

TABLE TALK

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AMT NEWSLETTER

- October 2014

National Massage Therapy Awareness Week

Many AMT members took the opportunity to connect with their community during this year's National Massage Therapy Awareness Week (September 8-15).

In the Blue Mountains, the Springwood town square offered a welcome respite to tired shoppers as a group of 18 therapists, including student therapists from the WSI TAFE, volunteered their time to give free massages to more than 100 local residents.

Members of the Mid North Coast AMT volunteered at the Port Macquarie Walk to D'feet Motor Neurone Disease event by providing five-dollar massages to participants. All proceeds were donated to MND NSW.

And on the remote Flinders Island in the Bass Strait, AMT student member Maree Crawford volunteered her massage services at the Flinders Island Running Festival. After completing the three-and-a-half hour trek, despite her own tight calves, Maree set up her table outside the local pub and massaged other weary competitors.

We would love to hear how you celebrated NMTAW. If you have any stories to share about your volunteer efforts during the week, please email them to journal@amt.org.au

Medibank update

AMT has now received an executed agreement from Medibank Private. This means that we will start sending new provider location requests to Medibank on October 15, the next reporting cycle with the fund.

Members who have joined AMT since September 1 last year will need to meet the new provider requirements introduced by Medibank. For more information about Medibank's provider criteria, please visit the health funds section of the AMT website:

<http://www.amt.org.au/members/health-fund-info.html>

Please note that Medibank will only issue numbers for three practice addresses per registered provider. If you currently have more than three Medibank provider numbers, you will have to nominate which locations you wish to retain and which can be removed by contacting AMT Head Office. Please note that the three-practice location requirement is a condition of the Medibank contract that AMT must administer.

AMT/ARCCIM research study - practitioner recruitment

A sincere thank you to all those who responded to AMT's initial call for members to host the patient arm of our research study in their practice. We had a great response from AMT members in Sydney and Canberra.

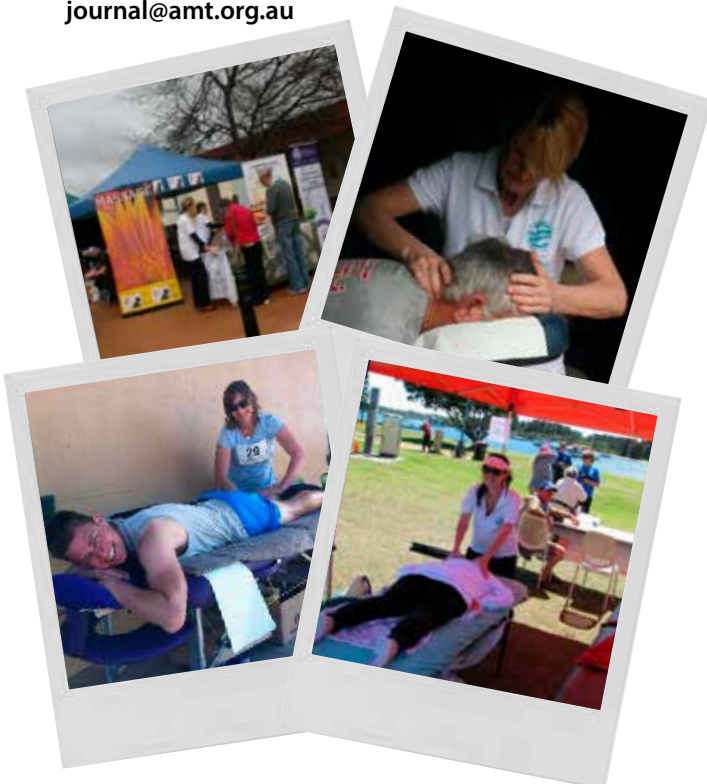
We're now particularly reaching out to members in Perth, Melbourne and Brisbane to host the second phase of the ARCCIM/AMT research project. This will involve allowing a research assistant into your practice to undertake an exit interview with 10 consecutive clients. Please be assured that the process will be conducted with minimal disruption to your normal routine.

The research project has gone through a stringent ethics approval process at University of Technology, Sydney, and client confidentiality will be observed using strict protocols.

