



# WHAT “THERAPY” IS, AND WHAT IT ISN’T

**Sharmin Tiu-Curcio, OTR/L**

Not everyone knows what therapy is...not truly. You may have had it before somewhere else but you’ve never had it here. This is important to know if you want to maximize your success.

## What “Therapy” Is NOT

Therapy is not something that you have done to you.

### 1. It’s not massage.

Yes, massage feels good. It may leave you feeling better for a moment. But that’s all it will do. The root cause is not being addressed. I don’t have anything against massages (I get them, too) but it alone is not the answer.

### 2. It’s not mere exercises.

Exercise is good for you...only when it’s the right ones for your unique condition AND when they are performed exactly the way intended for your condition. Doing generic exercises found on Youtube, or a trainer, is not the same. Those can hurt you.

I am expertly trained on anatomy, physiology, kinesiology, biomechanics, and neurophysiology. I will prescribe “movements” specifically geared to resolve your “imbalances” that are causing your pain and problem. So make no mistake about it, it’s not mere exercises you find elsewhere.

### 3. It’s not a pill.

It’s not something you take once and later the pain comes right back. No...

Therapy is very different. It goes to the source of your problem so you don’t have to rely on it again later. That’s our goal.

Only if you stick to the program, will you benefit for the long term.

Yes, we will do things that bring relief immediately but our goal is to fix the root cause, and that can take a little time. Your therapist will tell you how long.

## What “Therapy” Is

Our therapy programs are geared to fix the root cause and source of your problem.

We teach you and guide you but it’s something YOU take control of and apply while at home, work, play, and throughout your life.

There’s an important principle I want you to remember. It’s called the “**Compounding Effect.**”

### *Here’s what it means...*

In each therapy session, we aim to fix the source of your problem. Each session has benefits. Some are immediate, whereas some take place over the next 48-72 hours.

### **It’s important NOT to miss a session.**

#### *Here’s why...*

Each session’s benefit is “stacked” upon the benefits of the last session.

**When you stay consistent**, you maximize exponentially the benefits...leading to faster and more longterm results.

When you are **NOT consistent**, it’s like starting over each session.

Do you see the difference?

Remember this and you will reach your goals quickly.

TEXT/SMS: (718) 285-0884

PHONE: (718) 285-0884

EMAIL: [sharmin@otconcept.com](mailto:sharmin@otconcept.com)

