

TABLE TALK

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AMT NEWSLETTER

- July 2014



Power on: Include some high protein foods in your lunch. Image courtesy of Google Images.

July Self-Care Tip

Accredited Dietician Sallyanne Pisk shares some of her top tips for overcoming the mid-afternoon slump:

- Take a break outdoors for five minutes.
- Take the time to complete 10 deep, slow abdominal breaths. Keep your focus on your breath.
- Stretch.
- Check that you are well-hydrated. The simplest way of gauging this is to check the colour of your urine. Aim for clear to pale yellow. Urine colour can be darkened by vitamin, minerals and protein supplements, so take this into account.
- When possible, plan your work to meet your energy rhythm.
- Include some high protein foods in your lunch: for example, a lentil burger, lean chicken or meat, eggs, and tofu.

You can read more dietary recommendations from Sallyanne in our September edition of *In Good Hands*, in Part One of our 'Therapist Self-Care' series.

AMT Needs You! Study Recruitment Phase

AMT is pleased to announce that we have moved into the second stage of our joint research project with the Australian Research Centre in Complementary and Integrative Medicine (ARCCIM). This phase of the study examines patient use of massage therapy, including patient perceptions and experiences of massage, how patients use massage to address their own health issues, and what role patients see for massage in the health system.

We need massage therapists in each of these cities - Brisbane, Canberra, Sydney, Melbourne and Perth - to permit us to ask 10 consecutive patients questions about these issues. Of course, patients can refuse to be involved in the study. The interviews will be conducted in the massage clinic after the client's treatment. For patients who agree to be interviewed, a research assistant will ask them the survey questions and note their answers.

The research involves asking you questions, too: you will be asked a series of screening questions, which will be used to make sure the participating clinics reflect the national massage workforce. Please note: all responses are anonymous, and can in no way be linked back to previous responses of the survey received in Phase One.

If you would like to participate in this stage of the research project, please visit the link below and submit your answers to the survey on page three of the link:

https://www.surveymonkey.com/s/massage_phase2_invite

National Massage Therapy Awareness Week

From September 8-15 AMT will be celebrating National Massage Therapy Awareness Week (NMTAW). This week is aimed at uniting massage therapists to lend their hearts and hands to offer disadvantaged people a chance to receive massage. It is also a good opportunity to raise awareness about the benefits of massage therapy to your local community. AMT is inviting regional branches to participate in NMTAW by organising a free massage event for a community group or charity in your local area, or by hosting a free public demonstration of massage. In the coming weeks, AMT will launch an information kit - including a press kit - with ideas on how to participate, and how to publicise your event via your local media. In the meantime, please register your interest with/direct all inquiries to Kat Boehringer via journal@amt.org.au

Working with Fascia: Four Things to Consider

by Bethany Ward and Larry Koliha

Research suggests that a major reason for myofascial therapy's effectiveness is its ability to restore glide between structures. When we work with fascia, we look for areas that have become stuck together and work to free them up. Here are some tips to help you refine your approach to fascia:

1) Master a 'shearing' angle of connection

Rolfer-researcher Robert Schleip, PhD likens fascial layers to tiramisu (a layered dessert) to describe how the layers of fascia are both distinct and interconnected. Rather than getting tissues to slide (which suggests movement *between separate layers*), Schleip proposes that we want to "shear" the layers by *creating lateral movement between interconnected strata*. Shearing requires an angle of force similar to the angle of the layers. Rather than working perpendicular to the layer, you want to 'hook into' a tissue layer to create a directed lateral stretch, and wait for tissues to release.

2) Go where it's tight

Research shows that significant remodeling of areolar (loose) connective tissue can be achieved by applying only twenty minutes of tension. This has implications for the way we work with fascia. It can be beneficial to address areas such as scars and fibroses, which may be chronically tensioning the fascia. When you're dealing with the fascial matrix, a small area can cause far-reaching strain patterns in the body — the same way a seam influences the drape in a piece of cloth. Taking time to carefully address primary areas of tension can profoundly affect your results.

3) Don't forget the nerves

Fascial tensions also affect nerve function by stimulating the nerves, thus potentially contributing to certain pain conditions. Nerves are sheathed in fascia to allow for glide during movement, and adhesions can impede nerve function. If a nerve is 'tethered', normal function may not return until the adhesions are addressed. For example, freeing up the sciatic nerve path down the pelvis can provide significant relief in piriformis and sciatic pain.

4) Work both superficial and deep layers

The superficial layers of the thoracolumbar fascia appear to be highly innervated — with more than 90 per cent of nociceptive fibers in the superficial fascia and subcutaneous layer. Current thought is that nociceptors (pain sensors) in fascia may play a large role in low back pain and other chronic pain conditions. Working superficial fascial layers may remodel these tissues and 'reset' the pain messages from nociceptors.

