



Katie Pudhorodsky

Licensed Massage Therapist & Online Educator

Katie's unique specialty of treating people with head, neck, and jaw pain or dysfunction as a massage therapist grew into two online video courses at Help Head Pain teaching self relief to the layperson. As learners participate in the video lessons they will experience a reduction in their headaches and jaw pain, as well as have a smoother, wider jaw opening for eating or dental work. Dental professionals regularly refer patients to the courses.

Katie can speak to individuals wanting to relieve their jaw pain and headaches as well as to professionals working with these patients.

STEPS TO ACHIEVE & MAINTAIN MUSCULAR RELIEF

- ✓ Relax the muscles / reduce trigger points (massage & stretching)
- ✓ Retrain the muscles that weren't engaging (stabilization)
- ✓ Maintain proper oral rest posture
- ✓ Address bad habits of use



Available for interviews, speaking engagements, and has an affiliate program.

✉ katie@katiemassage.com

🌐 HelpHeadPain.com

🌐 KatieMassage.com

📺 [Help_Head_Pain](https://www.youtube.com/channel/UC...)

"This course was so helpful to me as an RDH practicing myofunctional therapy. So many of my clients have TMD with a muscular component. I recommend my clients purchase this course for the full benefit. Thanks, Katie, for providing this course!"

--Terri Patrick, RDH and course learner