

America's Best in Medicine Profiles Heather Ruff Secor, OTR, JFBMFR: Owner of Full of Life Therapies: Mind~Body~Soul

Integrating Occupational Therapy, Myofascial Release, and Holistic Healing to Help Individuals Improve Function, Mobility, and Overall Well-Being



Livonia, Michigan Jul 29, 2026 (Issuewire.com) - Heather Ruff Secor, OTR, JFBMFR, is a dedicated Registered Occupational Therapist and integrative healthcare practitioner with nearly two

decades of experience helping individuals restore function, improve mobility, and enhance their overall quality of life. As the Owner of Full of Life Therapies: Mind~Body~Soul in Livonia, Michigan, Heather provides personalized, holistic care designed to address the physical, emotional, and functional challenges that affect everyday living. Her comprehensive approach extends beyond traditional rehabilitation, empowering clients to achieve meaningful, long-lasting improvements in health and wellness.

Heather earned her Bachelor's Degree in Occupational Therapy from Baker College of Flint and has devoted approximately 19 years to serving patients across the lifespan, from infants and children to adults and seniors. Throughout her career, she developed a passion for hands-on, whole-person treatment methods that support the body's innate ability to heal. That commitment inspired her to pursue extensive advanced training in the internationally recognized John F. Barnes Myofascial Release Approach®, becoming a highly trained practitioner in this specialized therapy.

Dedicated to lifelong learning and expanding the range of services she offers, Heather became a Licensed Massage Therapist after graduating from Irene's Myomassology Institute in 2016. She has also earned certifications as a Rapid Relief Technique Practitioner, Somatic Breathwork Practitioner, and Relaxation Therapist, while completing additional advanced education in complementary therapeutic modalities. By integrating these evidence-informed techniques with occupational therapy principles, she develops individualized treatment plans that address the root causes of pain, dysfunction, and movement limitations.

At Full of Life Therapies: Mind~Body~Soul, Heather works with individuals experiencing chronic pain, myofascial restrictions, sports injuries, post-surgical and post-accident recovery, neurological conditions, stress-related disorders, trauma, and mobility challenges. Her practice emphasizes the interconnectedness of the mind, body, and spirit, combining Myofascial Release, breathwork, somatic techniques, therapeutic massage, and functional rehabilitation to promote healing, restore movement, and improve daily performance.

Heather believes every person deserves care that is compassionate, individualized, and focused on long-term wellness rather than simply symptom management. She partners closely with each client to create an environment where healing can occur naturally, empowering individuals to better understand their bodies and actively participate in their recovery.

Through Full of Life Therapies: Mind~Body~Soul, Heather Ruff Secor continues to help people reclaim their health, resilience, and independence. Her dedication to clinical excellence, holistic healing, and personalized care has established her as a trusted resource for individuals seeking an integrative approach to rehabilitation and lifelong well-being.

Learn more about Heather Ruff Secor:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/Heather-Secor> or through her website, <http://www.fulloflifetherapies.com/>

America's Best in Medicine

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core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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