

IN TOUCH

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AMT NEWSLETTER

- April 2014



AMT Blue Mountains Branch Treasurer, Amina Dargan demonstrates self-care techniques at the Blue Mountains branch AGM in March.

AMT's April Self-Care Tip ... Don't Over-treat

Most massage therapists are aware that treating every trigger point and painful area of a client's body in one session can increase a therapist's risk of injury - not to mention be exhausting! While it's hard on us as therapists, it is also not necessarily the best thing for our clients.

In her book, *Save Your Hands! The Complete Guide to Injury Prevention and Ergonomics for Manual Therapists*, coauthor Lauriann Greene warns that clients can only integrate so much work into their bodies in one session. Overtreatment can cause nausea, dizziness and grogginess that can be unpleasant and counterproductive. The stress of too much deep work can also create muscle guarding and considerable soreness for a couple of days. Not to mention, too much pain as a result of treatment may even result in a fear or avoidance response, causing a client to stop seeing you.

Greene recommends limiting your work to treating a half dozen major trigger points in one session to avoid overloading you clients' ability to adapt to the changes in their neuromuscular systems, and to help look after your own wellbeing.

From *Save Your Hands! The Complete Guide to Injury Prevention and Ergonomics for Manual Therapists*, Second Edition, C.E.A.S., and Richard W. Goggins, C.P.E., L.M.P., © 2008 Gilded Age Press.

Inaugural AMT-hosted Webinar a Success

The first AMT-hosted webinar, held in March, was a resounding success, with members commenting on the diligence and hard work of AMT staff in their endeavor to keep members abreast of current concerns.

The webcast was a trial of the GoToMeeting platform, and aimed to keep members informed of AMT's current negotiations with Medibank. Around 80 members registered for the event, with more than 40 members participating.

AMT plans to host more webinars in the future, including proceedings of the upcoming AMT Annual General Meeting, to be held on April 13. This event will attract CEUs, and has been designed for remote and regional members who cannot attend the meeting in person.

AMT Workforce Survey Goes Live

We are pleased and excited to announce that the AMT workforce survey is now live.

The workforce survey is one arm of the research project that AMT has sponsored the Australian Research Centre into Complementary and Integrative Medicine (ARCCIM) to undertake, investigating client perceptions, expectations and use of massage therapy. The project was featured in the March edition of the AMT journal, with chief investigator Dr Jon Wardle discussing the aims of the research and explaining how the data can underpin AMT's various advocacy projects.

Please help us to make the evidence-based case for greater integration of massage therapy into the Australian healthcare system by participating in the survey. No personal or identifying data is being collected so your confidentiality will be completely preserved.

You can complete the survey online here:

<https://www.surveymonkey.com/s/AMT-Massage-Workforce-Survey>

AMT Leading the Way in Massage Research

The AMT Board is incredibly proud to be leading the way in funding quality research for the massage therapy industry in Australia. It is exciting to see the partnership with NORPHCAM and ARCCIM, built over many years and formalised via a Memorandum of Understanding three years ago, bear fruit with this current study.

AMT was gratified to note that AAMT has followed AMT's lead and recently committed funding to ARCCIM's leadership and research capacity building program. It augurs well for the future of the industry that investments are being made in research and research capacity building.

Blue Mountains

by Kat Boehringer

The Blue Mountains branch AGM was held on March 25, and a new regional executive committee was announced. We welcome our new chairperson Takako Jawor, who replaces Alison Maynard, and secretary Kat Boehringer, who took over the role after Ariana Mackay announced her maternity leave. Amina Dargan will be continuing in the role of treasurer.

Meeting dates for the coming year are as follows:

- Thursday, June 5 at the Lawson Mid Mountains Community Centre. Guest speaker TBA.
- Tuesday, September 9 at the Penrith CWA. Guest speaker TBA
- Monday, November 24 in Katoomba. Venue and guest speaker TBA. This will be our AGM.

