

# Therapist applies pressure and massage

By Robert Richardson  
Senior Reporter

Bill Yeager isn't a doctor, and he doesn't play one on TV. But he is a licensed massage therapist and owner of Keys To Healing, 822 S. 48th St.

Yeager's technique is a combination of massage and accupressure that is "thousands of years old," he said.

"There's been different methods as time went on," Yeager said. "They called it Swedish massage for a long time."

Yeager rubs muscles in the body and applies pressure on certain points to create energy.

"By putting pressure on places where it hurts, it brings the energy to that part of the body to heal," Yeager said. "And that brings in all the forces, blood and energy and anything that will fight diseases or injuries."

But there is a difference in massage and accupressure, Yeager said. Massage is working the muscles, and accupressure is hitting certain points. Yeager likes both of these together, simply because they do more together than separately.

"Actually, accupressure and massage go together very well," Yeager said. "I feel that a lot of

times, just plain accupressure doesn't do the same as both of them combined together."

Yeager is aware that he's not the only licensed massage therapist in town. He acknowledges that there are more than a few.

"There are a lot of them in town, but they don't do the work I do and I don't do what they do," Yeager said.

Yeager specializes in chronic pain and said that some of his colleagues specialize in circulation and muscle disorder. Different massage therapists practice different strokes and pressures, Yeager said.

"A lot of it depends on what's wrong with you as to what kind of treatment you need," he said.

"I have a way of kind of putting my own thing together," Yeager said. "I've taken a lot of seminars, and I take the best (technique) from each one."

While Yeager said he makes a good living as a massage therapist, he said that not all doctors recommend or accept massage therapy as a legitimate practice.

"I think they (doctors) think that a pill is supposed to do everything, and it just doesn't quite work

that way," Yeager said. "We're just like the chiropractor used to be a few years ago, and we're going through the same stages."

The bottom line between doctors and massage therapists is that they just do different things, he said.

"I would say if you have a broken bone, go to a doctor to get it set. Because that is important there, too," Yeager said. "But to get more mobility and get the muscles to working right, massage and accupressure will make them respond to healing faster."

# Reflexology reflects pain

By Robert Richardson  
Senior Reporter

Bill Yeager doesn't care if your feet smell. If he thinks it will help ease the pain, he'll rub them for a mere fee of \$25 an hour.

Yeager is a reflexologist and a massage therapist. He got into the business about 10 years ago. Before his career as a therapist started, Yeager worked on the farm on which he was born and raised. Later, he worked as a blacksmith and a locksmith.

He then decided to take a correspondence course in massage therapy from a school in New York.

He started learning about the business even earlier because he was sickly as a child. Yeager said that during the time he was 10 to 12 years old, he was in bed more

than he was out of it.

"When I got called up by the army, I couldn't even get out of bed to take the physical," Yeager said.

Then, about 10 years ago, Yeager started working with reflexology.

"Reflexology is points in the foot, and it reflects to all parts of the body. That's the reason they call it reflexology," Yeager said.

Yeager uses reflexology along with his other methods of massage and accupressure. Pressing certain parts of the foot helps him to determine what parts of the body have a problem or from where the real source of pain comes.

"I use it mainly to find the center where the problems are," Yeager said. "You cannot diag-

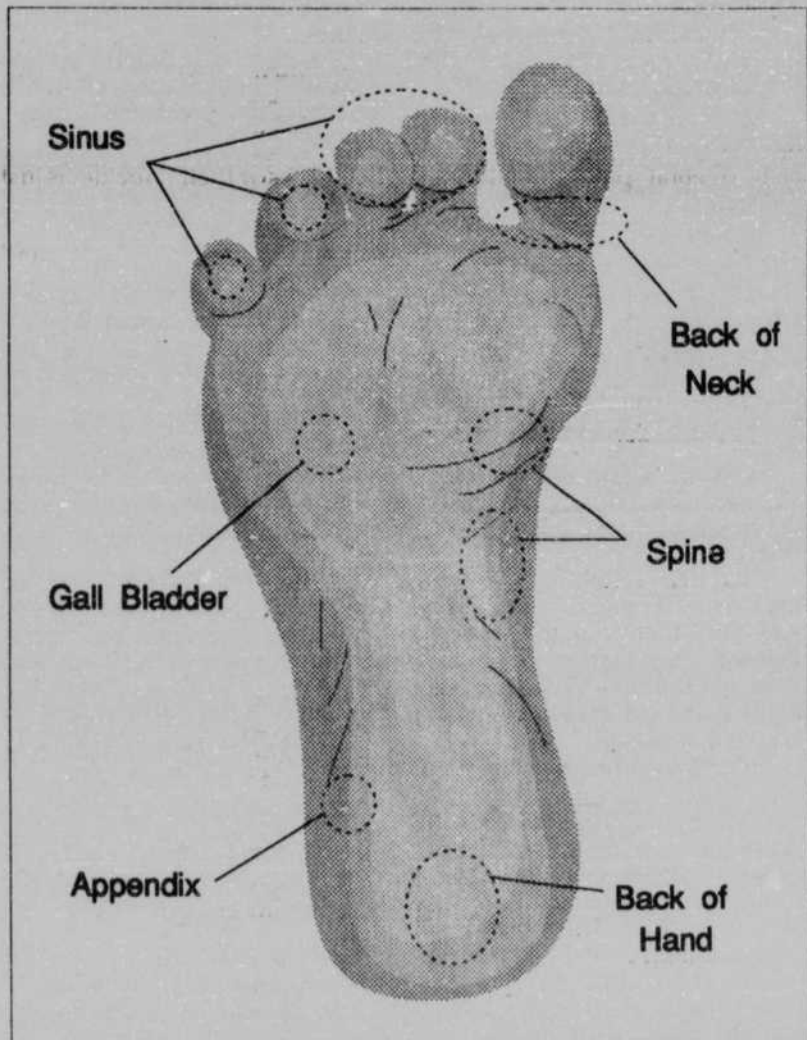
nose by it because you don't know exactly what's going on."

When he finds the source of the pain, he said he uses massage and accupressure to draw energy to that spot, usually eliminating some of the pain.

Yeager almost got tears in his eyes while he told the story of a young boy that came into his office with a brace. The boy couldn't walk very well, so Yeager told his wife that he was going to help the boy to walk.

He worked on the boy every night for about a year and said that now the boy plays football, baseball and basketball, just like the other kids.

"It's a real satisfaction when somebody limps in and walks out feeling halfway decent."



Brian Shellito/Daily Nebraskan

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