

President's message by Joel Morrell

As you are no doubt aware, we have just held our 16th Annual Conference. Early feedback has been tremendously positive.

You may not be aware, however, that AMT is currently 39 years old.

Already, planning is in hand for next year's 40th anniversary bash. But Cynthia Davis has reminded me of a notable quote from Henry Kissinger: "If you don't know where you are going, then all roads lead nowhere."

Forty years is a marvellous achievement and we are set to celebrate this milestone in great style ... but a small, quiet voice has asked me "where will we be when we are 50? Where are we headed in the long term?"

The true strength of an organisation is its resolve to plan for the long term.

At our recent Annual General Meeting I announced that the next twelve months will see feasibility work done on three possible challenges for endorsement at our 40th anniversary Conference.

Challenges for the coming decade

1. To achieve Research Literacy of 20% of our membership within five years.

The Massage Therapy Foundation defines research literacy as "the ability to find, understand and critically evaluate research evidence for application in professional practice". So, based on our current membership of 1100, we would need 220 members to be research literate.

2. To achieve professional licensing registration in at least the state of New South Wales within five years.

3. To have at least one Graduate University Training Course for Massage Therapists within ten years.

With these ideas in mind, we have invited Martha Brown Menard (PhD, CMT) to our next Annual Conference as our keynote speaker.

Martha is Director of Research at the Potomac Massage Training Institute, Washington D.C. As a noted

researcher, massage therapist and experienced educator, Martha will help us hone our sense of direction and purpose.

She was one of the key organisers of, and presenters at, the recent "Highlighting Massage in Complementary and Alternate Medicine" Conference in New Mexico. She will bring much valued knowledge and experience of both the US and Canadian journeys in professional progress.

So start planning now to be part of a 40th Birthday that none of us will want to miss. I look forward to seeing you in Sydney late October 2006!

Editor's note: We will publish the collated results of the 2005 Conference Feedback forms on the AMT website around the middle of December. Thanks to those who took the time to make suggestions for improvement.

Don't forget to look at the Conference Section of the website - we've posted some great photos from the event.

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News from the regions

Mackay by Val Jenkins

It was with great pleasure that our group welcomed Diana Glazer for her second visit to the region. She attended a General Meeting in our Mount Pleasant rooms and, as the guest speaker, spoke on 'Professionalism'. There were 24 members present.

The following Saturday, Diana presented a full-day workshop entitled "Remedial (deep tissue) Massage to the lower leg". Diana's excellent teaching was hugely appreciated.

As a result of her visit, enough funds were raised to purchase four books. Our new member library has begun! Donations of old or new books relating to anatomy and physiology and massage therapy would be gratefully received. Paul Messenger, in his normal helpful style, has agreed to be librarian.

There were three delegates from Mackay at the Conference. Thanks go to the organisers for another wonderful weekend: great venue, fabulous food, fascinating guest speakers and the usual good trade displays.

The Jenkins Clinic and School of Natural Therapies was immensely proud to be involved in two prizes: Student Therapist of the Year award went to Paul Messenger and the



Diana Glazer's workshop on the lower leg

Cynthia Davis Award was presented to Wendy Elmer.

Paul and Wendy are absolutely dedicated to the industry and the Association. These two people do not do it to get something back ... they do it in the name of excellence, maturity and the advancement of the industry. These are the true professionals!

Our first meeting next year will be on the third Thursday in February with a guest speaker talking about Pilates.

Illawarra by Antony Lamb

We are very grateful to Naide Tutureski, who gave an excellent

practical presentation at our September meeting. Naide demonstrated the use of Acupressure, Acupuncture, Cupping and Moxa. A number of those present had the opportunity to experience these techniques first hand.

The November meeting was a mix of discussions on the year ahead, topics raised at the October AGM and a pre-Christmas get together - more in the next issue of this Journal.

Our next meeting will be at 6.30pm on the 24 January 2006. I look forward to a great roll-up!

Newsletter question - December edition

Which health fund has just recognised Senior Level One members?

Please write your answer in the space provided on your CEU record sheet and retain it until you submit the form with your annual renewal. Blank CEU forms can be downloaded from:

http://www.amt-ltd.org.au/index.php?Page=Members_CEU_1.php

How the FAQ do I upgrade?

by Rebecca Barnett

One of the most frequent questions AMT Head Office receives from General Level members relates to upgrading membership to Senior Level One. The benefits of achieving this level of membership are manifold: health fund provider status with most funds and enhanced professional standing and credibility.

AMT encourages and assists all members to upgrade to a level of membership that appropriately reflects their training. And if you have regularly attended AMT-accredited workshops and courses since becoming a member, you may be eligible.

We have tried to make the process of upgrading as simple as possible but we do need documentation to process your application.

Since the most frequent rate of enquiry relates to upgrading from General Level to Senior Level One, I will cover this process in detail. However, the process is essentially the same for those wishing to upgrade to Senior Level Two - you will find more extensive information on the AMT website in the Members Section (just look for "Upgrade Membership" in the navigation sidebar).

The first thing you'll need to do is check that you have the required hours for Senior Level One membership.

