

# In Good Hands

The Newsletter of the Association of  
Massage Therapists (NSW) Ltd

December 2000



## THE OLYMPIC EDITION

*Forty-six days. Three hundred and forty volunteer massage therapists from eight different countries. Six thousand athletes on the table. Ten thousand and three massages. What does this add up to? The largest and most productive sports massage team every assembled on the planet and one hell of a vibe.*

*Jeff Murray, the man who had to sift through 18 square metres of applications, filed this report on the success of massage services at Sydney 2000.*

The introduction of massage therapy as part of the medical team at the Sydney 2000 Olympic and Paralympic Games proved beyond all doubt to be a huge success. The teamwork between the respective medical teams ran smoothly and referrals were commonplace. Massage therapy provided an essential service which definitely complemented the efforts and preparation of the athletes as well as their respective medical supports teams and/or the Polyclinic.

Discussions with David Zuker and Yves Larequi, members of the International Olympic Committee Medical Team and the Physiotherapy Working Party respectively, proved to be very fruitful. Both men expressed their satisfaction with the way the Unilever Sports Massage Centre was run and most importantly how popular it was with the athletes. On the 23<sup>rd</sup> of September, Yves produced a report titled "Groupe De Travail Physiotherapie" citing bar graphs and statistics detailing the number of treatments carried out at the Physiotherapy clinic and the Sports Massage Facility. The figures quoted in this report exceeded the IOC's expectations.

Initially one could have been excused for expecting the Unilever Sports Massage facility to be used only by the smaller countries which had limited or no medical support. However, on review of the statistics

we found that over 6000 athletes used the facility including no less than 84 medallists. We massaged a total of 10,003 athletes - 6557 at the Olympics and 3446 at the Paralympics. One would have to agree that these are very impressive figures.

We can only assume that an elite athlete is not going to use such a facility if they are in any doubt as to its benefits or professionalism. I believe that the success of massage at these Olympics was due to the professional manner in which the volunteers conducted themselves in providing a first class service for the world's most elite athletes. In view of the overwhelming success of the sports massage facility David and Yves were keen to continue further discussions with the IOC to promote massage therapy at future Olympics.

Massage therapy has proven beyond all doubt to be an essential part of the Olympic Games and, as such, I believe it would be very difficult for future organising committees to ignore its popularity. Our sole purpose in these Olympics was to provide a professional sports massage facility for the athletes - the final numbers speak for themselves.

And the winner is ... massage therapy!

**Jeff Murray**  
Director of Massage Services, Sydney 2000

Jeff is currently in negotiations with the Medical Committees for the winter games in Salt Lake City (2002) and the Summer Games in Athens (2004). He is lobbying hard for the inclusion of massage services at these Games to build on the fantastic response in Sydney. Stay tuned to future editions of In Good Hands for news of his progress.

Turn to page 10 of this edition for our Special Feature on Sydney 2000.

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# NEWS FROM THE STATE COUNCILLORS

## **HUNTER Kevin Stokes**

The Hunter Region Sub-Branch continues to attract 15 to 20 members to its bi-monthly meetings, despite many local members volunteering for the Olympics and Paralympics.

The change from strictly night meetings to a program of alternating night and daytime Sunday meetings has been a mixed success. Many people who have been unable to attend at night now have the opportunity to come along on Sundays, but the converse is also true and there is some change of personnel between the meetings. The advantages are obvious: it offers more members an opportunity to attend meetings and it also offers more opportunities for workshop style meetings with hands on emphasis. The disadvantage is that there is a four-month gap in meetings for some members.

One of the Sunday workshops was held recently and we were fortunate to have Jacqui Grant from the Central Coast talk to us about pregnancy massage (with a real live pregnant lady!). This was a most worthwhile workshop appreciated by all those attending. We also held an AMT sports team massage workshop with Byron Smith with a view to establishing a local AMT sports team in the near future.

I wish all members the very best for Christmas and the New Year - may your hands be constantly slippery!

## **ACT Chris Howe**

Hello again from the ACT. The big news from the region since the last newsletter is the very successful AMT Sports Massage workshop presented by Byron Smith at Om Shanti College on August 8<sup>th</sup>. It was a big group as things go in this neck of the woods, with around 20 participants. All the feedback I received has been extremely positive, with everyone impressed by Byron's obvious wealth of knowledge and presentation style. This really opens the door for ACT participation in the AMT Sports Team, both in the major events in the Sydney area and, with a good core group to draw on, local sporting events as well.

Our last regional meeting (September 5<sup>th</sup>) was well attended. One of the features was a presentation by Sydney sports physiotherapist Tim Deeble on the uses of Magna-bloc magnets for chronic pain management and rehabilitation. Tim has a wealth of clinical experience using magnets, and gave us quite an insight into the physiological processes involved, the benefits to clients and the practical issues involved in their use. It was also great to see some members from Goulburn

making the effort to get along and be involved with the group. Well done guys, and I hope to see you back to more meetings in the future.

Speaking of meetings, our next one is planned for late November. The main item of business will be the election of a new Sub-branch committee – the current members have been in place for 2 years and a couple are having to withdraw due to other commitments. We're hoping that some other enthusiastic members will be keen to step up and run with the opportunity to help build an even stronger sub-branch. I hope to see a lot of you at the meeting. For those of you who do come, don't forget to bring your CEU record sheets along and have myself or someone else on the committee sign them. It's much easier for Head Office to keep track of CEUs for meetings if they are recorded on everyone's sheet at the meeting.



# LETTERS TO THE EDITOR

**Dear Editor,**

I would like to comment on Geoffrey Naughton's letter in the last issue regarding what he stated as "The Olympic Games is another situation where I believe people have been conned into providing services for merely 'an experience'".

Geof, you did miss out on a great experience! No amount of payment could have reimbursed me for the experience of working on the world's best athletes regardless of whether they were gold medal winners or not! Each athlete at these games was the best from their country in their particular discipline of sport. Some came last like the swimmer, Eric Moussambani (Eric the Eel) from Equatorial Guinea, or the female marathon runner from East Timor. These two athletes represent some of the countries who could not afford to even clothe their athletes let alone supply paid massage therapists! Geoff, many of us massaged medal winners, yes even gold medallists. Some of these winners were so pleased with our services they even brought the medals they had won to the Sports Massage Centre to share their joy with the therapists who had treated them. Priceless? Yes. Exploited? No.

Was our service 'valued'? The answer was seen in the faces of the athletes who could not speak a word of English and those who stumbled over broken English to offer their thanks!

The response from the people of Sydney and overseas visitors, yes and even some athletes, to say 'thanks' to the Volunteers during their Parade was overwhelming, even embarrassing. How can you place a price on a memory like this that will live with you for ever?