If you are interested in participating, please follow the link below for more information and then complete the screening survey:

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

We thank you in advance for your support of this important research project.



Top left - The Blue Mountains NMTAW massage event in Springwood, **Top right** - Noreen Davern treats a Blue Mountains local to a free massage, **Bottom left** - Maree Crawford at the Flinders Island Running Festival, **Bottom right**: Therapists from the Mid North Coast AMT branch at the Port Macquarie Walk to d'Feet MND event.



Massage Therapists Can Reduce Stress, Enhance Relaxation and Improve Health

by Dr Judy Lovas

Most clients choose massage therapy because they experience some kind of stress. Our current understanding of stress reveals its insidious negative impact on human functioning including changes in cellular and molecular processes and genetic expression.

Evidence indicates that stress-related depression affects genetic changes in the hypothalamus-pituitary-adrenal axis⁽¹⁾ and chronic stress can interfere with cytokine production and the immune cells that regulate the inflammatory response⁽²⁾. Psychological stress can alter erythropoiesis pathways: chronically stressed people may have a higher risk of producing excessive levels of red blood cells⁽³⁾. In addition, patients with post-traumatic stress disorder experience significant changes in messenger RNA molecules that convey genetic information from DNA to the cells' ribosome⁽⁴⁾.

Massage therapists see the effects of stress every day in clinical practice. Clients experience stress-related pain, fatigue, anxiety, depression and increased susceptibility to disease and dysfunction. The recent growth in research that supports the application of relaxation techniques is not only exciting but incredibly important: it can enhance the work of all massage therapists to benefit clients' health and well-being.

Relaxation research no longer concentrates on investigating general systemic effects such as improved respiratory functioning. Today, it has generated evidence that relaxation can reduce pro-inflammatory cytokine alterations⁽⁵⁾ and enhance the expression of genes associated with energy metabolism mitochondrial function, insulin secretion and telomere maintenance⁽⁶⁾. There is also evidence that relaxation may be associated with changes in the brain's physical structure⁽⁷⁾.

Whether massage therapists specialise in sports injuries, in specific conditions such as scoliosis or fibromyalgia, or in particular hands-on approaches such as trigger point therapy or baby massage, they can incorporate simple, evidence-based relaxation techniques to improve the health of each client. Efficacious relaxation techniques can be incorporated easily into clinical practice and clients can be taught to perform them in their daily lives. Importantly, this offers clients more control over their own health.

Medical science continues to recognise the value of relaxation, and massage therapy is an ideal, practical and effective way to promote its benefits.

Dr Judy Lovas conducts AMT accredited seminars "Evidence Based Relaxation: Physiological and Psychological Benefits".

Please visit www.artandscienceofrelaxation.com

References

1. Bosch O. et al. (2012). Stress-related depression: Neuroendocrine, genetic and therapeutic aspects. *The World Journal of Biological Psychiatry*, 13: 556-568
2. Padgett D. & Glaser R. (2003). How stress influences the immune response. *Trends in Immunology*, 24(8): 448-452
3. Zieker J. et al. (2007). Differential gene expression in peripheral blood of patients suffering from post-traumatic stress disorder. *Molecular Psychiatry*, 12: 116-119
4. Vignjevic S. et al. (2014). Chronic psychological stress activates BMP4-dependent extramedullary erythropoiesis. *Journal of Cellular Molecular Medicine*, 18(1): 91-103
5. Koh K. et al (2008). Counter-stress effects of relaxation on proinflammatory and anti-inflammatory cytokines. *Brain, Behavior and Immunity*, 22: 1130-1137.
6. Bhasin M. et al (2013). Relaxation Response induces temporal transcriptome changes in energy metabolism, insulin secretion and inflammatory pathways. *Plos One*, 8(5) 1-12.
7. Lazar S et al. (2005). Meditation experience is associated with increased cortical thickness. *NeuroReport*, 16(17) 1893-1897.