Senior Level One members must have completed at least 500 hours of training. You'll need to have the following elements covered within those 500 hours:

Science:

Minimum 100 hours of Anatomy and Physiology. Further 50 hours made up of biological and behavioural sciences such as nutrition, exercise physiology, pharmacology, symptomology, psychology, stress management

Massage:

Minimum 150 hours to include:

- Massage Principles and practice
- Swedish Massage
- Sports, Remedial or Oriental

Clinic:

Minimum of 50 hours of supervised clinic. At least 30 hours must be in a professional clinical setting.

At least 20 hours may be at field days and work experience events.

Business Administration:

15 hours small business management lectures at College or work experience in a commercial organisation or clinic may be substituted.

First Aid or Sports Trainers Level 1

Once you have ascertained that you have the required hours you will need to gather together all the supporting documentation (diplomas, certificates of attendance and/or completion) and fill out the Senior Level 1 upgrade form. We have included one as an insert in this Journal.

The upgrade form can also be downloaded from the members' section of the AMT web site.

Complete the upgrade form listing your hours of training, then attach all your supporting documentation and send it to Head Office.

It's that simple!

If your application for an upgrade is successful, you will be advised in writing and will be required to send the appropriate fee (i.e. the difference in annual fee for the level you upgrade to).

If you are unsuccessful, you will receive a letter explaining where you have a shortfall. You may be asked to do a theory and/or practical exam or we may ask you to work through one of our modules in specific subjects (e.g. law and ethics, pathology or anatomy and physiology). We may also advise further study in specific areas.

So what are you waiting for? Drag out all those certificates and apply for an upgrade. Please contact Head Office if you require further assistance.

Reminder!

Are your clients having problems claiming health fund rebates?
Have you updated your insurance details with AMT?

You may be one of the many members who has forgotten to forward a copy of their current insurance certificate of currency or first aid certificate to AMT Head Office.

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Wake up WorkCover

A call to arms

On July 20, 2003 WorkCover NSW retrospectively introduced a new set of fees and conditions for the delivery of massage therapy services to Workers' Compensation patients. These changes came into effect on July 1 - almost three weeks prior to the formal announcement.

Obviously, the changes caught many massage therapists on the hop, with a raft of new requirements that suddenly had to be met.

Subsequent joint meetings between WorkCover, AMT, The Australian Traditional Medicine Society and the Association of Remedial Masseurs have done little to improve the situation for WorkCover Providers of massage therapy: the fee structure is execrable and the reporting system cumbersome and time-consuming.

Rather than enhancing service delivery, the new system has severely compromised the delivery of adequate treatment, disadvantaging both the therapist and the client.

We invite all WorkCover massage therapy providers to join our campaign to improve these conditions for massage therapists. Instructions on how to join our lobby appear opposite.

*Below we publish a letter from **Penny Wardle** outlining her grievances with the new system. [Ed]*

The \$55.00 fee for a massage treatment paid by WorkCover is far below what is reasonable considering the increased costs of running a

professional clinic. Over the past 2 years rent, electricity and phone costs have risen markedly. With the recent increases in fuel costs and anticipated price rises in products and services, we are supplying a service to WorkCover patients at a discounted rate. This is not sustainable.

The rebates offered by insurance companies and WorkCover are generally based on the 'average fees' charged, not on the value of the actual therapy provided. And unfortunately, many massage therapists are their own worst enemy because they charge 'reduced' fees for a variety of reasons. Some home-based therapists undercharge because their overheads are lower; part-time therapists who do not rely on massage therapy as their sole income may also be guilty of undervaluing themselves; others may be attempting to undercut their competitors or increase their client base with bargain basement prices.

With only 5 sessions approved at a time, patients have the continuity of their therapy interrupted from weeks to months ...

The hourly rate for physiotherapists, chiropractors and osteopaths under WorkCover NSW is \$112.50. Many of these practitioners see multiple patients each hour, making this rate the minimum hourly rate. If they treat three or four patients simultaneously ... well, you do the maths! In addition, these therapists only have to

submit a treatment plan for each group of 10 sessions therefore their administration costs are lower.

On the other hand, massage therapists are only paid \$55.00 per hour. As we dedicate ourselves to hands on treatment, it is not possible to see more than one patient per hour. We must provide a treatment plan for every 5 sessions required - double the reporting rate for physiotherapists etc.

We are certainly considered to be second-rate service providers!

With the reduced hourly rate and added expense of having to fill in twice the number of treatment plans, we are put at a tremendous disadvantage.

Surely, if a General Practitioner sees fit to refer a patient for the most appropriate treatment for a specific injury/syndrome, there should be no financial discrimination by WorkCover between the various service providers?

Insurance companies do not, on the whole, respond promptly to treatment plans provided by the therapist. With only 5 sessions approved at a time, patients requiring more than this have the continuity of their therapy interrupted from weeks to months depending on the whim, or enthusiasm, of the claims manager at the insurance company in approving ongoing therapy.

Massage therapy should be approved in blocks of 10 sessions as for physiotherapy, chiropractic etc.

There is no allowance for home visits built into WorkCover's fee structure. A young quadriplegic man was referred to me recently by an occupational

therapist but, as there is no payment for out of clinic expenses and travel, it was not really feasible for me to treat him. When I queried this with WorkCover I was informed that I should find someone who would provide the service at the going rate of \$55.00 an hour.

