

# TABLE TALK

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AMT NEWSLETTER

- July 2016

## Update on dialogue regarding AAMT's certification scheme

Since AMT released its initial statement in response to AAMT's proposed certification scheme, we have had further dialogue with AAMT President, Paul McCann, via letter.

The AMT Board is deeply concerned by the proposal. We reprint, in full, the Board's response to the most recent correspondence from AAMT.

You can also access AMT's initial statement in response to the AAMT announcement here: <http://www.amt.org.au/news/articles.html#article-1>

Dear Paul

Thank you for your 20 June correspondence regarding AAMT's quality assurance and best practice standard. It remains unclear from the information you have provided how AAMT's scheme will operate or how it will fulfil any of its claimed objectives.

Given that you have stated in your correspondence that there are, as yet, no formal criteria for the fifteen specialisation areas listed on the AAMT website, it is completely unclear how these proposed titles of practice were identified and what evidence is being used to underpin their promotion under a certification scheme. This is particularly vexing given AAMT's assertion that the scheme will create "a focus for clinical research relevant to specific modalities and healthcare needs and thereby helping to develop massage services that command recognition for their clinical efficacy" and that "many modalities or descriptions of modalities now exist for the same massage or myotherapy treatment, which make comparing research output difficult. Universally accepted 'titles of practice' will help to address this so that research studies can be compared with genuine practical outcomes that can be translated to practice." ([http://aamt.com.au/wp-content/uploads/Certification-QAs-FINAL\\_20-06-16.pdf](http://aamt.com.au/wp-content/uploads/Certification-QAs-FINAL_20-06-16.pdf), accessed 01/07/16).

In the absence of specific criteria that clearly define and delineate the distinguishing features of, say, myotherapy from clinical myotherapy, how is it possible to produce meaningful research on clinical efficacy for these modalities?

It is also of deep concern to the AMT Board that AAMT has stated on its website that "Around 85 per cent of AAMT members already have the qualifications and quality assurance to become Certified specialists. Therapists from all Associations will be able to apply and complete the process of Certification".

Again, if there are no formal criteria currently in place, how can AAMT support or justify this statement? How can AAMT members meaningfully demonstrate compliance with criteria that do not exist yet? Furthermore, in the absence of fully developed and articulated criteria for the proposed Titles of Practice, how can AAMT validate the assertion (in your letter) that "There is no conflict of interest with suppliers of education and training. There is no competition or duplication of education standards"?

In this context, we note with unease AAMT's recent public announcement of a preferred provider arrangement with Endeavour College of Natural Health. We trust that AAMT members have received full disclosure of the nature of AAMT's commercial relationship with the College.

In your correspondence you also state that "a framework to track compliance has been developed in consultation with educators, therapists from a broad range of practice, students, and health fund providers through focus group participation". Given the stated lack of any criteria for the certification scheme, it is unclear on what basis a compliance framework could be developed. AMT has searched for publicly available information regarding the parties with which AAMT has consulted to establish this compliance framework but has been unable to find any specific details beyond the broad classifications listed in the statement above and a passing reference to consultations in Perth and Melbourne. It's also unclear on what basis these two specific locations were selected.

The AMT Board is also alarmed by AAMT's admission that the proposed Certification Scheme has not been fully costed.

The AMT Board notes with dismay the following statement in AAMT's Certification Q&A "Naturally, other Associations will consider their mandate as to the benefits of this to their own membership and commitment to the industry at large." ([http://aamt.com.au/wp-content/uploads/Certification-QAs-FINAL\\_20-06-16.pdf](http://aamt.com.au/wp-content/uploads/Certification-QAs-FINAL_20-06-16.pdf), accessed 01/06/16). The implication that any Association's commitment to the industry at large can somehow be measured by its commitment (or lack thereof) to AAMT's certification scheme is highly offensive. The AMT Board strongly objects to this statement and remains committed to acting in the best interests of its members and the profession at large.

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We will weigh the risks and benefits of participation in AAMT's bespoke quality assurance scheme in the same manner as any proposal that may have broad impacts on the wider profession.

The AMT Board is also distressed by AAMT's assertions that *"the massage and Myotherapy Accreditation quality assurance scheme is similar to the Allied Health schemes that are under the administration of AHPRA"* and *"As a national scheme, the trademarked modalities will achieve the same as legislation, but instead of being in government hands, our future will be under the control of the massage and Myotherapy industry."* To assert that a trademarked certification scheme is somehow equivalent or similar to regulation in statute is irresponsible and misleading. Intellectual property law cannot be conflated with the National Law governing registered health care practitioners or other statutory instruments such as the National Code of Conduct for Health Care Workers: the tenor, operation and effect of these regulations is utterly different. AAMT's assertions of equivalence appear to be a cynical attempt to leverage credibility from established and recognised forms of health sector regulation.

The AMT Board is disappointed by the allegation that AAMT has found *"the official and unofficial tone in the communications of AMT on the matter to be less than convivial"*. AMT was obliged to respond publicly to the certification announcement on the basis that AAMT's communications not only stated that consultation had taken place but also strongly implied that the work was being undertaken on behalf of smaller associations like AMT, viz *"Most other Massage associations do not have the staff, skills or resources to undertake this program. By taking a leadership role AAMT can help all associations achieve the goal of consistent quality assurance."* (<https://aamt.com.au/certification-2/>, accessed 01/06/16). Although we found this assertion patronising and upsetting, we would characterise the tone of our response as pragmatic and engaged. Genuine consultation inherently involves critique and questioning.

We note your accusation that *"previous correspondence to AMT, although not marked confidential, has excerpts cut and pasted to Facebook forums"* and reject it outright. AMT's official statement in response to the announcement and any subsequent commentary was based solely on information that AAMT made available in the public domain, via its own website.

The AMT Board further notes your accusation that AMT has failed in its fiduciary duty to AAMT through *"uninformed comment made on Facebook taken from the content of company correspondence"*.

The AMT Board is genuinely confused by this accusation and seeks clarification on AAMT's use of the term 'fiduciary'.

We reiterate that AMT's public statements have been made on the basis of publicly available information and challenge AAMT to provide an example of confidential information being quoted. Having said that, AMT intends to continue to communicate with our members and keep them informed on this issue in an open and transparent fashion.

It is likely that AMT will distribute this response, in part or full, to the membership in the interests of full and frank disclosure.

In respect of your question regarding AMT's position on regulation, we invite you to download AMT's submissions (<http://www.amt.org.au/amt/submissions.html>) and position statement (<http://www.amt.org.au/downloads/position-statements/AMT-Position-Statement-Regulation.pdf>). AMT's position on regulation has remained remarkably consistent for most of its 50-year history. We do, indeed, continue to support strong self-regulation as a solid foundation for enhanced protections in statute, such as protection of title and barriers to entry. AMT has letters dating back to 1967 that reflect this position. Although we openly acknowledge the barriers to achieving this (cost and government indifference to public risk), we do not believe that trademarked certifications are a meaningful proxy for appropriate regulation.