Thanks SOCOG for the 'experience'! I would do it again in Athens 2004 should the opportunity arise!

Penny Wardle, Senior Level 2 member  
AMT Sports Co-ordinator

**Dear Editor,**

In response to Geof Naughton and other therapists who feared they would be exploited if they volunteered for Sydney 2000, I say this - how can you be exploited when you have been given the opportunity to work with the world's greatest athletes, at the biggest sports event ever to occur in our lifetime and share their private space (at the Olympic Village and other venues). I feel blessed that this honour fell my way and allowed me to achieve my highest aspiration in sports massage therapy.

Rob Carew

**Dear Editor,**

I have been a Remedial Massage Therapist for over 10 years. Every day I make new discoveries about the human body. It never ceases to amaze me how magnificently our Creator put us together.

I work five days a week and love my job. To think that I can help release a painful back or a tight and painful hamstring is very gratifying and it is my greatest reward. But the discovery I made just last week has absolutely blown my mind. I would very much like to share this experience with other Massage Therapists.

This client has been coming in for massages on a regular basis for some years and I work on his body according to his complaint. This day he told me that he had been experiencing sharp pain and extreme tightness in his lower back on the right side. It was interfering with his work and his training, (he is a triathlete and completed the Forster Triathlon). He had two chiropractic adjustments which did not solve the lower back complaint. I massaged the front of his body and everything was okay there. When he turned over I palpated the problem spot and found very tight muscles on the right side of the lower back. I used some laser treatment then put a heatpack over the tight area while I worked on the legs.

Coming to the right upper leg I found some tight knots and trigger points on the lateral side of the hamstring close to the gluteals. I decided to follow that line down towards the knee where I found some trigger points deep within the Vastus Lateralis and Linea Aspera. I proceeded to release them, finished with the legs and then moved to the lower back again. Much to my amazement the tightness had gone. The whole area was back to normal.

My client and I were both amazed. This experience reminded me that we should never underestimate just how interconnected the muscles of the body are.

Melinda Clements

**Editor's note:** Don't forget to check out the bulletin board on the AMT's website ([www.amtnsw.asn.au](http://www.amtnsw.asn.au)). The bulletin board is the ideal forum for discussion of contentious issues involving massage therapists, such as the pros and cons of volunteering our services at sporting events.

It is also a perfect vehicle for workshopping ideas/problems/stories with other therapists and countering the sense of isolation that many of us feel if we are working as sole practitioners

# MYOFASCIAL RELEASE AND CRANIOSACRAL THERAPY

## A CASE STUDY

By Paul Doney Senior Level 3 member

Case studies are a **selective** look at the results of clinical practice. As such they are the poorest form of scientific evidence. Before going any further I wish to acknowledge that what is presented here is a **good** case. It represents a textbook-perfect response to treatment and is therefore **not representative** of those times when treatment response does not go as well as you would hope. Nevertheless, it is an example of how effective bodywork can be and how it reaches into many aspects of a client's health.

'Isabelle' is a 19-year-old female who presented at our clinic, complaining of mid-thoracic paraspinal pain (right greater than left) associated with a lump near her T6 spinous process. She brought with her x-rays and a diagnostic ultrasound of the region. The x-rays showed no bony abnormality while the ultrasound showed a presumably benign, localised lesion approximately 1.2cm in diameter. The differential diagnosis was: localised chronic fat necrosis, atypical lipoma, or chronic/organised haematoma/seroma.

On examination, the lump was immediately to the left of Isabelle's T6 spinous process. It was barely visible, except on close inspection, and had a surface diameter of 3cm. It was hard and tender to light palpation. The spinous processes of T2 to T7 were also tender to palpation.

Isabelle related a history of treatment which included physiotherapy, chiropractic, osteopathy and Shiatsu without lasting relief. Her stated goal in seeking treatment was to find some way to remove the lump and the pain without resorting to surgery (which would be exploratory in nature).

At age 11 years Isabelle had a fall onto her spine during a gym class. She was x-rayed at the time and there was no fracture demonstrated. She has suffered from chronic mid-thoracic pain ever since. In recent years the lump beside T6 had appeared and both Isabelle and her mother were of the opinion that it was continuing to grow. The only activity that seemed to relieve the discomfort was regular yoga practice. Isabelle was very active, partaking in gym, swimming, yoga, cycling and touch football. She was completing her HSC studies at TAFE.

In her broader history Isabelle noted the following:

- No birth trauma.
- Lots of viral infections over the last few years. Her throat glands felt chronically swollen. She had been treated with antibiotics to no effect. She was no longer complaining of this condition to her GP

- as she did not wish to take antibiotics
- Dizziness when getting up quickly due to minor low blood pressure.
- Headaches. She could get a couple per week when well. When she had a viral infection the headache was constant. There were no migraines.
- Hands and feet 'always feel cold.'
- A history of anxiety (can't breath, trouble sleeping, panic attacks) associated with stress.
- A history of depression (no energy, negative attitude, reduced appetite, reduced sleep, no willpower). Her older sister also has had depression.
- Teeth extractions to prevent crowding in her jaw plus upper and lower braces for eighteen months at the age of fourteen. Isabelle also noted that she has 'always clenched her jaw'.

My provisional diagnosis was that the lump was a fatty deposit in reaction to an area of chronic mechanical stress (similar to a dowager's hump). My aim was to reduce the mechanical stress on the spine and dura mater and thereby alleviate Isabelle's pain and halt the growth of the reactive tissue. A best scenario would be that the body would then resorb the fatty tissue.

Isabelle's initial treatment consisted solely of craniosacral therapy. My reasoning was that since she had years of spinal adjustments with chiropractors and osteopaths, I was unlikely to do anything they had not already tried. Also, the fact that yoga was the only thing that had helped suggested that dural stretching and stress release may be of great benefit. After the treatment she noted that the thoracic spinous processes were not painful to palpation.

At her next visit Isabelle reported incidentally that she had been inexplicably teary during the week. Emotional release is often associated with craniosacral therapy and myofascial release. When questioned regarding her need to complete her studies, Isabelle revealed that she had attempted suicide during the previous year due to her depression and the demands of school. She had been hospitalised as a result and was 'forced to see a counsellor.' Further questioning aimed at the source of her depression revealed that Isabelle had suffered a single incident of sexual abuse at age eleven; the same age as the fall onto her spine. This left me with a modified diagnosis, which involved her mind/body associating the sexual/emotional/psychological trauma with the physical traumas. A person's psychological state at the time of an injury governs the body's response to that injury. Therefore, releasing the structure might also release a psychoemotional holding pattern (and vice versa).

