

In Good Hands

*The newsletter of the Association of
Massage Therapists Ltd*

December 2004



President's report

By Joel Morrell

Those of you who have checked the new AMT website will already be aware that the Association has a new name. At the AGM, it was unanimously agreed to file application for the new name – Association of Massage Therapists Ltd. This has now been appropriately lodged with the government authorities and confirmation of registration of the new name has been received.

This is the second time the Association has changed its name. The first was in 1988, to reflect the therapeutic nature of our work. This second change properly reflects burgeoning membership in other states especially along the entire eastern seaboard of Australia.

Education

One of my priorities for the coming year will be greater contact and consultation with School Principals and Head Teachers, not only to increase student awareness of AMT but also to enhance our awareness

and sensitivity to educational trends and pressures. The latest change announced by the Federal Government is 'disestablishment' of the Australian National Training Authority and incorporation of its responsibilities into the Dept of Education. We have thus far been proceeding with caution in the area of education and standards, and our description of the status as evolutionary now seems vindicated.

AMT has an outstanding track record in education and the maintenance of standards. This track record has stood us in good stead in our negotiations with the Victorian WorkCover Authority over provider recognition. AMT and five other Massage Groups have been working to secure a



Joel welcomes delegates to the Conference

common agreement on approval of Remedial Massage Therapists who wish to work with clients eligible for treatment supported by WorkCover in Victoria. In addition to the common agreement, the VWA has put in place a specific agreement with AMT for evaluation of applicants seeking admission on the basis of

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Prior Learning Content. This is an appropriate and pleasing recognition of our high standards.

Annual Conference

One of the highlights of the Annual Conference was the announcement of changes to our system of Awards and Recognition. A new award was introduced: The Cynthia Davis Award of Merit for Outstanding Diligence in the Service of the Association and the Industry. A report on this is included in the Conference feature on page 16.

At the AGM, it was announced that we will be endeavouring to arrange the Continuing Education System so that 50% of points can be achieved 'within your own rooms' and 50% can be achieved 'on your own turf'. In other words, wherever you are, the CEU system is realistic and achievable. We hope to have the new system in place by 1st January 2005 and will keep you informed via the AMT website.

We also plan to alter the terms of the rolling triennium. We will outline the new system in the March 2005 edition of *In Good Hands*. Remember, if you maintain a minimum of 100 CEUs per year every year, you can't go wrong.

Work is progressing on a fixed Metropolitan Members Day Program. We hope to have another Sydney Wet Lab in the first quarter, a combined Workshop with ARM and ATMS in the second or third quarter, (the other will be for AMT members only) and the fourth quarter will see supplementary workshops on the day before the Annual Conference. The 2005 Conference in Sydney is provisionally scheduled for Saturday 22nd and Sunday 23rd October, with the supplementary day on Friday 21st.

In closing I would like to thank the many members who responded so willingly to our first Member Profile Survey, which I have personally designated 'The Naughton Project'. To date, response has reached 17.5%, which is quite outstanding for a

blanket survey. Data is still being added, so if you have the survey form sitting in your 'to do' file please complete it and send it to Head Office. It is our intention to conduct this annually and build a history to the profile data. To date, this data has established one clear conclusion – there is no such thing as the 'typical' AMT member.



Membership Fees

A reminder from Geoffrey Naughton

Membership fees will rise from 1st January 2005.

The new fees will be:

General	\$110
SL1	\$140
SL2	\$180
SL3	\$200
Student	\$30
Auxiliary	\$45

The decision to raise the fees follows a decision made at the AMT Annual General Meeting 2002 to move fees and charges in line with the AWOTE (average weekly ordinary time earnings) changes.

AWOTE figures, Seasonally Adjusted, all employees, rose 5.5% from May 2002 to May 2003 and 3.0% from May 2003 to May 2004.

This raises General by \$6 or 5%, Senior Level 1 by \$9 or 6%, Senior Level 2 by \$10 or 5% and Senior Level 3 by \$7.50 or 3%, Auxiliary by \$1 and the Student fee is unchanged.

AMT membership fees were last adjusted in January 2003.

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News from the Regions

ACT

by Alan Ford

The ACT region continues to be well represented at our Association Conference and AGM with 27 members attending this year's event held in the Hunter. From all reports the weekend was full of exciting, innovative and fun activities and presentations. It will be hard to top in 2005! Some were heard to say (with an outrageous Spanish accent) that this was "the best conference ever".

Our members continue to enhance and embrace new training workshops as they become available, with several members taking advantage of Swiss Ball and Core Stability (integrated corrective exercise), and Myofascial Release and Craniosacral Release training packages held in Canberra over the last 2 months.

ACT region conducted Massage Therapy Awareness Week from 6th to 12th November with clinics and individual practitioners making the most of the good weather to promote massage therapy in general and their businesses in particular. A full report on our activities will appear in the next Newsletter.

Many thanks to Margo Rankin for conducting our last Members' Day workshop on 24th October. I look forward to seeing as many therapists as possible at our last get together for the year, 6.30pm Wednesday December 8th at Telopea Park, BYO, BBQ.

Mackay

by Val Jenkins

What a wonderful time we had at the Annual Conference! Hearty congratulations to those hardworking people who gave their all to make it a most memorable weekend: terrific venue, great food and interesting guest speakers.

It was wonderful to catch up with old friends and

meet many new ones. Student therapist Jon Kemp really enjoyed his first Conference and said he would definitely be back at the next one!

In early October a General Meeting was held at Vassallo Drive, Mackay, with 14 Therapists attending - our biggest meeting for some time. Guest Speaker Cliff Winkleman, former Therapist/Herbalist, spoke on Pure Essential Oils in Massage Therapy.

Hunter

by Elizabeth Matsen

There is very little to report from the Hunter this month, except for the news that this year's Annual Conference was a great success.

For the AMT Hunter Branch Committee, the Conference began a year before. From choosing the venue, planning the format and finding presenters, to working out the logistics of the whole show, we certainly had a busy year of preparation. Joel Morrell encouraged us to use presenters from the



The Hunter Conference team

Hunter region and, with two exceptions, we were able to do this. (Yes, I know Jeff Murray is now based on the Sunshine Coast but we still think of him as one of ours!). There is a wealth of talented therapists and trainers in the Hunter and this gave us a chance to showcase their expertise.

