

American MASSAGE THERAPY Association



Visit the AMTA Oregon Chapter
on the web at: www.amta-or.org



For those
who knead
to know

Oregon News

February 2008 Membership Edition

PO Box 2142 • Lake Oswego, OR 97035-0645

State News

Win a FREE AMTA-OR Membership Renewal!

Contest! Contest! Contest!

— by Carol Ann Carnese, LMT#12504
AMTA-OR 3rd Vice President

Calling all artists! Calling all would-be artists or even wanna-be artists!!!

The Oregon Chapter of AMTA needs your help in the design of a new lapel pin. Each state chapter has their own lapel pin that they proudly pass out when meeting others at places such as the AMTA National Convention. This has been a long-standing tradition and one that Oregon has taken part in in the past. However, over the past few years, the Oregon chapter has not been handing out lapel pins; they have been handing out stick on roses that you find in a notions store. While the idea may have been a novel as well as practical idea when first conceived, it is time for a change. That is where YOU, the member, comes in!

We are asking our members to design a lapel pin to represent Oregon to pass out to other AMTA members across the country as well as other parts of the world. We are looking for a design that represents Oregon as a whole, not just a

part. The rose sticker was a nice idea, but roses typically represent Portland and everyone in this great state knows that there is a whole lot more to Oregon than Portland.

The rules are simple:

- The design must represent Oregon AMTA and must be submitted by March 1, 2008. Any entries after that date will not be considered.
- Entries should be sent to Carol Ann Carnese, via email at IceLady67@hotmail.com or snail mail at 2536 SE Market St., Portland, OR 97214.

The Board of Directors will be voting on the winning design at our board retreat on

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[www.
message-
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PO Box 2142, Lake Oswego, OR 97035-0645
503/306-0932 AMTA-OR Office
www.amta-or.org

BOARD OF DIRECTORS & COMMITTEES

PLEASE FEEL FREE TO CONTACT THE FOLLOWING
INDIVIDUALS WITH YOUR QUESTIONS

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Oregon Board of Massage Therapists (OBMT)	Phone: 503/365-8657 Fax: 503/385-4465 www.oregonmassage.org
AMTA National Offices	Phone: 847/864-0123 Toll Free: 1-877-905-2700 Fax: 847/864-1178 www.amtamassage.org
Massage Therapy Foundation	Phone: 847/869-5019 Fax: 847/864-1178
National Certification	Toll Free: 1-800-296-0664 www.ncbtmb.com

Presidential Notes

by John Combe, LMT, NCTMB #7492



HAPPY NEW YEAR!

What a time of year for all of us to stop and review the past twelve months of life, business, and all other endeavors.

I have looked back on how the Oregon Chapter has made progress the last year and have found that 2007 was a very productive year in AMTA-OR. Some highlights for 2007 are: the purchase of six new massage chairs for chapter events; large attendance by Oregon members to the National Convention in Cincinnati, Ohio; Oregon donated over \$1100 to the Massage Therapy Foundation; Oregon Governor Kulongoski proclaimed October 22, 2007 as Massage Therapy Awareness Day; and finally, the Oregon Chapter website has a new and amazing look. I will see that 2008 continues this same trend of exciting advancement for the Chapter.

I have been looking at the last twenty-four months and am amazed at what AMTA-OR is evolving into. I can say, having attended every meeting at the chapter level from 2003-2007, change is always happening. My term as your President has been an enormous honor, a great learning time, and a lifelong memory to enjoy.

I have always felt that life is best if change takes place, and I am looking forward to a change of focusing on how I may help my profession. I will continue to be involved as much as necessary to support the future board and members of the association. I look forward to spending more time with my very loving wife, and remain a dedicated volunteer with the Massage Therapy Foundation.

I would like to thank every member that I have been able to meet and not meet over the last two years for their support of, and membership in, the association. I would also like to thank the board members that served during my presidency for all of their support, encouragement and hard work they have provided. I truly value the everlasting friendships I have made and memories that I have gained during my service on the board. Thank you!

