

American MASSAGE THERAPY Association



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For those
who knead
to know

Oregon News

Sept/Oct 2005 *Membership Edition*

PO Box 2142 • Lake Oswego, OR 97035-0645

October Cookie Master Presentation **To Stretch or Not to Stretch...** **That is the Question** *with Lama Somananda Tantrapa*

Lama Tantrapa, who was taught by his grandfather, has almost 30 years of experience practicing and teaching Qi Dao and other Internal Martial Arts. He is the current holder of the lineage of Qi Dao, a style of Tibetan Shamanic Qigong that has been fostered in his family for 27 generations, since 1247 A.D. For more information please visit www.qidao.org.

Please join us October 8 at the Sweetbrier Inn in Tualatin for this 4-hour CE workshop.

John F. Barnes PT, the Therapist and Instructor An Interview by Nathan Nordstrom

I had the opportunity to talk with John Barnes, the author, visionary, and authority on Myofascial Release. He was very friendly and easy to speak with. Following this interview I attended his myofascial rebounding class in Sedona, Arizona. For any of you thinking of taking his class, I would like to assure you, his classes are thought provoking, insightful, challenging, friendly, and very hands on.

(See Interview... continued on page 3)

NATIONAL MASSAGE THERAPY AWARENESS WEEK®

OCTOBER 23-29, 2005

*A Key
to a
Healthier
You*



American Massage
Therapy Association®

Message: A Key to a Healthier You is the theme of the 2005 National Massage Therapy Awareness Week (NMTAW), scheduled October 23-29.

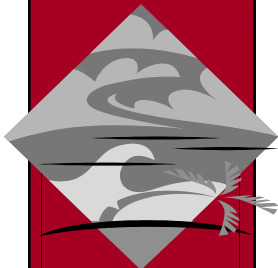
In Oregon, activities have been planned in several communities. In Eugene, chair massage will be provided for faculty and students at Lane Community College as well as for senior mall walkers at Valley River Center Mall. In LaGrande, massage will be provided to Eastern Oregon University (EOU) athletes, and chair massage will be made available to EOU's Student Activities Department.

AMTA began active celebration of NMTAW in 1997 to promote public awareness of the massage therapy profession and the benefits of massage therapy.

This year's theme will emphasize that massage can make a difference in someone's health and well-being. It will give individual members, chapters, member schools and the AMTA National Office an opportunity to promote the idea of massage as an important component to a

(See NMTAW... continued on page 3)

If you are
interested in
knowing
what AMTA
is doing
for the
Hurricane
Katrina
relief
efforts, visit
the website
at:
[www.
Amta
Massage
.org](http://www.AmtaMassage.org)



QUICK CHECK

AMTA-OR Community Calendar

October 8 — COOKIE MASTER & AMTA-OR BOARD MEETING!

10am AMTA-OR Board Meeting (All members welcome to attend)

1-5pm AMTA-OR Cookie Master (Lunch served from 12-1pm)

4-Hour CE Workshop “Improving Flexibility: Stretching and Beyond” with Lama Somananda Tantrapa

October 15 OBMT CE Class & Licensing Board Meeting, COCC in Bend

October 17 OSM Mind Body Connection - Hakomi

October 23-29 Nat’l Massage Therapy Awareness Week

This year’s theme is “Massage: A Key to a Healthier You”

October 31 - November 28 OSM What’s Your Point - Speaking Confidently in Group Settings for LMTs

November 7 OSM Watsu Basics



November 8-29 OSM Recordkeeping/Tax Reporting

November 11-13 Breema Eugene Fall Intensive

November 11 & 18 OSM Hakomi - Tapping Into the Body Wisdom

December 10 — COOKIE MASTER!

1-4pm AMTA-OR Cookie Master (Lunch served from 12-1pm)

3-Hour CE Workshop “Navigational Tools for Growing and Building Your Practice” with Trinity Sheraden, LMT #7300

See registration form in this issue

February 25, 2006 AMTA-OR Annual Meeting & Trade Show

Sweetbrier Inn & Suites, Tualatin



March 3-5, 2006 Breema Breitenbush Retreat

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by **Nathan Nordstrom, LMT #7700**
AMTA-OR President

Fall is in the air, and many things happen at this time each year: children go back to school, leaves turn beautiful colors, National Massage Therapy Awareness Week happens (this year it’s October 23-29), it starts raining again, the AMTA National Convention is held, and so on...

This year, the Oregon chapter is sending our board and delegates to Albuquerque, New Mexico for the National Convention. I have never been to New Mexico in the fall so this should be a wonderful experience. It is nice to get away from the routine grind of massage but conventions are usually twice as hectic due to the non-stop activities from early morning to late at night. For anyone who has not been to one, I highly suggest it.