The weekend began on Friday 3rd with Jeff Murray and Master Zhang Hao presenting workshops, both of which were well attended. Many delegates took the option of early conference registration on the Friday evening. Traders also took advantage of this time for early set-up. The trade display was well represented with about a third of the companies we approached choosing to accept the invitation to present their products at the Conference.

New innovations such as seated massage (provided by students from Newcastle TAFE) and a wine tasting hosted by Tamburlaine Wines before the Conference Dinner were greatly appreciated, as were the introductory T'ai Chi, Pilates and Feldenkrais classes for those who did not attend the AGM.

The Hunter branch volunteers worked very hard all weekend and it was an exhausted but much relieved Conference Crew who farewelled delegates on Sunday afternoon. Delegates kept saying it was the best Conference they have been to – what more could we want?

I want to thank and express my appreciation to the members of the Conference Committee – Beverley Purdon, Laurie Fawcner, Julie Whitehead, Cherith McInnes, Gerry Forbes and Robert Herd – for their work and for their commitment to making the 2004 Conference a memorable one. Thanks also go to Chris and Ron Minto for their contribution in the early stages.

There was also much work done in Sydney which contributed to the success of the Conference, so thanks go to Jo Robinson and Rebecca Barnett for layout and graphic design of the brochure, to Theona Spurr for beginning the work on the Trade Display and sponsorship, to Judith for continuing this work, to Melanie Elsey for doing all that she does on a daily basis to ensure that there is an Annual Conference, and to Joel Morrell for taking on the task of assigning workshop places. Thank you all.

This is my last report from the Hunter. By the time you read this, a new Area Leader will have been elected. I chose to take this opportunity to resign from the Hunter Committee as I have accepted a position on the AMT National Executive and look forward to making a contribution to the Association as Sales and Marketing Officer. I am grateful for the experience of serving on the Hunter Committee and for the support I have had over the last three years. Goodbye from the Hunter!

Victorian WorkCover Authority

The Victorian WorkCover Authority (VWA) has advised AMT that some remedial massage therapists are invoicing for more than one consultation on the same day in respect of the same injured worker.

The VWA policy states that only one remedial massage consultation will be paid for on the same day per injured worker. In response to this, the VWA together with its Agents, have sent letters to all registered remedial massage providers to outline and reinforce this policy. The VWA Agents will be continuing to monitor the ongoing invoicing practices of all of its service providers.

To assist remedial massage therapists in evaluating the progress of injured workers, they have distributed a publication named the Clinical Framework for the Delivery of Health Services to Injured Workers. The Clinical Framework can be used by remedial massage service providers as a tool when discussing ongoing treatment justification with the VWA Agent and referring medical practitioner.

Please refer to

www.workcover.vic.gov.au

to obtain a copy of the Clinical Framework and for more information.

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2. Short answer questions on Pathology taken from "A Massage Therapist's Guide to Pathology" by Werner and Benjamin (Williams and Wilkins) and short answer questions on Ethics and the Law taken from "Complementary Medicine: Ethics and the Law" by Michael Weir. Answered correctly = 100 CEUs.

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We are currently developing new modules to challenge you even further, so keep watching this space!

The Vertebral Artery : is testing important?

by Mark Philip Deal

The vertebral artery runs through the transverse foramina of the Cervical vertebrae from C6 through to C1, joining to form the Basilar artery, which then progresses into the cranial vault through the Foramen Magnum to supply part of the brainstem (essential regulatory functions), the cerebellum (co-ordination, balance and motor memory) and the posterior cerebrum (primary visual cortex).

The vertebral artery is suspected in some conditions of stroke after cervical manipulation of the cervical spine, and may be affected by previous trauma or osteoarthritic changes in the cervical spine resulting in a potential "dissecting" vertebro-basilar arterial complex.

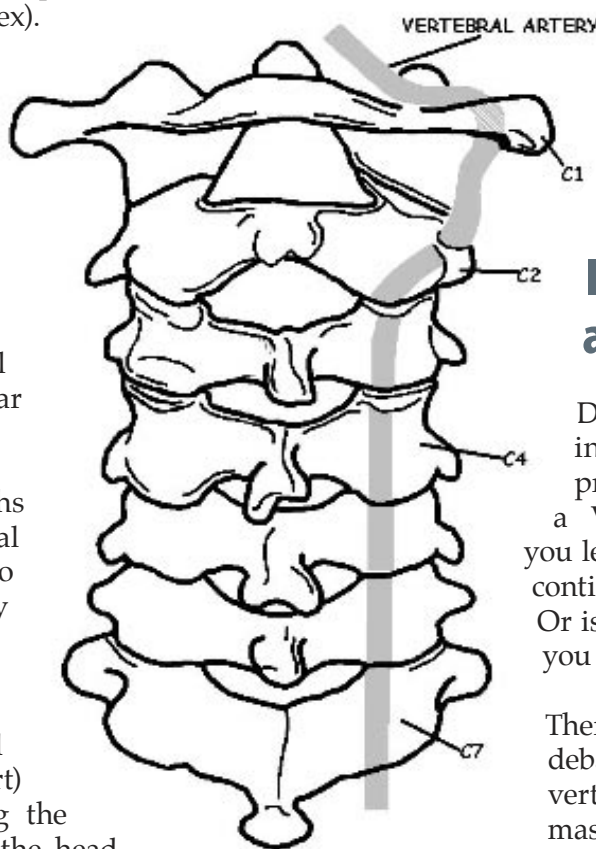
All chiropractors and osteopaths are required to test for vertebral artery compromise prior to performing any rotatory motion of the cervical spine. The test comprises lying the supine client nearer the top edge of the treatment table and rotating the neck (with support) to either side while lowering the neck into extension, holding the head in this position for a prescribed period of time and observing the client for any potential dizziness, disorientation, blurring of vision or nystagmus amongst other possible symptoms. If any of these symptoms occurs during the test, then the rotatory procedures must be excluded and the client referred for further investigation.