You have indicated that you have read our comments in the June 2016 AMT journal, so we presume that you are also aware of AMT's call to unify behind a single title of practice, in contrast to AAMT's concept of 15 titles of practice.

AMT supports the concept of association cooperation and can clearly see the pitfalls of working in silos towards the same broad ends. We recognise the need for not for profit entities to be responsive and agile, and we are happy to work with AAMT wherever possible to advance the profile and standing of the profession.

AMT would have been happy to provide feedback to AAMT on the proposed scheme prior to its official launch at the AAMT conference and, indeed, would have freely expressed our reservations and concerns around promoting so many titles of practice to a confused public. Instead we find ourselves in the awkward position of providing feedback seemingly after the fact.

Regardless, the AMT Board does not believe that the proposed quality assurance program in its current form, as articulated by AAMT, will be of benefit to AMT members or the profession at large.

Yours sincerely  
Rebecca Barnett per the AMT Board

## NDIS: The Basics

The National Disability Insurance Agency (NDIA) is an independent statutory agency whose role is to implement the National Disability Insurance Scheme (NDIS) “which will support a better life for hundreds of thousands of Australians with a significant and permanent disability and their families and carers” (<http://www.australia.gov.au/directories/australia/ndia>, accessed 31/6/16).

Roll-out of the NDIS officially commenced on the 1st July of this year, after a successful trial period. To ensure the program is successful and sustainable it will be introduced in stages around the country over the next three years. Roll-out information for your area can be found here: <https://myplace.ndis.gov.au/ndisstorefront/about-us/our-sites.1.html>.

Massage therapy is an approved support option for those participating in, and receiving assistance from, the NDIS. According to the information provided by the NDIS, *for a support to be funded it needs to be reasonable and necessary and be linked to an outcome in a participant's plan. Supports must be related to the participant's disability and help them to reach their goals. ... The funding model that underpins the NDIS is designed to be flexible and to allow service innovation. Importantly, the supports delivered will be chosen, and paid for out of an individually allocated budget to each participant.*

(<http://tinyurl.com/j6rfjgd>, accessed 30/6/2016).

To be able to treat/support an NDIS participant, and receive funding payments, you need to be a recognised provider. NDIS providers are individuals (or organisations) registered with the NDIA. To find out more about being a provider, or to register with the NDIA, visit <https://myplace.ndis.gov.au/ndisstorefront/providers.html>.

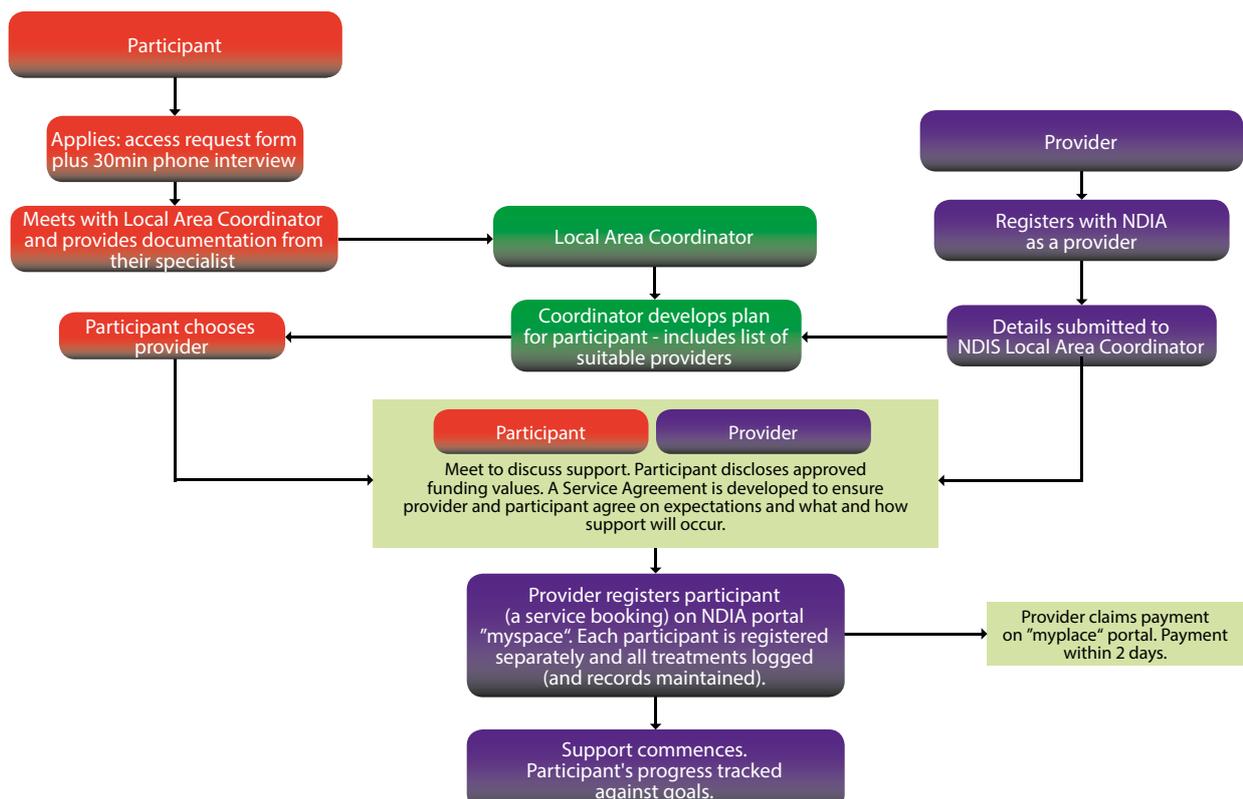
Each participant in the NDIS will have an individualised plan that identifies the outcomes they wish to achieve, the disability supports that will be funded by the NDIS, and other supports the person requires. Participants have choice and control over the providers they engage to deliver supports in their plan.

Further information on NDIS can be found on the website at <https://myplace.ndis.gov.au> or by calling 1800 800 110.

### ATTENTION: NDIS PROVIDERS

If you have treated/supporting a participant in the NDIS, and would be willing to share your experience, please email Anita Mack, *In Good Hands* editor, at [journal@amt.org.au](mailto:journal@amt.org.au)

## NDIS Process



## Safety: The Towelling Inferno

In mid-August last year #towellinginferno was trending on social media. The incident that sparked the trend was the spontaneous combustion of a pile of towels at the Richmond Football Club (<http://tinyurl.com/jataedk>, accessed 18th May, 2016). In the case of the Richmond fire it is thought the towels had a build-up of massage oil on them which resulted in an “exothermic reaction” that ignited the fire.