The new executive committee is pursuing avenues for engaging guest speakers at each meeting, as well as the facilitation of a regional mentoring program. These topics will be discussed at our next meeting in June - please come ready with ideas. We would also like to encourage our branch members to make use of the AMT Facebook page as a way of keeping up with branch news and connecting with each other.

Inquiries: Amina Dargan - 0417 419 007.

Sunshine Coast

by Lesley Carter

Our first meeting of 2014 was held on March 16, with guest presenter Diana Glazer speaking about the importance of taking an effective client history. In the afternoon session, Diane demonstrated massage techniques learned from her years working with sports teams. It was a day of great fellowship, good food and new skills.

Our next two meetings will be facilitated by Mark Philip Deal. Mark has a Bachelor of Science majoring in Anatomy and Physiology, a Diploma in Chiropractic and Osteopathy, a Diploma in Acupuncture and a Graduate Diploma in Adult Education. The first workshop will be held on June 15, and the topic will be Shoulder Joint Construction and Evaluation. This full-day workshop will include an overview of the structures of the shoulder joint, a demonstration of the dissected structures of the shoulder, and evaluative procedures and treatment techniques for shoulder injuries. Bookings are essential and deadline for bookings is June 6. Please bring a massage table and a plate of food to share. Note: If more than 18 people book, this workshop will not include the joint construction component. The second workshop will be held on August 17 and the topic will be Hip Joint Construction and Evaluation.

If you are interested in these workshops but are unable to attend our branch events, Mark will also run them privately at Noosaville on May 10, June 14, July 12 and August 16.

Please contact Mark on 07 5449 7088 or mark@noosaholistichealth.com for more details.

Our final meeting for the year conflicts with this year's AMT conference in Melbourne and we are considering changing this date. We will keep you informed.

**Inquiries: Lesley Carter, 0403 647 754
lescalnat@gmail.com**

Riverina Region

by Jodee Shead

It is shaping up to be a busy year for the Riverina branch. Meeting and workshop dates are:

- Friday, May 23, 7pm. In Cobram, to be hosted by Kathryn and Roger Simm. This meeting will also be our AGM.
- May 24-25. Proposed workshop with Michael Stanborough (depending on his availability).
- Friday, August 22, 7pm. Echuca. Our proposed guest speaker will be a local osteopath, who will present on structural assessments for feet.
- Sunday, November 30, 12.30pm. Christmas BBQ and lunch meeting, Barmah Forest and Nature Reserve.

Our Branch is also researching a two-three day workshop on Functional Fascial Taping (FFT), with Ron Alexander.

**Inquires: Jodee Shead (secretary) at
moweld@bigpond.com**

South Sydney

by Rene Goschnik

The South Sydney branch is uniquely placed due to its cultural diversity and sheer size, with close to 60 members attending each meeting. This can also create challenges for our branch. Our executive committee work hard to manage the large meetings, including Joanne and Denise, our two acting treasurers, our secretary, Suzi, our caterer, Charlotte, and our branch librarian, Jenny.

To assist in managing such a large group, members are asked to arrive on time, and people arriving late will not be permitted entry to the meeting.

Our April meeting, was a huge success with our popular trivia night. It was a great opportunity for networking, making new acquaintances, and learning fun facts about massage.



South Sydney branch trivia night

Our next meeting will be held on June 4, where will we have a local physiotherapist present about neck and shoulder problems. Doors open at 6.30pm and close at 7pm.

Inquiries: Suzi at m.sujittra@live.com.au

Illawarra

by Linda White

Over the past 18 months, AMT Illawarra has seen a growth in meeting participation and presentations, particularly from student AMT members as well as non-members.

At the end of last month Matt Whalan's final session of 'Problem Muscles' was held at Figtree Physiotherapy. We were shown assessment skills for the spine and pelvis, and treatment strategies for problematic muscles and injuries for the shoulders, lower back, hip flexors and much more. The workshop proved to be a valuable exchange of ideas and techniques. Participants appreciated the opportunity to look at different ways of assessing problematic muscles and injuries, and the holistic approach to treatment.