Why should patients have to accept treatment by service providers based on the cheapest rate of payment, rather than appropriate experience, confidence and skill level?

However, the occupational therapist who referred the patient to me did so on the basis of my background and experience. And yet WorkCover were recommending that I source someone else based not on skill or appropriateness but merely on price!

Why should patients have to accept treatment by service providers based on the cheapest rate of payment, rather than appropriate experience, confidence and skill level? With outcomes measures as the model for service delivery, is it sensible or logical for WorkCover to be overriding the recommendations of the treating doctor or other referring practitioner?

We need to lobby WorkCover NSW for more appropriate rates of pay. Surely, the treatment outcomes from massage therapy place us on an equal footing with other service providers.

If you are a WorkCover provider, please join AMT's lobby to improve conditions for professional massage therapists.

What you can do ...

Join AMT's campaign to lobby WorkCover NSW for change.

AMT has drafted a generic letter addressing the primary issue of fees for the delivery of massage therapy treatment. You can use the text of the letter as a model for your own submission to WorkCover or print it unmodified onto your business letterhead. Send your letter to Mary Hawkins at the address listed below and to the NSW Ombudsman, Level 24, 580 George Street, Sydney 2000.

The full text of the letter is also available for download from the news section of the AMT website.

Help us bombard WorkCover with a swag of letters from massage therapy providers.

Mary Hawkins
Manager
Workplace Injury Management Branch
WorkCover NSW
Locked Bag 2906
Lisarow NSW 2252

Date

Dear Mary,

I am writing to express my deep concern over the fee structure that has been applied to WorkCover-approved providers of massage therapy services.

The \$55.00 fee for massage therapy treatment has been fixed since July 2003. This amount falls far below a realistic level and does not adequately reflect the training and expertise of WorkCover massage therapy providers. Given the rising costs of running a professional clinic I believe that WorkCover needs to urgently review this amount. Provision of quality massage therapy services to Workers' Compensation patients will be severely compromised unless the fee for service is increased.

WorkCover must also develop a policy on remuneration for home visits given that many Workers' Compensation patients are immobile.

I ask that you give serious consideration to this issue and set a fee-for-service that reflects the quality of service expected by WorkCover.

Yours sincerely,

Therapist name and signature

cc The NSW Ombudsman

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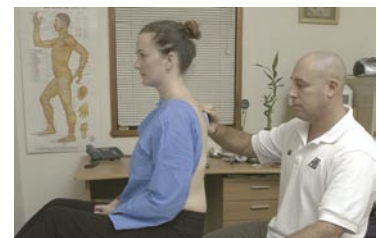


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Concepts in stability training

by Jason Kiely

One of the current 'buzz' phases at the moment in exercise rehabilitation is core stability. Over the last year I have been involved in learning more about the Pilates Method of exercise so perhaps I am in a good position to comment on what core stability is and how it relates to Massage Therapy.

A good place to start is to define each of the two terms separately before reintegrating them.

'Core' is defined as the central or innermost part of something; the most fundamental or essential component.

'Stability' is defined as the state of being stable. A stable entity is one that is firmly fixed or established; not easily adjusted, destroyed or altered.

Core stability would be the state of being stable through awareness, connection or activation of the fundamental or essential parts. In relation to biomechanics we could say that stabilisation is the ability to resist changes in body acceleration or disturbance of the body's equilibrium. Core stabilisation then would be the stabilisation achieved through correct use or activation of the core.

Exactly what structures represent the core is open to debate depending on how one examines and approaches the body. Some philosophies view it as the area between the ASIS and the ribs, wrapping from front to back, or extending to include all of the pelvis and pelvic floor. Others include the entire trunk and even part of the neck.

During the mid 1990s, Richardson

and Associates from Queensland University undertook extensive research examining the structures involved in core stability. The research focused on segmental stability of the lumbar vertebrae in relation to the pelvis. It was found that the Transverse Abdominis (TA) and the Lumbar Multifidi (LM) acted in unison to increase segmental stiffness through tension on the Thoracolumbar Fascia (TLF).

In other words, these muscles form part of a system that acts to limit excessive compression, shear or rotational torsion between spinal segments. Electromyographic studies confirmed that, in healthy individuals, the TA and LM activate before any other muscle in the body when performing an exercise such as a single arm raise.

It was also shown that the LM varied very little in length, thus confirming its role as a stabiliser and not a mover of the spinal column. In individuals with recurring back pain, it was demonstrated that the LM fired later than other muscles.

The implication of this research was that it opened the door to new and exciting ways of strengthening these muscles. Later studies have included part of the pelvic floor (in particular the pubococcygeus) and part of the diaphragm assisting to stabilise the lumbo-pelvic region.

The ultimate view of Richardson and Associates was that these muscles act like a cylinder of compression, putting tension on the TLF and increasing intra-abdominal pressure, thereby maximising the lumbo-pelvic stability.

More recent studies have also implicated the horizontal fibres of the internal oblique, medial fibres of Quadratus Lumborum, posterior

fibres of psoas, the interspinales, intertransversarii and rotatores as being part of this stabilising system as well.