Unfortunately, this isn't an isolated incident. On the 24th May this year a Melbourne massage clinic caught fire after towels were removed from a dryer and left in a pile which self-combusted. The clinic subsequently closed down.

In September 2014 an Adelaide Day Spa went up in flames after towels left in a dryer (which was not running) spontaneously combusted, causing \$200,000 worth of damage. It's thought the towels still contained oil (<http://tinyurl.com/hs6bunw>, accessed 18th May, 2016).

\$1 million damage was done to a Melbourne gym in 2013 after laundered towels weren't dried properly before being folded and put away. Again the fire brigade believe the cause was a build-up of oil in the towels (<http://tinyurl.com/z89vbkz>, accessed 18th May, 2016).

As you can see, history seems to repeat itself when it comes to fire safety and towels. In fact, a “Fire Hazard” article was published in the March 2000 edition of *In Good Hands* and the information published then is still relevant today. As quoted in that article:

*Today's consumers are using more lukewarm or cold water for washing than in the past. Unfortunately, it's difficult to remove oils from fabrics at these lower temperatures. And unless consumers are using detergents specifically formulated for cold water washing and oily-soil removal, it's unlikely that these oils will be removed from the fabrics during the laundry process. ... It's ironic that our attempts to save energy could expose us to a new hazard. But that seems to be exactly the case.*

A 1992 study (*In Good Hands*, March, 2000) found that even line-dried, oil-contaminated towels, when washed, folded and stored at a temperature of 43°C can produce exothermic (that is, combustible) conditions within 30 hours.

There are a few reasons towels can spontaneously combust:

- The first is due to potentially flammable liquids, such as massage and essential oils, being absorbed by towel fibres. These liquids can build-up in the fabric, even after being washed and dried a number of times. In the right circumstances the oil chemicals can cause an “exothermic reaction” – which is a chemical reaction that releases heat.
- Cotton fibre in towels may contain a large amount of static which can spark and ignite chemical residue in the towels.
- During the drying process some liquids can self-heat.

According to the ACCC Product Safety Australia office (<http://tinyurl.com/h83p2n5>, accessed 19th May, 2016) the possible hazards (and appropriate safety measures) of tumble dryers are:

- Lint filters left uncleaned – keep the filter clean and regularly inspect.
- Dryer doors opened during the cool down period – wait until the cool down cycle is complete before opening the door. Opening the door before the cycle is complete can cause an influx of oxygen which can potentially start a fire.
- Fabric contaminated with oils, solvents or flammable liquids – always wash fabric contaminated with oils, solvents or flammable liquids in hot water before tumble drying.

Culture of Safety (<http://cultureofsafety.com>) recommends a written safety protocol for laundry. The guidelines should ban drying towels overnight, provide clear instruction on storage of laundry and to keep the laundry area clear of combustibles, as well as ensuring all employees are aware of the risk of spontaneous combustion.

Of course, if the worst does happen it's important to have smoke/fire alarms installed and appropriate fire safety equipment at hand. Each state of Australia has legislation governing the responsibility of the owner/landlord and tenant with respect to smoke alarm installation and maintenance, but unanimously smoke alarms are required to be installed and maintained. Check with the relevant Fire and Rescue Department of your state/territory for specific legislative requirements.

**ACT:** [esa.act.gov.au](http://esa.act.gov.au)  
**NSW:** [www.fire.nsw.gov.au](http://www.fire.nsw.gov.au)  
**NT:** [www.pfes.nt.gov.au](http://www.pfes.nt.gov.au)  
**Qld:** [www.qfes.qld.gov.au](http://www.qfes.qld.gov.au)  
**SA:** [www.mfs.sa.gov.au](http://www.mfs.sa.gov.au)  
**Tas:** [www.fire.tas.gov.au](http://www.fire.tas.gov.au)  
**Vic:** [www.mfb.vic.gov.au](http://www.mfb.vic.gov.au)  
**WA:** [www.dfes.wa.gov.au](http://www.dfes.wa.gov.au)

## Meet the AMT Directors: Annette Cassar

This instalment of the 'Meet the Directors' series introduces AMT member and Chairperson, Annette Cassar. With over twenty years' industry experience, Annette is still passionate about massage and the massage industry. Here she talks about her career and her time as an AMT director...



Having previously worked as a dispensary assistant in a pharmacy for thirteen years, Annette graduated as a massage therapist in 1995. She has been massaging full time ever since. Initially she established a home-based business with just herself, but over time grew the business until she was contracting up to seven therapists at any one time. "I moved my home-based practice into other premises, setting up professional rooms, and expanding my business into a thriving massage therapy practice." Annette offers remedial sports, relaxation and speciality pregnancy massage. A high percentage of her work is remedial massage using general advanced Swedish trigger point therapy and MET (muscle energy techniques) for assessments and corrections.

Her clients are very important to her. "It's very rewarding work and a privilege to be able to lay your hands on your client and help them whether it be for relaxation or remedial. I have a great sense of empathy for people in pain and those who suffer from depression. I like to think this makes me a good therapist."

She's found the greatest challenge to date is keeping motivated. "Running a small business has its ups and downs and over the years I have struggled, not with massage which is my passion, but with staff, subcontractors and juggling budgets and GST." After sixteen years running her practice, and more recently also caring for her elderly mother (who has since passed away) and her husband, who has survived oesophageal and stomach cancer, Annette made the decision to cut back her workload and downsize.

Late last year she moved her practice, once again working out of her home. "I'm now working at a much slower pace devoting more time to my family, myself and my clients." Annette is also now able to spend more time on things she likes to do, such as her love of cooking (and eating!), pilates and on her new found devotion to yoga.

Annette joined AMT in 1994 as a student member, and has been on the Board of Directors since 2011. "I joined the Board because I am passionate about the massage industry and I knew I could use my passion and knowledge to bring about change. Being an AMT Board member gives me great satisfaction and a sense of achievement. I enjoy being part of a team that has the best interests of the massage industry at heart. I have great respect for all the Board members; they are very dedicated."

For Annette, the most rewarding aspect of being on AMT's Board is that she has a say in the direction the Association will take in the next few years. "Recently we have been looking at strategic planning and I am very excited." She believes AMT's most important achievement to date has been establishing the Code of Practice, as its purpose is to help all members become better therapists. "The Code is a necessary guide for all therapists to run a reputable, ethical practice."

In particular, Annette notes how the Code of Practice has been an important tool in many disciplinary cases that have been brought to the Board's attention. "A challenge the Board faces is that we have to spend a lot of time on disciplinary matters. In some ways, the massage therapy industry is the victim of its own success. The dramatic growth in the popularity of massage has left the profession vulnerable to fraudsters and rogue practitioners. The growth in demand means the industry is at risk of compromising and diluting the very standards it has worked so hard to build and promote. The next generation of therapists will need to stand up and be counted by showing the general public what it means to be a professional healthcare practitioner."