Massage Therapists from varying colleges are often taught procedures which may include some degree of rotation or distraction of the cervical spine. Hence, depending on the degree of rotation and/or stretch to the cervical spine, there is a chance (though minimal) of compromising the vertebral artery. The chance of causing any potential problem

with the artery can be minimized by performing the Vertebral Artery Test (VAT).

If a client presents with recent history of neck injury, especially that related to sporting activities, then not only is the VAT important but the practitioner would be highly advised to seek a

Cervical Series of x-rays (can be prescribed by a GP, Chiropractor or Osteopath) and review the x-ray report ruling out any physical damage to the vertebrae.



Internet discussion and poll

Did your initial training include instruction and practise in how to perform a Vertebral Artery Test? Did you learn how to do the VAT in a continuing education workshop? Or is this, perhaps, the first time you have heard of this test?

There has been some heated debate about whether the vertebral artery test is safe for massage therapists to perform. This discussion was precipitated by an incident in a student clinic where a client sustained a serious neck injury during the procedure.

Some practitioners argue that the risk of causing injury to the client by performing the test is actually higher than the risk posed by potential vertebral artery compromise.

We would like to invite all AMT members to join our internet forum, discussing the various safety issues relating to the use of VAT. Just visit our trial bulletin board forum on the new AMT website at www.amt-ltd.org.au/forum.

We will be conducting an internet poll in conjunction with the discussion.

The vertebral artery

Traditional Chinese Massage & Dragon Boat Racing

by Judy Huston

What is the connection between traditional Chinese massage and dragon boat racing? And how can such a connection be recognised, adapted and used to the best advantage in western societies such as Australia?

For Chinese massage practitioner Doreen Hopkins, the posing of these questions generated one of the most meaningful moments of her recent two-week visit to China, a visit that has reinforced her passion to continue learning and to pass the results of that learning on to others.

Doreen, who is also a Tai Chi instructor, was one of a group of 24 massage practitioners and students who accompanied Master Zhang Hao, director of the Chi-Chinese Healing College, on his 2004 Intensive Training Program on Traditional Chinese Massage visit to China.

"We think God is stupid – that he makes the large intestine only for poo!"

The reference to dragon boat racing came towards the end of the two weeks although there were constant pointers to it during the study

tour, which included visits to various hospitals as well as lectures and demonstrations by a diversity of high ranking doctors.

"The majority of the doctors working in the traditional Chinese medicine hospitals are also trained in western medicine," said Doreen. "Eighty percent of treatments are traditional Chinese medicine and 20 percent are western. They combine the best of both systems: the skill of surgery to create an instant change, combined with Chinese herbs and Tui Na to promote self-healing."

Differences in methods, attitudes and results became evident from the first day, when the group visited Beijing's new Military Hospital.

"The head surgeon in the orthopaedic department demonstrated a lower back massage on me by standing on the treatment table and massaging my lower back with his feet," said Doreen who described the treatment as firm and effective.

"But when he put pressure on the back of my legs, my knees did not like it. Another member of our group made the same comment after the doctor did the same techniques on him. Then we observed the doctor doing a similar treatment on local patients who simply thrived on it."

Another doctor at the hospital gave Doreen advice on rolling techniques, again underscoring the dramatic difference between the two cultures in approaches to learning.

"He produced a sand bag and showed me how to practise on it," said Doreen. "He advised me to practise for 30 minutes every day for a year just to master this one technique."

The doctor's Chinese students apparently take his advice seriously. Two young male trainees practised rolling techniques on a sand bag in a corner of the room for the three hours the Australians were in the same room, an example of discipline, dedication and patience that caused Doreen to reflect on the contrasting western desire for quick results.

"Rather than being prepared to do the apprenticeship, we tend to jump in and try to go straight there so we can say we're masters of the subjects we're studying," she said. "But are we really, if we haven't done the apprenticeship ... if we're not prepared to do the apprenticeship?"

There was also plenty of food for thought in a lecture by Dr Lan, who is conducting scientific research into the use of body weight for internal strength. Starting with the attention-grabbing statement: "We think God is stupid – that he makes the large intestine only for poo!", Dr Lan spoke at length about the role of the large intestine in developing internal strength. In a lecture, which Doreen described as "simply electric" he pointed

out that the use of muscle strength in traditional Chinese medicine will block the use of internal strength.

"It's really all about the use of relaxed, heavy body weight, keeping your muscles relaxed," she said. "That's what Tai Chi is about too and the same principle of internal strength runs through other things from calligraphy to being able to climb bamboo scaffolding without falling off."

An opportunity to practise came during two lectures by Professor Wan, head of the Beijing Orthopaedic Hospital and the Wangjing Traditional Chinese Medicine Hospital. Professor Wan studied orthopaedics in Australia for three years and has won several awards in China for developing new surgery procedures in orthopaedics.

Professor Wan listed the contraindications in the use of Tui Na in his area of work and, with the help of two of his colleagues, demonstrated the various Tui Na techniques used in the treatment of shoulder, lower back, knee, heel and ankle problems. The visitors then practised these techniques.

Doreen said the emphasis was on the use of the therapist's body, which related back to Dr Lan's lecture on the use of body weight for internal strength.

"The techniques are brilliant, but unless you can relax your muscles, use your body weight, stretch your ligaments, open your joints and allow the momentum of the body to be expressed through your hands, then the techniques fall very short of their potential," she said.

"That is why the massage techniques used by the Chinese look so relaxed and easy but are so difficult for westerners to copy. To practise traditional Chinese massage you must, first and foremost, understand the fundamental use of body weight for internal strength and then practise daily a form of Qigong to develop your skill. Then, you can master the techniques and become a Kung Fu (first class) practitioner, and you will never become fatigued from giving a massage.

"Massage therapists often burn themselves out, but if you go through this way and train yourself, each massage you do will increase your inner strength."

A walking illustration of such inner strength was the tiny Dr Zheng, a slightly built woman, no more than five feet tall, who is a Qigong practitioner

specialising in Tui Na. The visiting Australians watched her treat another Australian, a Melbourne policeman who had been referred to her for treatment for his chronic back problem.