## CASE HISTORY

We discussed Isabelle's aims in treatment and my belief that it was necessary for her to address the emotional/psychological aspects of her problem in order to resolve the back pain. I explained that Myofascial Release and Craniosacral Therapy might facilitate these releases but that she would require professional counselling support to help her re-integrate her childhood traumas as an adult. Because of her previously negative experience Isabelle was reluctant to undertake counselling but agreed to consider it.

Isabelle's second and third treatments were aimed at releasing structures commonly associated with endogenous depression. This work concentrated on the lumbosacral junction, the muscles and ligaments at the base of the skull, and the sphenoid bone in the skull. At her fourth visit she reported that she had seen a surgeon with whom she had booked an appointment before initially seeing me. He found that the area of the lump was not painful and that there was only mild sensitivity over the spinous processes. He also felt that the lump had reduced in size since the ultrasound was taken. He did not feel that any action on his part was warranted unless the lump again grew in size.

Isabelle reported that she had been coping unusually well with exam and work stress and that her energy levels had been good. She also noted that she had been eating large amounts of food, especially carbohydrates, even though her activity levels had been low due to having had flu (along with the rest of her family).

Changes in appetite which reflect somatoemotional change are not uncommon. On examination the lump appeared softer (more watery) and more mobile. Isabelle also said that she was willing to see a counsellor again. At this treatment I finally achieved good releases of the structures related to depression. Due to school holidays it would be two weeks till Isabelle's next appointment.

At her next appointment Isabelle reported that she had been on an emotional high ever since the last treatment. Her back had been great, her stamina with running was increased and her appetite had changed again. Now the level of hunger was normal but she felt the desire to eat lots of salad and vegetables. She also reported losing approximately 3 kg over the preceding few weeks. With this treatment I was able to perform deep friction to the area of the now quite soft lump. There was a tiny nodule of mildly tender fibrous material at the centre of the lump. I also felt there was value at this stage in performing a couple of

thoracic spinal manipulations as well as continuing the craniosacral work.

After the treatment Isabelle made an appointment with the counsellor within our clinic. At our next appointment I will be assessing Isabelle's jaw to see if there is an association with her history of back pain. On reviewing her earlier general symptom picture Isabelle reported that she still felt that the glands in her neck were swollen. She was aware of tension in her jaw but felt that her clenching had reduced. Over recent weeks she had no headaches, dizziness or coldness in her hands and feet.

As I said earlier, this has been a textbook-perfect response to treatment and as such is very satisfying. Few cases are so simple but it was aided in this case by the patient's age and her willingness to be open and to address her problem on a holistic footing. There will almost certainly be reversals in symptomatology in the future. Counselling in itself may produce somatic reactions. It is our plan to see Isabelle regularly over the coming months to prevent any of these temporary regressions from spiralling out of control.

# WHEN TWO HANDS IS BARELY ENOUGH ...

By Rebecca Barnett

I could tell he was going to be a challenge from the moment I laid eyes on him. At the tender age of 19, his days as a sprinter were already well and truly over. Riddled with arthritis, he had a suspect right hip and a tendency to trip in bare feet. He'd pushed his body to the limit and now it was talking back.

The case history proved to be difficult. This guy was just not a great communicator. We didn't seem to speak the same language and - somewhat pretentiously I thought - he went by only one name. Great, I thought to myself ... I always wanted to massage the Madonna or Cher of the sporting world. He was pretty cagey and suspicious too - kept shuffling his feet and staring at the ground, as if he was looking for his next meal. I noted with some relief that his birthdate was the 1<sup>st</sup> August ... at least we had one thing in common.

The thing is, I knew I was behaving unprofessionally. I knew it was spectacularly unethical. But I couldn't seem to stop myself. I couldn't take my eyes off those magnificent, athletic glutes. There was no denying it - this was the bum of a champion. The kind of buttocks you can play handball against. A bottom that announces its presence as it strides confidently and winningly across your line of vision. A butt that won't quit, as Homer Simpson would say. A hymn to biomechanical perfection. But I have waxed callipygean long enough (look it up in the dictionary - you won't be disappointed. I know I wasn't!).

However, unbelievable as it may seem, this unhealthy preoccupation with the rear end of a client proved to be the least of my ethical challenges. When I helped him remove his overcoat, he was completely naked underneath except for the shoes on his feet. Trim, taut, terrific and a deep, rich chocolate brown. Naked, and hung like the proverbial. Which is just as well because he was, in fact, a horse.

The client in question is the much-loved companion and trusty steed of a friend of mine who has been riding pretty much since she could walk. Her own body has benefited from the occasional massage treatments I had given her so she figured her beloved ex-racehorse might enjoy a bit of treatment too. When she invited me to take up the challenge I figured, perhaps cavalierly, that a horse can't be so very different from a human being ...

To say that massaging a horse is a physical challenge is an understatement of generous proportions. It's your 2 hands against their 18 or so. On a work scale of 1 to 10, the effort is pretty much directly proportional to

the tonnage of the beastie you are pummelling - let's say 9.5 on a good day (and that's from the Russian judge) with a degree of difficulty of 3.6. And when you're shy of five foot three in the old speak or 157 centimetres in the new then 18 hands can seem like a long way up. Even a 2 foot concrete block is no help when the grass is always greener and more appetising 4 feet from the other side (horses take this expression very personally and literally). And when your friend/able assistant is only five one (153 centimetres) and not necessarily in control of the quadruped ... well, **you** can do the maths. To summarise: we're not exactly talking nose-bleed altitudes but Toulouse Lautrec would have struggled to make a decent fist out of this caper. Lucky he was OK at drawing,

Surprisingly perhaps, the most trying thing about massaging a horse has nothing to do with the sheer dimensions involved. It's the fact that you spend the entire time humming the theme from Mr Ed. Over and over and over again. I can say with some authority that there's a limit to the number of times you can find the notion of a horse being a horse (of course, of course) exceedingly diverting. I guess it could have been a lot worse. After all, this horse was named, somewhat unimaginatively, Pegasus. I could have been rocketed back to a much less savoury example of 1970s pop culture - a boil on the bum of Australian history, when Helen Reddy was our biggest export and we still thought that flares were a serious fashion statement (A note to the Church of Latter Day Flare-Wearers - Flares worn with a new millennium sense of irony are still flares). But I digress ...

