



MARIE-ASHLEY CARMEN VYBIRAL

I was born in Texas, Houston (1989, USA) and live in Switzerland since 1993. In addition to my native languages English and Swiss German, I also speak some Spanish.

In 2012 I completed my bachelor's degree at SUPSI Landquart, the physicaltherapy-school in Graubünden. Two years later I successfully completed my Masters in Evidence Based Manual Therapy. Since June 2018 I work at Chiropraktik Bad Ragaz AG as a qualified physiotherapist and am also employed for marketing management at Chiropraktik Bad Ragaz AG.



I love the variety in my job, and the things I am the most excited about are the trigger point treatment and the dry needling method – I am 100% convinced by the results. Dry needling uses fine acupuncture needles to relieve tension from overstrained and cramped muscles. Additional treatment methods I love to use are Leuko- and Kinesiotaping, which supports the musculoskeletal system in their function in everyday life. For me, active and passive mobilisations and therapies - such as strengthening and stretching the musculoskeletal system - are part of professional physiotherapy treatments.

In addition, it is important to me to keep the focus on the positive together with the patients, discuss how to change the things that we can change and realize, what needs to be accepted and to bring attention to the here and now. This helps to support the clients on their personal healing path. I also strive for a basis of trust, which makes it possible to define common, realistic goals, to be in a quicker healing progress to reactivate one's own self-healing powers: as the practice's slogan says – Heal in a holistic manner.

In my private life, I love music and as I am singing and accompanying myself on the guitar, I can live that passion whenever I want to. With my band N'ACOUSTIC (nacoustic.rocks) I find the ultimate enrichment and enjoy every single performance to its fullest extent. I also enjoy, as often as I can, walks in the beautiful countryside, do bike rides, inline skating and in winter I am absolutely thrilled with cross-country skiing.

Some inspiring quotes:

"Be aware that you are always in the right place to overcome the exact challenges you have to deal with.

"The way we are – we are completely perfect, exactly as we are."

"Stay strong in trust and everything else will fall into place."