Check out the new look and format of our website!
Visit us at: www.amta-or.org

ABOUT THIS PUBLICATION

Contributions are welcome; all submissions must include a legible signature and phone number and may be edited for space and clarification. Address all correspondence to: Editor, Michael Dukart, PO Box 2142, Lake Oswego, OR 97035. Phone: 503/363-1539. Email: swanspirit@qwest.net. AMTA-OR reserves the right to edit materials; reject copyrighted materials unless consent of copyright holder is obtained in writing; and assumes no responsibility for errors, omissions, corrections, or modifications in its publications. Information, articles, endorsements and ads contained in this newsletter do not necessarily reflect the opinions of the American Massage Therapy Association.





January 2008 News from the Massage Therapy Foundation

Foundation to Sponsor Osteopathic Manipulative Medicine (OMM) Research Conference

The Massage Therapy Foundation is pleased to announce our sponsorship of "Delineating the Evidence Base for Somato-Visceral Interactions and Autonomic Mechanisms of Manual Therapy". This international, interdisciplinary research symposium will feature leading researchers in the areas of somato-visceral reflexes and autonomic mechanisms of manual therapy from the United States, Japan, Germany and Canada. The symposium will be held at the Osteopathic Research Center at the University of North Texas in Fort Worth, Texas from March 31 through April 1, 2008. For more information and to register, please visit, www.hsc.unt.edu/orc/services/occtic.asp

Fascia Research Congress DVD Now Available

The DVD recording of the Fascia Research Congress, which was held in Boston on October 4-5, 2007, is on sale now for \$200, plus shipping and handling.

The 6-disc DVD set contains all the plenary sessions and four selected concurrent parallel sessions from the conference. The discs are fully indexed for quick locating by topic/speaker. For more information or to order your copy, please visit www.fascia2007.com/dvd-recording-order.htm.

Fascia Research Congress Articles in SCIENCE MAGAZINE

David Grimm of SCIENCE MAGAZINE recently wrote two excellent articles summarizing the Fascia

Research Congress. To read these articles, click here: www.fascia2007.com/news_comments.htm.

Articles of Interest

Post Operative Massage

A new study published in the December issue of the American Medical Association's Archives of Surgery found that massage, in conjunction with regular pain medication, significantly improved patient pain and anxiety after major surgery. Read more online at time.com: Post-Op Rx: Get a Massage

CAM Therapies and Low Back Pain

According to a national survey, lower back pain and other back problems are the number one reason that Americans seek out CAM therapies. Read about how two researchers spoke on CAM therapies and low back pain at nccam.nih.gov: Low Back Pain: NACCAM Symposium.

Massage Therapy and Nerve Damage

Read about a case report that studies the relationship between massage and nerve injury: Massage Enthusiasts Risk Nerve Injury: Case Report.

(See *Massage Therapy Foundation...* continued on page 4)

Lapel Pin Contest... (Continued from front page)

March 15, 2008. You, as the winner, will have not only the satisfaction of knowing that YOUR design will be handed out to people across the world, as well as having your picture and design showcased in our newsletter and brand new website, but will win a **one year membership renewal to AMTA-OR chapter!!!**

Show us your talent and what you can do! Help us design a lapel pin for the great state of Oregon. We look forward to seeing your artwork. If you have any questions, please don't hesitate to contact any of your board members! 🙌

Treasurer's Report

Financial Report Ending 1/25/2008

Submitted by **Brandi Walton, LMT #3218, AMTA-OR Treasurer**

Washington Mutual: \$21,264.69

VanKampen Reserve: \$46,308.66



Massage Therapy Foundation...

(Continued from page 3)

Organization of Interest: Society for Integrative Oncology (SIO)


The SIO is a non-profit, multi-disciplinary organization of professionals dedicated to studying and facilitating cancer treatment and the recovery process through the use of integrated complementary therapeutic options. Such options include natural and botanical products, nutrition, acupuncture, massage, mind-body therapies, and other complementary modalities. Their mission is to educate oncology professionals, patients, caregivers, and relevant others about the scientific validity, clinical benefits, toxicities, and limitations of state-of-the-art integrative therapies. SIO provides a forum for presentation, discussion, and peer review of evidence-based research in the discipline. They advocate for responsible public policy and the highest standards of practice in integrative medicine through appropriate training and the certification of health care professionals. For more information or to learn how to become a member, please visit www.IntegrativeOnc.org.

Conference Announcement - NARCCIM

The 2009 "North American Research Conference on Complementary and Integrative Medicine" will be held May 12-15, 2009 at the Hilton Minneapolis Hotel. Participation from CAM researchers, educators and providers, and conventional practitioners from around the world is encouraged.