Stability slings

A useful concept to mention here is the idea of stability slings, which are described as fascial continuities which transfer load between various body components during any activity. Muscles such as TA and LM form part of what is termed the inner stability sling (Figure 1), while some of the more superficial muscles form part of the outer stability slings. Examples of these outer slings are the Posterior Oblique system consisting of the latissimus dorsi, contralateral gluteus maximus and intervening TLF (Figure 2), and the Longitudinal system consisting of the Erector Spinae, deep laminae of the thoracodorsal fascia, sacrotuberous ligament and biceps femoris (Figure 3).

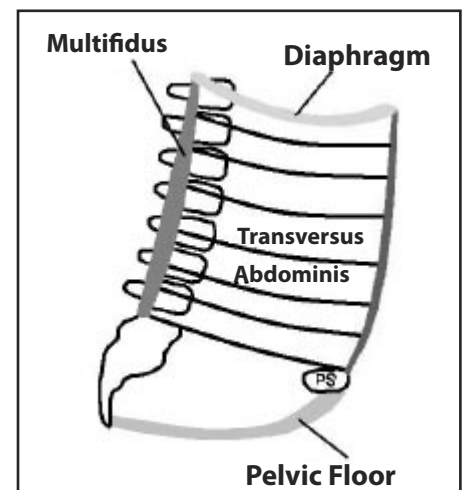


Figure 1: The inner sling

To design programs to repair dysfunctional inner slings, an understanding of muscle physiology is necessary. We must distinguish between muscle fibre types; stabilising muscles are able to function at low-level contraction for long periods whereas phasic muscles

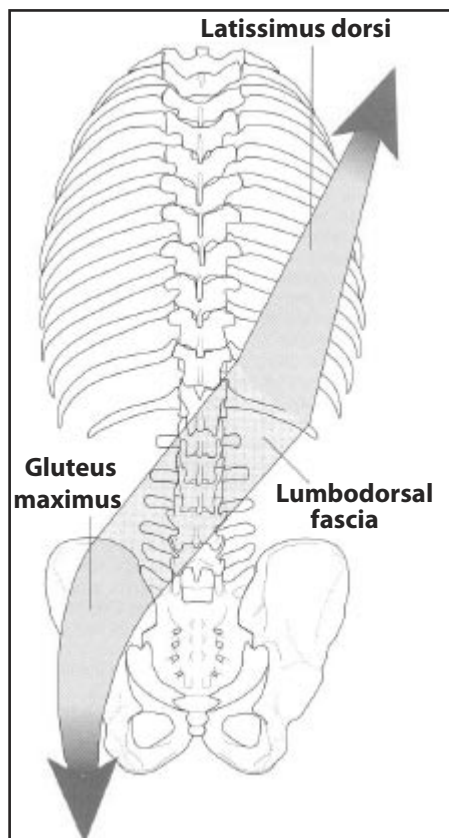


Figure 2: Posterior oblique sling

are capable of high level contraction for only short periods. So, to retrain these stabilising muscles, in particular the TA and LM, low level activation in the order of between 5-30% has been shown to be most effective. Anything more seems to encourage the activation of the phasic muscles and the outer slings to stabilise, which then seems to neurologically inhibit or impair the activation of inner sling muscles.

The significance of core stability in the body is that it always likes to find a stable platform before initiating movement, or as close to it as possible. If the inner sling is not working efficiently then muscles of the outer slings seem to take over at least part of and, in some cases, the entire role. While it is possible to rely on these outer slings for segmental stability the risk of injury increases due to the possibility of the segments being pulled off their ideal track (like a train derailment). Considering that many muscles in the outer slings have a role in locomotion, any extra load they must account for can only reduce their efficiency and economy

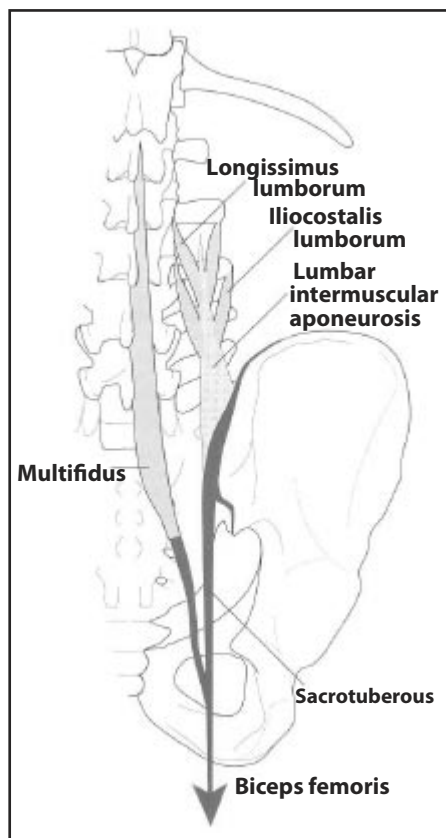


Figure 3: The longitudinal sling

of movement, thus increasing the stress or effort throughout the structure. Therefore, if the inner sling is not functioning at an optimal level then certain muscles of the outer slings will increase their tone to compensate.

