

## ONE-ON-ONE WITH MIKE LAW

U-T profiles of notable local people

# He's got the magic touch

STORY BY NINA GARIN • U-T

*Getting a massage may seem like a luxury, but that's not how Mike Law sees it.*

*He's a certified massage therapist specializing in office workers, students and seniors. His company, Therapeutic Solutions, helps with common issues like stiff neck, headaches, back pain and wrist issues.*

*Along with helping college students de-stress during finals and taking his massage chair to offices around the county, Law has also worked as a massage therapist for the San Diego Padres in 2002 and 2008.*

*Law, 42, grew up in Chicago and moved to Colorado in 1994 for massage school at the Boulder School of Massage Therapy.*

*The Rancho Bernardo resident explains why massage is important for everyone.*

**Q** How did you become interested in massage?

**A** I started doing massage at a very young age, maybe 8. My parents would sometimes come home from work and give each other a neck and shoulder massage. Being a curious kid who always wanted to help, I too would massage them. By the time I was a teenager, I thought, "Maybe I can do this for a living."

**Q** When you went to massage school, did you get a lot of massages in the process?

**A** I got and gave massages almost daily because until we were good enough to work on the locals, we took turns on each other. This really developed my skills. The more people you work on with different body types, the better you develop a good quality touch.

**Q** Why did you open your practice in San Diego?

**A** San Diego was a perfect place for me to start my practice. People here definitely "get" the mind-body connection. I get to make a living doing what I love and I get to live in this awesome place! My current clientele is a mix of desk jockeys whose companies hire me, arthritis sufferers of all ages, stressed-out college students and seniors 70 years and up. One client is 95. Working with these people is unbelievably satisfying.

**Q** Why is it important for students and office workers to think about massage?

**A** Our bodies were not designed to sit at a desk for eight to 12 hours a day. When you sit for this length of time, everything tightens up. Massage is the best way to alleviate both physical and emotional stress and tension, allowing a student or office worker to more easily focus, be more productive and stay in the game.

**Q** You were the massage therapist for the game that you wouldn't have otherwise?

**A** I've always been a huge baseball fan. I was 2 when my dad took me to my first Chicago White Sox game. What I learned was

ticklish. I have them inhale through their nose and exhale out through their mouth deep, full breaths from their stomach. This forces blood and oxygen to the area, allowing the client to relax.

**Q** Besides massage, how do you relax?

**A** Biking, running, off-roading in my Jeep and spending quality time with my family.

**Q** What's it like to carry your chair and table around every day?

**A** It's kept me in great shape, but has also worn me down after nearly two decades. I stretch and do self-massage techniques daily to prepare for the next day.

**Q** What is one thing people would be surprised to find out about you?

**A** I am a craft-beer enthusiast. I like the excitement of discovering a new craft beer. With so many creative brewers in the area that are combining flavors that the big beer companies would never do, it's an exciting time to be in San Diego.

**Q** Please describe your ideal San Diego weekend.

**A** An early-morning bike ride. Enjoying brewery craft beers at an undiscovered family at the park or beach. Barbecuing/cooking for friends and family. Running, hiking or kayaking with my girlfriend.

**Q** How do you put someone at ease who doesn't like to be touched?

**A** I ask my clients to focus on their breathing. When I get to a spot that is painful, tight or

**Q** What do you say to those who think massage is a luxury?

**A** We all have to put a value on things. Many people like to complain about their aches and pains, but are unwilling to take action to fix the problem. I say two things: How much is your health worth to you, and do you really want to feel better?

**Q** How do you put someone at ease who doesn't like to be touched?

**A** I ask my clients to focus on their breathing. When I get to a spot that is painful, tight or



HOWARD LIPIN • U-T

### What I love about Rancho Bernardo ...

It's hard to narrow it down to one thing. It's centrally located to anything I need. It's quiet, family-friendly, freeway close and has nice rolling hills for running, hiking and biking.