National Massage Therapy Awareness Week (NMTAW) is one week where we as massage therapists can combine our marketing power so people know we are out there and helping the public. This year’s theme is “Massage: A Key to a Healthier You.” We are currently finalizing this year’s activities and will have a wonderful time October 23-29 executing the opportunity to meet with members of the public in our local areas. If any massage therapists in Oregon are planning any community-oriented events featuring massage in their towns and cities this October, or wish to begin planning for 2006, please feel free to contact Michael Dukart (Massage Awareness Week committee chair, AMTA-Oregon chapter Secretary) at (503) 363-1539, or email him at swanspirit@qwest.net, inform him of your efforts or intentions.

We cannot stop the leaves from falling or the rain from coming; however, we can keep our perspective optimistic and enjoy the effects of our choices. 🙌

Chapter Reports

Treasurer’s Report
Submitted by **Brandi Walton**
As of 9/15/05:

- Washington Mutual: \$22,000.03
- VanKampen Total: \$14,733.46
- Reserve Fund: \$9,567.02
- US Mortgage Class A: \$5,166.44

Check here next issue for reports from the AMTA Nat’l Convention!

Interview...

(Continued from front page)

“How did you get into Myofascial release work?”

I started out in physical therapy, graduating from the University of Pennsylvania in 1960. Over the years I was chief therapist of a number of hospitals and then I did something, business-wise, that hadn't been done in the physical therapy profession before. We started to see a need for quality physical therapy departments that were being managed well. So I started to develop and manage physical therapy departments for hospitals and outstanding care facilities. With my experience of what was happening with physical therapy I realized people were treating superficial symptoms and not really getting to the core of things. In high school I had been a very good athlete until I injured myself weightlifting.

“I had come to the gym to work out with weights. I was preparing for an upcoming competition. No one else was in the gym; even so, I decided to do squats unassisted with over 300 pounds. As I tried to complete the fifteenth repetition, I realized I could not get up. I had been a gymnast when I was younger so I mistakenly decided to roll back, not realizing that when you have a bar with 300 pounds on it, resting on the back of your shoulders, there's no way to release your grip on the bar. I landed on my sacrum and lower back with tremendous force. I was later to learn that I had crushed the disc at L5 and had ripped the ligaments in my lumbar area.” [Excerpt from, *Healing Ancient Wounds: The Renegade's Wisdom* by John F. Barnes]

I tried every form of physical therapy, which let me down. I tried massage therapy and exercise. I had spinal fusion surgery at L5 that helped the problem, to a degree, taking a lot of the intensity of the pain out but I was still hurting a lot. I went to the myofascial aspect just out of desperation. I started to treat myself and eventually developed a lot of the techniques taught in the classes today.

“How did you get started teaching MFR?”

A problem occurring in my practice was that I had a number of therapists working for me. I was the only one using my myofascial techniques, so everyone wanted to see me and nobody else. It was destroying my business, because I could not see everyone. At that same time I had also been asked to teach TMJ seminars at the local osteopathic college. The dentists and physicians that I was training on a variety of manual therapies asked me to start my own course. I resisted because it would be so time consuming. When I realized I had to teach my staff I figured I would open it up to the public. Everyone ridiculed me, telling me no one knew or cared what myofascial release was. They were right that no one knew what myofascial release was. There was a new physical therapy paper that had just started up. So I called them to see if they wanted an interesting story. They bit, so they wrote a story on what I was doing. I had never really lectured to more than 12-15 people at a time. I got 200 people signed up for the first course. I had to break it up into two weekends. The first course was very interesting: I froze. One of my problems was that my staff dropped all my slides on the floor. I now number my slides. My inner voice told me, “do what you do all day long, talk about what you know.” By the end of the course everyone thought I had been lecturing for ten years, which gave me confidence. All the skeptics told me that that was it. I decided this was too important, and I was going until it burns out. I feel this is my purpose in life. To me it is the health care of the future that is already happening. I have trained over fifty thousand therapists in positions that are using myofascial release. The effects of this work speak for themselves. 🙌

I would like to thank John and his staff for their patience and insight. I am excited to see the effects of John's newest class, “Woman's Health Seminar” starting in November 2005.

— For more info visit www.myofascialrelease.com.

NMTAW...

(Continued from front page)

person's health regimen, which may also include such things as diet and exercise. The goal is to communicate “key” messages that will specifically educate the consumer on these benefits and on how to find a qualified massage therapist – by looking for an AMTA member.

“We chose a theme that we believe will attract media attention, while conveying a positive message about massage to the public,” says AMTA President Mary Beth Braun. “We are convinced that *Massage: A Key to a Healthier You* will communicate the importance of massage as part of a healthy lifestyle.”

If any LMT in Oregon is planning an event, or would like to become active in organizing a massage event in their community this year or in the future, they are asked to contact Michael Dukart, AMTA-OR secretary and chair of NMTAW in Oregon, at (503) 363-1539, or email him at swanspirit@qwest.net.

“Chair massage is an especially easy way to reach the consumer and introduce them to the benefits of massage,” notes Dukart. “It is very visible and has always seemed to attract interest and questions during the events I have personally been a part of,” he continued.

“AMTA-OR's NMTAW Committee would like to know if there are other events around the state that we might not yet be aware of, and we'd like to help promote them and the general awareness of massage, especially during the national awareness week,” he concluded.

