

Chronic Pain Solution

GrandMaster Thomas Patrick McGee, 9th Degree Black Belt
Chung San GrandMaster

GrandMaster McGee began his martial arts training in November, 1975. After practicing for a year, he was in an automobile accident which resulted in a broken neck. He spent one month in Intensive Care with paralysis on the left side of his body. Once released from the hospital, he restarted training and his GrandMaster healed the body and paralysis through various martial arts methods and therapeutics.

Due to his remarkable recovery, he continued Training and became intensely interested in the deeper aspects of Traditional Chinese Medicine (TCM) and healing arts. He received his Medical QiGong degree and Director of Medical QiGong certificates through Zen Wellness in AZ.

GrandMaster McGee has continued training through 48 years, including 44 years of instructing and healing others. He has provided martial arts instruction to many corporations and law enforcement communities across the country including the Florida Department of Law Enforcement (FDLE) and Federal Bureau of Investigation (FBI). He has also provided healing based on his training in Acupuncture, Acupressure, and Herbology. Over the past 25 years, he has focused on both sports and non-sports related musculoskeletal and neuromuscular chronic injuries at his current business location in Naperville, IL. Between 2003 and 2019, his healing skills helped hundreds of motocross and supercross professional riders with numerous joint related injuries eventually working with the elite factory riders in the sport (Geico Honda, Joe Gibbs Racing, etc.). In the past 10 years, he has branched out to work with golf, tennis, and paddle tennis players as well as a number of other sports. Hundreds of people live a more productive, pain free, and happy life, due to his guidance and treatments.

GrandMaster McGee's treatments are based on four tenets of TCM:

- 1) Increasing the body's own energy through EMF (ElectroMagnetic Force)/Qi (or Chi) to stimulate Blood Flow and the Lymphatic system
- 2) Stretching and Breathing which allow the individual to open pathways for the blood, lymph, and energy to flow more freely
- 3) Natural Range of Motion and Strength Building exercises, which are used to develop joint connective tissue, increasing stamina and preventing recurrence of injury
- 4) Treatment Techniques which include therapeutic exercises based on simple movements found in nature

This ancient therapeutic approach dates back over 4000 years and incorporates thousands of techniques in addition to physical therapy, chiropractic medicine, and massage therapy. TCM utilizes three different types of methods for **all major joints of the body** based on age and severity of the injury or disease.

- 1) Tui Na – Less aggressive Chinese massage for young children or older adults
- 2) Dian Xue – Chinese Acupressure, Deep Tissue Cavity Press (Acupressure Points)
- 3) Zheng Gu Ke – Bone Alignment, where required

Through proper training and/or healing, an individual develops both internally and externally, along with right and left side movements throughout the entire body. This creates a balanced, therapeutic approach to a healthier lifestyle.

"I have raced motocross my entire life and utilized martial arts practice and healing methods to prevent joint dysfunction. This includes five debilitating back and other joint injuries providing me with a personal understanding of the pain and suffering endured by many patients." – GrandMaster McGee

Please contact GrandMaster McGee at United Martial Arts – Naperville at 630-369-4949(o) or 630-333-7412(c) during non-business hours, for a FREE office visit which will include an analysis to determine the extent of injury and develop a therapy plan which is right for you.