The implications for the massage therapist is that it explains why, in some cases, certain muscles maintain a high tonus or only release partially before returning to their prior state of spasm. For those that are familiar with Anatomy Train concepts, the inner sling seems in part closely related to the Deep Front Line - this may help expand your treatment options and understanding.

The Pilates perspective on Core Stability

While it is useful to uncover what components make up the core and its position in the body, it is a concept that can ultimately get in the way of achieving stabilisation. I think the analogy of Heisenberg's Uncertainty Principle from quantum mechanics may help get this point across:

"the more precisely the position is determined, the less precisely the momentum is known".

Although this principle is used in the understanding of subatomic particles, it can be quite a useful explanation in understanding the Pilates view of stabilisation. In Pilates we view the action of core stabilisation as more like a process, which is termed centring. The centre is not viewed so much in terms of a place or position but an area of flow or transition, in other words an area which transfers movement from the lower body to the upper body and vice versa. The language used here to describe core stability and centre is most closely associated with eastern philosophies, where the movement is seen as the transfer of energy between two directions or two polarities and centre is seen primarily as empty space.

"the more precisely the position is determined, the less precisely the momentum is known"

To begin a Pilates session it is normal to explore certain fundamental concepts such as breathing, pelvic floor engagement and centring, which do tend to draw attention to a particular place in the body. This mainly occurs in the first few sessions to build a foundation in which to explore more advanced Pilates concepts.

Once these concepts are established, centring as a process indicates that the focus is more on the flow between the extremities and not so much on the where the centre is located, hence the analogy to the uncertainty principle.

A good example of this in action is a Pilates exercise called the 'One leg Circle'. Here the client lays supine with arms by the sides. One leg is

anchored on the floor while the other circles creating movement at the hip joint with a straight leg. This is termed a multi-planed exercise because it traverses all 3 planes of movement and therefore offers an excellent stability challenge.

The purpose of this exercise is to create mobility in the hip joint while limiting movement elsewhere in the structure.

It may sound easy but when a novice performs it, there is generally a lot of movement in the lower back and torso. To counter this unnecessary movement we may use a visual like, 'imagine your neck and upper body being gently pulled from above you while your pelvis & supporting leg are being pulled from below, like a tug-o-war'. The leg performing the circle may be given a visual like, 'imagine the leg as a pencil and that you are drawing perfectly round circles on the wall as you extend the leg to touch it'. Upon being given an appropriate visual cue, a novice practitioner generally improves their technique quite quickly without any particular focus on the muscles such as the TA and pelvic floor.

With some of these concepts in mind I would like to comment on an article published in the December 2004 issue of In Good Hands. The article I refer to was written by Lynn Spratt, titled 'Learning by Questioning', in which Lynn mentioned two diametrically opposing views on the correct firing sequence of gluteus maximus, hamstrings and erector spinae.

I tend to think that there is no right answer or one sequence that is right for everyone. There are probably several reasons for this but the most pertinent would be the shape of the person's structure.

Lordotic postures for instance are going to create different angles of pull than flat back postures, which will more than likely affect muscle firing patterns. So to impose a

specific sequence on certain people on the basis of some ideal or the perceived 'norm' could create more problems than it solves.

The Pilates viewpoint is to develop a highly functional inner sling in process (already described as centring) while encouraging grace and economy of movement in engaging the outer slings. Economy of movement encourages our bodies to perform an activity using the least effort possible while simultaneously maximising the technique and correct biomechanical relationships, which may alter slightly from person to person due to individual variations.

As long as both these concepts are applied, I would trust the innate body intelligence in finding its own way to perform the exercise no matter what neurological organisation it comes up with.

References

Anatomy Trains; Thomas Myers (2001) Churchill Livingstone

Australian Pilates Method Association (APMA), <http://www.australianpilates.asn.au/index.php>

Heisenberg's Uncertainty Principle; www.aip.org/history/heisenberg

The Outer Unit, Paul Check, www.coachr.org/outer.htm

Therapeutic Exercise for Spinal Segmental Stabilization in Low Back Pain; Richardson, Jull, Hodges & Hides (1999) Churchill Livingstone.

Acknowledgement

Figures 1, 2 and 3 reprinted by kind permission of Elsevier Australia from: Chaitow, *Clinical Applications of Neuromuscular Techniques, Volume 2*. © 2002, Churchill Livingstone.

An explanation and apology from Joel Morrell regarding membership fees

At the recent Annual General Meeting, I made an error in relation to the Special Resolution listed as Item 9 on the agenda, thus rendering this item invalid. I omitted to remind members that our fiscal policy includes authorisation of regular adjustment of fees and charges in line with AWOTE indexation (Average Weekly Ordinary Time Earnings).

The Special Resolution was necessary because the Treasurer recommended membership fee increases in excess of the approved AWOTE adjustment for two categories of membership. The chair called for an affirmative vote on the voices and before the call for a negative vote was taken, a question was asked from the floor as to why only these two levels were being changed. The indexation of other charges was explained but then the Chair failed to request a negative vote and the resolution was not properly passed.

It has been decided that the two levels of membership in question will only be adjusted within the indexation policy.

