

American MASSAGE THERAPY Association



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For those
who knead
to know

Oregon News

December 2011 Statewide Edition

PO Box 2142 • Lake Oswego, OR 97035-0645

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Presidential Thoughts

with Mike Blackmore, LMT #6637

As I write my last President's letter, I can think of nothing but the incredible response from Oregon members who helped our Chapter host the National AMTA convention. We greeted folks as they stepped off the plane at the airport, gave them great weather to play golf, provided an opportunity for a morning walk to the world-famous Voodoo Donut shop, and took 120 people for a cruise up the Willamette River on a stunning Friday night. Within a week of the convention, rave reviews of our hospitality were spreading across Facebook and blogs. Nothing is ever perfect, but the crew did a great job taking care of business so our visitors could enjoy their experience.

The massage team at the convention was unbelievable! They did 7300 minutes of massage between Thursday and Saturday. That just makes me tired thinking about it. I have to thank **April Neufeld** for getting the crew together and managing the massage room. *Pivotal Solutions (Custom Craftworks)*, *Sacred Earth Botanicals* and *MyReceptionist* provided goods and services for our massage room, and LMTs did the rest.



If someone bought a shirt, shopping bag, commemorative patch, or a waterless tattoo, **Leslie Giese** brought it to the table. If they rented a table for a class because airline fees were prohibitive, **John Combe** asked an Oregon member to lend one. **Pamlin Pegg** and company showed them the way to MAX from the airport.

I can't thank enough each and every one of those who supported the convention with their time and attention.

The board barely has time to recover from all of this before preparing for our own annual meeting Feb 10-11. We have a fantastic opportunity for you to learn about massage research, the importance of assessment and charting, and appropriate billing. AMTA-OR has the honor of hosting **Ruther Werner**, **Diana Thompson** and **Whitney Lowe** as our presenters. See the registration form in this newsletter on page 10. Members can attend both days for **\$35!** That isn't a misprint. **Members can attend the annual meeting for \$35;** it includes 8 CEs, Friday evening dinner, Saturday continental breakfast and lunch.

But wait, there's more! The chapter will also host a post-convention trip to OMSI

(See Annual Meeting... continued on page 3)



Welcome
New AMTA-OR Members!

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

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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

We want to offer a warm welcome to our new members and transfers. I will be calling each of you soon to tell you more about what your Oregon AMTA Chapter has to offer.

— Leslie Giese, LMT
AMTA-OR Membership Chair

August Transfers:

Gail Bailey, Texas; Chris Brindley, Virginia; Te-silya Forester, Wyoming; Zhavanya Leib, Colorado; Patricia Lyons, North Carolina; Jennifer McLaughlin, Wisconsin

August New Members:

Deborah Baxter, Portland; Rachel Callaway, Mollalla; Dennis Cone, West Linn; Cathy Freitas, Rogue River; Rebecca Kraemer, Jacksonville; Jaylene Lewis, Hillsboro; Teresa Moore, Mill City; Jessica Pedersen, Pendleton; Zandra Ruiz, Keizer; Edith Scheffer-Gregory, Tualatin; Danielle Swan, Portland; Jason Thompson, Portland; Anne Vermilye, Eugene

September Transfers:

Maggie Bergin, California; Whitney Cornell, Idaho; Miley Flowers, Washington; Kristina Oliver, Washington; Nicolee Parrish, Hawaii; Danuta Piekutowska, California; Jenny Scarantino, Mississippi; Anne Tegtmeier, Pennsylvania

September New Members:

Kelly Barrett, Portland; Ruth Bryant, Canby; Lauren Ferreira, Portland; Tammy Johnson, Portland; Rebecca Kuntz, Vancouver; Nicole Mitani, Portland; Miranda Morehouse, Portland; Faren Nacoste, Portland; Jazzmin Parker, Medford; Nadejda Per-everzina, Gresham; Lisa Smith, Portland; Emily Thepharat, Fairview; Ruth Vipperman, Salem

Contact the Editor for submission deadlines.
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, Becky Leetch at bleetchlmt@comcast.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.

Meritorious Award Winner

By **Becky Leetch, LMT #6337**, Oregon News Editor



Congratulations to **Leah Bowder** who was voted this year's Oregon Chapter Meritorious Award winner.

Leah has been a licensed massage therapist for six years. She attended Oregon School of Massage in Portland and practices mostly clinical massage, but also enjoys a little bit of relaxation

massage. She rents space in a Naturopathic clinic in Beaverton (Dandelion Naturopathic). Leah is married and has four children ages 20 to two years old. She also has four cats and one dog. She lives in Beaverton and is a recent convert to Pilates.

Leah joined AMTA as a professional member immediately after becoming licensed. She was recruited by **Glennath Moyle** who she came to know as a student. After joining AMTA, she received a call from then President, **John Combe**, inviting her to the Oregon chapter CVOP. Leah attended, joined the government relations committee, and has been active ever since — serving on the BOD as 1st VP from 2007-2011; and, has been government relations chair since 2007. This year she had the privilege of helping with chapter leadership training at the national convention by sitting on the government relations panel with **Joe Roth** from the National office and **Russell Rust** from the AMTA-Texas chapter. She says, "I like having a voice in my profession, so being involved in AMTA allows me a place to do that."

Leah has a lot on her plate, but still manages to do a wonderful job for AMTA on a local and national level. Our sincere thanks and congratulations to Leah! 🙌

AMTA-OR Member Receives Local Business Award

By **Becky Leetch, LMT #6337**, Oregon News Editor



The Portland Chapter of the Oregon Federation of Business & Professional Women's Clubs, Inc. has named **Susan Baer**, Oregon LMT #872, its 2011 Portland Business Woman of the Year. Susan is the AMTA-OR Chapter Third Vice President.