"He was a fairly large, heavy man, but Dr Zheng had no trouble moving and manipulating his body," said Doreen. "She could pick him up and twist him round, and in her manipulations she was able to take his whole weight, even though she is a frail little thing."

A bonus for the travellers (and the moment that was the highlight of the tour for Doreen) came in the form of a talk by Master Zhang Hao's teacher, Dr Li Yungchang.

When he asked Zhang Hao to show what his students could do, Zhang Hao called on Doreen to massage one of the students Dr Li had brought with him.

"It was daunting, because I knew my teacher was being examined by his teacher through my work," she said. "All I could think was: 'Stay centred, don't try to prove anything, just stay centred and just let it happen. That's the best you can do now. You can't change anything. What you do is what you do, so present it as best you can.'

"After I had massaged the student, Dr Li massaged me, with exactly the same techniques that I'd used, so that I could then feel the difference. He was very firm, but not invasive. The moment he started to work on me, I felt an energy shift inside. He talked about how, when you finish working with someone, they don't have to feel better. It doesn't matter whether they feel worse or they feel better. What matters is that you have created a change.

"That's what Chinese massage is all about – creating a change. The whole idea is that the body is doing its own balancing and healing."

Then Dr Li gave his audience a question to ponder: "What is the connection between traditional Chinese medicine and dragon boat racing?"

"The thing to remember," he pointed out, "is that in a country such as Australia, dragon boat racing is a year-round sport, whereas in China it

"She could pick him up and twist him round ... even though she is a frail little thing."

is conducted in a much more organised and specific manner, with an official starting date of May 5. Before that, no matter how much you want to do it, if it's not the time, you can't do it."

"And that's the point and that's the connection" Dr Li said. "The practitioner of traditional Chinese medicine needs to be aware of the importance of timing: the time spent learning and practising the techniques, the timing involved in the use of the therapist's body, the acquiring of the knowledge of the right time to practise the learned techniques."



Dr. Li Yungchang harmonizes Doreen's 'triple heater energies'

"That, for me, was the highlight," said Doreen. "When he used the metaphor of dragon boat racing, I thought: 'I've arrived.'"

"I remembered my original teacher, Lindsay Yates, commenting about how westerners always ask whether the chicken or the egg came first, while a traditional Chinese doctor wouldn't give a continental but would be passionately interested in the connection between the chicken and the egg. Which one comes first is totally irrelevant, but the connection – the connection is everything to them."

"Their system is so simple but at the same time it's difficult to explain."

Another big difference between Chinese and western medicine is, paradoxically, a similarity: it's sometimes difficult to distinguish the doctor from the patient.

"Sometimes, the only way you can work it out is

because the patient is wearing hospital pyjamas," said Doreen. In Australia, the doctor is more the authority figure. Even the doctors who are easiest to communicate with here still have that façade. It's part of our culture, but it isn't in China, not at all. The doctors are still respected but they are not up on pedestals, and they encourage each patient to participate in his or her own healing.

"At one of the hospitals we were allowed to practise on the patients, under supervision, and their knowledge of massage is such that they would tell us if they didn't like the way we were doing it, and would suggest the right way. Massage is natural to them. They learn it in their homes; the techniques of using the whole body, being in tune, understanding the timing in the same way that they understand the timing of dragon boat racing."



Doreen practises Chinese massage with a TCM hospital patient

"I know that I do a fairly good massage by Western standards, but they know the difference. It's about being looser, using internal energy, knowing your connection to the earth and the heaven, and keeping your spine straight."

There's a simple Chinese parable that highlights the difference - the story of the student who, when he went to the Master to learn, was told to come back in six months. This happened several times until eventually the Master offered him a cup of tea. He poured the tea and continued pouring until the student pointed out that the cup was overflowing.

"That's how you've come to me," the Master told him "and anything I give you is just going to flow over the top. If you want to come and study with me, you have to come as an empty cup."

The need for this empty cup approach to the practice of traditional Chinese massage, and the difficulty westerners have in adopting such an approach, are matters of deep concern to Doreen Hopkins.

"This trip gave me the desire to keep learning, to pursue the Qigong part of it and try to pass on and encourage that passion for learning," she said.

"I'm certainly no expert at it, and I'm as undisciplined as every other Australian but I know that when I massage, that's when I'm at my best. But even the traditional Chinese medicine colleges here don't put the emphasis on the Tui Na or the massage part of traditional Chinese medicine.

"We need to get through the message that we can train and acquire the techniques but that, to do that, we have to learn some form of Qigong and take it seriously and practise daily.

"People who do this will increase their own energy and inner strength."

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With Patricia Farnsworth

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WORKSHOP DATES for 2005

Volume One - *Structural Assessment and Correction of the thoracolumbar and sacral regions of the lower body.*

- **Kingscliff** (Sth Gold Coast) – Feb 4,5,6
- **Newcastle** – July 1,2,3

Volume Two – *Functional Assessment of lower body*

- **Newcastle** - March 4,5,6
- **Kingscliff** – June 3,4,5

Volumes Three – *Structural Assessment and Correction of the cervical & upper body*

- **Sydney** – April 1,2,3
- **Albury** – Sept 2,3,4

Volumes Four – *Functional Assessment of upper body*

- **Albury/Wodonga** – May 6, 7, 8
- **Sydney** – August 5, 6, 7

For more information and bookings contact:

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These workshops are AMT accredited

AMT Members' Survey 2004

by Geoffrey Naughton

Having been to 10 AMT Annual Conferences, it has become clear to me that, as far as appearances are concerned, there is no such thing as a "typical" massage therapist. Members come in all sorts of shapes and sizes and their age varies from the young to the not-so young.

A preliminary examination of the results of our recent survey indicates that the diversity of our appearance is reflected in the diversity of ways we work as massage therapists.

It will take me some time to fully process the survey results and obtain meaningful data. In the meantime, I have included some preliminary results for you.

56 percent of members work from home. Figure 1 shows the percentage of members who work the number of days each week.

