramount Custom Cabinets
Mar 3rd	Pat Maloy - Maloy Mobile Storage
Mar 10th	Mike Deveraux - Document Imaging of the Southwest
Mar 17th	Stan Byers - Byers and Sellers Real Estate

Upcoming Speakers

Feb 3rd	Chris Fogel - Aspirion Accounting & Consulting
Feb 10th	Round Table Discussion
Feb 17th	Mike Deveraux - Document Imaging of the Southwest
Feb 24th	Chez Steel - Century Bank
Mar 3rd	Chuck Mitchell - Etheridge Tire
Mar 10th	Timmy Simms - Territorial Scaffolding
Mar 17th	Leon Marler - Marler Manor
Mar 24th	Adam Halpern - Dental Cooperative

Contact information for Executive Director: Mario Hernandez

Phone: 505-239-0259

email: hernmar129@yahoo.com

Postal mail: 8100 Wyoming Blvd NE; Suite M-4 #345; Albuquerque, NM 87113