Susan says she wants to see massage become a normal part of one's wellness regimen. "Everybody is stressed these days, and massage is such a simple, beneficial activity. It reduces stress, lowers blood pressure, eases pain, improves circulation, promotes healing, and increases feelings of well-being. Just imagine how much healthier and happier everybody would be if they got some kind of massage every week."

Congratulations to one of our own, Susan Baer! 🙌

Annual Meeting... *(Continued from front page)*

on Sunday, February 12, for a 4 hour CE class tour through Body World. **Nathan Nordstrom** will lead the tour. The cost for this event is \$35 for members, and is limited to 24 attendees. If the first tour fills, we will add a second tour. See page 11 to register.

That's \$70 for a 12 CE weekend. Terrific value for being a member, don't you think? Make it a point to be there, because the annual meeting also takes place on Saturday. The chapter will vote for a few new officers; President, 2nd VP, and Secretary terms are up, and two 2-year delegates to represent the chapter in Raleigh, NC in 2012 and Fort Worth, TX in 2013.

I'm sure I could come up with something else to write about, but I need to leave space for other reports from the convention, and a registration form to attend the annual meeting, and a membership application for potential members. See you in February. Bring a friend. Run for an office. Volunteer your skills and knowledge to your chapter. It's my turn to get out of the way. 🙌

Treasurer's Report

Financial Report as of October 31 2011

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

Pacific Continental Bank:

Money Market — \$15,006.56

Checking 1 — \$40,603.52 Checking 2 — \$100.00

Invesco Investment Services: \$16,878.25

AMTA National Convention Reports

Dynamic Keynote Speaker, Integrative Health Care Focus, Donation to Foundation Highlight AMTA Convention in Portland

Reprinted from AMTA National website, www.amtamassage.org.

Featuring a special education track for massage as part of integrated health, the American Massage Therapy Association® (AMTA®) national convention brought together more than 1,400 participants from October 19 to 22 in Portland, Oregon, for one of AMTA's largest conventions. The association also released results of its 15th annual consumer survey, presented a ceremonial check for \$420,000 to the Massage Therapy Foundation, announced preliminary findings from research on massage in a hospital environment, and announced mobile access to AMTA's Find a Massage Therapist® national locator service. The expanded Exhibit Marketplace included more companies than in 2010, offering attendees nearly 80 exhibits of massage therapy products and services. Meanwhile, attendees were able to earn more than 20 hours of continuing education credit. And, people could follow the events through Twitter and Facebook posts throughout the convention.

AMTA President Glenath Moyle announced that the Governor of Oregon had proclaimed it American Massage Therapy Association Week in Oregon.

Keynote speaker Kevin Carroll, founder of The Katalyst Consultancy and author of *Rules of the Red Rubber Ball*, captivated the audience during the opening session on Thursday, describing his life experience, engaging attendees with his approach to life and relating it to choices massage therapists make that can help them be successful. Massage Therapy Foundation (MTF) President Ruth Werner spoke about the relationship between AMTA and the MTF, highlighted the recent and upcoming work of the foundation, announced winners of their Case Report Contest and research grants, and thanked AMTA for its sponsorship of the MTF's first golf outing.

AMTA continued its very successful Student Day program, with area students attending information

sessions on planning for their careers and learning good business practices. Students also attended the exhibit hall and interacted with experienced massage therapists throughout the day.

AMTA welcomed representatives of all of the profession's organizations, as well as Dr. Brent Bauer of the Mayo Clinic who taught a class and served on a panel about the importance of evidence-informed practice. Bauer's class was part of the research track for continuing education developed with the Massage Therapy Foundation and was an indicator of the emphasis the association gave to research at the convention. In her opening remarks, AMTA President Glenath Moyle stated, "Research-informed practice is the future. And, the future is here."

Moyle and Executive Director Shelly Johnson shared the podium as they announced that the association's annual consumer survey, recent research from the American Hospital Association and other research studies showed a growing acceptance of the value of massage therapy for health and use of massage therapy within health care. This included preliminary information from AMTA's partnership with the Penny George Institute for Health and Healing at Abbott Northwestern Hospital in Minnesota. The early findings for 2010, involving nearly 2,200 inpatients who received massage, showed decreases of pain and anxiety levels after massage of nearly 50 percent. They pointed out the importance of the study for involving so many participants.



In her presentation of the ceremonial check to the Massage Therapy Foundation, Moyle reinforced

AMTA's commitment to be the primary benefactor of the foundation, ensuring that it is able to carry out its work, which reflects AMTA's own research goals.

AMTA Recognizes Volunteers

The Awards Ceremony for AMTA volunteers is an important part of the opening session of the annual convention, as individuals and chapters are recognized for their outstanding contributions to the association and the profession. The Distinguished Service Award was given to Dr. Glenn M. Hymel, Executive Editor of the International Journal of the Therapeutic Massage & Bodywork, massage therapist and Professor of Psychological Sciences at Loyola University New Orleans. Adela Basayne of Oregon was recognized with the President's Award. She is a past AMTA President and was a Charter Commissioner for the Commission on Massage Training Accreditation, which evolved into the current Commission on Massage Therapy Accreditation (COMTA). She was also recognized for her contributions to AMTA's strategic planning process.