Figure 1

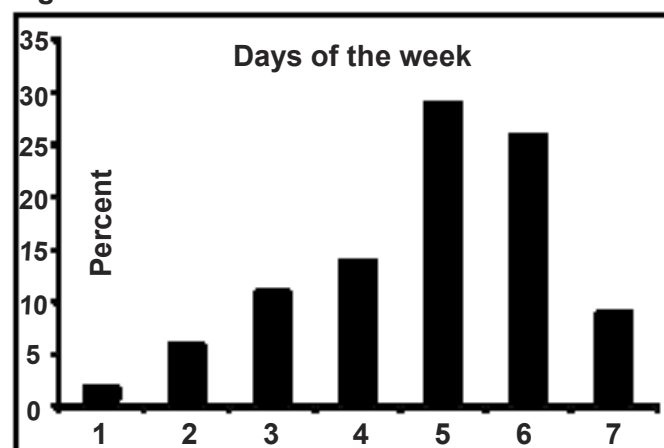


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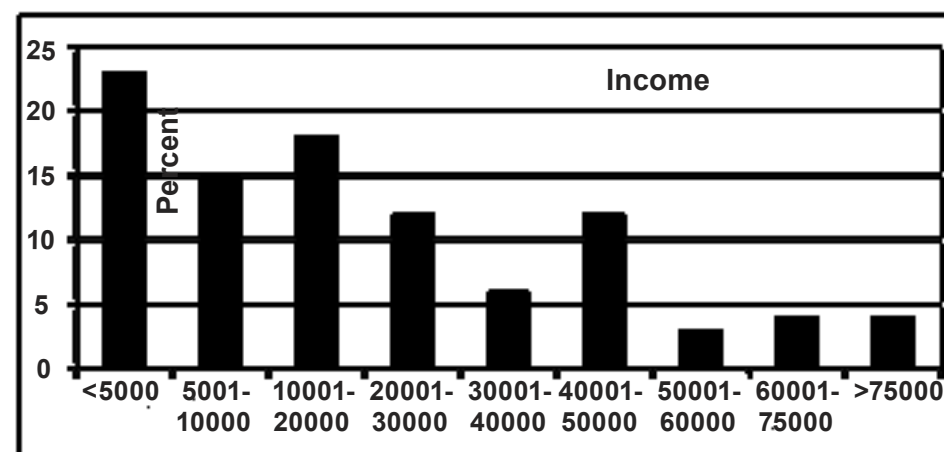


Figure 2

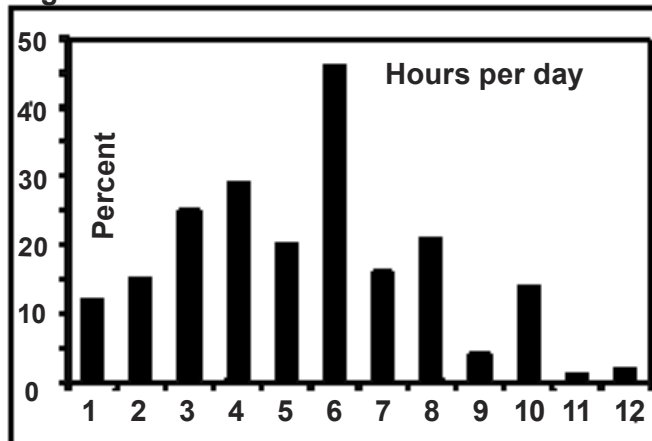


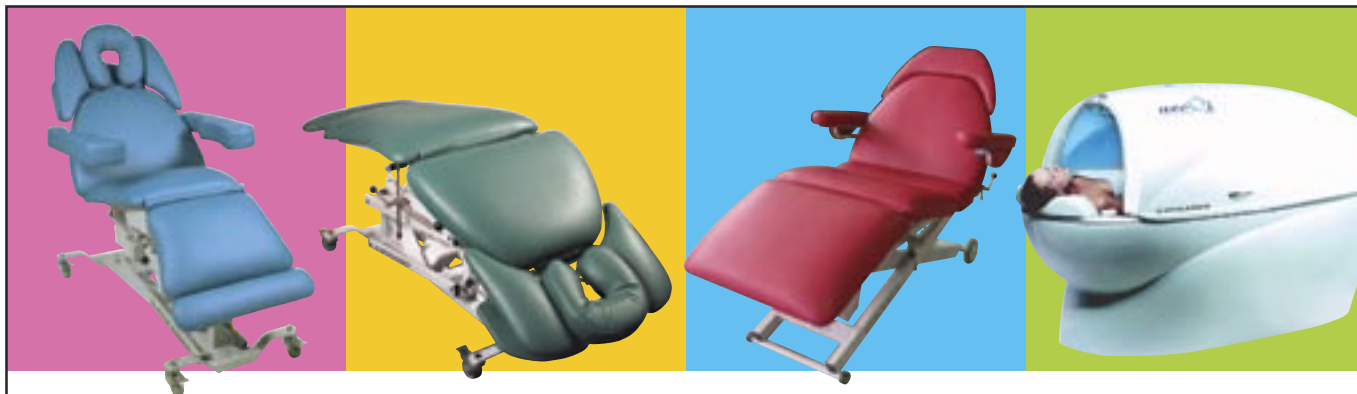
Figure 2 above shows the number of hours each day that members are available for massaging. The distribution of income is shown in Figure 3 below.

It would appear from the responses that some of our members did not understand the question about GROSS income. GROSS income is what you receive **before** expenses are taken out. If you massage 800 clients in a year and charge them \$50 each, then your GROSS income is \$40,000 – which is not between \$10001 - \$20000.

I would also like to suggest to some of our members who earn more than \$50000 per annum and don't charge GST that they seek professional advice from their accountant or tax agent on their tax obligations.

I notice that no-one claimed to massage any coal miners – perhaps there is an untapped market there for our members in the right geographical areas.

I would like to thank everyone who took the time and effort to complete the survey. We had a very good response but there are still a lot of members who haven't responded. If you have not sent yours in yet, it is not too late to do so. If you have lost your form, please contact Head Office and we will gladly send you another one.



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Place: Hunan University of Traditional Chinese Medicine - Changsha China
Date: 9 ~ 23 April, 2005
Departure: Sydney

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- * Daily hands on clinical applications with expert physicians
- * Tutorial lectures on Chinese massage, diagnosis, Qi healing etc
- * Working experience in Chinese Massage hospitals
- * Evening entertainment such as local shows and festivals
- * Weekend sightseeing of the historical mountains, ancient Temples, unique museum, antique markets and much more...