For further details, please visit the website at: www.imconsortium-conference.org or contact info@imconsortium-conference.org.

Help Shape the Future

The Massage Therapy Foundation is a 501 (c) 3 public charity with a mission to advance the knowledge and practice of massage by supporting scientific research, education, and community service. Your donation will help to promote collaborative research, deepen the understanding of massage therapy, and bring massage to people in need. 




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February 2008

Visit the AMTA Oregon Chapter
on the web at: www.amta-or.org



Professional Tax Preparation by
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Contact Elaine 541-270-5601
 www.etaxwisdom.com
Waldport on the Central Oregon Coast



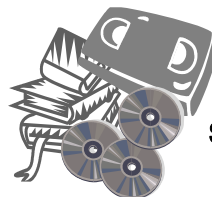
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BUSINESS EMPOWERMENT NETWORK

Barb Tyler
(541) 937-2611
Fax: (541) 937-4286
npassist@msn.com

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Newsletter Publishing • Executive Assistance • Event Planning
Website Development & Maintenance!



For our Lending Library
selections, see page 13!

~ Classified Ads & Announcements ~

Massage room for part-time lease available in S. Salem, in a reputable wellness center. Available Mondays until 5pm, all day Wed., Friday after 1pm, and all day Sat. and Sun. \$350 Call (503) 910-5453.

Breitenbush Hot Springs Retreat & Conference Center
Seeking Oregon LMTs to fill temporary, seasonal, and periodic year-round positions. Call, email, or access our website for information and application. 503-854-3320 ext. 119; personnel@breitenbush.com; www.breitenbush.com.

Member Classified Ads

Advertise your massage table or other used massage-related items in the AMTA Oregon News. (Does not include ads for workshops, or product/service related ads. See outside back cover for those rates.) Send your ad with check made payable to AMTA-OR to: Alquemie Publishing, PO Box 87, Dexter, OR 97431 Or send your ad via email to: npassist@msn.com.

\$5 for 15 words or less (\$10 for nonmembers)

Next deadline is March 1, 2008 for the April issue

CALLING ALL MEMBERS!!



American Massage Therapy Association
Oregon Chapter

Grow As A Professional By Contributing Your Time & Energy To AMTA-OR

Mark Your Planners For AMTA-OR's 2008
Chapter Volunteer Orientation Program (CVOP)

Saturday, April 19, 2008
12 - 3 p.m.

at

Cambridge College

4145 SW Watson Avenue, Suite 300

Beaverton, OR 97005

Phone 800-819-6472 for directions to the school

The AMTA-OR Board of Directors is seeking volunteers for committee work, including Education, Government Relations, Newsletter, National Massage Therapy Awareness Week, Website, and others. Please join us!!

FREE LUNCH!

ADVERTISING RATES FOR THE AMTA OREGON NEWS

THE **AMTA OREGON NEWS** IS NOW PUBLISHED EVERY OTHER MONTH

IF YOU ARE INTERESTED IN ADVERTISING WITH US, PLEASE FILL OUT THE
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**BARB TYLER - PUBLISHER
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**DISTRIBUTION FOR FEBRUARY, APRIL, JUNE, AUGUST, OCTOBER: 1200 PER EDITION
DISTRIBUTION FOR DECEMBER: 4000+ (ALL LMTS IN STATE OF OREGON)**

FOR ISSUES PUBLISHED FEBRUARY THRU OCTOBER	FOR ISSUE PUBLISHED IN DECEMBER ONLY
CLASSIFIED AD = \$25 PER ISSUE (3" x 1")	CLASSIFIED AD = \$25 (3" x 1")
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FULL PAYMENT MUST ACCOMPANY THIS FORM. WE DO NOT INVOICE OR TAKE MONTHLY PAYMENTS TOWARD AN AD.

AMTA-OR Video Lending Library

Please contact Jody Green at 541/520-3458

Rental Agreement

COST: \$5 per tape with a \$30 deposit per tape. Payment must be received before video is mailed to you. Limit 3 tapes per order. Deposit will be returned when video(s) is returned to Library.

DURATION: 30 days from postmarked date per tape. Deposit will be forfeited after 30 days. Please allow for mailing time. Member is responsible for return postage. Limited to a first come, first serve basis. Videos may not be reproduced.