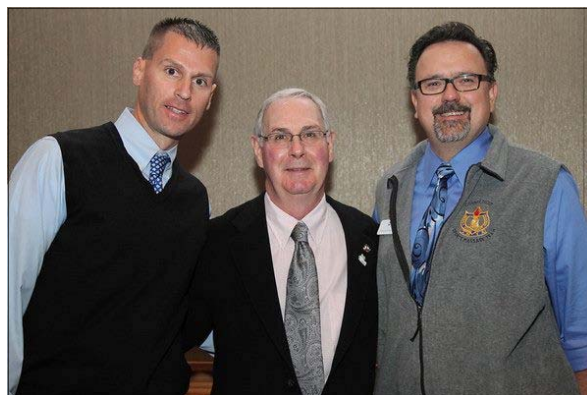
Other Award Recipients Include:

Patty J. Kruschke (WA) – Jerome Perlinski Teacher of the Year; Charlotte Phillips (IL) – first recipient of the Mentor of the Year Award; Laura Stevenson-Flom (CT) – Sports Massage Achiever Award; Garnet Adair (AZ) – Humanitarian Award; Chris Widlund (VT) – Government Relations Activist Award; Angela Palmier (IL) – National Meritorious Award; Ann Blair Kennedy (SC) – Outstanding Volunteer Group Chair.

Three people received special Certificates of Appreciation for their long-time service to AMTA: Whitney Lowe, Dan Barrow and Mark Tyle. 🙌

By John Combe, LMT, NCTMB
2011 National Convention Co-Chair
Delegate, 1st VP, Past President, House of Delegates
Operational Committee Member

I want to first give a big "Thank You" to the entire team of volunteers that made national convention a great success! Serving as 2011 Convention Co-Chair, the last year has been very fulfilling with many planning calls. I also want to thank **Mike Blackmore, Leslie Giese, Pamlin Pegg, and April Neufeld** who spent many hours leading up to convention getting all of the chapter hosting elements in order!



John Combe, Richard Wedegartner and Scott Raymond at the Chapter Presidents Council Meeting

I began the week of convention by attending the National Board of Directors meeting on Tuesday, October 18. It was decided that Denver, Colorado will host the 2014 convention. On Wednesday, I served as timekeeper at the Chapter Presidents Council; it was a great chance to see the current chapter leaders. In the afternoon I attended the House of Delegates orientation to serve as one of the Oregon Delegates.

On Thursday, I was up and going early to attend the opening ceremonies and keynote presenter. I have attended the last thirteen national conventions and will say **Kevin Carroll** was an outstanding keynote speaker. He had a very amazing story and many left the presentation speaking highly of Kevin.

Then I went to the official House of Delegates to debate six proposed Position Statements with the Oregon delegation. It was a very busy day in the house with the amount of debate and work to get through. The House passed three of the six Position Statements (please see article on page 6). After all

(See Nat'l Convention Reports... continued on page 6)

GET INVOLVED in the



American Massage Therapy Association
Oregon Chapter

"...to develop and advance the art, science and practice of massage therapy..."

Call or email an AMTA-OR Board Member TODAY!

Nat'l Convention Reports...

(Continued from page 5)

of the debate, it was time to elect new members to serve on the House of Delegates Operational Committee. I decided to run for one of the positions on the six member committee. I was very happy to be elected to serve for the next two years. Having served on this committee for four years already I know it is a lot of hard work, but fun, too.

I would like to congratulate **Leah Bowder** as the 2011 Oregon Meritorious recipient! Great job, Leah! Find out more about Leah on page 3.

In review of this year's convention I can only say, "Thank you for allowing me to serve each of you as a Chapter Delegate and Chapter Vice President." I look forward to meeting you very soon. 🙌

Oregon Chapter's Hospitality Raffle raised \$1000 for The Massage Therapy Foundation!

Winner of the Massage Chair kindly donated by Massage Wearhouse was Angie Wilkinson from New Jersey!

**By Nathan Nordstrom, LMT, LMP, NCTMB
AMTA-OR Past President**

From an inside, outsiders perspective!

This year I attended the AMTA national convention with no duties, no classes to attend, no meetings to moderate, and nothing to teach. I just had friends to see! This was very unique for me. I felt like an outsider.



Kevin Carroll, who gave the keynote address, was amazing. He was a very skilled story teller and motivational speaker. He is from Portland and formerly worked for Nike. Check out his website at www.kevincarrollkatalyst.com,

and I will be putting his book on my reading list.

Glenath Moyle, AMTA National President and AMTA Oregon Chapter Past President, preformed her duties excellently. I have heard nothing but rave reviews about her, and she represents well that we

Oregonians are pretty amazing people. She is a wonderful leader and has a very professional attitude; she is a mentor to all of us.

Fun events this year were "The Underground Foundation" (TUF) fundraisers which raised almost \$1,200 for massage therapy research. To learn more about the events go to Facebook and search "The Underground Foundation". There is a photo of **Dan Barrow** (last year's winner) passing the TUF poker game Cup to **Tammy Felix** (this year's winner).

Thank you to all the chapter volunteers! 🙌



AMTA National Board of Directors at the dinner and dance

AMTA Approves Position Statements, Chooses 2014 Convention Site

On October 20, 2011 the House of Delegates of the American Massage Therapy Association® (AMTA®) approved three position statements for the association. The delegates debated proposals for association position statements that express the sense of the membership on matters pertaining to massage therapy. Approved statements reflect the view of the majority of the delegates that research presented is sufficient for the non-profit association to state publicly the value of massage therapy for these health situations.

The Statements Approved Are:

- It is the position of the American Massage Therapy Association that massage therapy can be effective in reducing the symptoms of depression.
- It is the position of the American Massage Therapy Association that massage can be an effective

therapy for those who suffer from tension headaches.

