

extra walk the line

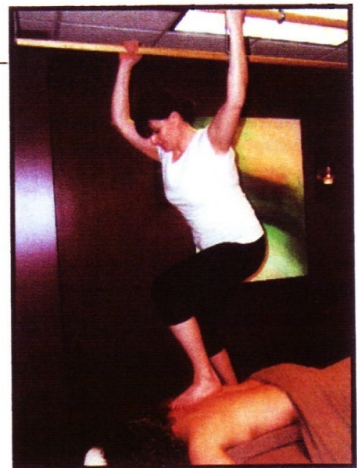
Touted as "the deepest, most luxurious massage on the planet," massage therapist Teresa Lawson says this is the "tagline for AOBT."

AOBT, or Ashiatsu Oriental Bar Therapy, was developed by Ruthie Piper Hardee in Denver, Colorado ten years ago. Based on her travels in Asia, Hardee developed this more Westernized technique where she hooked poles to the ceiling, and holding on to them, massaged the client with her feet. Lawson, the only certified licensed AOBT therapist in Central Alabama says, "It's basically a deep tissue massage, like a Swedish massage that has long strokes with the hands, but this is with the feet and the pressure is deeper." Lawson says the focus of AOBT is to create a smooth "push-pull-pumping effect on the tissue surrounding the intervertebral disc space...allowing the nucleus pulpous gel inside the disc to assume its central position and relieve irritation on the spinal nerve."

"Gliding" on her clients' backs, Lawson says this technique is good for chronic back pain: "There are a lot of people with lower back pain or neck problems...who sit at the computer a lot...drive for long periods of time...this lengthens the muscles." Also good for athletes, those with scoliosis, bulging/herniated discs, sciatica, degenerative

disc disease and spondylosis, AOBT is not recommended for those who are pregnant, have had breast implants or major surgery within nine months, recent eye procedures, are on blood thinners, or have phlebitis, deep vein thrombosis, aneurysms, osteoporosis or fractured ribs.

Originally from Cincinnati, where she received her training, Lawson has been performing AOBT since August 2005. Also offering Swedish and hot stone massage, find Lawson at the YMCA in Greystone, 478-5246 or teresak-lawson@yahoo.com. An hour session of AOBT is \$75, but Lawson can personalize the session to make it shorter or longer. For more information on AOBT, check out www.deepfeet.com. —ANGELA BROWN



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