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AMT Conference 2004



Location, location, location ... this year's Conference was a real estate copywriter's dream. Two days of perfect north coast weather, ten workshops, a formal dinner and funky retro disco, and more interaction than you can poke a stick at. Three AMT members reflect on their experiences.

Epiphany

by Paul Doney

One of the workshops I attended at the Conference was a damned nuisance.

I asked other delegates if they were getting what they wanted out of the workshops. The consensus seemed to be that most people were happy if they came away from a workshop feeling that they had learnt just one or two new things. If just one workshop could be rated 'very interesting' then it was a bonus. No-one was anticipating a great epiphany.

This sentiment led me to speculate that perhaps the last thing we really want is an epiphany. I mean, they are damned inconvenient. They turn your whole life upside-down. And an epiphany during a workshop is excruciatingly inconvenient. You can spend years trying to expand, re-order and simply toss out your previous understanding of the body. It can be expensive too. You find

yourself enrolling in courses of study just when you were hoping to settle into a nice quiet rut.

The Daavid Method, presented by Pierre Daavid provided just such an inconvenience. It was the only workshop I attended where people stood around saying things like, "Don't worry, you've got our attention," or "I can see it changing, I'm just having trouble believing it."

Pierre had a few things going for him. He had an impressive way of demonstrating the potential of his technique (immediate changes in apparent leg length differences) and a clear way of explaining the holistic concepts underlying his treatment. He also had the good fortune (or extreme competence and experience) to be able to predict what would happen to each participant's body as he worked on it and asked them to perform different tasks.

Pierre does not call his Method Reflexology but it is the easiest point of departure to describe what he was doing. The Daavid Method is a synthesis and development upon several systems of Reflexology. The whole body is used in treatments rather than just the feet and hands. The mappings of the reflex body also differ from the popular charts you can buy.

If, like me, you have always liked the concept of Reflexology but felt that it didn't go far enough then you might be very pleased to follow up on the Daavid Method.

Contact: The Daavid Centre
02 4929 3751

Epiphany - The Sequel

by Rita Allmich

I had some profound experiences at this year's Conference which I would like to share. But first, a little background.

Last September, I handed my client base over to Cheryl Ison, sold my house and took my Mum out of a Nursing Home. Off to sunny Queensland we went!

I had grand ideas of starting up on a part time basis while I cared for my Mum. It soon became apparent that a part-time career in massage therapy was not to be - a carer works 24 hours a day, especially when they change bandages, clean septic wounds and administer pain relieving drugs at 2.00am! There is also the emotional drain.

Mum passed away after a long awaited operation in May. To add to the drama, I had a small stroke the day after the funeral. Doctors and family wanted me to wither away in bed and take it easy. My X-rays and scans revealed level 3 degeneration through my whole spine. This news brought renewed cries of "Take it easy and don't aggravate anything".

After a great deal of contemplation, sobbing and snotting I said "Enough!". Use it or lose it! I started a regime of swimming every day and having a massage three times a week. I also did Yoga, stretching and Pilates. I really pushed the boundaries.

Now, that was fun. And you would think that being massaged three times a week would be great. But do you know how many Remedial Massage therapists just do a firm massage by rote? How many don't know the names of muscles and don't feel, find or work on your problem areas? Too many!

I have been so spoilt by AMT's standards that I presumed everyone who classed themselves as a remedial or sports massage therapist had our high standards.

My first big outing since all this upheaval was the AMT Conference. During one of the workshops I was treated by the presenter, Pierre Daavid, for just

a few minutes. A whole change came over my life. I repeat what he did nearly every day and, as a result, I have retired my pain-in-the-arse walking stick. I have regained my core stability and continue to improve every day.

Every one of the presenters at the Conference gave of their knowledge and helped me, every last one of them. Thank you so very much to the Association for their efforts in bringing these people to our attention so that we may share in their knowledge and become better ourselves.

Learning by Questioning

by Lynn Spratt

Delegates who attended Jeff Murray's workshop on Saturday, then followed that up on Sunday with Camille Clinton's Pilates session found themselves embroiled in an interesting debate as the two presenters put forward diametrically opposing theories on optimal firing patterns for the low back, glutes and hamstrings during extension of the lower limb.

On Saturday, Jeff Murray argued that the optimal pattern for this movement should be hamstrings, followed by glutes, followed by erector spinae muscles, essentially to take mechanical load off the overworked and delicate erectors. On Sunday, Camille Clinton argued the complete reverse – erectors, followed by glutes and

finally hamstrings because "the hamstrings love to do all the work". And so the debate began!

This incident underscores what I have always believed - that questioning is the core of what learning and continuing education is about. By questioning what is presented as 'fact' and interrogating our assumptions about how the human body works and how we should go about the business of treating our clients, we ask ourselves new questions and so we learn. This is how new 'facts', theories and methods of treatment evolve.

Perhaps this incident can spark a new addition to our Conferences. To kickstart our brains, we could begin with a public debate between two presenters or two panels on a relevant topic with question time from the audience at the end.

Epiphany (understanding)

When you suddenly feel that you understand, or suddenly become aware of, something that is very important to you or a powerful religious experience.

A Singular Tale of Diligence

The President's Award Speech 2004 Annual Conference

For the first time on record, our major award – Massage Therapist of the Year – attracted a record number of nominations and thus was hotly contested. This brought to a head the need for a basic rethink of our Award Systems. Being an award for one therapist for one year is by nature somewhat proscriptive and thus worthy potential recipients are perhaps sometimes bypassed unjustly.

So what constitutes diligence, in the context of the Association of Massage Therapists? To find our outstanding example of the effects and benefits of diligence, we must turn the clock back nearly thirty years to a time when a young woman, newly interested in massage, decided to kickstart her career by buying an established practice. The practice belonged to a woman who, in the politically acceptable parlance of the time was a 'refo': of Dutch East Indian background, she was displaced by the Japanese and fled to Sydney, setting up a practice in the only thing she knew - massage. Now ready to retire, she said to her potential buyer "if you buy my practice, you must join this Association. They are not much now, but they will look after your future."