- It is the position of the American Massage Therapy Association that those who participate in exercise programs, as well as athletes in training, can benefit from massage therapy.

Details on the approved position statements, including citations considered during debate, will soon be available on the AMTA website and will become part of the association's efforts to promote the value of massage therapy, supported by research.

The AMTA House of Delegates has now approved nine position statements since it first began voting on them in 2006. Proposals for AMTA position statements are developed and submitted by members according to specific guidelines and criteria. Proposals that meet all criteria are presented to the House of Delegates at its meeting that occurs during the AMTA national convention. Delegates are elected by their chapters to represent members in that state (and Washington, D.C.).

BOD Chooses 2014 Convention Site

During its meeting October 18, the AMTA Board of Directors approved holding its 2014 national convention in Denver, Colorado September 17-20. This will follow the 2012 convention in Raleigh, North Carolina (October 3-6) and the 2013 convention in Ft. Worth, Texas (September 25-28). 🙌

Please keep your info up-to-date!

If your mailing address, phone number, or email address has changed since you last renewed your membership in AMTA, please contact AMTA National and provide them with an update. If you want to be included in communications regarding Oregon activities, or receive your next newsletter by email, it is important to keep your info up-to-date! Thank you!



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Good Vibes

By Douglas W Kinnaird, BA, LMT #2958

Editor's Note: This is the beginning of a series we will present in each newsletter highlighting many of the knowledgeable educators in our Oregon Chapter. Our first article is by Doug Kinnaird, AMTA Oregon's 2010 LMT of the Year. He has practiced and taught massage since 1976, specializing in therapy and rehabilitation. He has taught in several Pacific Northwest massage schools, founded Kinnaird Seminars in 1997, and is a 26-year member of AMTA.

How often do you use manual vibration in your massage? When was the last time you read anything about this valuable technique, about its many benefits for your clients, or about how developing this skill can save you from pain . . . and maybe even save your career?

Defining Terms (if a brief physics discussion doesn't interest you, skip forward to the end)

Vibration, periodic back-and-forth motion of the particles of an elastic body or medium, commonly resulting when almost any physical system is displaced from its equilibrium condition and allowed to respond to the forces that tend to restore equilibrium.

Vibrations fall into two categories: free and forced. Free vibrations occur when the system is disturbed momentarily and then allowed to move without restraint . . . Forced vibrations occur if a system is continuously driven by an external agency. A simple example is a child's swing that is pushed on each downswing.¹

Briefly, *simple harmonic motion (SHM)* is a common characteristic of free vibration. Periodic oscillations are defined mathematically as *sinusoidal* [e.g.: graphed as a sine wave] . . . *Of special interest are systems undergoing SHM and driven by sinusoidal forcing. This leads to the important phenomenon of resonance. Resonance occurs when the driving frequency approaches the natural frequency of free vibrations. The result is a rapid take-up of energy by the vibrating system, with an attendant growth of the vibration amplitude.*¹ [For a more complete explanation, check the link in the footnote]

The body, like everything in the manifest universe, vibrates in multiple natural frequencies: heart

(See **Good Vibes...** continued on page 8)

Good Vibes... (Continued from page 7)

rhythm, cranial-sacral rhythm, rhythms of neural firing and muscular contraction, circadian rhythms, etc. Nerves and muscle fibers operate similarly: it's all-or-nothing, on-or-off. A stimulus depolarizes a neuron, its action potential peaks, the nerve fires, then goes into a refraction phase. However, a sustained stimulus will cause firing before the neuron has been fully repolarized to its latent state (*temporal summation*).²

Muscles also have latent, contraction, and relaxation periods. And like nerves, a sustained stimulus will cause temporal summation. At a rate of 20-30 cycles per second, a muscle only partly relaxes between stimuli, resulting in *incomplete tetanus*; increasing the stimulus to 80-100cps results in *complete tetanus*, a sustained contraction with no relaxation between stimuli.² In both nerve and muscle actions, this temporal summation creates a vibrational wave pattern, and because the time between firings is very short, this creates a high-frequency wave pattern.

By this definition, vibration as used in massage is an example of sinusoidal forcing of a system undergoing SHM: the therapist's hand is the driving force and the client's body is the system whose natural frequencies are being "disturbed." The body begins to resonate in concert with the new frequency, altering physiological activities: for example, by introducing a lower-frequency vibration into a hypertonic muscle, the muscle's higher-frequency vibrations are interrupted and it relaxes.

Putting It to Work

Vibrational therapy has been studied extensively for more than a century. Russian massage research showed that vibration is stimulating to the central nervous system, but <120 oscillations per minute (opm) relaxes muscle, 300-400 opm stimulates, and 800+ opm anesthetizes. While 120 opm is easy to apply manually (just 2 beats/second) 300-400 opm requires considerable practice, concentration, and energy. And though 800+ opm requires an electromechanical device, this explains how vibrators provide temporary pain relief.³

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- Geriatric degenerative conditions
- Chronic fatigue, fibromyalgia
- Detoxification, insomnia, stress

Lymph Drainage Therapy 1 (LDT1)

Jan 8-13, 2012	Big Sur, CA
Jan 12-15, 2012	Cincinnati, OH
Feb 9-12, 2012	Albuquerque, NM
Feb 9-12, 2012	Seattle, WA
Feb 23-26, 2012	Palm Beach, FL
May 31-3, 2012	Edmonton, AB
Jun 7-10, 2012	Wichita, KS
Jul 19-22, 2012	Philadelphia, PA
Aug 9-12, 2012	Boulder, CO
Aug 9-12, 2012	St. Louis, MO

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Russian massage does not distinguish between Vibration and Tapotement as stroke classifications. The former is called *Continuous-Contact* vibration and the latter is *Intermittent-Contact* vibration. Numerous applications are basic to massage training. I have observed, though, that while tapotement is not uncommon, continuous-contact applications are not widely used in this country.