Annual Membership Fees as at December 1 2005

General Level	\$116
Senior Level One	\$148
Senior Level Two	\$190
Senior Level Three	\$210
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AKUPUNKT-MASSAGE (APM) is a technique that uses a combination of massage and acupuncture on the body, by using a specialised metal pen instead of needles. The pen is used to balance the body's energy flow, through the vessels called meridians and their related acupuncture points. By balancing and transferring energy we encourage the body to self-heal. This technique is aimed to clear up the course of an ailment, rather than symptoms. A remarkable part of this technique improves and can heal back problems; migraines; female related ailments; stress related symptoms and much more.

This technique was developed in Germany by Willy Penzel, and has been very successful over the last 35 years. The course is now in 10 countries around the world, and it is now been brought to Australia and New Zealand by Rene Goschnik, the only certified lecturer/therapist.

This diploma is divided into 4 separate courses – A, B, C, D, with both theory and practical examinations as part of the final course. The courses are between 4- 5 days in length, with about a 50% theory and 50% practical.

Course A: APM – the Penzel Method; T.E.M. - Tension- Equalization- Massage

- explore the energy circulation system of the body (12 meridians and 2 Vessels) and their use for your patients

Course B: Energetics - therapy over the dividing of the energy circulation system

- the use of acupuncture points relevant to this therapy
- the treatment of scars

Course C: Energetic - Physiological treatment of the spine

- that involves learning new diagnostic skills and gentle movements (manipulations) of the pelvis and spine

Course D: Akupunkt- Massage of the ear; Teaching of the Five Elements; Examination

- the use of Electro- Energy and Moxibation

COURSE A DETAILS – SYDNEY - February 26,27 & March 4,5,6 2006
- May 27,28 & June 3,4,5 2006

AMT accredited – 200 CEUs

Massage Therapist of the Year

Alan Ford



Alan Ford presenting at the Annual Conference

Being totally unaware of my nomination for Massage Therapist of the Year, I was rendered speechless when the accolade was presented to me at the AMT Conference. I wish to rectify that now by offering my thanks to a number of special people who have supported me over the fourteen years that I have been involved in massage therapy.

In particular I would firstly like to thank the AMT Executive for accepting the nomination and choosing me ahead of other worthy nominees for the Award.

I thank the active members of the ACT Eden/Monaro region for their support in the region and its activities over the past 13 years, particularly the past 3 years of my leadership. Without your enthusiasm for the Association's activities, life would have been difficult.

Special thanks to Sandra Morgan, a

former ACT Regional leader, former owner of Om Shanti College and also my initial teacher of massage. Sandra imparted a philosophy of looking at the 'whole body' and her guidance has helped me to become a more rounded massage therapist. She gave me the faith in my convictions regarding a treatment plan for the whole body and helped me conquer any hesitancy in applying these practices. I would not have been given the opportunity to achieve my goals as quickly as I have without her wisdom, knowledge and expert teaching. And I could never have made the transition from a strict military outlook (from 20 years in the Navy), to that of the well-balanced and adjusted Virgo that I am today! To this end, Sandra I thank you.

To my best mate and colleague, Derek Zorzi, for our continued exchanges of both massage and life experiences – thanks mate.

To Paula Battersby for her invaluable support during my period as regional leader and her shared input into the

program reference group at CIT, of which we were both members. Paula was always willing to step into my shoes as regional leader when I was away or unable to fulfil these duties. Thanks Paula.

Thanks also go to Malcolm Coulter, a past ACT regional leader, for his continued friendship, interest and support during my representation of the area.

To Rebecca Barnett and Melanie Easley for their valuable support and, indeed, to all Head Office staff. Without these wonderful workers the AMT Office would not run as smoothly as it does. Thank you.

Last, but not the least, to my wife, Marilyn. Marilyn has been my confidante, supporter, life and business partner for over 30 years. Without Marilyn's backing and encouragement I would not have taken the risk of entering into massage therapy practice. It is to her that I attribute my achievements and successes. She actively supported my involvement in being the ACT region leader and has been an unwavering stalwart throughout my 14 years in massage. Thanks Darling.

To all of my colleagues and supporters I am honoured to accept the award of 'Massage Therapist of the Year 2005'.

Other Awards

Warm congratulations also to our other Award recipients:

Wendy Elmer - Cynthia Davis Award

Paul Messenger - Student Therapist of the Year Award

School of Integrated Body Therapy 20 yrs strong

DESCRIPTION	LOCATION	STARTS
POST GRAD & WORKSHOPS		
Myofascial Pt I	Newcastle	Mon 12/9
Advanced Myo	Newcastle	Feb 06
Lymphatics-5 Mons	Charmhaven	Mon 8/8
Deep Tissue Muscle Therapy-6 wkends	Charmhaven	Sat/Sun 13&14/8
Lomi Lomi - 5 Tues	Charmhaven	Tues 20/9
Hot Stone	Newcastle	Tues 23/10
Hot Stone-3 wkends	Tamworth	5&6/11
Trigger Point Therapy	Newcastle	Oct TBA
Lower Limb Wshop	Newcastle	1 day 27/8
Pelvic Girdle Wshop	Charmhaven	1 day 11/9
Lower Limb Wshop	Tamworth	1 day 8/10
Shoulder Pain Wshop	Tamworth	1 day 9/10
Neck Pain Wshop	Newcastle	1 day 15/10
Neck Pain Wshop	Muswellbrook	1 day 22/10
Detox Massage	Charmhaven	2 days 23/10
Pelvic Girdle Wshop	Muswellbrook	1 day 19/11
CERTIFICATE IV MASSAGE (HLT40302)		
Full Time-Charmhaven, New Lambton, Woy Woy start 2/8		

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Presented by Paul Doney

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Massage therapists will have the opportunity to work in the frontline of treatment: your skills can save lives.