"The most important message I could impart to the next generation is "Never lose your professionalism". Commit to the highest standard of practice to support the health, wellbeing and comfort of your clients, with the utmost skill appropriate to your qualification. Respect the dignity of your clients and maintain professional boundaries. Do not compromise your beliefs and endeavours and commit to enhancing the reputation of the massage profession at large by following your association codes and standards. It takes courage, tenacity and staying power. It also takes strength to know when to pull back!"

## Blue Mountains

by Ariana McKay

2016 is looking very promising to AMT Blue Mountains Branch. We have held our AGM in March, have had guest speaker Amy Tyler talking about Oncology Massage at our last meeting in May and we are having a massage practising session in the upcoming meeting. We keep trying to reach as many members as possible as it has been a surprise to know many members were unaware of meetings. We have also increased our efforts to find out who is and who is not in the branch e-mail list. Hopefully we will keep increasing in numbers and quality of meetings as we move forward.



Blue Mountains Branch

We would also like to thank our last meeting guest speaker, Amy Tyler, who is a NSW Facilitator at Oncology Massage Ltd for a great session, packed with information for our members.

### SAVE THE DATE

Please join us for a "Meet & Greet & Massage Swap" night and take this opportunity to connect with other professionals while receiving a massage. We will pair up for a massage swap so don't forget to bring your Peer Review sheet to be signed while learning new techniques, sharing business ideas and refreshing yourself. Massage will be mostly on hands, feet, legs and neck but you are welcome to bring your own table or yoga mat for a back massage. Bring your own towels. Oil provided. New members are welcome.

Date: 18th of July 2016 at 6.00pm  
Where: Lawson Bowling Club – Function Room  
2 Loftus Street Lawson NSW 2783  
Office - (02) 4759-1417

Please also save the date for the Branch Meeting on the 13th of September 2016 at the CWA Penrith where the Chairperson Position will be open for Voting and on the 17th of November 2016 for our last meeting of the year/ Christmas Get Together. (Venue to be confirmed)

We look forward to seeing you at our next Regional Meeting!

For all inquiries:  
Contact Chairperson/Secretary Ariana McKay  
[arianamckay@hotmail.com](mailto:arianamckay@hotmail.com) or 0425 285 610.

## Mid-North Coast

by Kristy Baird

The Mid North Coast branch organised an Anatomy Wetlab workshop to complement their April meeting. The University of Newcastle (Callaghan) was the venue for this workshop. We were treated to a range of anatomical specimens and able to discuss common injuries, as well as refresh our anatomy levels. We met for our meeting after the workshop at Maitland Bowling Club, then headed back home. It was quite a day and a good experience.

In May, Ironman was held in Port Macquarie, where members volunteered, providing post-event massage to competitors.

Our August meeting has a guest speaker on reflexology scheduled, followed by our AGM in October.

## Sunshine Coast

by Lesley Carter

The next meeting and workshop for the Sunshine Coast Branch will be on August 14 when we will be privileged to have Robyn Haynes run a workshop on how to help clients with migraines. She plans to cover five techniques which will involve work on the skull and neck. She will show release points and some massage moves. These techniques can be used for headaches, but are especially good for people with migraines.

If possible could those attending please bring a stool and a massage table. If the stool is a gas lift one it would be better. Robyn has taught Cert IV and Diploma of Remedial Massage at TAFE for eight years and has been a school teacher for 36 years before that. She has also completed a Diploma in Orthopractics. We look forward to learning some more skills from Robyn.

The October Meeting will be on October 9 and will be taken by Mark Deal on the wrist and elbow. Mark's previous workshops have been beneficial and appreciated and I am sure that this one will be as well. It is also our AGM.

Both these meetings will be full day workshops so please come prepared with a healthy dish to share for lunch.

For all inquiries:  
Contact Secretary Lesley Carter  
[lescalnat@gmail.com](mailto:lescalnat@gmail.com) or 0403 647 754

**ACT**

by Jessica Cameron

AGM: The present Committee consisting of Jessica Cameron as Secretary; Lyn McClure as Chairperson and Irina Ivankovitch as Treasurer were voted in for the 2016/17 year.

In May we had a special Mother's Day presentation on successful business techniques from Monica Gallacher (South Coast Massage in Tomakin).



Successful Business Techniques with Monica Gallacher (holding flowers)

In 2012 Monica was nominated by Brilliant Idea and Lighthouse, in the Micro Enterprise category and went on to win the Canberra Business Point Award! At that time she ran a successful massage business in Braddon, ACT. Monica and her husband Matt opted for a Sea Change and all that went with that lifestyle and moved to Tomakin.

In 2014 she launched her new Massage practice. Her clinic is separate from the house and is 100m from Tomakin Beach. She offers a wide range of massage techniques mainly to expat Canberrans who have retired, and to holiday makers relaxing at the coast. She is currently doing a BSc by distance education, which includes a unit in gerontology as most of her clientele are 55+. She likes to embrace the idea of "complementary care" rather than "alternative" and uses a collaborative approach with other carers and health professionals.

Her husband Matt does all the admin; washes the towels; does the housekeeping and looks after their adorable daughter Adora!

For more info go to [southcoastmassage.com.au](http://southcoastmassage.com.au)

**Illawarra**

by Linda White

At our May meeting, Andrew D'Ath-Weston, an Exercise Physiologist and Sports Chiropractor, spoke on the "upper quarter" and extremities of the body emphasising areas of posture, scapular control and breathing. His presentation covered the following areas:

- Posture types;
- Assessment and treatment of muscle imbalance i.e. upper crossed syndrome;
- Diaphragm position - intra abdominal pressure and dysfunctional breathing; and
- Scapular dyskinesis and stabilisation of the shoulder blades.

A copy of his presentation notes were distributed to the 22 members attending, and was a continuation of our first presentation on What is Upper Crossed Syndrome. Andrew's session evoked a lot of discussion and many people mentioned how motivating and educational the evening had been for them.

On Saturday, 16 July there will be a visit to the University of Wollongong's Wet (Anatomy) Lab to examine muscles of the upper body including diseases of the neck and shoulder, Upper Crossed Syndrome and other related dysfunctions which can affect eyes, arms and hands. It will be held from 10.30am to 12.30pm in the Anatomy Laboratory, Building 42, Room G65 at the University of Wollongong. Maximum number of participants is 20 and the closing date is Thursday, 7 July. For further information about payment and registration please contact AMT Head Office. Cost for AMT members and students is \$65 while non AMT members are \$75. CEUs awarded for attendance is 15.

AMT Illawarra will hold its next presentation evening on Tuesday, 26th July in the Bottlebrush Room, Corrimal Community Centre, Short Street Corrimal commencing at 7pm (cost \$10).

We look forward to seeing you at our next meeting!

For all inquiries:

Contact Linda White

[lindamassage@bigpond.com](mailto:lindamassage@bigpond.com) or 0417 671 007.