I would never attempt to claim that horse massaging is anywhere near as glamorous, enigmatic and filmic as the horse whispering business. Apart from any other objections you may raise to such an outrageous claim, I certainly don't look as gorgeously weather-beaten as Robert Redford (I'd settle for curiously weather-beaten) nor did I find love in them thar hills, at least not in human form. But I can say this much: at some point during the massage, that horse and I started communicating in a way that is impossible to articulate (more inaudible than a hoarse whisper if you'll forgive the appalling pun). It was the most heady, exhilarating and addictive feeling imaginable. When you are leaning into a big strappy muscle with your elbow and the horse responds by leaning back into the pressure, it is unbelievably satisfying. About half way through the massage, I was being nuzzled and kissed. By the end, even the grass was no longer a temptation - those big brown eyes were drooping and he was having trouble keeping his head up.

## A horse is a horse (of course, of course) ...

In fact, he looked so relaxed and sleepy my friend didn't have the heart to take him out for a ride.

Fortunately, my original instincts proved to be correct. A horse is not so very different from a human being. I may not know the correct anatomical terms for the muscles I worked but the muscle groups are nothing new. I remembered vaguely from somewhere that horses get quite sore around the area I would call the mastoid process if the subject was human and this proved to be true (it's all that champing at the bit). I also worked the muscles all the way down the spine, surprised by how much "feedback" a horse can give. By the time I got around to working those fabulous glutes, I had grown in confidence and assurance.

I was particularly interested in what the hip flexors/extensors were like on the right hand side since this was the part of his stride that looked the most limited when he was trotting and cantering. Pegasus very kindly moved his tail out of the way for me as I worked the whole hip region. He was, by this time, verging on a snore.

Horse massage may not be your particular bag of chaff but I can highly recommend the experience if you feel the desire to test your palpation skills in a new and interesting way. And if you can do it without feeling compelled to sing the theme from Mr Ed then I will buy you a beer or three. Just after I have eaten my hat.

## HOW TO BUILD YOUR SKILLS

*Working as a massage therapist can be very isolating once you've finished your original training course, especially for those working on their own or living in country regions. Unlike many other professions, there isn't always a clear path to building skills and there aren't always other massage therapists around to bounce ideas off.*

*In this article, Kirsten McCulloch, general level member and Swedish Massage teacher, presents some ideas for how to build skills without continually spending on expensive workshops.*

**(1) Work with other therapists.** These can be therapists who do similar work to you, or totally different work – maybe even another modality altogether, like Feldenkrais or Rolfing. Start by going to see them as a client, or organise to do an exchange. Talk to them about the way they work and why, get them to explain what they're doing as they do it.

**Don't** see this as a means to another therapy to put on your business card – before you add something like Feldenkrais or Reflexology to your card, find out how long the professional training is in those modalities (Hint: about as long as the training to become an accredited massage therapist).

But, **do** incorporate what you learn into your normal sessions, then go back and ask some more questions. This way you will become a better therapist and your financial reward will be the increased word of mouth business you receive due to increased results. Also, if you spend a couple of hours with someone learning about, say, Trigger Point Therapy, you may find that this is something you want to pursue to a higher level.

**(2) Attend any short AMT workshops** you can in your area. Even if the subject isn't immediately interesting for you, use it as a networking opportunity. Another benefit of this is that you can form a better idea of what else is out there and how it works, giving you a much more effective referral network for when a client

presents with something outside your area of expertise.

**(3) Continue to study** in the traditional way (using books!). Buy or borrow them one at a time and work your way slowly through them. Try getting books on therapies you're unfamiliar with and see how their approach compares to what you do. (And, if you write a review for the AMT Journal, you even get CEUs!) If you're not into books, there are some excellent video resources available, including some on anatomy.

**(4) Have lots of massage.** And try other work – Rolfing, Bowen Therapy, Reiki. Pay attention to what happens in your own body. Read a book about it afterwards.

**(5) Plan to attend the occasional workshop.** And when you're there, work with as many different therapists as you can to provide yourself with some ideas for exchanges and mentoring later. Try to set up a session for further skills building either with one of the therapists or with a few – getting together and putting into practice what you've learnt shortly after the course can double the amount you actually retain.

And ask questions of the presenter. Get them to suggest a book you can study, or maybe even set up an exchange with them at a later date.

**(6) Do one of the AMT's home study modules.** Use these as a focus for your self directed study (and get CEUs or even use them to progress to a higher level of membership).

There is always more to learn in this industry: so much knowledge and so many different ways of working. While knowing your own limits **and** who to refer to outside them is an essential part of being a good massage therapist, you can also be constantly expanding those limits through continual study.

# HEALTH FUND STATUS

Health Funds and Societies	Status
ACA Health Benefits Fund (SDA Church)	1
AXA Australia Health Insurance	2
Commonwealth Bank Health Society	1
Gay and Lesbian Health Fund	2
Geelong Medical Benefits Fund	2
Government Employees Health Fund	2
Grand United Friendly Society	2
HCF	2
Independent Order of Oddfellows	1
Independent Order of Rechabites (IOR)	
Health Benefits	1
Manchester Unity	1A
MBF	3
National Mutual Health Fund	2
NRMA Health	2
NSW Teachers Federation Health Society	1
Queensland Country Health	1
Railway and Transport Hospital Fund	1
Reserve Bank Health Society	1
Victorian Workcover Authority	2
Westfund Health Fund	1

**Status 1:** All financial practitioner levels.

**Status 1A:** All financial practitioner levels with:

- One million dollars current insurance
- Current First Aid

**Status 2:** Senior Level 1, 2 and 3 members with:

- One million dollars current insurance
- Current First Aid

**Status 3:** As above. Must have sent a copy of a receipt to Head Office for verification.

- Members must be **financial** and have a commitment to ongoing education (average of 100 CEUs per year).
- Clients must be provided with a formal receipt clearly indicating the practitioner's name, AMT member number, practice address (no PO boxes), phone number, client's name, date of treatment and nature of treatment (i.e. remedial massage treatment).
- All health funds require our members' practice address. When you receive your next renewal form you will be asked to provide your practice or business address (no PO boxes). Failure to do so will result in your name being removed from the health fund listing.
- Please send a copy of one of your receipts to Head Office with your renewal form.
- Professional receipt books with the AMT logo are available from head Office for \$15.00.



# SYDNEY 2000

Six AMT members share their impressions and experiences of volunteering for the Sydney Games

## **MESSAGE THERAPY ON TARGET**

**By Daniel Alter**

I guess I should start by thanking Jeff Murray for selecting me as one of the Massage Volunteer Team for the 2000 Olympics. This would have to be the most exciting experience of my life. I was rostered on 13 shifts at Archery and 1 at the Olympic Village. When asked if I could do any extra shifts I immediately signed up for another day and was allocated to the Polyclinic in the Village. The pace was slow at Archery. I massaged 25 people over the 13 days.

