

# American MASSAGE THERAPY Association



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For those  
who knead  
to know

# Oregon News

February 2011 SPECIAL Membership Edition

PO Box 2142 • Lake Oswego, OR 97035-0645

## AMTA Oregon Convention & Annual Meeting



The AMTA-Oregon Chapter is hosting its annual meeting and continuing education Saturday, February 19, 2011. The chapter will be providing classes for both AMTA members and non-members. Registration opens at 7:45am at the Red Lion Hotel, 1021 Grand Avenue NE in Portland. Full convention registration for AMTA members is \$100, \$130 for non-members, and includes 6 hours of continuing education, lunch at the annual meeting, and breakfast snacks starting at 7:45am. Participants wishing to attend only one 3-hour course, morning or afternoon, will be charged \$65 members, \$75 non-members, and AMTA members wishing only to attend the lunch/annual meeting, and not attend any classes, will be charged \$20 for lunch.

For anyone thinking they might like to participate in the upcoming AMTA National Convention happening in Portland, October 19-22, 2011, attending our annual meeting would be an ideal way to get to know how you might help and participate. For more information, see the registration form on page 2 of this newsletter. If you have any additional questions please contact AMTA-OR Chapter President, Mike Blackmore, at 541-915-5263. 🖐

## AMTA Oregon Convention Highlights

★ **Applied Performance Sports Massage**  
“APSM”: **Strictly Performance**, parts 1 and 2  
9am-12pm and 2-5pm, 6 CE's

Participants will discuss some of the theories and focus of the APSM system of performance massage, the “Parachute Factor”, and the use of dynamic thinking. Students will be exposed to 3 sports (swim, bike and run) that make up the triathlon and their most efficient biomechanics, covering the basic focus of the athlete. The prime movers and the support groups of each sport will be discussed. The class also will cover the APSM assessment protocols of the neck, shoulder, hip and ankle joints as well as learn a performance massage protocol for each area. By understanding these mechanics and the focus of the athlete, we can help increase their performance while reducing injury.

### About the Presenter



**William Muhlstadt LMT's** passion for sports massage began after completing his first triathlon in 1996. He dedicated himself to being a part of the competitively minded athlete as well as the ever-growing sporting community as a whole. As a competitor, William has participated in well over 50 endurance events ranging from sprint triathlon and Ironman Triathlon and marathon. During that time, William labored tirelessly to attain his Licensed Massage Therapist certification (LMT). William is a member of many distinguished associations including NCBTMB as well as the Florida State Massage Therapy Association (FSMTA) who awarded him the Florida State Sports Massage Therapist of the Year 2007. Whether he's work-

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ing in his office or at one of dozens of races across the country, William can be found working with and improving the performance of age group athletes and World Champion professionals. William's competitive spirit coupled with his sport specific massage expertise grant him a vastly unique and effective approach to sports massage. William has accepted a position with the FSMTA as the Sports Team Director to move the Sports Massage Team program into the future. 🙌

★**Sports Events:** How do I get one and what do I do with it? 9am-12pm, 3 CE's

This class will walk you through the process of acquiring, managing and maintaining sports massage events and the infrastructure required to survive doing it. Flexibility and fluidity will be stressed as we navigate the wild world of sports massage.

★**The Athlete's Thorax:** A hands-on exploration of performance enhancement. 2-5pm, 3 CE's

Participants will delve into the options and goals related to facilitating freedom of movement in the diaphragm, intercostals and related muscles of inhalation and exhalation. The concepts and techniques presented will add perspective and direction to your practice especially as related to the performance based client.

About the Presenter

**David Common LMT** has spent more than two decades in bodywork, as both therapist and teacher, and brings his unique blend of techniques to the classroom. He focuses his therapeutic efforts on the needs of the performance athlete; a description he extends to all who are demanding on their bodies. Over the last 6 years David and The Massage Clinic sports team have provided sports massage to thousands of athletes at more than 50 events per year. As a teacher David has facilitated the education hundreds of massage students at 4 Oregon massage schools and furthered the continuing education of LMTs with weekly sports massage classes over the past 2 years. Passion, humor and drive are hallmarks of his experience based teaching style. 🙌

★**Functional Thoracic Outlet Syndrome:** 9am-12pm, 3 CE's

Tennis players and swimmers can experience symptoms of pain, numbness, and tingling in the arm because of overuse of the pectoralis minor and scalenes, two muscles associated with Functional Thoracic Outlet Syndrome. In this 3-hour class students will learn how to assess muscular origins of functional TOS: the pectoralis minor, scalenes, subclavius and mid-trapezius. You will learn how to sort through differential diagnoses that your client brings from physicians, such as double crush or carpal tunnel syndromes.