We hope to organise a local osteopath and pain management educator to present at one of our meetings later in the year, and another visit to the University of Wollongong wet lab.

AMT Illawarra meets on the last Tuesday of each month in the Bottlebrush Room at the Corrimal Community Centre, Short Street Corrimal at 7pm. Everyone is welcome to attend - it is a great opportunity to share your knowledge with other health professionals.

Medical Rubbing – A Historical Perspective

In case you missed it on the AMT Facebook page, here is a link to an article on 'Medical Rubbing', originally published in the British Medical Journal in 1882, shared by AMT member Jen Carroll.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2264573/pdf/brmedj04975-0009.pdf>

In the words of our Secretary, Rebecca Barnett: *"It's such a wonderful mixture of the archaic, the bizarre and the really very sensible."*

AMT's Monthly Research Round-Up

AMT has released its Research Round-Up - a summary of open access massage therapy research released over the preceding month, including hyperlinks to the full free text articles available online. Here is the latest list of current open access research:

Cho YS, Jeon JH, Hong A, Yang HT, Yim H, & Cho YS. (2014). The effect of burn rehabilitation massage therapy on hypertrophic scar after burn: A randomized controlled trial. Burns [epub ahead of print].

[http://www.burnsjournal.com/article/S0305-4179\(14\)00065-5/abstract](http://www.burnsjournal.com/article/S0305-4179(14)00065-5/abstract)

Esfahani MS, Sheykhi S, Abdeyazdan Z, Jodakee M, & Boroumandfar K. (2013). A comparative study on vaccination pain in the methods of massage therapy and mothers' breast feeding during injection of infants referring to Navabsafavi Health Care Center in Isfahan. Iran J Nurs Midwifery Res, 18(6), 494-498.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3917134/>

Halperin I, Aboodarda SJ, Button DC, Andersen LL, & Behm DG. (2014). Roller massager improves range of motion of plantar flexor muscles without subsequent decreases in force parameters. Int J Sports Phys Ther, 9(1), 92-102.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3924613/>

Jay K, Sundstrup E, Søndergaard SD, Behm D, Brandt M, Særvoll CA, & Andersen LL. (2014). Specific and cross over effects of massage for muscle soreness: Randomized controlled trial. Int J Sports Phys Ther, 9(1), 82-91.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3924612/>

Li Y, Wang F, Feng C, Yang X, & Sun Y. (2014). Massage therapy for fibromyalgia: A systematic review and meta-analysis of randomized controlled trials, PLoS ONE 9(2). doi:10.1371/journal.pone.0089304

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0089304#pone-0089304-g008>

Mazlum S, Chaharsoughi NT, Banihashem A, & Vashani HB. (2013). The effect of massage therapy on chemotherapy-induced nausea and vomiting in pediatric cancer. Iran J Nurs Midwifery Res, 18(4), 280-284.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3872861/>

Peungsuwan P, Sermcheep P, Harnmontree P, Eungpinichpong W, Puntumetakul R, Chatchawan U, & Yamauchi J. (2014). The effectiveness of Thai exercise with traditional massage on the pain, walking ability and QOL of older people with knee osteoarthritis: A randomized controlled trial in the community. J Phys Ther Sci, 26(1), 139-144.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3927027/>