Vibration is one of the stroke categories that I credit with saving my massage career more than 23 years ago. Twelve years of massage, six of deep-tissue and trigger-point work, nearly crippled my hands, pain varying only in intensity and never disappearing. Learning how Russians use vibration was one of many changes in my practice. Amazingly, as it saved my hands, it worked better for my clients as well.

Continuous-contact vibration can be applied with either up-down or side-to-side motions, remaining on a single area or spot, or traveling over a broader area. With the hand spread open, it is less focused, more generalized. Narrowing the area of contact, it

(See Good Vibes... continued on page 12)



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Winter Term Sports Certificate Classes

Sports Event Massage	Jan 28	Sat 9am-6pm	8 CEs	\$165
Upper Body Injury Care	Feb 16-Mar 15	Thu 9am-12noon	15 CEs	\$325
Therapeutic Stretching - Upper Body	Mar 10	Sun 9am-5pm	7 CEs	\$145
Myofascial Trigger Point Therapy	Mar 17-Mar 18	Sat-Sun 9am-5:30pm	15 CEs	\$325



Molly Verschingel
LMT #5164
Sports Massage
Certificate creator

OSM also offers
certificate programs
in Shiatsu and
Maternity Massage

"...I've taken many hours of continuing education, traveling for classes lasting days, led by nationally recognized therapists, and spending the big money required ... Without a doubt, the education and experience provided through the PSU internship stands above them all."

Bridget Raach, BA, LMP, CSCS, USA-W

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February 10-11,
2012

8 Hours of Continuing Education

AMTA-OR Annual Meeting



Red Lion Convention Center
1021 Grand Ave
Portland, Oregon 97232
Directions & Other Info:
1-503-235-2100



Friday

Registration and No-Host Bar starting at 5:00pm

Dinner at 6:00pm

Keynote Panel — Research and the Future of Massage

with Whitney Lowe, Ruth Werner and Diana Thompson

Saturday

9:00am to 12:00pm Select in order of preference, #1-2

Writing Your Own Case Report

with Ruth Werner

Charting Orthopedic Assessments

with Whitney Lowe and Diana Thompson

12:30pm to 1:30pm

Lunch & AMTA-OR Annual Meeting

Annual Reports • Election of Officers

2:00pm to 5:00pm Select in order of preference, #1-3

Fundamentals of Orthopedic Assessment

with Whitney Lowe

Ethical Insurance Billing

with Diana Thompson

Cardiovascular Disease and Massage

with Ruth Werner

Pre-Registration

Price is for Friday evening dinner, Saturday breakfast and lunch

Please mark the appropriate box:

AMTA-OR Member \$35

Non-Member \$90

Saturday Lunch Only = \$20.....

Anyone may attend the AMTA-OR Annual Meeting at no charge from 12:30 to 1:30 unless you desire lunch which is \$20.

Pre-Registration Deadline is
2/1/12 or register at the door

AMTA Member #

Name

State License #

Address

City

State

Zip

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Total Pricing

AMTA members \$35 Non-AMTA \$50

Times & Dates

Sunday, February 12, 2012 from 9:30am to 1:30pm

Sunday, February 12, 2012 from 1:30pm to 5:15pm

** This class is not working in conjunction or associated with Gunther Von Hagen or Body Worlds Inc.*



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~ For all Licensed Massage Therapists ~



February 12, 2012

Body Worlds Tour & 4 CE Hours

Two tours: Sunday 9:30am to 1:30pm or 1:30pm to 5:15pm

Cost: \$35 Members \$50 Non-Members

Location: OMSI 1945 SE Water Ave, Portland, Oregon

Registration

Session: (circle one) AM or PM

AMTA Member #: _____

State License #: _____

Amount Enclosed: \$ _____

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Mail to: AMTA-OR, 1675 Willamette St., Eugene, OR 97401
For more info call 541/915-5263

Good Vibes... (Continued from page 9)

penetrates, eliciting deep-tissue responses without invasive pressure or pain.

For this writing, let's look at one use of vibration, treating trigger points.

Like using heat or cold, a little vibration can relieve pain or irritation, but too much can increase it. Alternate 3-5 seconds of vibration with 3-5 seconds of friction or effleurage, for as many cycles as necessary, when working in a specific spot like a trigger or tender point (broader, less focused, use does not require this on-off procedure, and can be applied for longer periods of time).

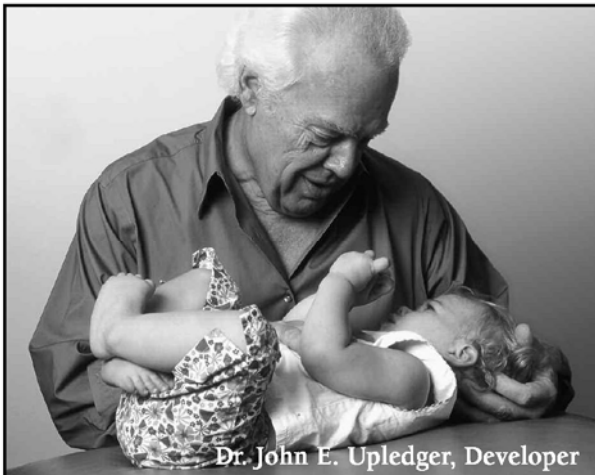
Having located the point, and never allowing your fingertips to lose contact with the skin, vibrate up and down, then, pressing gently into the point, do a rapid circular friction. Continue, repeating this vibration-friction cycle. From a larger initial contact area, gradually reduce contact, first lifting the little finger, and removing another fingertip with each successive cycle - thumb, ring, index (see accompa-

nying illustrations): 1. Plum-Blossom Fist; 2. 4-Leaf Clover; 3. Shamrock; 4. 2-Fingers; 5. Pointer.