Sunshine Coast

by Lesley Carter

We have had three meetings this year and our membership is growing. Our next meeting, which will be our AGM, is on Sunday, October 26. After our AGM, Brigitte Rostron will be co-ordinating the 'Individual Technique Symposium'. Members will have the opportunity to share their favourite, effective massage techniques. The day will wrap up around 3pm.

On a sad note, Sunshine Coast local, Margaret Wright passed away on September 18. Margaret's achievements included the development of a massage course based on the original Swedish remedial massage brought from Sweden by Dr Kellogg. For more than 36 years, Margaret played an active role in what she termed 'natural healing'. She was one of the original members of the Queensland Swedish Massage Institute, where she served as president for many years. Margaret was an inspiration and mentor to many therapists and will be sadly missed. I was fortunate to spend many hours with Margaret and benefited from her years of experience. Let us never underestimate the value of sharing our experience and mentoring younger therapists.

Dates for the 2015 meetings will be set at our October 26 meeting. Our first meeting for 2015 will be in March. Mark Deal will be joining us for a workshop on the knee and foot.

Illawarra

by Team Illawarra

A special thank you to everyone, both near and far, who has attended our meetings over the past year – you are all helping the Illawarra region to grow into a valuable resource and network hub for local massage therapists. AMT Illawarra members participated in National Massage Therapy Awareness Week individually rather than collectively as a region for 2014. The branch hopes to organise a community event for NMTAW next year.

Last month, local osteopath and pain management educator, Dr Terry Stewart presented an evening session on low back pain and sciatica. Terry is a sole practitioner who specialises in treating neuromusculoskeletal pain and dysfunction. The presentation focused on defining the differences between lower back pain and sciatica. It stressed the importance of taking a client's history (both oral and visual) and the benefits of using neurodynamic testing to lead to the most appropriate treatment approach.

There was a general consensus that we should invite Dr Stewart back next year to present a session on shoulder pain and the rotator cuff.

Our AGM will be held on Tuesday, November 25. This will also be our Christmas dinner. It will be held at Murphy's Bar and Grill, Princes Highway, Unanderra, commencing at 6.30pm. Cost is \$35 pp (drinks not included). Please RSVP by Monday, November 17 to

Linda White on 0417 671 007. This will be our last networking session for the year until Tuesday, 24 February 2015.

Sydney South

by Rene Goschnik

Our AGM was held in August and the following office bearers were elected: chairperson – Sam Shalhoub, secretary – Rene Goschnik, and treasurer – Joanne Rosier. The new pre-registration system for branch meetings has improved the smooth functioning of the Sydney South branch.

Following our AGM, guest presenter Dr Anthony



Dr Anthony Gould at the South Sydney branch meeting

Gould gave a lecture about common problems and treatments for the foot. The presentation included a short anatomical refresher of the foot and practical treatment options for plantar fasciitis.

Clinical hypnotherapist and counsellor, Linda Taylor presented at our October meeting about "How to Create a Vision". The presentation included a short lecture outlining the theory behind change pathways in the brain, followed by a guided meditation and visualisation.

We will conclude the year with our traditional Christmas party/meeting, to be held on December 3 at the Allawah Hotel. Pre-registration is essential.

Mid North Coast

by Peter Bell

Our AGM will be held on Saturday, October 18. We will be voting on proposed meeting locations and dates, and the future direction of the branch.

Following on from our successful volunteer event during NMTAW, the Mid North Coast branch has organized another volunteering opportunity for its members. On Sunday, October 19 we invite members to volunteer their time to massage at the Ironman 70.3 event. This will be a great opportunity to network with other massage therapists and with your local community.

After the closure of the Newcastle branch, the Mid North Coast branch would like to extend an invitation to AMT Newcastle members to attend our meetings. As well as a great excuse to have a weekend away, meetings are valuable opportunities to network with other therapists – and to have a fun time!

Blue Mountains

by Kat Boehringer

Our September meeting was held in Penrith on Tuesday 9. We were fortunate to have AMT life member, Marimal Lobregat present a workshop about therapist self care. The workshop included a guided qi gong demonstration followed by some 'revitalising' massage techniques. It was a fantastic opportunity to recharge and learn valuable massage techniques from one of AMT's greatest mentors.



