

chicago athlete

ENDURANCE SPORTS AND FITNESS

MAGAZINE

NO
EXCUSES
11 WAYS TO STAY
MOVING
THIS WINTER

INSPIRATION

LOCAL MAN
GOES FROM 5K TO
ULTRAMARATHON
IN ONE YEAR



* **RACE**
RECAP

KIPCHOGE, JEPTOO WIN BANK OF AMERICA CHICAGO MARATHON



photos by Hilary Higgins

Delos Wellness Opens New Clinic

» TO EXPAND PAIN MANAGEMENT PRACTICE

Delos Wellness, a Chicago pain management clinic, recently opened its second location at 2105 N. Southport. The new clinic, located in the same building as Shred415, expands the practice to Lincoln Park.

Co-founders Eric Owens and Mimi Bosika opened Delos Wellness's original clinic, located at 600 W. Chicago, in 2012 based on a pain management therapy developed by Owens's father, Kenny, who suffered from long term shoulder pain that stuck around even after surgery, medication and physical therapy.

"My dad is a bright engineer and has that problem-solving mind," Owens says. "He started experimenting with different techniques and one thing he realized was that the tissue in his arm was in a hard, contracted state, while the tissue in his other arm wasn't like that."

Though testing different techniques, Kenny Owens found that applying direct pressure to hardened tissue would cause it to relax, leading to increased function and range of motion. His method worked, but without a medical background, he lacked credibility.

"That was the main driving force for me to go to medical school: to have a better understanding of what

was happening," Eric Owens says. "Those were the answers I needed to take the therapy to the next level."

With the help of his longtime friend Bosika, who had graduated with a master's degree from the University of Chicago's Booth School of Business, Owens opened Delos Wellness to bring his therapy to chronic pain sufferers and athletes alike.

"The main idea of what we do is to stretch tissue with applied pressure," Owens says. "It makes sense superficially if you're stiff, you should stretch. The problem is tight tissue doesn't stretch effectively. When you apply direct pressure to tissues, it forces a stretch of the tissue."

In addition to helping resolve pain issues, Owens has found that treatment can also help improve athletic performance.

"When muscles become hard and tight, those muscle fibers are not available for use," Owens says. "When you stretch them apart with pressure, the tight fibers go into a relaxed state, and you're able to increase muscle recruitment and your performance will be better."

While many of Delos's patients come in because of current pain, Owens says maintenance and prevention can make a substantial difference.

"It's hard to get people into the clinic with no pain, but it's a good idea to do that to prevent pain and stiffness," Owens says. "Once it starts to hurt and is already stiff, it's not too late, but now we have to get aggressive on the tissue. It'd be like not brushing your teeth until you get a cavity."

Delos's method works well for athletes looking to deal with pain, but those with lower activity levels have benefitted from the treatment as well, including those working in offices. Because the treatment is fast and done over clothing, patients often come in during their lunch break to seek help with their pain.

"Investment bankers, people in advertising, people who do a ton of activities: they all experience similar symptoms we can address," Bosika says.

Delos offers a complimentary 25-minute evaluation to new patients. To learn more about the therapy and clinics, visit delostherapy.com.