Experience shows that this technique can relieve a trigger point in as little as 30 seconds, rarely taking more than a minute, and *the relief lasts*, sometimes permanently, but often requiring only a follow-up or two.

Encountering someone with multiple trigger points (e.g.: *fibromyalgia*), DO NOT try to relieve all of them at once. Locate and chart all currently active trigger points. Work on only 2-3 bilateral sets of points (i.e.: 4-6 total points, max) on the first visit - which may require only 10-15 minutes - treating the less-painful point of each pair before the more-active.

Schedule 2-3 visits the first week. Each session, check and and treat previous points as necessary, before treating 2-3 new sets of points. Weeks two through four, decrease the frequency of visits to 2/week. And by week five, decrease the frequency to weekly visits. Each time, check all previous pain points and treat as necessary, which means the



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length of each visit will increase accordingly. After 12-15 sessions (do not exceed 15), stop entirely for four to six weeks. If pain persists or recurs, repeat the same schedule for another flight of treatments.

This “vacation” is essential - even if your client doesn’t want to stop - for the body to adapt to its new level of function. Continuing without a break causes effects to plateau, but stopping, then resuming, creates a summation effect for greater (and hopefully permanent) relief. 🙌

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Russian School of Massage Therapy, The Kurashova Method; Wine, Chapel Hill NC, 1987

AMTA Collaborating with Health & Healing Center for Research Project to Analyze Efficacy of Massage in Integrated Care

Evanston, IL – The American Massage Therapy Association (AMTA) announces a new collaboration with the Penny George Institute for Health and Healing at Abbott Northwestern Hospital in Minneapolis, MN. The collaboration focuses on research analyses of the effectiveness of therapeutic massage in care provided to inpatients in the hospital from July 2005 through December 2009.

“We are pleased to be supporting this effort because of our on-going commitment to advancing quality research and evidence-informed practice and as part of our industry relations activity,” says AMTA President Glenath Moyle. “It is the first major achievement toward our research and industry relations goals this year.”

The approach will be an in-depth analysis of more than 13,000 patients who received integrative therapies compared with 2,400 patients who did not. Since therapeutic massage is the most common integrative therapy provided at Abbott Northwest-

ern, the results of the study will provide the first comprehensive evidence on the effectiveness of therapeutic massage therapy in a “real-world” inpatient setting.

“We propose to document predictors of integrative therapy referrals, service delivery and therapy selection for pain management,” says principal investigator Jeffery Dusek, PhD. “We will also examine the impact of integrated therapies, specifically therapeutic massage, as adjuncts to traditional interventions on short changes in pain in an acute care hospital setting.”

This is one example of how AMTA collaborates with other organizations in areas of strategic importance to the association and the profession, while it supports activities to further integrate massage into health care. AMTA accepts unique opportunities such as this, because of its benefit to the profession and advancement of the association’s vision and goals. The association views this as especially important, because AMTA members have frequently indicated they want and need more scientific research to empower them in their discussions with clients, health care professionals, potential employers and others. AMTA’s vision for massage therapy includes that quality research is the foundation for evidence-informed massage therapy education.

Results of the analyses are expected early next year and will be offered for publication in the free online *International Journal of Therapeutic Massage & Bodywork*.

The American Massage Therapy Association is the largest non-profit, professional association serving massage therapists, massage students and massage schools. The association is directed by volunteer leadership and fosters ongoing, direct member-involvement through its 51 chapters. AMTA works to advance the profession through ethics and standards, the promotion of fair and consistent licensing of massage therapists in all states, and public education on the benefits of massage. The association fosters massage therapy research as the foundation for evidence-informed massage therapy practice. It is the primary benefactor for the Massage Therapy Foundation. 🙌

www.massagetherapyfoundation.org



Recharge Your Commitment: Protect Yourself from Low Back Pain

From AMTA Massage Therapy Journal



Low back pain is one of the most common and complex symptoms clients suffer from, and can be triggered by almost anything, from an improperly adjusted office chair to lifting a heavy object improperly. Although low back pain is typically associated with industrial workers due to heavy lifting and nurses or paramedics

due to frequent patient handling, a 2006 study published in *Occupational Ergonomics* found massage therapists are at high risk for musculoskeletal disorders if they are required to maintain awkward static postures for a significant amount of time.

The study was conducted by the Kinesiology faculty at the University of New Brunswick, Fredericton, Canada in association with the Applied Health Sciences faculty at the University of Waterloo in Ontario, Canada, to investigate the biomechanical demands on the low backs of massage therapists performing common massage therapy techniques.

Ten massage therapist consisting of eight women and two men (the proportion of gender is reflective of that present in massage therapy) were videotaped by two video cameras to capture angles of their posture as they each administered a standardized 44-minute general relaxation back massage.

The study found that during the 44-minute relaxation massage, the massage therapists employed a non-neutral trunk, arms and shoulder posture 50 percent, 70 percent and 60 percent of the time, respectively. The massage therapists spent the most time in non-neutral postures during massage stripping and effleurage. These non-neutral postures occurred despite the fact that the massage therapists practiced proper body mechanics, including table heights that were 40-43 percent of their standing height.