This all changed on my first shift at the Village. They were short handed and averaging about 300 massages per day. I was so impressed I elected to do extra shifts and rostered days off ceased to be. I rapidly increased my tally to 65 massages. The atmosphere in the Village was electric and the fellow Massage Therapists and other related Medical Team proved to be a fabulous and friendly bunch. They came from all over Australia and included 6 from the USA. The Clinic was sponsored by Unilever (Physio-Sport UK). They provided the front desk staff, including Charlotte and Andrew, who did a brilliant job in booking in and allocating athletes for massages. They also provided 20 booths with quality massage tables equipped with electric height adjustment, oil, towels and sheets. Jeff was admirably assisted by Laurie who looked after much of the day to day running of the clinic. Statistics were compiled by Jeff on specific sports, nationalities, sexes and target muscle groups to build a comprehensive data base on sports related massage requirements. This should be a fantastic resource for sports trainers and I hope Jeff will be making this information available to the wider community in the near future.

Initially, I stayed with my brother in Croyden and later was provided 9 days accommodation at St Joseph's College, Hunters Hill with about 200 other Medical Volunteers. This was a great place to be and a once in a lifetime opportunity to meet fellow Therapists from many locations and modalities. We were also fortunate to have an Olympic Youth Camp staying there with each country participating in the Olympic Games permitted 2 young attendees. The Olympic Torch was brought into the School quadrangle for an exclusive showing.

By an amazing coincidence, the lady in the next room was an American Massage Therapist Volunteer and she lives in Ohio about 60km from my Aunt and Uncle. I guess it is a small world after all.

I suppose in summary it was an experience of a lifetime. Where else could you have the opportunity to massage the world's elite - in my case, athletes from 31 countries covering 18 sports. My only regret is that I could not stay longer and do more.

## **MEMORIES OF AN OLYMPIC LEGEND**

**By Rob Carew**

One of my most memorable experiences from the Sydney Olympics relates to an Olympic legend, the great Cuban Heavyweight boxer Felix Savon.

Prior to the Olympics, I had a keen interest in how Felix would fare in Sydney as he is one of my sports heroes. For the uninitiated, Felix Savon has been World Heavyweight Champion six times. He won the Gold Medal in the Heavyweight Division, the "blue ribbon" Division, at the Barcelona Olympics and then went on to triumph again four years later in Atlanta.

Coming to Sydney, the thirty-three year old had the opportunity to achieve a rare Olympic feat – winning a Gold Medal in the same event at three consecutive Olympics. In fact, he might have already achieved this record had Cuba not boycotted the 1988 Seoul Olympics - he was World Champion at the time.

Felix is a national hero in Cuba and said to be Castro's favourite sportsman. When Felix fights, the nation stops. His ideological principles prevent him from joining the corrupt, greedy "capitalist" world of professional boxing, a move that would guarantee him international fame and wealth beyond the comprehension of most Cubans. He is a fervent supporter of Cuba's socialist regime, happy to remain there with his wife and five children and work as a sports ambassador within his own country.

On my first working day at the Village, I found myself standing next to Felix as we each were walking through the Village Plaza. Volunteers had been warned not to impose themselves on the athletes in the Village so I said nothing to him. However, that evening while I was working the afternoon/night shift at the Unilever Sports Massage Centre, Felix came in for a massage. The speed at which I reached the reception desk to volunteer to conduct the massage would have relegated Maurice Green to Silver had I competed in the 100 metre sprint..

Felix speaks virtually no English and I speak no Spanish so our communication was achieved by gestures, pointing at the different body parts for which he needed work and some very broken English. It transpired that he wanted work to pretty much everywhere which is understandable given the pummelling he takes from opponents. He is a big, quietly spoken, friendly man. Actually, he is a very big man! Well over six feet tall with tremendous muscle definition in his upper body. However, his giant hands were a mess. They have obviously sustained fractures over the years and they looked arthritic in the extreme. Nevertheless, I knew that there was not a lot that I could do as a wrong move could jeopardise his entire fighting program at the Games and we had been told that remedial work was not to be performed anyway. Those mangled hands were his weapons of war and could not be tampered with.

Despite the language barrier, we managed to develop a rapport and have some conversation. I boldly predicted that he would definitely win a third Gold Medal in Sydney. I said this partly because we had been encouraged to give all the athletes we massaged as much positive chat as possible, but more because I really believed he would win. Needless to say, at the end of the massage I considered that I had already achieved my highest point in the Games, even at this early stage.

Felix returned for a massage on another two occasions in that first week. The first time, he recognised me sitting near the reception desk and came over and shook my hand so I got to massage him once again. The second time, I was away from the reception desk and another therapist got the job but I did have a brief "chat". In the second week, when he was getting closer to the Gold Medal fight, I was working the morning/afternoon shift and had a couple of days off so I didn't see him. Felix stopped the American in the Quarter Finals before facing the Russian in the Gold Medal fight. He had a strong win in that fight (21-13) although the Russian opened up a deep gash under his left eye towards the end of the bout. His legendary status grew and the Cubans back home surely were in Heaven. Naturally I was very happy for him and hoped that I would have the chance to congratulate him before the Games were over.

The day of the Closing Ceremony arrived, when I was due to finish my final shift at 4 pm and head home to Canberra, but I had not seen Felix again. Around 3:30pm, while I was taking one last stroll around the Village with my camera, Felix came walking from the opposite direction. I couldn't believe my luck. I thought to myself ... well I know I'm not supposed to approach him here and I'm certainly not allowed to get a photograph with him, but what the hell ... his event is over, it's the final day of the Games and soon I'll be on my way home. I'll never have this chance again. After congratulating him on his Gold Medal and reminding him about my prediction I asked him if we could have our photograph taken together. He enthusiastically agreed and I grabbed a nearby volunteer to take the shot. We smiled for the camera, capturing for posterity my most memorable moment of these Games.

I have lots of other wonderful memories of my Olympic experience but this was the best. What a huge buzz.

## SPECIAL FEATURE: SYDNEY 2000

### THANKS FOR THE MEMORIES

By Penny Wardle

Well, the Olympic Games and Paralympics are over for another four years but many memories will live with us forever. The atmosphere in the Olympic Village was unique - home sweet home for the world's best - and the thrill of rubbing shoulders with the athletes in and around the village will be a long treasured memory.

My first impression on day one of my rostered shifts was how unfriendly the athletes seemed: not a smile as you passed them in the street and eyes averted to avoid eye contact. I put this down to extreme concentration and focusing on the job at hand! I was an 'outsider' in their domain. Some of this attitude persisted as far as the massage table and I had to make allowances for cultural differences. However, as the days continued athletes and volunteers mixed freely and the athletes felt 'safe' in their private domain away from prying eyes and media attention.