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:

#### **Rehabilitation effect of massage with thermal magnetic therapy in treating lumbar muscle strain of athletes**

Feng Y & Yang H.

*Acta Medica Mediterranea*, 2016, 32: 505.

The purpose of the study was to examine the rehabilitation effect of massage with thermal magnetic therapy in treating lumbar muscle strain (LMS) of athletes. The study aimed to analyse the pathomechanism of lumbar muscle strain, applying massage with thermal magnetic therapy, and discuss the clinical effect and post-treatment indexes such as symptom integral, lumbar muscle force and spinal mobility. After 2-4 weeks of treatment, the symptom integral, lumbar muscle force and spinal mobility all improved significantly. Compared to the control group, the clinical effect in the treatment group was  $P < 0.05$  and statistically significant. The study concluded that applying massage with thermal magnetic therapy for lumbar muscle strain of athletes achieved significant effects and should be promoted for clinical application.

[http://www.actamedicamediterranea.com/medica/2016/med2016\\_pag-505-509.pdf](http://www.actamedicamediterranea.com/medica/2016/med2016_pag-505-509.pdf)

#### **Measuring the Effect of Massage Therapy on Anxiety of Heart Failure Patients**

Ramezanli S, Jahromi M. K, Talebizadeh M & Poorgholami F.

*Biosci Biotechnol Res Asia* 2016, 13(1).

Congestive Heart failure (CHF) is one of the most common chronic diseases. The objective of this study was to assess whether back massage could release anxiety in patients with CHF. The study used a quasi-experimental design with one group pre-test and post-test. Fifty participants were recruited in study. The modified State Anxiety Inventory was used in this study. The baseline overall mean score of anxiety was 43.52 (10.32) in the intervention group and was decreased to 33.22 (5.19) three days after massage therapy ( $p = 0.01$ ). The conclusion that back massage can be more helpful to male patients than female patients. This study was conducted without a control group.

<http://www.biotech-asia.org/vol13no1/measuring-the-effect-of-massage-therapy-on-anxiety-of-heart-failure-patients/>

#### **Effect of Massage Therapy on Duration of Labour: A Randomized Controlled Trial**

Bolbol-Haghighi N, Masoumi SZ & Kazemi F.

*Journal of Clinical and Diagnostic Research*, 10(4), QC12-QC15.

Massage is an old technique that is widely used in childbirth and can decrease the childbirth pain by reducing the adrenaline and noradrenaline and increasing the endorphins and oxytocin and reduce the childbirth duration by increasing the uterine contractions. This study aimed to evaluate the effect of massage therapy on the duration of labour. The present study was performed as randomised controlled clinical trial method on 100 pregnant women referred to maternity ward in Fatemeh Hospital, Shahroud. Subjects with inclusion criteria and who were interested to participate in the study were placed in one of the test or control groups based on pre-specified sequence. Questionnaires were completed in several stages. Data analysis was conducted using chi-square test, Fisher's exact test, independent t-test, Mann-Whitney test and multivariate linear regression in SPSS-21 software. In data analysis,  $p < 0.05$  was considered significant. The results of multivariate linear regression showed that the duration of the first and second stage labour in the massage receiving group is significantly decreased compared to the test group ( $p = 0.004$  and  $p = 0.02$ , respectively). In addition, the Apgar scores at minutes 1 and 5 in test group is significantly increased compared to control group ( $p < 0.0001$ ). The findings of this study showed that massage therapy during labour will lead to shortening of the first and second stage labour duration and improve Apgar scores at the first and fifth minutes. By shortening the duration of labour, pregnant women tend to have more normal vaginal delivery.

[http://jcdr.net/article\\_abstract.asp?issn=0973-709x&year=2016&volume=10&issue=4&page=QC12&issn=0973-709x&id=7688](http://jcdr.net/article_abstract.asp?issn=0973-709x&year=2016&volume=10&issue=4&page=QC12&issn=0973-709x&id=7688)

### The Clinical and Biochemical Effects of Massage Therapy During Radiation Treatment for Breast Cancer

Myers J.

*2016 American Nurses Annual Conference.*

The study investigated the clinical and biochemical effects of massage therapy on fatigue, insomnia and cytokines among women undergoing radiation treatment for breast cancer. Most women with breast cancer receive radiation therapy and many experience debilitating fatigue and sleep disturbance with limited treatment options. Cancer related fatigue (CRF) and sleep disturbance have been associated with inflammation. It is theorized that massage therapy through vagus nerve stimulation may reduce the inflammatory response triggered by radiation therapy and thus reduce fatigue and insomnia. A two-armed, controlled, partially blinded pilot study. N= 23 females with breast cancer and undergoing radiation therapy in a Midwest Community Hospital Cancer Center. Randomly assigned to two groups; massage therapy group (MG; n=17) and standard care group (SCG; n=6). Groups stratified by radiation alone or radiation following chemotherapy. The MTG had a weekly study visit with a 60 minute massage for duration of radiation therapy. SCG had weekly study visits only. The main variables (fatigue, insomnia, inflammation) were compared between groups at 3 points using Insomnia Severity Index and Pittsburgh Sleep Quality Index, Fatigue Symptom Inventory, Plasma IL-6 and CRP cytokine levels. Of 24 women enrolled 23 completed the study with no adverse events. As hypothesised fatigue, insomnia and cytokine (IL-6 and CRP) levels declined from baseline to end of study in MG. Between group differences on the Insomnia Index scores were statistically significant. Women with combined therapy (Chemo and Radiation) had significantly higher levels of insomnia at baseline. Findings support previous studies showing efficacy and acceptability of massage therapy for symptom management during cancer treatment. Preliminary data supports theoretical model linking massage to reduced inflammation and fatigue but needs further investigation with larger, multi-site trial.

<https://ana.confex.com/ana/ndnqi16/webprogram/Paper13819.html>

### Effect of Massage Therapy on Physiologic Responses in Patients with Congestive Heart Failure

Jamali S, Ramezanli S, Jahromi MK, Zare A & Poorgholami F.

*Biosciences Biotechnology Research Asia, 13(1), 383-388.*

Congestive heart failure (CHF) is the inability of the myocardium to pump enough blood to meet the body's metabolic demands. This study was conducted to assess the effect of massage therapy on physiologic responses in patients with congestive heart failure. This study was a quasi-experimental, done with the permission of Jahrom University of Medical Sciences that conducted on two CCU wards of hospitals of Jahrom. Fifty participants were recruited to participate in this study within 24 hours after admission to the cardiac ward. The massages were begun 3 days after hospitalization in order not to disturb their medical treatment plan. Blood pressure, heart rate, respiratory rate, and blood oxygen saturation data were collected 30 minutes before and after back massage. A total of 50 individuals participated in this study. After 3 days of massage, participants' systolic BP ( $p < 0.01$ ), diastolic BP ( $p < 0.01$ ), HR ( $p < 0.01$ ), and respiratory rates ( $p < 0.01$ ) were significantly decreased. Also, the participants' oxygen saturation levels showed significant improvement ( $p < 0.01$ ). Based on the findings of the present study, massage therapy was effective in blood pressure, heart rate, respiration rate and O<sub>2</sub> saturation in patients with CHF. Therefore we suggest that massage therapy be used as a complementary method to stabilize their vital signs.