Eastern Techniques

- Videos by Michael Reed Gach
- The Bum Back Video
- Fundamentals of Acupressure
- Releasing Shoulder & Neck Tension
- Zen Shiatsu

Health & Fitness

- Tai Chi for Health - Basic Patterns
- Taijiquan - Orthodox Chinese Tai Chi
- Stretching with Bob Anderson
- Jane Powells Fight Back with Fitness (Arthritis)

Video/Audio Sets

- Baby's First Touch
- Fibromyalgia
- Japanese Hot Stone Massage

Human Anatomy

- Head & Neck Part 1 & 2
- Trunk
- Upper Extremity
- Lower Extremity
- Low Back Dissection
- Cadaver Dissection of Hip/Pelvis Region & TMJ Dissection
- Primal 3D Interactive Series - Complete Human Anatomy (9 CD set)

Onsen-Rich Phaigh

- Assessment of Pelvic Region #1
- Assess & Correct Lower Body #2
- Assess & Correct Upper Body #3
- Assess & Correct Upper Body #4
- Sports & Fitness Massage

Books

- Medical Massage Therapy Billing
- Ethics of Touch by Ben E. Benjamin & Cherie Sohnen-Moe
- Functional Assessment in Massage Therapy by Whitney Lowe

Other

- Compassionate Touch - Geriatric Massage
- The Power of Touch - AMTA
- Earthquake Relief - MERT
- Principles of Equine Massage
- Rosarita Beach Clinic - Alternative Approach
- Videos by Body Cushion & Oakworks
- Cookie Masters Videos (Call for list)
- Fijian Massage with Lolita Knight (DVD)
- Reflexology Vol. 1 The Feet with Rhonda Funes
- Art of Pre-Natal Massage with Kelly Lott
- Lymphatic Drainage Massage with Sean Riehl

Clinical & Sports

- Basic PNF - Patrece Morency
- A Chiropractic Approach to Soft Tissue
- Soigneur's Sports Massage: A SOMA Body Work Intro
- Functional Assessment Skills with Benny Vaughn
- New Approaches to Muscle Therapy from Body Cushion

Seated Massage

- Seated Massage Experience with Raymond Blaylock
- On-Site Practice by David Palmer
- Oakworks Portal Pro

Upledger

- 10-Step Patient Protocol
- Patient Sequence Part 1 & 2

Kurshova Method

- Russian Sports Massage
- Pre & Post Massage
- 10 Sports Injuries

St. John - NMT

- NMT Philosophy 1
- NMT Philosophy 2
- NMT Philosophy 3
- Low Back Pain
- Shoulder Pain
- TMJ Pain
- NMT 3 - Home Study
- NMT 4 - Home Study
- NMT Nerve Entrapment/Compression v.4
- NMT Shoulder Pain v.10
- NMT Carpal Tunnel v.11
- Cervical Injuries, Postural Analysis & Pelvic Stabilization
- Pain Mechanisms of the Low Back

~ To Rent ~

**Make out two checks to AMTA-OR
First check should include \$5 per
video rented. Second check should
include a \$30 deposit per video
rented. Deposits will be returned
when videos are returned.**

Massage Therapists Deserve Professional Respect

The practice of massage therapy is focused on health and wellness. It can help alleviate the effects of a broad range of health conditions, including pain, stress and muscle injury.

The growing popularity of massage therapy in recent years has attracted greater attention to the profession and its practitioners by the media and the public. While this increased attention has resulted in a wider recognition of the many benefits of massage, occasionally some public figures attempt to link the practice of massage therapy to sexual activity. Perpetuating this view not only demeans the profession of massage therapy, but also can threaten the physical safety of massage practitioners when an assumption is made that someone can demand sex from them.

AMTA and its members understand good-natured humor, but call on the media and public figures to not allow their comments to denigrate the massage therapy profession, stereotype massage therapists, or threaten their safety. Public comments about the profession should never imply an expectation of or a connection with sexual activity.

Massage therapists are trained professionals who have completed specialized education in their field. Those who belong to the American Massage Therapy Association (AMTA), for example, have demonstrated a level of skill and knowledge through education and testing, adhere to a code of ethics and must meet continuing education requirements to retain membership.

GET INVOLVED in the



American Massage Therapy Association
Oregon Chapter

**“...to develop and advance
the art, science and practice
of massage therapy...”**

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