A lasting memory for me will be how grateful many athletes and team officials were for the services offered by the massage therapists. For instance, the 'thanks' from the North Korean judo participant who could not speak English: after his massage he grabbed my right hand and massaged it, then the forearm, followed by the left! It felt great - just what I needed at the time - and his smile from 'ear to ear' said it all!

Then there was the Korean table tennis player who was about to leave the village for her semi-final match against China. She stressed in broken English that she came from Seoul, and that this was a very important moment for her. During the treatment she suddenly sat up and told me she was a Christian. I acknowledged her and stated that I was also. We conversed with much smiling and hand gestures to make ourselves understood; her thanks were expressed with deep bowing and prayer-like hands. She returned the next day, very disappointed, and told me she had lost by two points to her Chinese opponent! We exchanged small mementoes of our meeting.

There was the Netherlands badminton player who took more than a few moments to talk with his girlfriend in the privacy of the massage cubicle after his massage - only to be hunted out when we realised his bicycle was still in the reception area twenty minutes later!

There was also a Malaysian team doctor who again had few words of English. I used my best oriental techniques on him, much to his appreciation - this was shown with the 'thumbs up' sign with his left

hand. As the massage progressed both hands indicated the massage was hitting the right spots. At the end of the session the 'thumbs up' sign was signalled above his head, then with clasped hands and the broadest smile imaginable he shook my hand!

There was the USA long jumper who wanted to stay at the Massage Centre after her treatment. She complained that there was no comfortable chairs in their accommodation and the bean-bags in our centre were just perfect for relaxing. She invited me to join her!

Also from USA was the boxer who complained of sore legs. When I asked what he had been doing to have so much discomfort he informed me that his coach had made him run for hours that morning as he had gained six pounds since arriving at the Village - the food was just too good and plentiful for him to resist! He had to lose the weight so that he could compete - it was lettuce sandwiches for him after that. But at least the massage made recovery more bearable.

A swimming coach from Monaco gave me a lengthy account of his heart surgery and repair to a fractured ankle. I have no idea what else he was telling me as the whole conversation was in French and my only language is English. I did however understand the 'merci beau coup' prior to his kissing my right hand!

Finally, I will remember the team official from Florida who praised our sports facilities, the food, the accommodation, the weather, the massage. He stated that we had provided the best Olympics ever and it will be a hard act to follow - all this praise on the first Monday of the Games!

Congratulations to Jeff Murray and Laurie Faulkner for the hard work, long hours and sleepless nights entailed in directing the best presentation of sports massage in the life of the Olympic Games. Thanks also to Uniliver (UK) for providing such a superb facility.

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## SPECIAL FEATURE: SYDNEY 2000

### ENJOYING THE REWARDS OF PREPARATION

By Lyn Langbein

My decision to be a volunteer at the Olympic/Paralympic Games started four years ago after attending a seminar on the Atlanta Games by Rob Granter, the Head Massage Therapist for the Australian team. It was suggested that Sydney would be providing some massage therapy to the many countries which would not be bringing their own therapists with them. I knew I wanted to be there.

Now was the time to increase my experience and skills by working with athletes and sporting teams. So I continued to massage at local fun runs, biathlons, marathons, Cycle Sydney, Foster Ironman and Australian Surf Life Saving Championships. There was also my involvement with the NSW Institute of Sport elite junior female rowers as they prepared their team to contest the World Championships. During the 4-year lead up to the Games I was updating knowledge and skills at various workshops and courses.

Two years ago we were finally able to apply and endure a further wait of 12 months to see if we were successful. Out of the 600 applicants only 200 were selected so I felt very privileged to have been one of them. It was always exciting when correspondence arrived, keeping us posted of the latest developments. Then there were the Test Events which provided a little taste of what we might experience.

The various sports then began the selection process for the teams to represent Australia. Once the Paralympic team was announced I regularly massaged two of our local athletes, Lucy Williams and Alison Quinn. Lucy won a bronze in the S6 100m breaststroke and Alison won bronze in the T38 100m sprint and silver in the T38 200m sprint.

It was also training time for volunteers. Massage Therapy was part of the Medical Team and as such,

we did not have to learn our trade but we did have orientation and venue training which took time out of nights and/or weekends.

The excitement really started to mount once we collected uniforms and received our rosters. I would be working 6.5 hour shifts during competition in the Olympic/Paralympic Village, the Stadium, Aquatic Centre and tennis - let the Games begin!

In the village we had a 20-bed, air conditioned, lined and floored marquee. Sports massage was available to any athlete from 10.00am to 10.00pm every day. If an athlete had an injury and needed remedial massage they went through the Poly Clinic (medical centre) which was also within the village. The off site venues also had 1 or 2 massage therapists available. The athletes were able to book a \_ hour session or take a chance and just come in. I think we peaked at about 389 massages a day over the 2 shifts. It was up to us to pace ourselves and take our breaks. Some periods were busier than others and sometimes the off site venues were very quiet. This gave you the chance to watch and be inspired.

It wasn't just the athletes who came from all over the world - so did the massage therapists. They came from United Kingdom, Malaysia, United States, Germany, Canada, Holland, Japan and of course every state in Australia. I made some new friends and worked with old friends.

The offer of a free ticket to the closing ceremony of the Olympics was too good to miss. So 5.00am saw me catching a bus to the Olympic Village to line up with all the other hopefuls. What a night. It was pure magic and I enjoyed every minute.

The ticker tape parade honouring the volunteers was awesome. To see so many of the volunteers together was quite a sight, especially as we were in our groups (remember all those coloured sleeves!). The medical team was at the back of the pack behind the St John Ambulance. Behind us were 4 mounted police and then the garbage trucks! I was amazed how many people came to cheer and thank us. It was just great.

I have so many great memories of my time at the Games but the best was being poolside to watch Lucy Williams finish 2nd in her heat in the breaststroke then go on to win bronze in the final.

I found my time at the Games, particularly the Paralympics, the most rewarding thing I have ever done. In a way it was the pay off for all the volunteer hours we often put in at events all over the countryside. Sydney shone and I feel very proud to be Australian.

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## **A GOLD MEDAL PERFORMANCE**

**By Diana Glazer**

I guess the most unusual part of working at the Olympics and Paralympics was the teamwork. For massage therapists who work by themselves with only the client for company it must have seemed strange to be part of the biggest workforce team on earth!