This 4-hour workshop will review the current state of play and the risks of an influenza pandemic. We will revisit the pandemic of 1918-19 and examine the lessons learnt there. You will learn how to co-ordinate your efforts with local chiropractors, osteopaths and GPs. Most importantly, you will learn about the most effective treatments given during the last great influenza pandemic and how you can apply most of them.

Dates: 25 February, 2006 or 25 March, 2006
Time: 2pm
Cost: \$65 (Bring your own table)
Cheques to: Flesh and Bone Pty Ltd
 2 Cross St, Forest Lodge, NSW, 2037

Please nominate which workshop you would like and include a contact phone number in case the course is oversubscribed.

Inquiries: Paul Doney on 0433 570 113 or
pdoney@yourhealth.com.au

Expressions of interest in workshops outside Sydney are welcome.

The news in brief

Positions Vacant:

AMT Journal Editor

Expressions of interest in the position of AMT Journal Editor are warmly encouraged, graciously invited and hotly anticipated.

Just when you thought the current editor had limitless supplies of energy, enthusiasm, intellect, wit, beauty, charm, charisma, savoir faire, schadenfreude and a host of other exotic sounding things that are much harder to spell and may even be illegal, it turns out she's just about had it.

This is a paid position. Part-time/casual.

No experience necessary but high level written English skills and computer literacy essential.

Full support will be given in the initial period of employment. We anticipate a three-month handover while the new editor finds their feet.

The current Journal editor has grand plans for the future of the AMT Journal but there is substantial scope to really put your stamp on the Journal.

For more information or to discuss the possibilities please contact Rebecca Barnett:

0414 732 873

newsletter@amt-ltd.org.au

An exciting, new, part-time career awaits you (and it's not in the army)!

Great news regarding Australian Unity!

After 6 months of negotiation and persistence on the part of AMT, Australian Unity have agreed to recognise Senior Level One members as providers. Until now, the fund would only recognise Senior Level Two and Three members of AMT.

This now makes Australian Unity a 'Status C' fund on our health fund table.

This change will affect all Senior Level One members with a current senior first aid certificate and insurance cover of at least one million dollars. Make sure you have sent copies of your current insurance and first aid to Head Office or your name will not be forwarded on the health fund lists.

This acknowledgement of the education and skills of our Senior Level One members means that over 300 members of AMT are now endorsed as providers by Australian Unity!

Sincere thanks go to Melanie Elsey for her persistence and tenacity. She has politely "bothered" the decision-makers at Australian Unity until they recognised the need for policy change. Nice piece of member advocacy Mel! AMT's Senior Level One members salute you.

AON Risk Services come on board

AON Risk Services Australia Limited have just teamed up with AMT to offer a "claims made" insurance policy to our members.

Members now have a choice of two top industry insurers - OAMPS or AON. These bulk arrangements which have been negotiated on your behalf

can make a substantial difference to the cost of obtaining professional indemnity insurance - applying as an individual costs around \$100.00 more than the AMT policy so it's a real benefit of AMT membership!

For more details on the new AON policy please check out the members section of the AMT website.

Receive your AMT Journal electronically

AMT is pleased to offer our members the opportunity to save some trees!

You can now receive your copy of the quarterly journal In Good Hands direct to your email box. We will send each edition hot off the desktop - faster than you can say "where's my snail mail?".

If you opt to receive the new e-Journal version of In Good Hands, we will not send you a hard copy. We will send a PDF document to you as an email attachment - same content as the paper version but faster delivery. So, you'll catch up on all the AMT gossip sooner than the rest and you'll have peace of mind knowing that one less old-growth forest tree had to be chopped.

We encourage all conservation-minded members to "opt-in" for an electronic version of In Good Hands.

All you need to do is send an email to AMT Head Office and write "Electronic Journal" in the subject line. Please also include your membership number in the body of the email and send it to:

message@amt-ltd.org.au

Please help us to cut costs not trees!

