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.

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 your clients’ ability to adapt to the changes in their neuromuscular systems, and to help look after your own wellbeing.

Regional reports

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 22, 7pm. Echuca. Our proposed guest speaker will be a local osteopath, who will present on structural assessments for feet.

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

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.

Inquiries: 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

Regional Reports continued on page 3
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.


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:


## Calendar of events

### April 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact Details</th>
</tr>
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<tbody>
<tr>
<td>19-20</td>
<td>Neurostructural Integration Technique Introductory. Presented by Shayne Sullivan. Geelong, VIC.</td>
<td>Geelong, VIC</td>
<td>0417 011 192. Email: <a href="mailto:shayne@geelongnaturaltherapies.com.au">shayne@geelongnaturaltherapies.com.au</a></td>
</tr>
<tr>
<td>26-27</td>
<td>Neurostructural Integration Technique Introductory. Presented by Angela Lane. Melbourne, VIC.</td>
<td>Melbourne, VIC</td>
<td>0402 744 251. Email: <a href="mailto:angelane1@optusnet.com.au">angelane1@optusnet.com.au</a></td>
</tr>
<tr>
<td>26</td>
<td>Essential TMJ Workshop. Presented by Ron Phelan. Sunshine Coast, QLD. Contact 0419 380 443</td>
<td>Sunshine Coast, QLD</td>
<td>0419 380 443. Email: <a href="mailto:bowenst@iprimus.com.au">bowenst@iprimus.com.au</a></td>
</tr>
<tr>
<td>29</td>
<td>Illawarra Branch Meeting. Formal Meeting. Corrimal. Contact Linda White 0417 671 007</td>
<td>Corrimal</td>
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<tr>
<td>30-4</td>
<td>Neurostructural Integration Technique Basic. Presented by Ron Phelan. Sunshine Coast, QLD.</td>
<td>Sunshine Coast, QLD</td>
<td>0419 380 443. Email: <a href="mailto:bowenst@iprimus.com.au">bowenst@iprimus.com.au</a></td>
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### May 2014

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<th>Date</th>
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</tr>
</thead>
<tbody>
<tr>
<td>2-3</td>
<td>Onsen Volume III Structural Assessment and Corrections of the Cervical and Thoracic Vertebrae.</td>
<td>Melbourne</td>
<td>0427 310 510</td>
</tr>
<tr>
<td>3-4</td>
<td>Neurostructural Integration Technique Introductory. Presented by Shayne Sullivan. Geelong, VIC.</td>
<td>Geelong, VIC</td>
<td>0417 011 192. Email: <a href="mailto:shayne@geelongnaturaltherapies.com.au">shayne@geelongnaturaltherapies.com.au</a></td>
</tr>
<tr>
<td>5-7</td>
<td>NurtureLife® Pregnancy Massage Practitioner. Presented by Catherine McInerney. Sydney, NSW.</td>
<td>Sydney, NSW</td>
<td>0407 530 272. Email: <a href="mailto:rosemary@jadira.com.au">rosemary@jadira.com.au</a></td>
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<tr>
<td>6</td>
<td>The Business of Health an integrated approach to business development for natural therapists and holistic practices. Presented by Rosemary Spiteri. Sydney, NSW.</td>
<td>Sydney, NSW</td>
<td>Contact 0407 530 272. Email: <a href="mailto:rosemary@jadira.com.au">rosemary@jadira.com.au</a></td>
</tr>
<tr>
<td>12</td>
<td>The Business of Health an integrated approach to business development for natural therapists and holistic practices. Presented by Rosemary Spiteri. Springwood, NSW.</td>
<td>Springwood, NSW</td>
<td>0407 530 272. Email: <a href="mailto:rosemary@jadira.com.au">rosemary@jadira.com.au</a></td>
</tr>
<tr>
<td>18</td>
<td>Hunter Branch Meeting. Adamstown, NSW. Contact Chloe Diris 0421 202 283. <a href="mailto:chloedirs@gmail.com">chloedirs@gmail.com</a></td>
<td>Adamstown, NSW</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Illawarra Branch Meeting. Presentation Evening. Corrimal. Contact Linda White 0417 671 007</td>
<td>Corrimal</td>
<td></td>
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<tr>
<td>31-1</td>
<td>Neurostructural Integration Technique Introductory. Presented by Robert Monro. Brisbane, QLD.</td>
<td>Brisbane, QLD</td>
<td>0448 428 020. Email: <a href="mailto:saramcl@gmail.com">saramcl@gmail.com</a></td>
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Please view the Calendar of Events on the AMT website for the complete 2014 listing: [www.amt.org.au](http://www.amt.org.au)