Within a few short years, this new proprietor was a Committee Member of that Association and found herself faced with a Motion of Dissolution. "The physios don't want us, the chiro's don't like us, the government won't listen to us". Sound familiar? And this was thirty years ago. As the only dissenting voice, the ultimate threat was forced on this young woman "If you won't let go, then you be the damned President and see if you can do any better!"

Within a decade of outstanding diligence on the part of our protagonist, Cynthia Davis, the Association was a fully incorporated company and the doorway to formal government education was opened. And so it is my enormous privilege to announce the establishment of "The Cynthia Davis Award of Merit for Outstanding Diligence in the Service of the Association and the Industry".

There are six Foundation Recipients. The first of these is, fittingly, Cynthia Davis herself. Even now, in spite of retirement and indifferent health,

Cynthia has just entered into an agreement with your President to meet one day per month over the next two years for the purpose of compiling and collating the history of the Association's first 25 years (in time for our fortieth anniversary in 2006). The second Foundation Recipient is our second longest serving President, Diana Glazer. While members may think of Diana as living on a mountain top, forging thunderbolts and hurling them from on high, the truth of the matter is that there is not one aspect of our Association that has not benefited from Diana's touch, which continues without ceasing and largely unheralded.

Next, we turn further afield to someone much loved and respected in her field and well known throughout the Canberra area. The third recipient is Kay Fredericks, renowned teacher and therapist, supporter to her students, friends and family. Through her practice in the Griffith Massage Centre and through teaching both for Om Shanti and for Canberra Institute of Technology she has guided and influenced countless clients, students and all who meet her feel they have made a true friend.

Our next recipient is a man well known to me as "Master of the Meat Hall" at Forster. Many thousands of competitors have completed (or sometimes failed to complete) the Forster Ultra Iron Man Triathlon and been humbly grateful for a massage at the end of the race. The task of organising this huge massage marathon since the inception of the race has fallen on the shoulders of Bob Davison. Not content with this, Bob Davison has been an unfailing volunteer and organiser for every call for support that AMT has handled along the coast: Louise Sauvage's Wheelchair Marathon from Byron to Bondi, Kayaking for Kemo Kids, Westpac Helicopter Appeals, and Allen Border have all benefited from Bob Davison's willingness and hard work.

The strength of AMT is much enhanced by its regional activities. Some regions blossom and wilt, while others bloom forever. Sometimes the bloom is due to special diligence that goes on unnoticed, and unheralded. Our next recipient is an outstanding example of quiet backroom support. Bev Purdon had been the stalwart regional secretary of the

Hunter Region for over seven years. Leaders have come and gone but Bev seems to go on forever.

Finally, the sixth recipient is closer to home or at least closer to the Office. Rebecca Barnett recently completed five years as the Editor of our Newsletter. *[And I have the scars to prove it – Ed]*. As well as graciously nagging all regional leaders and other contributors to keep the Newsletter fed with material, Rebecca is also a dedicated and hard working member of our Executive and has been invaluable in her contribution to the work-up of our new website.

These six outstandingly diligent people will be asked to share their ideas of what constitutes diligence and will contribute to the parameters for selection of future recipients of The Cynthia Davis Award of Merit.

Major Awards

TAFE College Student Therapist of the Year

Fiona Carlisle

Fiona graduated from Meadowbank TAFE. She received a Gift Voucher from Lippincott, Williams & Wilkins and one year free membership of AMT

Private College Student Therapist of the Year

Eric Elbourne

Eric is from Gracegrove College, Newcastle. He received a Gift Voucher from Lippincott, Williams & Wilkins and one year free membership of AMT

Massage Therapist of the Year

Elizabeth Matsen

Elizabeth has been the Hunter Area Leader for the past three years and is currently on the AMT Executive and working in Head Office as Sales & Marketing Officer. She received a Gift Voucher from Lippincott, Williams & Wilkins

Conference Wrap Up

Melanie Elsey - Executive Officer

The Good:

- Another successful AMT conference! This year we again experienced fully booked workshops - a total of 10 speakers presenting a range of hands-on and lecture style workshops.

- 13 trade displays were well received by a majority of delegates and exhibitors are keen to come again next year.

- A diverse range of 180 delegates from 12 AMT regions - as far north as Mackay in QLD, south to the Riverina and Victoria, inland to New England and even from the USA, were supported by a Conference Crew of only 11 hardworking members and staff!

- Six student therapists from Newcastle TAFE provided seated massage to delegates on the first day of the conference.

- This year's delegate ID badges, pouches and the CEU trackers were supplied by Tradevent and Sandra Fountain was on hand to ensure that the system ran smoothly. Thanks Sandra!

The Bad:

- the few delegates who attended workshops that had not been allocated to them. Workshop allocation is strictly on a first in - first served basis. In other words, the earlier you book in the more likely you are to get the workshop you want. Conversely, if you book in the last weeks before the Conference you probably will not get the workshops you requested. Delegates who independently changed their workshop during the Conference increased the numbers and made it more difficult for the presenter to demonstrate and adequately supervise the larger group. This was unfair on those delegates who were there legitimately and will also mean that, unfortunately, you will not receive any CEUs for that workshop.

- the few therapists who knelt or stood on massage tables during workshops, resulting in two tables needing to be repaired. Please remember a massage table is a professional workspace!

Editor's note: This issue of the Newsletter is so chockers, we have run out of space to run photos from the Conference. Please visit the news section of the AMT website to see the pictures.