Furthermore, working the deep investing fascia around bones and tendon attachments can reset muscle tension via golgi tendons. In short, incorporate both superficial and deep layers of fascia in your chronic pain interventions.

Bethany Ward and Larry Koliha are lead instructors for Advanced-Trainings.com and faculty members at the Rolf Institute® of Structural Integration. Bethany is the recent past president of the Ida P. Rolf Research Foundation.

After their presentation at the AMT Conference this year, Bethany and Larry will be co-teaching Advanced-Trainings.com's Advanced Myofascial Techniques workshops throughout Australia. To learn more about classes and dates, go to <http://www.amt.org.au/downloads/workshop-registrations/Advanced-Trainings-2014-workshops.pdf>

Fig. 1



Fig. 2



Incorporate myofascial techniques that address both superficial (Fig. 1) and deep layers (Fig. 2) to address chronic pain and create long-term changes for clients.

Blue Mountains branch

by Kat Boehringer



The art of assessment: Takako Jawor and Nick Hood demonstrate postural assessment at the first Blue Mountains Branch Mentoring Session

At our June meeting, we were fortunate to have guest presenter, local psychologist Criss Sharp, speak to Blue Mountains AMT members about therapist self-care from an emotional perspective. Topics included boundaries, debriefing with a colleague, the signs of depression, anxiety and stress, and where to go for help.

Also, before the meeting, our Blue Mountains Chairperson, Takako Jawor,

presented at our first therapist Mentoring Session on the topic of client assessment. Our next Mentoring Session will be held in September after our branch meeting, and the topic will be 'mobile massage'. Blue Mountains member and mobile massage therapist, Nick Hood, will host the session. Anyone interested in attending should register his or her interest by contacting Takako via takakomassage@gmail.com. We are delighted to inform members that our next workshop, to be held before our September meeting, will be hosted by long-time AMT member and international presenter Sister Marimil Lobregat. This second workshop in our therapist self-care series will cover 'The Oriental Concept of the Spirituality of the Whole Person'. It will include a talk about the 'Harmony of the Oriental Concept of the Human Being', a Qi Gong demonstration, and a presentation on revitalising massage techniques. The workshop will run from 9.30am-12.30pm on Tuesday, September 9 at the Penrith City Library Theatre, and will be followed by our branch meeting. The entrance to the library is via the Penrith Civic Centre, which is located at 601 High St, Penrith. Places are limited. Members interested in attending the workshop should register by contacting Amina via aminadargan@hotmail.com.

Hunter branch

by Chloe Dirs

At our May meeting, local chiropractor Melissa Mason discussed how massage and chiropractic can work together. She focused on issues including scapula winging, gait, barrel chests and dominant postural habits.

The Hunter Branch will sadly bid goodbye to Treasurer Paul Lindsay at our next AGM, to be held later this month. Paul has contributed his time greatly to the Hunter Branch as Secretary and Treasurer, and has provided easy-to-use frameworks for future members.

He also built us an intricate Notice Board and projector box complete with instructions.

Nominations for the new committee will take place at 9.30am after Paul and I have presented our final reports. If you think you would be interested in joining the new committee and would like more information please feel free to contact chloedirs@gmail.com

After our AGM, Colin Rossie will be presenting "Touch Lab 1: The Spectrum of Contact in working Fascia". This one-day course will explore the spectrum of touch required to perform deep tissue bodywork on the fascial and neural systems of the body and optimising your working biomechanics to minimise strain on your body and ensure a long working life as a practitioner.

We look forward to seeing you all Sunday, 20 July at the Adamstown Senior Citizens Center, 153a Brunner Rd, Adamstown.

Illawarra branch

by Linda White

Our region is growing each month. Interest and participation continue to increase at AMT Illawarra meetings and presentation evenings. It is so encouraging to see new faces and to share other people's knowledge and ideas.

During May, Joshua Basham from Thirroul Chiropractic presented a sports taping demonstration to AMT Illawarra branch members. Taping of the thumb, ankle and knee as well as some postural taping on the back was shown using rigid sports tape.

Our presentation evening for July will feature a teaching video with a discussion afterwards.

On Tuesday, 26 September, local osteopath and pain management educator Terry Stewart will present a session on 'Pain Management in the Lower Back'. Terry is a sole practitioner treating neuromusculoskeletal pain and dysfunction with a combination of manual therapy techniques.

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

Mackay branch

by Wayne Meredith

Members who attended the May branch meeting enjoyed a presentation by Dr Leanne Cross on the "Triad of Health - Physical, Chemical and Emotional" and how all three areas may need to be addressed to effect healing in our clients. Dr Cross spoke of the Neuro-Emotional Technique and demonstrated how it can be used to ease physical pain caused by unresolved emotional issues.