<http://www.biotech-asia.org/vol13no1/effect-of-massage-therapy-on-physiologic-responses-in-patients-with-congestive-heart-failure/>

**The Impact of Massage Therapy on Function in Pain Populations—A Systematic Review and Meta-Analysis of Randomized Controlled Trials: Part II, Cancer Pain Populations**

Boyd C, Crawford C, Paat CF, Price A, Xenakis L & Zhang W.

*Pain Medicine*, 0: 1-16.

Pain is multi-dimensional and may be better addressed through a holistic, biopsychosocial approach. Massage therapy is commonly practiced among patients seeking pain management; however, its efficacy is unclear. This systematic review and meta-analysis is the first to rigorously assess the quality of massage therapy research and evidence for its efficacy in treating pain, function-related and health-related quality of life in cancer populations. Key databases were searched from inception through February 2014. Eligible randomized controlled trials were assessed for methodological quality using the SIGN 50 Checklist. Meta-analysis was applied at the outcome level. A diverse steering committee interpreted the results to develop recommendations. Twelve high quality and four low quality studies were subsequently included in the review. Results demonstrate massage therapy is effective for treating pain compared to no treatment [standardized mean difference (SMD) = -0.20] and active (SMD = -0.55) comparators. Compared to active comparators, massage therapy was also found to be beneficial for treating fatigue (SMD = -1.06) and anxiety (SMD = -1.24). Based on the evidence, weak recommendations are suggested for massage therapy, compared to an active comparator, for the treatment of pain, fatigue, and anxiety. No recommendations were suggested for massage therapy compared to no treatment or sham control based on the available literature to date. This review addresses massage therapy safety, research challenges, how to address identified research gaps, and necessary next steps for implementing massage therapy as a viable pain management option for cancer pain populations.

<http://painmedicine.oxfordjournals.org/content/early/2016/05/06/pm.pnw100.abstract>

**The Impact of Massage Therapy on Function in Pain Populations—A Systematic Review and Meta-Analysis of Randomized Controlled Trials: Part I, Patients Experiencing Pain in the General Population**

Boyd C, Crawford C, Paat CF, Price A, Xenakis L & Zhang W.

*Pain Medicine*, May 2016, 0:1-16.

Pain is multi-dimensional and may be better addressed through a holistic, biopsychosocial approach. Massage therapy is commonly practiced among patients seeking pain management; however, its efficacy is unclear. This systematic review and meta-analysis is the first to rigorously assess the quality of massage therapy research and evidence for its efficacy in treating pain, function-related and health-related quality of life outcomes across all pain populations. Key databases were searched from inception through February 2014. Eligible randomized controlled trials were assessed for methodological quality using SIGN 50 Checklist. Meta-analysis was applied at the outcome level. A diverse steering committee interpreted the results to develop recommendations. Sixty high quality and seven low quality studies were included in the review. Results demonstrate massage therapy effectively treats pain compared to sham [standardized mean difference (SMD) = -0.44], no treatment (SMD = -1.14), and active (SMD = -0.26) comparators. Compared to active comparators, massage therapy was also beneficial for treating anxiety (SMD = -0.57) and health-related quality of life (SMD = 0.14). Based on the evidence, massage therapy, compared to no treatment, should be strongly recommended as a pain management option. Massage therapy is weakly recommended for reducing pain, compared to other sham or active comparators, and improving mood and health-related quality of life, compared to other active comparators. Massage therapy safety, research challenges, how to address identified research gaps, and necessary next steps for implementing massage therapy as a viable pain management option are discussed.

<http://painmedicine.oxfordjournals.org/content/early/2016/05/06/pm.pnw099.abstract>

### Massage therapy decreases pain and perceived fatigue after long-distance Ironman triathlon: a randomised trial

Nunes GS, Bender PU, de Menezes FS, Yamashitafuji I, Vargas VZ, Wageck B.

*J Physiotherapy*, April 2016, 62(2), 83-87.

This study investigated whether massage therapy can reduce pain and perceived fatigue in the quadriceps of athletes after a long-distance triathlon race (Ironman). A randomised, controlled trial was conducted with seventy-four triathlon athletes who completed an entire Ironman triathlon race and whose main complaint was pain in the anterior portion of the thigh. The study utilised concealed allocation, intention-to-treat analysis and blinded outcome assessors. The experimental group received massage to the quadriceps, which was aimed at recovery after competition, and the control group rested in sitting. The outcomes were pain and perceived fatigue, which were reported using a visual analogue scale, and pressure pain threshold at three points over the quadriceps muscle, which was assessed using digital pressure algometry. The experimental group had significantly lower scores than the control group on the visual analogue scale for pain (MD -7mm, 95% CI -13 to -1) and for perceived fatigue (MD -15mm, 95% CI -21 to -9). There were no significant between-group differences for the pressure pain threshold at any of the assessment points. The study concluded that massage therapy was more effective than no intervention on the post-race recovery from pain and perceived fatigue in long-distance triathlon athletes.

[http://www.journalofphysiotherapy.com/article/S1836-9553\(16\)00018-7/abstract](http://www.journalofphysiotherapy.com/article/S1836-9553(16)00018-7/abstract)



The "Find a Therapist" page is located here:  
[www.amt.org.au/massage-and-you/search-by-postcode.html](http://www.amt.org.au/massage-and-you/search-by-postcode.html)

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## AMT CONFERENCE REGISTRATION NOW OPEN!