Marimal Lobregat demonstrates revitalising massage techniques on Blue Mountains AMT member, Nick Hood

The Blue Mountains branch will be holding its AGM on Saturday, November 22 at the Blue Mountains Cancer Council Help building, located on the corner of Lurline St and Gang Gang St, Katoomba (opposite the train station) from 9.30am. Nominations for office bearers are now open. Please consider nominating for one of the executive positions to help keep our branch running.

Local shiatsu teacher, Kaiya Seaton will be giving a three-hour shiatsu workshop on the day. Topics will include breathing and stretching exercises, Traditional Chinese Medicine and shiatsu theory, diagnosis, an introduction to acupressure points and meridians, and practical shiatsu techniques. Please wear loose fitting clothing.

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 by Patients' Companions on Severity of Pain in the Patients Undergoing Post Coronary Artery Bypass Graft Surgery: A Single-Blind Randomized Clinical Trial

SS Najafi, F Rast, M Momennasab, M Ghazinoor, et al
<http://ijcbnm.sums.ac.ir/index.php/ijcbnm/article/view/54/44>

Observation on the Effect of Acupoint Injection plus Massage Therapy on Primary Dysmenorrhea

Li-xia Lü, Meng Lü, Yi-wen Fan
<http://link.springer.com/article/10.1007/s11726-014-0784-8>

Adverse Events of Massage Therapy in Pain-Related Conditions: A Systematic Review

Ping Yin, Ningyang Gao, Junyi Wu, Gerhard Litscher, and Shifen Xu
http://scholar.google.com/scholar_url?hl=en&q=http://downloads.hindawi.com/journals/ecam/aip/480956pdf&sa=X&scisig=AAGBfm0J6rEyO2aiAzacOkFfLUVSxYhPOA&oi=scholaralrt

Effect of Oil Gum Massage Therapy on Common Pathogenic Oral Microorganisms - A Randomized Controlled Trial

Nishu Singla, Shashidhar Acharya, Suganthi Martena, Ritesh Singla
<http://jisponline.com/article.asp?issn=0972-124X;year=2014;volume=18;issue=4;spage=441;epage=446;aulast=Singla>

Randomized Controlled Clinical Trial

Amir Vahedian-Azimi; Abbas Ebad; Mohammad Asghari Jafarabadi; Soheil Saadat; Fazlollah Ahmadi
http://scholar.google.com/scholar_url?hl=en&q=http://traumamon.com/31130.pdf&sa=X&scisig=AAGBfm0Klhdn5dkLeEAi6AbsZJC13HEYUQ&oi=scholaralrt

Impact to Tourism Industry of Massage Spa Therapy in Batangas City, Philippines

Kimmy Lei T. Atenza, Claire A. Evangelista, Lalaine I. Evangelista, Richell T. Ibre, Karen Mae D. Macalalad, Sevilla S. Felicen, Kabaitan Dinglasan
<http://www.apjmr.com/wp-content/uploads/2014/09/APJMR-2014-2-127.pdf>

Dimensional Massage Therapy Techniques for Soft-tissue Conditions of the Elbow and Radioulnar Joints, Hand and Wrist

Nancy W. Dail
https://www.spa.massage.org/uploads/cms/documents/nancy_dail_-_dimensional_massage_therapy_for_hand_wrist_elbow.pdf