Our next meeting will be held on August 21 at 7.30pm at the Mater Hospital meeting room. Guest speaker Michelle Hyde will present a chair yoga class. Michelle is an internationally certified Reconnective Healing Practitioner, Holistic Counsellor and Life Coach.

Sunshine Coast branch

by Lesley Carter

Our last meeting, held in June, was an overwhelming success. Mark Philip Deal presented a workshop on Hip Joint Construction and Evaluation.

Mark will be back to run a shoulder joint workshop on August 17 for our AMT members. It will be another full-day workshop. We are sorry to announce that Mark will soon be moving to the Central Coast. I urge members to take advantage of his upcoming workshop. Inquiries, phone (07) 5449 7088.

Due to a clash with this year's AMT conference, our final meeting for the year - which will be our AGM - has been moved to October 26. We have an interesting day planned, and I look forward to seeing you all there.

Sydney South branch

by Rene Goschnik

The numbers of our branch have skyrocketed to nearly 70 members at the June meeting. With the help of AMT head office, changes were implemented including a pre-registration system and a limit of 50 members only for each meeting.

At our last meeting, held on June 4, we were fortunate to have physiotherapist Charles Geddes as a guest speaker. Charles presented an informative overview of the shoulder, including some simple techniques on how to release shoulder tension, and draping and stretching techniques. We would like to thank AMT president Annette Cassar and AMT secretary Rebecca Barnett, who also spoke at the meeting.

Our upcoming AGM, to be held on August 6, will include a formal election of office bearers. The nomination forms will be emailed out to the members by head office and these have to be returned by the due date. If any members are interested and willing to commit to stand for an executive position for our branch, please contact us via the phone numbers below. If you would like to attend the AGM, please register early to ensure your spot.

We look forward to see you all at our next meeting.

**Inquiries, contact: Suzi 0403 347 384 or
Rene 0411 039 819**

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:

The Effect of Massage Therapy on the Quality of Sleep in Breast Cancer Patients. Kashani F1, Kashani P2. Iran J Nurs Midwifery Res. 2014 Mar;19(2):113-8.
<http://www.ncbi.nlm.nih.gov/pubmed/24834078>

The Short-term Effect of Gloving in Combination with Traditional Thai Massage, Heat, and Stretching Exercise to Improve Hand Mobility in Scleroderma Patients. Vannajak K1, Boonprakob Y2, Eungpinichpong W2, Ungpansattawong S3, Nanagara R4. J Ayurveda Integr Med. 2014 Jan;5(1):50-5. doi:10.4103/0975-9476.128859.

<http://www.ncbi.nlm.nih.gov/pubmed/24812476>

To Compare the Effect of Vibration Therapy and Massage in Prevention of Delayed Onset Muscle Soreness (DOMS). Imtiyaz S1, Veqar Z2, Shareef MY3. J Clin Diagn Res. 2014 Jan;8(1):133-6. doi: 10.7860/JCDR/2014/7294.3971. Epub 2014 Jan 12.

[http://www.ncbi.nlm.nih.gov/pubmed/?term=To+Compare+the+Effect+of+Vibration+Therapy+and+Massage+in+Prevention+of+Delayed+Onset+Muscle+Soreness+\(DOMS\)](http://www.ncbi.nlm.nih.gov/pubmed/?term=To+Compare+the+Effect+of+Vibration+Therapy+and+Massage+in+Prevention+of+Delayed+Onset+Muscle+Soreness+(DOMS))

Evidence Map of Acupuncture [Internet]. Hempel S, Taylor SL, Solloway MR, Miake-Lye IM, Beroes JM, Shanman R, Booth MJ, Siroka AM, & Shekelle PG. Washington (DC): Department of Veterans Affairs; 2014 Jan. VA Evidence-based Synthesis Program Reports.

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0063214/>

Assessment and Management of Chronic Pain Hooten WM, Timming R, Belgrade M, Gaul J, Goertz M, Haake B, Myers C, Noonan MP, Owens J, Saeger L, Schweim K, Shteyman G, & Walker N. Institute for Clinical Systems Improvement. Assessment and Management of Chronic Pain. Updated November 2013.

https://www.icsi.org/_asset/bw798b/Chronic

Comparative Effect of Massage Therapy versus Kangaroo Mother Care on Body Weight and Length of Hospital Stay in Low Birth Weight Preterm Infants Rangey PS & Sheth M. International Journal of Pediatrics, 2014.