September 23rd - 24th | Luna Park, Sydney

**KEYNOTE SPEAKER: Dr Tasha Stanton**  
 New insights from pain neuroscience

Full details of the amazing line-up available in the Conference Brochure. You won't want to miss this – register now! (Conference brochure and registration form available at the end of the newsletter or [click here](#))

## Early bird registration closes 22 July

July 2016		CEUs
14-16	<b>Oncology Massage Module One.</b> Presented by Kate Butler. Melbourne, VIC Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
14-18	<b>Short Course in Certified Infant Massage Instruction.</b> Presented by Glenda Chapman. Brisbane, QLD Contact 02 6262 4346 or <a href="mailto:support@iaim.org.au">support@iaim.org.au</a> <a href="http://www.iaim.org.au">www.iaim.org.au</a> Class runs 14, 15, 16 and 18 July (No Class runs on Sunday 17th)	140
15-16	<b>Clinical Orthopedic Manual Therapy (COMT) for the Neck.</b> Presented by Joe Muscolino. Sydney, NSW Contact Budiman 0402 059 570 or <a href="mailto:terrarosa@gmail.com">terrarosa@gmail.com</a> Register at <a href="http://www.terrarosa.com.au">www.terrarosa.com.au</a>	70
15-17	<b>Oncology Massage Module One.</b> Presented by Amy Tyler. Castle Hill, NSW Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
16-18	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Melbourne, VIC Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
16-18	<b>Oncology Massage Module One.</b> Presented by Tania Shaw. Maroochydore, QLD Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
16-17	<b>Functional Fascial Taping for the Upper &amp; Lower Bodies.</b> Presented by Ron Alexander. Brisbane, QLD Contact Budiman 0402 059 570 or <a href="mailto:terrarosa@gmail.com">terrarosa@gmail.com</a> Register at <a href="http://www.terrarosa.com.au">www.terrarosa.com.au</a>	70
16-20	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Melbourne, VIC Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
16-17/9	<b>Effective Dry Needling.</b> Presented by Steven Wescott. Ballarat, VIC Contact 0417 520 569 or <a href="mailto:sj.wescott1960@gmail.com">sj.wescott1960@gmail.com</a> The course will be run over 4 Saturdays 9am to 5pm, commencing July 16, August 13, 20 & concluding September 17	150
16-17	<b>Myofascial Cupping Technique™.</b> Presented by David Sheehan. Sydney, NSW Contact 03 9481 6723 or <a href="mailto:info@comphs.com.au">info@comphs.com.au</a> <a href="http://www.comphs.com.au/">www.comphs.com.au/</a>	70
17-18	<b>Clinical Orthopedic Manual Therapy (COMT) for the Lower Extremity.</b> Presented by Joe Muscolino. Sydney, NSW Contact Budiman 0402 059 570 or <a href="mailto:terrarosa@gmail.com">terrarosa@gmail.com</a> Register at <a href="http://www.terrarosa.com.au">www.terrarosa.com.au</a>	70
17	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Sydney, NSW Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
18	<b>Blue Mountains Branch Networking Meet and Greet.</b> Lawson, NSW Contact Ariana McKay 0425 285 610	15
19-20	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Melbourne, VIC Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
21-23	<b>Oncology Massage Module One.</b> Presented by Hayley Moeller. Canberra, ACT Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
23-24	<b>Functional Fascial Taping for the Upper &amp; Lower Bodies.</b> Presented by Ron Alexander. Sydney, NSW Contact Budiman 0402 059 570 or <a href="mailto:terrarosa@gmail.com">terrarosa@gmail.com</a> Register at <a href="http://www.terrarosa.com.au">www.terrarosa.com.au</a>	70
23-24	<b>Acu-Reflexology.</b> Presented by Master Zhang Hao. Strathfield, NSW Contact 0416 286 899 <a href="http://www.chihealing.com.au">www.chihealing.com.au</a>	70
24	<b>Helping the Hamstrings.</b> Presented by John Bragg. Springwood, NSW Contact 0410 434 092 or <a href="mailto:john@johnbragg.com.au">john@johnbragg.com.au</a> <a href="http://www.johnbragg.com.au">www.johnbragg.com.au</a>	35
25-26	<b>Akupunkt-Massage according to Penzel Course A.</b> Presented by Rene Goschnik. Carlton, NSW Contact Rene Goschnik 0411 039 819 <a href="http://www.akupunkt-massage.com.au">www.akupunkt-massage.com.au</a>	70
26	<b>Illawarra Branch Meeting.</b> Corrimal, NSW. Contact Linda White 0417 671 007	15
29-2/8	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Sydney, NSW Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
29-31	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Sydney, NSW Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
30-31	<b>Neurostructural Integration Technique Introductory.</b> Presented by Marianne Grainger. Coolup, WA Contact 0407 036 047 <a href="mailto:marianne_g@westnet.com.au">marianne_g@westnet.com.au</a>	70
30-31	<b>Neurostructural Integration Technique Introductory.</b> Presented by Robert Munro. Brisbane, QLD Contact 0448 428 020 <a href="mailto:saramcl@gmail.com">saramcl@gmail.com</a>	70
30-31	<b>Myofascial Cupping Technique™.</b> Presented by David Sheehan. Melbourne, VIC Contact 03 9481 6723 or <a href="mailto:info@comphs.com.au">info@comphs.com.au</a> <a href="http://www.comphs.com.au/">www.comphs.com.au/</a>	70
30-31	<b>Functional Fascial Taping for the Upper &amp; Lower Bodies.</b> Presented by Ron Alexander. Melbourne, VIC Contact Budiman 0402 059 570 or <a href="mailto:terrarosa@gmail.com">terrarosa@gmail.com</a> Register at <a href="http://www.terrarosa.com.au">www.terrarosa.com.au</a>	70

