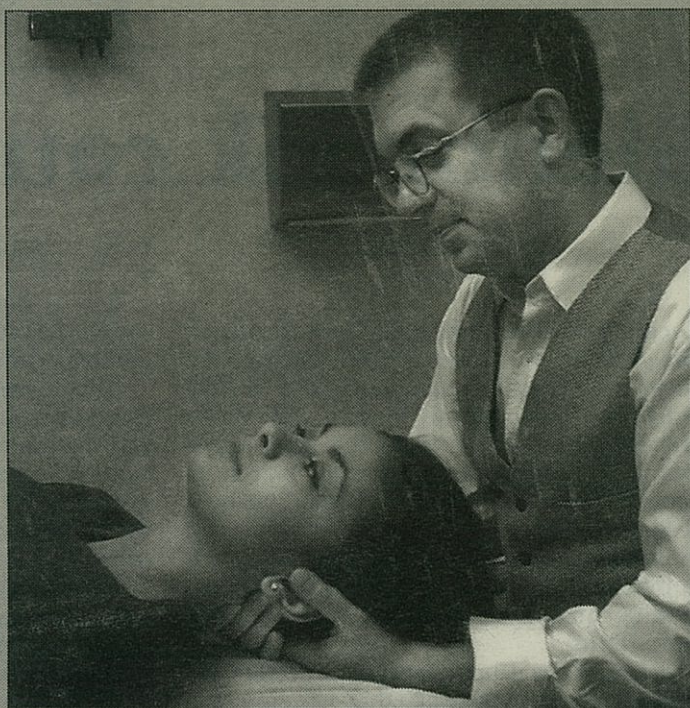


GLENVIEW PERSONALITY



Michael Pys

Headache man

Pys is a neuromuscular therapist who works out of the office of Dr. Sheree and Evan Litkis in the Glenbrook Professional Building at Glenbrook Hospital. His patients swear by his skill in hands-on soft tissue therapy, massaging out the chronic headache problems they've experienced. "He helped me get rids of my headaches," Glenview resident Sheree Balkin said. "And he's a great guy."

Relieving tension

Pys believes that many headache problems can be relieved by adjusting posture or sleep habits. "A pain in the head doesn't mean a problem in the head," he said. "Most people don't understand most headaches come from stress or poor posture. Good posture is very important. And a lot of times people have problems because of stress. Emotional stress causes physical changes in the soft muscular tissue, which is contraction that affects the central nervous system. Painkillers do not take care of the problem, they just relieve the symptoms."

Here from the USSR

Pys emigrated from the Ukraine in 1990 and was introduced to his future trade by his father, a part-time therapist in a hospital. "I learned some things from him but much of it is very basic. My therapy is not just good treatment but my patients also receive a good education on why they have headaches." His wife, Barbara, also is a neuromuscular therapist and athletic trainer specializing in ergonomics. They have two children and live in Chicago. Pys can be reached at **729-8833**.

By: Michael Ulreich

Photo By: Julie Fabiszak