You work hard to relieve your clients of pain and you work even harder to make sure your body is

excellent working condition.. Practicing good back health is one of the many ways to ensure your practice remains consistent and effective for years to come. Increase your core and back strength with isometric exercise and deep breathing. Isometric exercises isolate specific muscles and muscle groups and help maintain strength, which can be particularly helpful when looking for ways to protect your low back. Deep breathing may help alleviate stress and reduce muscle tension.

Need some help taking care of your back? Here are a variety of exercises aimed at helping you enhance both your strength and endurance!

Always remember to consult your doctor before doing any exercises for back pain.

Exercises for a Healthy Lower Back

Partial crunches:

Lie on your back with your knees bent and feet flat on the ground. Place your hands underneath your head and keep your elbows wide. Contract and tighten abdominal muscles to bring your shoulders off the ground. Hold for a single breath. Be sure to keep your lower back firm against the floor and your elbows so wide you cannot see them from the corner of your eyes. Repeat 8-12 times.



Pelvic tilts:

Lie on your back with your knees bent and feet flat on the ground. Tighten your stomach and pull your belly button into your spine. You should feel your back pressing into the floor and your pelvis and hips rocking back. Hold for 10 seconds. Repeat 8-12 times.

Press-up back extensions:

Lie on your stomach with your hands under your shoulders. Push up with your hands so your shoulders begin to lift off the floor. It's comfortable for you, put your elbows on the floor directly under your shoulders and hold this position for 5 seconds.

Bridges:

Lie on your back with knees bent and heels on the floor. Push your heels into the floor and be sure your big toe is lifted up off the floor. Tighten your glutes, and lift your hips off the floor until shoulders, hips and knees are aligned. Hold for 6 seconds

and slowly lower hips to the floor and rest for 10 seconds. Avoid arching of the lower back by tightening your abdominal muscles throughout lift. Repeat 8-12 times.

Bird dog:

This is a great move that strengthens the core, abs, lower back and glutes-all while improving balance. Start on your hands and knees. Make sure your hands are directly beneath your shoulders. Tighten your abdominal muscles as you simultaneously lift one leg off the ground, extending your toes to the back of the room. Keep your hips square and lift the opposite arm, reaching out toward the front of the room. Keep your head in neutral position. Hold for 5 seconds and then switch. Repeat 8-12 times for each limb. Be sure to lengthen your limbs with each lift, reach beyond your toes and fingers.

Knee to chest:

Lie on your back with knees bent and feet flat on the ground. Bring one knee to your chest and keep the other foot flat on the ground. Keep lower back firm against the floor and hold for 15 to 30 seconds. Then, lower your knee and repeat with the other leg. Repeat 2-4 times for each leg.

Morning breathing:

Try this exercise in the morning after you wake up to relieve muscle stiffness and clear breathing passages.



From a standing position, bend from the waist forward with your knees slightly bent. Wrap your hands around your elbows to pull your body weight forward as much as possible. Inhale slowly and deeply, lifting your body slowly one vertebrae at a time. Your head should be the last to come up.

Pause when you are standing upright and hold your breath for a few seconds. Repeat 2 times. 🙌

For Sale

Dolphin massage chair by Pisces. I purchased it several years ago, it's lightly used and in perfect condition. Purple vinyl with a white frame. Carrying case and instructional video included. \$500. Call Diane at Rose City Massage Therapy, 503/261-9783.

AMTA's Nat'l Massage Therapy Awareness Week

Reprinted from AMTA National Website www.amtamassage.org

The American Massage Therapy Association's® (AMTA®) 15th annual National Massage Therapy Awareness Week® (NMTAW) activities and public relations reached a media audience of over 240 million the last week of October. AMTA reinforced the value of massage for health and wellness for existing and potential massage therapy clients. Major online publications and news services published information from AMTA's annual consumer survey and featured stories on the growing acceptance of the health benefits of massage therapy. These included placements on Reuters Health, Women's Health Magazine, AOL and Yahoo! AMTA chapters and members in nearly all states reached out to the public with information about massage, massage demonstrations and charity events during the week.

Preliminary reports to AMTA indicate a wide range of NMTAW events. Photos of many are on the AMTA Facebook page. AMTA's multi-media press releases again brought the association two free and very visible electronic billboards in Times Square and at the Las Vegas Fashion Mall.

Here are a few examples of how AMTA members and chapters celebrated NMTAW:

The AMTA-Alaska Chapter members provided chair massages and education on the benefits of massage at Providence Medical Center. Donations from each massage benefitted the Children's Hospital at Providence.

The AMTA-Colorado Chapter partnered with The Chanda Plan Foundation and "Giving Wellness A Way". Many AMTA-CO members donated 20 percent of their massage therapy income from the week-long, integrative therapy event to raise funds and benefit persons living with long-term disabilities in metropolitan Denver.

The AMTA-Florida Chapter members gave massages at Fisher House, a private-public partnership that supports America's military in their time of need.

NMTAW will be celebrated again October 21-27, 2012. 🙌

Chapter Awards

By Leslie Giese, LMT #5975, AMTA-OR Awards Chair

The AMTA-OR chapter wants to recognize individual members for the work they do as a Licensed Massage Therapist (LMT) in our state and to improve our profession. The AMTA-OR chapter offers and budgets for the following four major awards each year:

Chapter Meritorious Award

The AMTA-OR Board of Directors chooses the person at each year Board Retreat. This person is chosen based on their duty beyond that of a regular member and how they perform above and beyond in service to the AMTA-OR members. This is awarded at the National Convention in the year that the person is nominated and voted for.