<http://www.hindawi.com/journals/ijpedi/2014/434060/>

July 2014		CEUs
18-20	Master Class in Traditional East-West Cupping. Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787. www.healthtraditions.com.au	105
18-22	Advanced Certificate in Integrated Cupping Therapy. Presented by Bruce Bentley. Melbourne, VIC Contact 03 9576 1787. www.healthtraditions.com.au	175
19-21	Oncology Massage Module 1. Presented by Kate Butler. Geelong, VIC. Contact Danielle 0423 373 303. www.oncologymassagetraining.com.au	105
19-20	Kinesio Taping Internationally Accredited KT1-2 course. Presented by Paul Dillon. Melbourne, VIC. Contact Clint Bridges on 02 9871 0023. Email: info@KinesioTaping.com.au www.KinesioTaping.com.au	70
19-20	Certificate of Pregnancy Massage. Presented by Catherine McInerney. Adelaide, SA. Contact 03 9571 6330 www.pregnancymassageaustralia.com.au	70
20	Touch Lab Part 1 - the spectrum of contact in working fascia. Presented by Colin Rossie. Adamstown, NSW. Contact 02 9211 2441. To register for this workshop please download the registration form: www.amt.org.au/downloads/workshop-registrations/AMT-Hunter-Branch-Touch-Lab-Part-1-Workshop-20-07-2014.pdf	35
20	Wetsuits, 'S' Bends, Bones and Pulses. Presented by John Bragg. Springwood, NSW. Contact 0410 434 092 www.johnbragg.com.au	175
20	Neurostructural Integration Technique (NST): Advanced Bowen Techniques Webinar. Presented by Michael Nixon-Livy. 11am - 12.15pm (AEST). Contact 03 9481 6724. Email: info@comphs.com.au www.chseducation.com	5
20	Hunter Branch Meeting. Adamstown, NSW. Contact Chloe Dirs 0421 202 283. Email: chloedirs@gmail.com	15
21-22	Modern Cupping Therapy. Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787 www.healthtraditions.com.au	70
21	The use of Shiatsu for the Treatment of Low Back Pain Webinar. Presented by Leisa Bellmore. 11am - 12.15pm (AEST). Contact 03 9481 6724. Email: info@comphs.com.au www.chseducation.com	5
26-27	Kinesio Taping Internationally Accredited KT1-2 course. Presented by Paul Dillon. Perth WA. Contact Clint Bridges on 02 9871 0023. Email: info@KinesioTaping.com.au www.KinesioTaping.com.au	175
26-27	Acu-Reflexology. Presented by Master Zhang Hao. Strathfield, NSW. Contact 0416 286 899. www.chihealing.com.au	70
29	Illawarra Branch Meeting. Presentation Evening. Corrimal. Contact Linda White 0417 671 007	15
August 2014		CEUs
1	The Shoulder Online Workshop. Developed by Bradley Collins. Email: info@thetherapyweb.com www.thetherapyweb.com This course can be started anytime throughout the year and can be completed at your own pace	25
2-4	Oncology Massage Module 1. Presented by Deb Hart. Hillier, SA. Contact Kylie 0410 486 767 www.oncologymassagetraining.com.au	105
2-4	Oncology Massage Module 1. Presented by Tania Shaw. Buderim, QLD. Contact Kylie 0410 486 767 www.oncologymassagetraining.com.au	105
3	Neck and Headache Pain. Presented by John Bragg. Randwick. Contact 0410 434 092. www.johnbragg.com.au	35
6	Sydney South Branch Meeting. Hurstville, NSW. Contact Suzi 0403 347 384. Email: m.sujitra@live.com.au	15
9-10	Kinesio Taping Internationally Accredited KT1-2 course. Presented by Thuy Bridges. Armidale, NSW. Contact Clint Bridges on 02 9871 0023. Email: info@KinesioTaping.com.au www.KinesioTaping.com.au	70
10	Gua Sha Day. Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787. www.healthtraditions.com.au	35
12-15	Oncology Massage Module 3. Presented by Gillian Desreux and Kate Butler. Melbourne, VIC. Contact Kylie 0410 486 767. www.oncologymassagetraining.com.au	140
16-17	Modern Cupping Therapy. Presented by Bruce Bentley. Canberra, ACT. Contact 03 9576 1787. www.healthtraditions.com.au	70
17	Sunshine Coast Branch Meeting. Nambour, QLD. Contact Lesley Carter 0403 64 7754. Email: lescalnat@gmail.com	15
22-24	Oncology Massage Module 1. Presented by Lizzie Milligan. Randwick, NSW. Contact Danielle 0423 373 303. www.oncologymassagetraining.com.au	105
23-24	Neurostructural Integration Technique Introductory. Presented by Marianne Grainger. Perth, WA. Contact 0407 036 047. Email: marianne_g@westnet.com.au	70

Please view the Calendar of Events on the AMT website for the complete 2014 listing: www.amt.org.au



in good hands

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