

**Healing Through Chronic Pain**  
**A Physical Therapist's Personal Journey of Body/Mind/Spirit Transformation**  
**Author Biography**

Mary Ruth Velicki, MS, DPT, has been a physical therapist for almost thirty years. Throughout her career, she has specialized in the rehabilitation of adults with neurological disorders. She spent eight years developing and teaching graduate courses for several universities, and she has published research in the journal *Experimental Brain Research*. After working diligently for years to recover from her own chronic pelvic pain, she now spends her time writing, speaking, and working with clients using a combination of physical therapy and alternative treatments.