LMT of the Year

The Awards Committee chooses the LMT of the year from the application forms submitted. This award is to identify and recognize an LMT in Oregon who exemplifies the professionalism and achievement in the field of massage and embraces the mission of AMTA. Requirements: They must be an AMTA-OR member and they must promote high standards in ethics, practice, volunteerism, leadership and commitment. This is not a popularity contest, so number of votes from the membership is not a consideration.


Scholarship Award (\$500)

This award is to a student to help pay for their Massage Therapy education. Requirements: Must reside in Oregon and be enrolled as a student at an Oregon Massage Therapy school or, in a massage therapy program at a Community College in preparation for licensing as a Massage Therapist in Oregon. They must have a financial need. They must have high personal and academic achievement. This is also not a popularity contest so numbers of votes will not apply.

Grant Program (\$1,000)

The grant is awarded for the purpose of increasing public awareness of the massage profession at the local, state or national level. The grant may be used for research, humanitarian efforts or other purposes that relate to the advancement of the field of massage. No person or organization may win two years in a row. Any person or organization that has been

awarded a grant twice will no longer qualify to apply. Grant applications must: be typed, contain a specific aim, include a budget for the project, convey the significance of the grant project, and include a resume of the applicant. The award will be based on professionalism, impact and the ability of the recipient to administer the project.

I encourage each of you to consider how participating in these awards. You may know an LMT that you admire or want to create a project to promote massage. We will follow up on all of the information that you provide in order to present the award to the best candidate. To be fair to all those who apply, only those who fill out the forms correctly and provide all of the information required will be considered. [You will find the Award Nomination Form on the next page.] 

AMTA MEMBERSHIP BENEFITS

The national American Massage Therapy Association represents more than 55,000 massage therapists in 27 countries, including over 1185 in the state of Oregon. AMTA works to establish massage therapy as integral to the maintenance of good health and complementary to other therapeutic processes; to advance the profession through ethics and standards, certification, school accreditation, continuing education, professional publications, legislative efforts, public education, and fostering the development of members.

We're the only grassroots organization in our profession. We have 52 chapters and a democratically elected Board of Directors. That's your assurance that all our resources are directed toward supporting our members' needs and interests!

The American Massage Therapy Association provides many benefits for being a member. Liability insurance coverage is a membership benefit. Members receive six issues per year of Hands On, the AMTA newsletter, four Issues of Massage Therapy Journal, Find a Massage Therapist National Locator Service, Career Guides Series which is a set of five manuals to help plan and establish your massage practice, and legal services through the Access Project. These are just a few of the membership benefits.

- On joining the AMTA you also become a member of the Oregon Chapter community.
- Your chapter connects you with colleagues for a steady stream of ideas for use in your practice.
- Chapter meetings make it easy to make friends, network, discuss techniques, and build referrals.
- The AMTA National Convention offers workshops for hands-on training and networking opportunities.

AMTA-OR Award Nomination Form

Deadline for accepting applications is:
January 13, 2012

**** Applications for all awards must be typed on a separate sheet of paper or emailed.****

Please include a contact address and phone number for both the nominee or the applicant.

Note: Massage therapy schools cannot release student information, therefore applications must include contact information in order to be considered. No person or organization may be selected 2 years in a row and may receive an award only twice. **Incomplete nominating information will disqualify application.**

Scholarship Award [\$500.00]

Awarded to a student to help pay for their Massage Therapy education.

Requirements:

- (1) Must reside in Oregon and be enrolled as a student at an Oregon massage therapy school, or in a massage therapy program at a Community College, in preparation for licensing as a Massage Therapist in Oregon;
- (2) Financial necessity; and,
- (3) Personal achievement

Please include all of the following information on a separate sheet of paper, or email:

- Name of candidate you are nominating for the Scholarship Award. Name of school they are attending.
- Your name, phone number, address. Student's phone number, address. Instructor's phone number.
- Include a short paragraph as to why you think this student deserves the award.

LMT of the Year

This award is to identify and recognize a Licensed Massage Therapist in Oregon who exemplifies the professionalism and achievement in the field of massage, and embraces the mission of AMTA.

Requirements:

- (1) Member of AMTA Oregon Chapter
- (2) This award will not be based on the number of nominations submitted for each applicant.
- (3) This award will be awarded based on: volunteerism, leadership, commitment, and the promotion of high standards in ethics and practice

Please include all of the following information on a separate sheet of paper, or email:

- Name of candidate you are nominating for LMT of the Year.
- Your name, phone number, address. LMT's phone number, address.
- Include a short paragraph as to why you think this LMT deserves the award.

Grant Program [\$1000.00]

— A grant is a gift for a particular purpose. In this case, the purpose is to increase public awareness of the massage profession at the local, state, or national level. This is part of the AMTA's role in the advancement of the individual and the profession as a whole. The grant may also be used for research, humanitarian efforts, or other purposes that relate to the advancement of the field of massage.

— Grant applications need to be typed on a separate sheet of paper or emailed, and contain a specific aim, budget, and convey the significance of the grant project.

— The applicants resume is required (including name, address, phone number, etc.)

— The grant will be awarded based on professionalism, impact, and the ability of the recipient to administer the project.

Please mail all applications and nominations to Attn: Awards Committee
AMTA-OR, PO Box 2142, Lake Oswego, OR 97035-0645
Or email to: Leslie Giese at bodybunch@msn.com