I started my first shift about two weeks before the Olympics officially began. In my colourful uniform I left the house in Bondi and walked to the bus stop. Conversation halted as twelve pairs of eyes looked me up and down. Then the owners of those eyes started making comments and asking questions. There was one other volunteer on the bus. We checked each other out and compared the colour of our collars and sleeves. At Bondi Junction we waited for the train – now there were five of us huddled together exchanging directions to our destination. At Central we were joined by about 50 more and by Lidcombe an army of about 200 marched off to board busses to a variety of venues.

I went to the Olympic Village. How empty it was at that stage! Empty buses, roads, houses and flagpoles. I knew that I would be working at the Unilever Massage Centre – in a tent. Somewhat bitterly I imagined that Massage Therapy was once again to be the Cinderella of the medical team – not in one of the fancy houses or the sophisticated Poly Clinic but in a tent out the back.

The tent turned out to be a large, comfortable, stable structure with good facilities and great equipment – more of a palace than a tent! It was right near the International Centre where all the athletes gathered and next to the Gym where the medal-winning athletes went to have their names engraved on their medals. Many of us spent a lot of time looking in that window!

I stayed in the Village for a few days and watched it fill up with athletes. Every day there were more flags on the flagpoles and I was privileged to witness several simple but moving welcoming ceremonies.

I also spent a few days at the Aquatic Centre glued to the front door of the medical section. We were about two metres from the edge of the warm-up pool and saw just about all the swimmers in training. We found ourselves standing and commenting on the ‘form’ of each swimmer, much as you would at the racetrack!

My whole world revolved around what I was doing. They tell me that the Olympic Games occurred – I did not see them! I was flying high on excitement generated by my workmates and the athletes. One day at the sailing venue one of the massage therapists did not arrive and the physiotherapist offered to do ‘warm-up’ massage for the athletes until I could take over and do the real massage! Generally I found the physiotherapists to be fantastic – fully appreciative of the place of massage and massage therapists at the Games.

At about half-way point I was in danger of losing my amateur unpaid status – the Unilever people had given each of us a great sports bag and some of their products, I had a ticket to the athletics and a watch and had won two tickets for other events, and had several “work” pins and many pins given by grateful athletes. Miraculously, a freezer had appeared in the tent and we could get free ice cream whenever we wanted it ... if you could fit it in after all the food on offer. In the dining room most of us made a daily pilgrimage to the McDonalds counter that was deep in athlete territory. We would walk slowly, take in the atmosphere and search for familiar faces. The image of rubbing shoulders with the athletes after rubbing the shoulders of the athletes all morning or afternoon rather appealed to me!

After a short rest during which I caught up with the rest of the world I plunged into the Paralympics. Now the buses moved slowly and we had to watch out for crutches and wooden or metal legs stuck out into the isles. The athletes were even more friendly and flocked to the massage tent in waves. My most memorable sight at the Village occurred on my way to dinner one evening. I decided to walk and was rewarded

## SPECIAL FEATURE: SYDNEY 2000

by the sight of an American athlete in a motorised wheelchair careering down the road towing four manual wheelchairs of athletes from various nations, each hanging on and screaming with joy. My most memorable sight at the Aquatic Centre was looking out to the edge of the warm-up pool and seeing fifteen legs parked and waiting for their owners to finish training. At the warm-up strip for the track and field athletes I got caught up having to interpret for a Polish athlete. Soon a coach from Uzbekistan who also had an injured athlete joined us. The Uzbekistani coach spoke in Russian to the Polish coach who spoke to me in Polish, which I then translated into English for the physiotherapists – then it went in reverse. I hope the poor athlete got the treatment he needed!!

My best moment?? When the Dutch athlete told me that I was one of the best five massage therapists in the world (OK so I missed getting a medal!) or was it the ticker-tape parade? ... or seeing a Japanese intellectually disabled athlete delirious with joy because he had been hit by Lizzie the (Paralympic mascot) Lizard's tail as she walked around the pool. Or...

Oh ... and massaging all those fit and grateful bodies was out of this world. I'm getting ready for the Gay Games and Athens. How about you?

### RUBBING SHOULDERS WITH THE ATHLETES

By Belinda Serafin

What an achievement it is to be chosen as a Massage Therapist for the Sydney 2000 Olympic Games. It is something I have wanted to do since completing my Diploma in Massage Therapy. When I received the letter of acceptance I was excited and proud to know that I would play an important role in the Olympics. I remember my first day on the 15th September as if it was yesterday and the mixed emotions I was feeling about the unknown that lay ahead. Settling into the routine of life at the Olympic Village did not take long and the place was filled with excitement. Things were really buzzing.

It was a great experience ... massaging athletes from a wide variety of sports and getting feedback from them. I felt that those athletes who didn't regularly receive a massage as part of their training regime really appreciated the benefits. What impressed me the most was how excited most athletes were just to be part of an Olympic team and, win or lose, they had achieved their dream. The most exciting memory for me was when I was wandering through the Australian camp one afternoon with two other Massage therapists whom I had met and formed a friendship with. We met some of the athletes from the Men's Judo team as well as Todd Woodbridge who had won silver with his partner Mark Woodford in the Men's Doubles

Final. We also saw many of the Australian swimmers such as Michael Klim, Matt Dunn, Matt Welsh and Elli Overton. The excitement and the memories will never be forgotten and I feel particularly fortunate to have been a part of the Closing ceremony as well as the Ticker- Tape parade.

### SYDNEY AREA MEETINGS

By Catherine Tiney

Inside the AMT office, Sydney has been divided up into eleven areas on a large map on the wall. This map is used for referring calls from the public to massage therapists in their area and for coordinating meetings in each area of Sydney.

So far four areas have had meetings: Ryde, Northern Beaches, City/Eastern suburbs and Hurstville/Bankstown. The number of members in attendance is small in comparison to how many therapists are practising in these areas. However, feedback has been positive. Therapists who work practically next door to each other are meeting for the first time!

# BODY OF WORK

## AN INTERVIEW WITH JAN CROMBIE

**By Kirsten McCulloch**

*Jan Crombie is a Senior Level 1 AMT member, and has been practising Massage Therapy since she joined the Association as a student member in 1997. Jan regularly receives doctors' referrals to her practice, both formal and informal. In this interview with Kirsten McCulloch she explains the hows and whys of the process, focusing on issues of credibility.*

**KM** Jan, you've said that you get a number of referrals from doctors. Can you estimate what percentage of your clients come from doctors?

**JC** Well, probably only about 10% come from formal referrals, for injury and insurance cases, but about a further 20% come to me via recommendations from their own doctor.