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Health Fund Status

AMT has negotiated provider status with the Health Funds listed below. **If you are up to date** with insurance, first aid and CEUs there is no need to apply individually to each health fund: your name will be forwarded for automatic recognition as a provider. Please check the explanation of status levels to see which health funds recognise your level of membership. Also, read the explanatory notes at the bottom of the page to make sure you are providing the necessary information on your receipts. **All other members will need to apply individually.**

Health Funds and Societies	Status
ANZ Health Insurance (HBA)	A
Queensland Country Health	A
Railway and Transport Hospital Fund	A
Reserve Bank Health Society	A
ACA Health Benefits Fund (ARHG)	B
Australian Regional Health Group	B
Cessnock & District Health Benefits Fund (ARHG)	B
Commonwealth Bank Health Society	B
Defence Health (ARHG)	B
Federation Health (ARHG)	B
GMHBA (ARHG)	B
Health Insurance Fund of WA (ARHG)	B
Latrobe Health Services (ARHG)	B
Lysaght Peoplecare (ARHG)	B
Manchester Unity	B
Mildura District Hospital Fund (ARHG)	B
NSW Teachers Federation Health Society (ARHG)	B
Phoenix Health Fund (ARHG)	B
St Luke's Medical & Hospital Benefits (ARHG)	B
Teachers Union Health (ARHG)	B
Transport Health (ARHG)	B
United Ancient Order of Druids (ARHG)	B
Westfund Health Fund (ARHG)	B
Australian Health Management Group	C
Cardmember Health Insurance Plan (HBA)	C
Gay & Lesbian Health Fund	C
Geelong Medical Benefits Fund	C
Government Employees Health Fund (AHMG)	C
Grand United Friendly Society	C
HBA (formerly AXA)	C
HCF	C
HealthCover Direct (HBA)	C
Mutual Community (HBA)	C
National Mutual Health Fund	C
NIB	C
NRMA Health	C
Super Health Plan	C
Victorian WorkCover Authority	C
MBF	D
Medibank Private	E
Australian Unity	F

Status Levels:

A. All AMT practitioner levels

B. All practitioner levels with:

♦One million dollars current insurance

♦Current Senior First Aid certificate

C. Senior Level One, Two or Three members with:

♦One million dollars current insurance

♦Current Senior First Aid certificate

D. Same criteria as for F below. Must send signed consent form to AMT with practice receipt(s).

Please note: All other members please apply directly to MBF

E. Same criteria as for F below. Must complete an application form (available from AMT).

Please note: some Senior Level One members may qualify upon AMT's assessment of their qualifications etc

F. Senior Level Two or Three members with:

♦One million dollars current insurance

♦Current Senior First Aid certificate.

To be eligible to remain on the above Health Fund lists you must:

1. Be financial and have a commitment to ongoing education (ie: an average of 100 CEUs per year)
2. ☐ practitioner's name, AMT member number (eg: AMT 1-1234), practice address (no PO Box numbers) and phone number. Client's name, date of treatment, nature of treatment (ie: Remedial Massage), and particular health fund provider number may be handwritten.
3. Provide AMT Head Office with a practice address (or business address for mobile practitioners; no PO Boxes) - failure to supply these details to us will result in your name being removed from health fund listings.
4. Notify AMT HO of all relevant practice addresses.
5. Include a copy of one of your receipts (for each practice address) to Head Office with your next AMT membership renewal or correspondence. You should also ensure that Head Office has copies of your current Insurance and First Aid.

Please check the AMT website for further information on specific Health Fund requirements: www.amt-ltd.org.au

Calendar of Events

Courses accredited by AMT attract 5 CEUs per hour
 Courses not accredited by AMT attract 1 CEU per hour
 Please check dates and venues of workshops (using the contact numbers listed below)

January 2005		CEUs
14 - 18	Treatment of the TMJ. Presented by Paul Doney (12 hours) Myofascial Release Centre, Adelaide. Ph: 0425 232 057	60
February		
4 - 6	Onsen Muscle Therapy, Volume 1. Presented by Jeff Murray. Sth Gold Coast. Phone 07 5524 1024 or 0417 166 194	105
4 - 6	Myofascial Release 1, Presented by Michael Stanborough. Melbourne. Ph: 0411 398 996	80
19 - 20	Chronic Pain and Structural Alignment, Series 1. Presented by Alan Ford. Canberra. Ph: 02 6232 6883	70
March		
4 - 6	Onsen Muscle Therapy, Volume 2. Presented by Jeff Murray. Sth Gold Coast. Phone 07 5524 1024 or 0417 166 194	105
6	AMT Members' Day. Anatomy Wet Lab. Please see insert for more details.	20
11 - 13	Myofascial Release 2, Presented by Michael Stanborough. Canberra. Ph: 0411 398 996	80
18 - 20	Myofascial Release 1, Presented by Michael Stanborough. Brisbane Ph: 03 8802 4345	80
April		
1 - 3	Onsen Muscle Therapy, Volume 3. Presented by Jeff Murray. Sydney. Phone 07 5524 1024 or 0417 166 194	105
2 - 3	Chi Acupressure Massage Workshop. Presented by Master Zhang Hao Chi-Chinese Healing College, Burwood. Ph: 02 9899 9823	70
9 - 23	China Acupressure Massage Study Tour. Presented by Master Zhang Hao Hunan University of Traditional Chinese Medicine. Changsha, China Ph: 02 9899 9823	300
16 - 17	Chronic Pain and Structural Alignment, Series 2. Presented by Alan Ford. Canberra. Ph: 02 6232 6883	70
22 - 24	Myofascial Release 2, Presented by Michael Stanborough. Melbourne. Ph: 03 8802 4345	80
May		
6 - 8	Onsen Muscle Therapy, Volume 4. Presented by Jeff Murray. Albury-Wodonga. Phone 07 5524 1024 or 0417 166 194	105
6 - 8	Myofascial Release 3, Presented by Michael Stanborough. Canberra. Ph: 0411 398 996	80
14, 15, 21, 22	Myofascial Release 1. Presented by Patricia Farnsworth. The Centre, Randwick. Ph: 1800 101 105	160
18 - 20	Myofascial Release 2, Presented by Michael Stanborough. Brisbane Ph: 03 8802 4345	80
28 -29	Chi Acupressure Massage Workshop. Presented by Master Zhang Hao Chi-Chinese Healing College, Burwood. Ph: 02 9899 9823	70

Please view the Calendar of Events on the AMT website for the complete 2005 listing: www.amt-ltd.org.au

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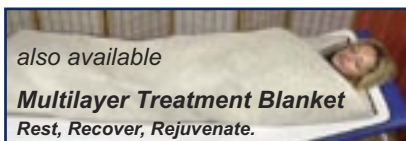
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