April 2014		CEUs
19-20	Neurostructural Integration Technique Introductory. Presented by Shayne Sullivan. Geelong, VIC. Contact 0417 011 192. Email: shayne@geelongnaturaltherapies.com.au	70
26-28	Oncology Massage Module 1. Presented by Tania Shaw. Buderim, QLD. Contact Kylie 07 3378 3220 or 0410 486 767. www.oncologymassagetraining.com.au	105
26-27	Neurostructural Integration Technique Introductory. Presented by Angela Lane. Melbourne, VIC. Contact 0402 744 251. Email: angelane1@optusnet.com.au	70
26	Essential TMJ Workshop. Presented by Ron Phelan. Sunshine Coast, QLD. Contact 0419 380 443 Email: bowenst@iprimus.com.au	35
28-2	Oncology Massage Module 4. Presented by Gillian Desreux and Kate Butler. Melbourne, VIC. Contact Kylie 07 3378 3220 or 0410 486 767. www.oncologymassagetraining.com.au	175
29	Illawarra Branch Meeting. Formal Meeting. Corrimal. Contact Linda White 0417 671 007	15
30-4	Neurostructural Integration Technique Basic. Presented by Ron Phelan. Sunshine Coast, QLD. Contact 0419 380 443. Email: bowenst@iprimus.com.au	175
May 2014		CEUs
2-3	Onsen Volume III Structural Assessment and Corrections of the Cervical and Thoracic Vertebrae. Presented by Jeff Murray. Melbourne. Contact 0427 310 510	70
3-4	Chi-Acupressure Massage. Presented by Master Zhang Hao. Strathfield, NSW. Contact 0416 286 899 www.chihealing.com.au	70
3-5	Oncology Massage Module 1. Presented by Tania Shaw. Chillingham, NSW. Contact Kylie 07 3378 3220 or 0410 486 767. www.oncologymassagetraining.com.au	105
3-4	Neurostructural Integration Technique Introductory. Presented by Shayne Sullivan. Geelong, VIC. Contact 0417 011 192. Email: shayne@geelongnaturaltherapies.com.au	70
3-4	Certificate of Pregnancy Massage. Presented by Catherine McInerney. Sydney, NSW. Contact 03 9571 6330 www.pregnancymassageaustralia.com.au	70
5-7	Oncology Massage Module 1. Presented by Bronwyn Sutton. Corowa, NSW. Contact Kylie 07 3378 3220 or 0410 486 767. www.oncologymassagetraining.com.au	105
5-7	NurtureLife® Pregnancy Massage Practitioner. Presented by Catherine McInerney. Sydney, NSW. Contact 03 9571 6330. www.pregnancymassageaustralia.com.au	105
6	The Business of Health an integrated approach to business development for natural therapists and holistic practices. Presented by Rosemary Spiteri. Sydney, NSW. Contact 0407 530 272. Email: rosemary@jadira.com.au Course is conducted in 4 x 1 Day workshops commenced 11 March 2014	140
9-11	Oncology Massage Module 2. Presented by Lizzie Milligan. Randwick, NSW. Contact Kylie 07 3378 3220 or 0410 486 767. www.oncologymassagetraining.com.au	105
11	Leg and Knee Pain. Presented by John Bragg. Randwick. Contact 0410 434 092. www.johnbragg.com.au	35
12	The Business of Health an integrated approach to business development for natural therapists and holistic practices. Presented by Rosemary Spiteri. Springwood, NSW. Contact 0407 530 272. Email: rosemary@jadira.com.au Course is conducted in 4 x 1 Day workshops commenced 4 March 2014	140
15-17	Oncology Massage Module 2. Presented by Kate Butler. Northcote, VIC. Contact Kylie 07 3378 3220 or 0410 486 767. www.oncologymassagetraining.com.au	105
18	Hunter Branch Meeting. Adamstown, NSW. Contact Chloe Dirs 0421 202 283 or chloedirs@gmail.com	15
27	Illawarra Branch Meeting. Presentation Evening. Corrimal. Contact Linda White 0417 671 007	15
31-1	Certificate of Pregnancy Massage. Presented by Catherine McInerney. Brisbane, QLD. Contact 03 9571 6330. www.pregnancymassageaustralia.com.au	70
31-1	Neurostructural Integration Technique Introductory. Presented by Robert Monro. Brisbane, QLD. Contact 0448 428 020. Email: saramcl@gmail.com	70



in good hands

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