**KM** That seems like a high proportion. Do you work full time or part time?

**JC** Full time. Five days per week in a medical centre.

**KM** You used to be a registered nurse didn't you? Do you think that improves your credibility with doctors?

**JC** Not really. Most of them wouldn't know that about me - I don't specifically advertise it.

**KM** But working in a medical centre would certainly give you a level of credibility others may not be able to achieve wouldn't it? Did you get many doctors referrals before your practice was there?

**JC** I did, yes. I moved to the medical centre last August. Before that I was in practice with another person. The feedback I've received from some doctors, though, is that clients do like the fact that working in the medical centre means I am easily accessible.

One of my advantages is that I have lived in this community for 15 years, so I'm somewhat known. I've been involved with school committees and the canteen, church groups, and other events. So people might not know where they've seen me before, but they know me.

**KM** So it's about networking then?

**JC** Yes, and not just as a massage therapist. Being involved in the community in all different ways has benefited me.

**KM** And did you actively seek referrals from doctors before you moved to the medical centre?

**JC** Yes I did. In my previous partnership I sent letters to a number of doctors (to the practice manager) and generally followed that up with a visit, although not to all of them (yet!). Most of them weren't terribly receptive - there are a lot of massage therapists in Port Macquarie and they were dubious about qualifications.

**KM** How did you organise the visit? Did you say in the letter you'd come or call? Did you call and make an appointment or just drop in?

**JC** Well, actually first I'd phone and ask to speak to the practice manager, who is the person you have to get through to get to the doctors! I would introduce myself and tell her I'd be sending a letter about my practice. Then I'd send the letter to that person, but I'd also put "attention to" and list the doctors.

Next I'd talk to the practice manager again and find out when the doctors would be free - for example, some of them would come in at 8am, and that's when they'd be reading their pathology reports and so on. Others might prefer to do that after lunch. Then I'd come in at that time and introduce myself, tell them what I do, and see if they had any questions.

**KM** Did they ever expect you to pay for their time? Or did you ever offer to give them a free trial massage?

**JC** No and No. I'd never offer to do anything free. You don't do that with the medical profession. **They** don't do that, and I think it just brings you down if you do.

Also, I send thank you letters to the doctors who do refer clients to me. I'll thank them for the referral, list in some detail the symptoms they presented with, and where they're at now: "X is currently attending once a week. He has no pins and needles in his right arm. There is still some restriction in his right shoulder which is aggravated by....".

**KM** So when would you send that letter? How long after they've first visited you?

**JC** It could be four or five weeks, or sometimes after only two or three visits. If it's an insurance case, the insurance company will want a report which you charge them for. I would send a copy of that report to the referring doctor as well, for their information. So that lets them know that I am professional. You need to be able to talk to them in their language.

**KM** What else could other therapists do to enhance their credibility?

(Continued next page ...)

## ... AN INTERVIEW WITH JAN CROMBIE

**JC** Well, certainly sending a thank you letter as soon as you do get a referral. Going to visit the doctor is the beginning, but you must also have proper formal material to represent yourself. My letterhead has my proper business name, AMT member number, ABN number and qualifications at the top on one side and address and phone on the other side. That's how they do it. I also have printed business cards with my name and my business name on them. I have given a pile of these to some of the doctors, and I often get referrals with my business cards taped to it. Doctors tend to be a bit dubious until you prove yourself, and to speak in their language helps.

I think the fact that I work in the medical centre and not from home helps. There's nothing wrong with working from home, but working from some sort of clinic does carry more credibility with it.

**KM** That makes sense. Some people prefer to work from home, and the rent is certainly cheaper, but I guess it is a trade off. And if you do work from home it probably means you need to put extra work into the other aspects of presenting yourself professionally.

**JC** That's right.

**KM** Any final advice for people wanting to increase their referral base Jan?

**JC** Just get in there and call on some doctors. Don't be over the top with them and do try to speak their language.

### A note on record keeping

*If you don't feel 100% comfortable about the record keeping and report writing Jan referred to in her interview, you may be interested in the SOAP charting and record keeping pack.*

***SOAP** (Subjective, Objective, Assessment, Plan) is a record keeping system which includes a protocol for keeping clear and objective records and measures of your clients' progress. It includes a book length guide with such references as standardised abbreviations, and licence to reproduce all charts and forms. The AMT sells **SOAP** for \$55.00 (includes GST).*



## The AMT Office has moved!

### **Our new street address is:**

Level 1, Suite B  
304 King St  
Newtown

### **Our new postal address is:**

AMT NSW  
PO Box 792  
Newtown NSW 2042

We do not have details of our new phone number yet. Calls to the old number will automatically be redirected for two months. Check the news and contact section of our Web Site for updates. Details of the new number will also be published in the next Newsletter.



# AMT CALENDAR OF EVENTS

## JANUARY TO JUNE 2001

- The letter V indicates that the number of CEUs is Variable - depending on the number of hours attended.
- Courses accredited by AMT attract 5 CEUs per hour.
- Courses not accredited by AMT attract 4 CEUs per 3 hours.
- Please check dates and venues with the contact person before you attend.

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DATE	EVENT	CEU
<b>JANUARY</b> 13 <sup>th</sup>	Reiki 1 Om Shanti College of Tactile Therapies, Griffith ACT. 9.30-4.30pm. Ph: (02) 6295 2323	30
14 <sup>th</sup>	Pilates. Om Shanti College. Ph: (02) 6295 2323	30
15 <sup>th</sup> -19 <sup>th</sup>	Swedish Massage. One week intensive. Om Shanti College. Ph: (02) 6295 2323	V
20 <sup>th</sup>	Kinesiology. Om Shanti College. Ph: (02) 6295 2323	30
20 <sup>th</sup> , 21 <sup>st</sup>	Reflexology, Om Shanti College . Ph: (02) 6295 2323	60
21 <sup>st</sup> -25 <sup>th</sup>	Therapeutic Massage. One week intensive On Shanti College. Ph: (02) 6295 2323	V
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<b>MARCH</b> 2 <sup>nd</sup> -5 <sup>th</sup>	Myofascial Release 1 – Fundamentals (32 hours). Presented by Paul Doney. Peridor Health Schools, Bondi Junction. Ph/Fax: 93880699	160
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<b>APRIL</b> 6 <sup>th</sup> -8 <sup>th</sup>	Myofascial Release 2 – Unwinding (20 hours). Presented by Patricia Farnsworth Peridor Health Schools, Bondi Junction. Ph/Fax: 93880699	100
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<b>JUNE</b> 29 <sup>th</sup> -to July 2 <sup>nd</sup>	Myofascial Release 1 – Fundamentals (32 hours). Presented by Paul Doney. Peridor Health Schools, Bondi Junction. Ph/Fax: 93880699	160

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