October 2014		CEUs
17-19	AMT 25th Annual Conference. Melbourne, VIC. Contact 02 9211 2441. Email: info@amt.org.au	150
17-19	Oncology Massage Module 2. Presented by Deb Hart. Ardross, WA. Contact Kylie 0410 486 767 www.oncologymassagetraining.com.au	105
18-19	Functional Fascial Taping Upper and Lower Bodies. Presented by Ron Alexander. Brisbane, QLD. Contact Budiman 0402 059 570. Email: terrarosa@gmail.com or register at www.terrarosa.com.au	70
18-19	Neurostructural Integration Technique Introductory. Presented by Shayne Sullivan. Geelong, VIC. Contact 0417 011 192. Email: shayne@geelongnaturaltherapies.com.au	70
18	Sunshine Coast Branch Meeting. Nambour, QLD. Contact Lesley Carter 0403 64 7754. Email: lescalnat@gmail.com	15
18-19	Chinese Cupping Therapy. Presented by Master Zhang Hao. Strathfield, NSW. Contact 0416 286 899 www.chihealing.com.au	70
18-19	Neurostructural Integration Technique Introductory. Presented by Wendy Eyles. Sydney, NSW. Contact 0412 417 719. Email: harmony4massage@gmail.com	70
19	Shoulder Pain and Scapula Stability. Presented by John Bragg. Springwood, NSW. Contact 0410 434 092 www.johnbragg.com.au	35
23-25	Oncology Massage Module 2. Presented by Kate Butler. Ballarat, VIC. Contact Faye 0004 536 452 www.oncologymassagetraining.com.au	105
24-26	Oncology Massage Module 1. Presented by Lizzie Milligan. Randwick, NSW. Contact Faye 0404 536 452 www.oncologymassagetraining.com.au	105
25-26	Functional Fascial Taping Upper and Lower Bodies. Presented by Ron Alexander. Sydney, NSW Contact Budiman 0402 059 570. Email: terrarosa@gmail.com or register at www.terrarosa.com.au	70
25	Evidence Based Relaxation: Physiological & Psychological Benefits. Presented by Judy Lovas PhD. Silverwater, NSW. 9.00am - 12.00pm. Contact Judy on 0419 433 961. www.artandscienceofrelaxation.com	15
25-26	Pelvis, Hip and Sacrum. Presented by Bethany Ward and Larry Koliha. Canberra, ACT. Contact 02 9211 2441 Email: info@amt.org.au . To register for this workshop please download the registration form here .	70
26	Soft Tissue Therapy Congress 2014. Presented by Melbourne Institute of Massage Therapy. Heidelberg, VIC. Contact 1300 839 839. Email: info@mimt.com.au . www.mimt.com.au	35
27	Sciatica and Disk Issues. Presented by Bethany Ward and Larry Koliha. Canberra, ACT. Contact 02 9211 2441 Email: info@amt.org.au . To register for this workshop please download the registration form here .	35
28	Illawarra Branch Meeting. Formal Meeting. Corrimal. Contact Linda White 0417 671 007	15
November 2014		CEUs
1-2	Spine, Ribs and Lower Back. Presented by Bethany Ward and Larry Koliha. Kensington, NSW. Contact 02 9211 2441 Email: info@amt.org.au . To register for this workshop please download the registration form here .	70
1	Evidence Based Relaxation: Physiological & Psychological Benefits. Presented by Judy Lovas PhD. Thirroul, NSW 9.00am - 12.00pm. Contact Judy on 0419 433 961. www.artandscienceofrelaxation.com	15
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
3	Advanced Rib Issues. Presented by Bethany Ward and Larry Koliha. Kensington, NSW. Contact 02 9211 2441 Email: info@amt.org.au . To register for this workshop please download the registration form here .	35
7-9	Oncology Massage Module 2. Presented by Anne-Marie Halligan. Geelong, VIC. Contact Faye 0004 536 452. www.oncologymassagetraining.com.au	105
8-9	Neurostructural Integration Technique Introductory. Presented by Angela Lane. Melbourne, VIC. Contact 0402 744 251. Email: angelane1@optusnet.com.au	70
8	Evidence Based Relaxation: Physiological & Psychological Benefits. Presented by Judy Lovas PhD. Woy Woy, NSW. 9.30am - 12.30pm. Contact Judy on 0419 433 961. www.artandscienceofrelaxation.com	15
8-9	Neck, Jaw and Head. Presented by Bethany Ward and Larry Koliha. Coolangatta, QLD. Contact 02 9211 2441 Email: info@amt.org.au . To register for this workshop please download the registration form here .	70
10	TMJ. Presented by Bethany Ward and Larry Koliha. Coolangatta, QLD. Contact 02 9211 2441. Email: info@amt.org.au . To register for this workshop please download the registration form here .	35
12-16	Advanced Certificate in Integrated Cupping Therapy. Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787. www.healthtraditions.com.au	175

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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