Diploma Course in Traditional Chinese Massage

ACCREDITED BY

Association of Massage Therapists
Association of Remedial Masseurs
Australian Traditional Medicine Society



One Year Part-Time Training Program

Training Centres

Penrith: Mon. Mornings
Strathfield: Wed. Evenings
Newcastle: Wed. Evenings

2006 Course Commence: 30th January

Upon completion of this qualification, the graduates will also be able to upgrade towards VETAB Accredited Diploma in Traditional Chinese Medicine Remedial Massage (Tui Na An Mo) HLT50102

For Registration & Course Curriculum
Please visit www.chihealing.com.au

Chi-Chinese Healing College

Registered Training Organisation (RTO) under the
Australian Quality Training Framework

China Acupressure Massage (Tui Na) 2006 Study Tour with Master Zhang Hao

Place: China International Exchange Centre of
Traditional Chinese Medicine – Beijing

Date: 8th ~ 22nd April 2006

Departure: Sydney

- * Two weeks intensive training in Five reputable TCM Hospitals
- * Daily hands on clinical experience with expert physicians
- * Tutorial lectures on Chinese diagnosis, Tui Na & Qi healing etc.
- * Morning outdoor Tai Chi & Qi Gong training & exercises
- * Evening entertainment such as Peking opera and Acrobatic show
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Upon completion, a certificate of participation in Chinese
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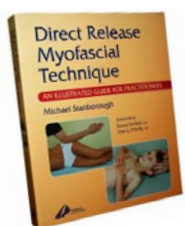
MFR I: Mar 18, 19
MFR II: May 13, 14
MFR III: Aug 5, 6
CSB I: May 26, 27, 28
Russell Tatlow
0417736752
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Jeff Murray, Australia's only certified instructor, will take you through the volumes in depth, covering three components: Muscle Energy Technique, Post Isometric Relaxation and Transverse Friction Massage.

Onsen Therapy is a must for those who want to develop excellent assessment skills. Once completed, you will be a registered Onsen Practitioner internationally.

Workshop dates for 2006

Volume 1: Structural Assessment and Corrections of the Thoracolumbar, Sacral & Pelvic regions

- Newcastle - March 3, 4, 5
- Sydney - April 28, 29, 30
- Canberra - May 26, 27, 28
- Melbourne - June 23, 24, 25

Volume 3: Structural Assessment and Corrections of the Cervicothoracic region

- Mackay - July 28, 29, 30
- Gold Coast - August 25, 26, 27
- Newcastle - September 22, 23, 24
- Sydney - October 6, 7, 8
- Melbourne - November 24, 25, 26

www.beyondmassage.com.au

Contact:

jeff@beyondmassage.com.au

Ph: 07 5599 2514

These workshops are AMT accredited.

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.

Health Funds and Societies	Status
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
ANZ Health Insurance (HBA)	C
Australian Health Management Group	C
Australian Unity	C
Geelong Medical Benefits Fund	C
HealthCover Direct (HBA)	C
NIB	C
NRMA Health	C
Victorian WorkCover Authority	C
MBF	D
Medibank Private	E
The following funds require members to contact them for a 'provider kit':	
Cardmember Health Insurance Plan (HBA) Ph: 1800 060 239	C
Gay & Lesbian Health Fund Ph: 1800 800 245	C
Government Employees Health Fund (AHMG) Ph: 1300 366 868	C
Grand United Friendly Society Ph: 1800 800 245	C
HBA (formerly AXA) Ph: 1800 060 239	C
HCF Ph: 02 9290 0163	C
Mutual Community (HBA) Ph: 1800 060 239	C
Super Health Plan Ph: 1800 624 570	C

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

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. Provide your clients with a formal receipt, either computer generated, or with rubber stamp or address label clearly indicating 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)

December		CEUs
2-4	Lomi Lomi Massage. Presented by Nemara Hennigan and Andrea Lopez. Wyee Ph: 0413 275 485 or 0422 410 227	150
5-11	Myofascial Release 4. Presented by Patricia Farnsworth. The Centre, Randwick. Ph: 1800 101 105	300
10-11	Introduction to Daavid Therapy. Presented by Pierre Daavid. Sydney. Ph: 02 4929 3751	50
January		
28-29	Introduction to Daavid Therapy. Presented by Pierre Daavid. Sydney. Ph 02 4929 3751	50
February		
4-5	Daavid Therapy 100 hr course, 1 weekend a month until 26 November. Presented by Pierre Daavid, Sydney, Ph: 02 4929 3751	500
4-5	Myofascial Release 1. Presented by Michael Stanborough. Canberra. Ph: 0411 398 996	80
11- 12	Chronic pain and structural alignment (Series 1). Presented by Alan Ford Sydney. Ph: 02 6232 6883	70
18-19	Myofascial Release 1. Presented by Michael Stanborough. Melbourne. Ph: 03 8802 4345	80
28, 27 and March 4, 5, 6	Akupunkt Massage. Presented by Rene Goschnik. Sydney. Ph: 02 9547 0158	200
March		
	Two days at the Talus. Presented by Dr Paul Conneely. Perth. Ph: 02 9369 1215 (expression of interest sought)	70
3-5	Onsen Muscle Therapy, Volume 1. Presented by Jeff Murray. Newcastle. Ph: 07 5599 2514	105
9-13	Myofascial Release 6. Presented by Patricia Farnsworth. Randwick. Ph: 1800 101 105	300
18-19	Myofascial Release 1. Presented by Michael Stanborough. Brisbane. Ph: 0417 736 752	80
24-27	Advanced Remedial Massage (Module One). Presented by Mark Philip Deal. Sydney. Ph: 02 9387 2319	160

Please view the Calendar of Events on the AMT website for the complete 2006 listing: www.amt-ltd.org.au



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