## Calendar of events

13

30-31	<b>Certificate of Pregnancy Massage.</b> Presented by Catherine McInerney. Adelaide, SA Contact 03 9571 6330 or <a href="mailto:info@pregnancymassageaustralia.com.au">info@pregnancymassageaustralia.com.au</a> <a href="http://www.pregnancymassageaustralia.com.au">www.pregnancymassageaustralia.com.au</a>	70
31	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Parramatta, NSW Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
31	<b>Understanding Fibromyalgia Guided Study Online Workshop.</b> Developed by Bradley Collins Contact <a href="mailto:info@thetherapyweb.com">info@thetherapyweb.com</a> <a href="http://www.thetherapyweb.com">www.thetherapyweb.com</a> This course can be started anytime throughout the year and can be completed at your own pace	25
<b>August 2016</b>		<b>CEUs</b>
1-2	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Sydney, NSW Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
6-8	<b>Abdomen, Chest and Breath - FRSB.</b> Presented by Julie Hammond. Perth, WA Contact 0415 707 130 or <a href="mailto:info@anatomytrainsaustralia.com">info@anatomytrainsaustralia.com</a> <a href="http://www.anatomytrainsaustralia.com">www.anatomytrainsaustralia.com</a>	105
7	<b>Employment, Tax and Super: Know your Rights, Know your Responsibilities.</b> Presented by Jonathan Regazzoli and Ross Ashcroft. Brisbane, QLD. Contact 02 9211 2441 or <a href="mailto:info@amt.org.au">info@amt.org.au</a> Download the registration form <a href="#">here</a>	35
11-15	<b>Short Course in Certified Infant Massage Instruction.</b> Presented by Glenda Chapman. Sydney, NSW Contact 02 6262 4346 or <a href="mailto:support@iaim.org.au">support@iaim.org.au</a> <a href="http://www.iaim.org.au">www.iaim.org.au</a> Class runs 11, 12, 13 and 15 August (No Class runs on Sunday 14th)	140
13-15	<b>Abdomen, Chest and Breath - FRSB.</b> Presented by Julie Hammond. Sydney, NSW Contact 0415 707 130 or <a href="mailto:info@anatomytrainsaustralia.com">info@anatomytrainsaustralia.com</a> <a href="http://www.anatomytrainsaustralia.com">www.anatomytrainsaustralia.com</a>	105
13	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Perth, WA Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
13-14	<b>Myofascial Cupping Technique™.</b> Presented by David Sheehan. Hobart, TAS Contact 03 9481 6723 or <a href="mailto:info@comphs.com.au">info@comphs.com.au</a> <a href="http://www.comphs.com.au/">www.comphs.com.au/</a>	70
14	<b>Curly Customers, Muscles that Confound.</b> Presented by John Bragg. Kiama, NSW Contact 0410 434 092 or <a href="mailto:john@johnbragg.com.au">john@johnbragg.com.au</a> <a href="http://www.johnbragg.com.au">www.johnbragg.com.au</a>	35
17	<b>North Shore and Northern Beaches Branch Meeting.</b> Belrose, NSW. Contact Brenda 0410 353 913	15
19-23	<b>Short Course in Certified Infant Massage Instruction.</b> Presented by Glenda Chapman. Melbourne, VIC Contact 02 6262 4346 or <a href="mailto:support@iaim.org.au">support@iaim.org.au</a> <a href="http://www.iaim.org.au">www.iaim.org.au</a> Class runs 19, 20, 21 and 23 August (No Class runs on Sunday 22nd)	140
20-21	<b>Onsen Techniques® Volume 3 Structural Assessments &amp; Treatments of the Cervical &amp; Thoracic Spinal Region.</b> Presented by Jeff Murray. Kingscliff, NSW Contact <a href="mailto:info@beyondmassage.com.au">info@beyondmassage.com.au</a> <a href="http://www.beyondmassage.com.au">www.beyondmassage.com.au</a>	70
20	<b>Mid-North Coast Branch Meeting.</b> Port Macquarie, NSW. Contact Kristy Baird 0411 181 898	15
20-21	<b>Neurostructural Integration Technique Introductory.</b> Presented by Wendy Eyles. Sydney, NSW Contact 0412 417 719 <a href="mailto:harmony4massage@gmail.com">harmony4massage@gmail.com</a>	70
20-21	<b>Anatomy Trains for Manual Therapists.</b> Presented by Julie Hammond. Canberra, ACT Contact 0415 707 130 or <a href="mailto:info@anatomytrainsaustralia.com">info@anatomytrainsaustralia.com</a> <a href="http://www.anatomytrainsaustralia.com">www.anatomytrainsaustralia.com</a>	70
20	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Brisbane, QLD Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
20-24	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Hobart, TAS Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
20-22	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Hobart, TAS Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
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23-24	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Hobart, TAS Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
25-27	<b>Oncology Massage Module One.</b> Presented by Kate Butler. Launceston, TAS Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
27-29	<b>Oncology Massage Module One.</b> Presented by Tania Shaw. Townsville, QLD Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
27-28	<b>Hot Stone Massage.</b> Presented by Master Zhang Hao. Strathfield, NSW Contact 0416 286 899 <a href="http://www.chihealing.com.au">www.chihealing.com.au</a>	70

## Calendar of events

14

27-28	<b>Onsen Techniques® Volume 1 Structural Assessments and Treatments of Thoraco-Lumbar and Sacrum.</b> Presented by Jeff Murray. Canberra, ACT Contact Jimmy Barker <a href="mailto:jimmybachilles@yahoo.com.au">jimmybachilles@yahoo.com.au</a> or mobile 0418 868 402 <a href="http://www.beyondmassage.com.au">www.beyondmassage.com.au</a>	70
27	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Adelaide, SA Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
28	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Melbourne, VIC Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
30	<b>Illawarra Branch Meeting.</b> Corrimal, NSW. Contact Linda White 0417 671 007	15
<b>September 2016</b>		<b>CEUs</b>
3-4	<b>Myofascial Cupping Technique™.</b> Presented by David Sheehan. Gold Coast, QLD Contact 03 9481 6723 or <a href="mailto:info@comphs.com.au">info@comphs.com.au</a> <a href="http://www.comphs.com.au/">www.comphs.com.au/</a>	70
3-5	<b>Tensegrity Spine - FRSB.</b> Presented by Julie Hammond. Perth, WA. Contact 0415 707 130 or <a href="mailto:info@anatomytrainsaustralia.com">info@anatomytrainsaustralia.com</a> <a href="http://www.anatomytrainsaustralia.com">www.anatomytrainsaustralia.com</a>	105
4	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Sydney, NSW Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
9-11	<b>Oncology Massage Module One.</b> Presented by Amy Tyler. Castle Hill, NSW Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
10-12	<b>Tensegrity Spine - FRSB.</b> Presented by Julie Hammond. Sydney, NSW Contact 0415 707 130 or <a href="mailto:info@anatomytrainsaustralia.com">info@anatomytrainsaustralia.com</a> <a href="http://www.anatomytrainsaustralia.com">www.anatomytrainsaustralia.com</a>	105
11	<b>Gua Sha Day.</b> Presented by Bruce Bentley. Melbourne, VIC Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	35
17-19	<b>Oncology Massage Module Two.</b> Presented by Tania Shaw. Maroochydore, QLD Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
18	<b>Wetsuits, 'S' bends, Bones and Pulses.</b> Presented by John Bragg. Randwick, NSW Contact 0410 434 092 or <a href="mailto:john@johnbragg.com.au">john@johnbragg.com.au</a> <a href="http://www.johnbragg.com.au">www.johnbragg.com.au</a>	35
23-24	<b>AMT 50th Anniversary Conference.</b> Luna Park. Sydney, NSW. Contact 02 9211 2441 <a href="mailto:info@amt.org.au">info@amt.org.au</a>	100
25-26	<b>Advanced-Trainings.com Whiplash.</b> Presented by Til Luchau. Sydney NSW Contact 02 9211 2441 or <a href="mailto:info@amt.org.au">info@amt.org.au</a> To register download and complete the form <a href="#">here</a>	70
26-28	<b>Oncology Massage Module One.</b> Presented by Kate Butler. Daylesford, VIC Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
27	<b>Illawarra Branch Meeting.</b> Corrimal, NSW. Contact Linda White 0417 671 007	15
28-29	<b>Advanced-Trainings.com Spine, Ribs and Lower Back.</b> Presented by Til Luchau. Canberra, ACT Contact 02 9211 2441 or <a href="mailto:info@amt.org.au">info@amt.org.au</a> To register download and complete the form <a href="#">here</a>	70
30	<b>The Shoulder Online Workshop.</b> Developed by Bradley Collins. Contact <a href="mailto:info@thetherapyweb.com">info@thetherapyweb.com</a> <a href="http://www.thetherapyweb.com">www.thetherapyweb.com</a> This course can be started anytime throughout the year and can be completed at your own pace	25
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