About the Presenter



Anne Barber-Shams LMT has extensive experience with functional Thoracic Outlet Syndrome (TOS). She will share her treatment of a Sports MD, former competitive tennis player

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2011-2012  
**AMTA-Oregon**  
**Proposed Budget**  
Submitted by **John Combe, LMT, NCTMB** Budget Chair

<b>Income</b>	
Advertising Income	\$ 2,000.00
Annual Meeting Income	\$ 9,750.00
Education Registration Income	\$ 2,000.00
Interest Income	\$ 50.00
Membership Dues Income	\$ 60,000.00
Mert Income	\$ 50.00
National Convention 2011 Income	\$ 3,000.00
Video Lending Library Income	<u>\$ 200.00</u>
<b>Total Income</b>	<b>\$ 77,050.00</b>
<b>Expense</b>	
President	\$ 15,548.00
First Vice President	\$ 350.00
Second Vice President	\$ 350.00
Third Vice President	\$ 350.00
Secretary	\$ 610.00
Treasurer	\$ 4,260.00
Annual Meeting	\$ 11,240.00
Budget Committee	\$ 380.00
Education	\$ 7,780.00
Government Relations	\$ 18,500.00
Membership	\$ 3,300.00
Mert	\$ 400.00
National Convention	\$ 15,800.00
Newsletter	\$ 17,250.00
Public Relations/Communication	\$ 2,840.00
Web Site	<u>\$ 1,400.00</u>
<b>Total Expense</b>	<b>\$100,358.00</b>
<b>Net Income</b>	<b>(\$23,308.00)</b>

**AMTA OREGON CHAPTER ANNUAL MEETING**  
 Red Lion Hotel 1021 NE Grand Ave Portland, OR 97232  
 February 19, 2011

**REGISTRANT INFORMATION**

Name:		
License number:	AMTA Member Number:	Phone:
Current address:		
City:	State:	ZIP Code:

**EDUCATION SELECTIONS**

Please indicate the courses you wish to attend. When classes are offered at the same time, circle your top three choices of education in order of preference: 1= first choice, 3 = last choice

**Registration 7:45 – 9:00 am Breakfast/Snacks**

**Saturday Morning Sessions 9:00 am – 12:00 noon 3 CE's**

1	2	3		Applied Performance Sports Massage – Part 1 (William Mullstadt LMT)
1	2	3		Sports Events: How do I get one and what do I do with it (David Common LMT)
1	2	3		Functional Thoracic Outlet Syndrome (Anne Barber-Shams LMT)

**Saturday Afternoon Sessions 2:00 pm – 5:00 pm 3 CE's**

1	2	3		Applied Performance Sports Massage – Part 2 (William Mullstadt LMT) continuation of morning class
1	2	3		The Athlete's Thorax: A hands on exploration of performance enhancement (David Common LMT)
1	2	3		Massage for Contact Sports (Molly Verschingel LMT)
1	2	3		

**Saturday AMTA-OR Annual Meeting & Elections – Meeting open to all. Only members may vote. 12:30–2pm 1.5 CE's**

**REGISTRATION FEES**

(Please check applicable box)	AMTA-Member Rate	Non-Member Rate
<b>Full Convention Registration</b> includes Breakfast and Lunch	<input type="checkbox"/> \$100	<input type="checkbox"/> \$130
<b>One 3–hour Course Only</b> includes Breakfast and Lunch	<input type="checkbox"/> \$65	<input type="checkbox"/> \$75
<b>Lunch Only</b>	<input type="checkbox"/> \$20	

**PLEASE CHECK FOR UPDATED INFORMATION AT WWW.AMTA-OR.ORG**

Special rates are available at the Red Lion Hotel. Mention AMTA-OR when calling 503.235.2100 for reservations

**PAYMENT INFORMATION**

Mail this completed registration form and make checks payable to:  <b>AMTA Oregon Chapter</b> Mike Blackmore 1675 Willamette St Eugene, OR 97401	Registration begins Saturday at 7:45 am  Call Mike Blackmore at 541.915.5263 with questions.
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## AMTA Oregon Convention Highlights...

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and coach for the WTA, who received miss-diagnoses of carpal tunnel and double crush, syndromes all too often mistaken for TOS. She will share her treatment of the muscular component of TOS to help a client who also has cervical ribs. Anne has been a massage therapist since 1985. 🖐️

### ★**Massage for Contact Sports:** 2-5pm, 3 CE's

Working with full contact and collision sport athletes presents new challenges to a massage therapist. The therapist may find themselves working with members of a sports medicine team and must be able to adapt treatment plans and protocols. This class will discuss injuries and treatment management options when working with athletes who have pose a higher risk for trauma and sudden onset injuries.

#### About the Presenter



Molly Verschingel LMT is the sports massage certification instructor for the Oregon School of Massage and practices at Back in Motion Sports Injury Clinic in Beaverton. She is also a therapist for the Portland Winterhawks and a member of the sports medicine team at Portland State University. Molly is the author and presenter of the Real Bodyworks DVD: "Sports Massage."

## AMTA 2011 National Convention



**October 19-22, 2011, Portland, OR**

Watch for more information about AMTA's 2011 National Convention's educational sessions, the pre-convention and Massage Therapy Foundation's post-convention workshops, the numerous networking and social events, including the Oregon Chapter's host event, and sponsorship and Exhibits Marketplace opportunities. Details will be available around April 1, 2011.

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