

The Brown Report

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There are hundreds of manual therapists out there who engage in physical therapy or muscular therapy and most are generally competent. However, I have met the most highly trained, knowledgeable and qualified of them all: Carrie Dunn.

Carrie Dunn is a Licensed Massage Therapist whose focus is in pain reduction or elimination, surgery and injury recovery, and she is certified to perform manual lymphatic drainage. Mrs. Dunn specializes in reducing swelling/inflammation, reducing muscular dysfunction or "guarding" and restoring range of motion or mobility. These issues can be brought on by a one-time major

event such as an auto accident or surgery (knee replacement, rotator cuff repair, cosmetic procedures) or sometimes they are long-term or chronic issues brought on by autoimmune diseases, severe headaches, teeth clenching or grinding, poor ergonomics while working or driving, or the stresses that are internalized when caretaking for others.

I have sent people to her who have had rotator cuff surgery and whose post-surgical physical therapy (PT) had reached a plateau. In a few sessions, she was able to restore additional range of motion and entire groups of muscles that had become hard to use were released with a clear reduction in pain.

Over time, Carrie realized she has a special talent in resolving TMJ-related pain, headaches, hip issues and reducing the forward head and shoulder posture too many of us are dealing with as a result of long hours in front of computers and texting while looking down at our phones. How we walk, how we sit, how we drive, how we sleep and how we work can all contribute to small barely noticeable changes in body optimization which over time lead to repetitive overuse which can then lead to dysfunction or non-optimization. Carrie is a detective at heart...she wants to discover what has led to the dysfunction and then solve it!

It was over 30 years ago that Carrie first discovered the power of manual therapy. Carrie had just joined the United States Air Force, she was a 17-year old airman newly stationed at Patrick Air Force Base in Florida. Away from home for the first time and suffering from extreme headaches, she sought out a local Massage Therapist. The personal attention, listening skills, lovely soothing atmosphere, and treatment this empathetic highly-skilled therapist provided to Carrie addressed all aspects of her issue (physical, mental, and emotional). It paved the way for a lifelong dedication to receiving massage therapy on a regular basis not only for headaches but also as a healthy way to manage

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stress. Carrie had been plagued with jaw misalignment issues since childhood and undergone several oral surgeries and orthodontics. Massage therapy consistently relieved her issues.

Much later in life, Carrie found herself as a caretaker for her parents and other close relatives. All were suffering from all-encompassing degenerative diseases such as Alzheimers, Parkinsons, strokes, and vascular disease. The stress from long work hours, long-distance travel to provide hands-on care, and the endless phone calls being a vocal assertive advocate navigating the healthcare system for her loved ones was overwhelming. Receiving massage therapy every couple of weeks became a self-care investment that was no longer an option: it was mandatory. Her loved ones all died within eighteen months of each other and it turned out massage therapy along with good friends and short-term talk therapy with a trusted Christian counselor eased the way through her grief journey. It was then Carrie decided to invest in her lifelong dream; she retired from corporate life and moved from Pittsburgh, Pennsylvania to attend Georgia Massage School in Suwanee.

Her experiences as a caregiver developed in her a heart for providing care for the caregivers. Caregivers often put their health and well-being on hold to give all they can to their loved ones. Carrie has clients who come to her for stress reduction while they are still serving as caregivers and as part of their healing during the grieving process after losing their loved ones.

Carrie knows the muscle structures extremely well. She can isolate and work on various muscles and the nerves that innervate them with precision and accuracy. While her work is efficient and effective she can also work gently to ensure the sympathetic nervous system which is our "fight or flight" mechanism is calmed down so that the parasympathetic nervous system which is our "rest and digest" mechanism can kick in. She is not a therapist who asks "how is the pressure?" constantly as she knows exactly how deeply to engage the muscles to resolve issues once the nervous system is ready to allow it. She takes the time to understand your problem, what may have led to it, talks you through exactly what she is doing and why and develops a personal plan with your input to address it.

I cannot recommend another Licensed Massage Therapist as highly as I can recommend Carrie Dunn. She works independently at Richardson Chiropractic and Wellness in Suwanee. She and Dr. David Richardson often partner together to help clients reach wellness and resolve long-standing issues through a combination of chiropractic care and massage therapy. Dr. Richardson has many years of experience as a leader in his field so having both of them at the same location is quite extraordinary.

Here is her contact information:

Carrie Dunn, LMT, MLD-C
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Richardson Chiropractic
and Wellness
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Suwanee, Georgia 30024

About Tom Brown

Tom has been handling workers' compensation and disability claims since 1979. He is a founding member of the Workers' Compensation Claimants Lawyers (WCCL) and an active member of the Georgia Trial Lawyers Association. He helps to change injured workers' lives by fighting for the best medical care possible, which ultimately produces the best settlement for the injured clients he and his team represent.



Tom and his wife, Carmen travel to Uruguay, South America, to help build and strengthen struggling local churches and organizations. He has been to Uruguay 25 times in the past 19 years and loves this work. They have made many wonderful friends over the years.

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A newsletter about workers' compensation claims, personal injury claims, and social security disability claims.

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