

In Good Hands

The Newsletter of the Association of
Massage Therapists (NSW) Ltd

June 2003



Sydney Kings get a helping hand

By Rebecca Barnett

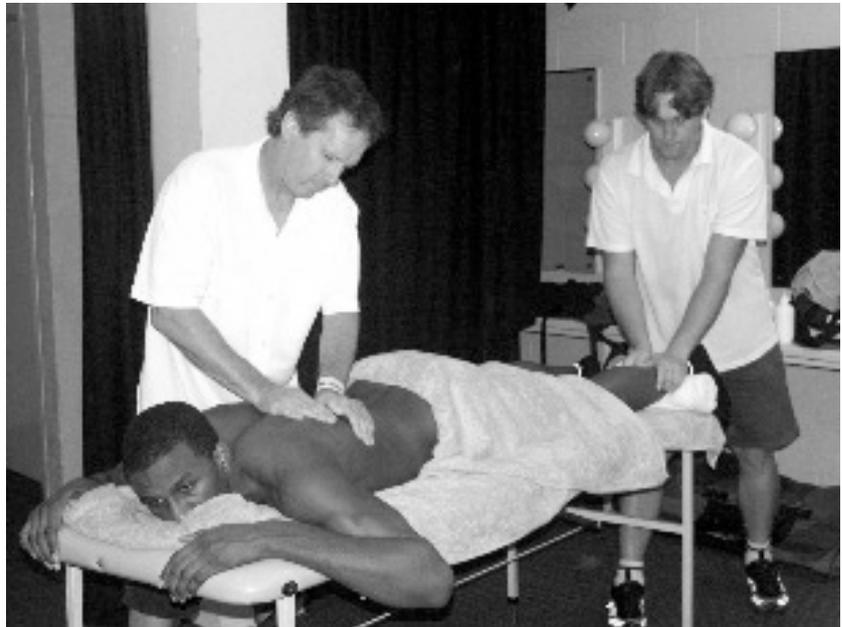
It's no secret to basketball fans around the country that the Sydney Kings recently took out their first NBL premiership in the history of the club. However, one of the crucial factors in their form turnaround was a secret weapon – massage therapy.

Under the supervision of teacher Diana Glazer, students enrolled at Meadowbank TAFE provided sports massage throughout the Kings historic 2002-2003 season. For six months, they conscientiously attended mid-week training sessions and home games, performing pre and post game massage on the team.

It was certainly a marriage made in sporting heaven. For the students, the opportunity to hone their skills at an elite level and develop an understanding of working in a team environment proved invaluable.

"It's almost impossible to overstate the value of this experience as a teaching tool," Diana Glazer said. "I know many qualified and experienced therapists who would love to work on elite athletes of the calibre of Shane Heal so you can imagine how the students grabbed hold of the opportunity. Getting them out of the student role and into the persona of professional therapists proved to be the greatest step forward in their two years of education."

The students who have now graduated seem to concur.



Students working on the most valuable player (MVP) in Australia

"The confidence I gained working on The Kings has helped me settle into my professional life," commented recent graduate Melissa Malone. "Whenever I have a huge guy walk in from pumping weights in the gym I have no problems getting in there and treating his injuries. Also I have the confidence to work on any client who walks through the door, whether it be an elderly lady with lower back pain, a young boy with recurring sinus congestion or a young mum with constant tension headaches".

For the players, coaches and team management, massage therapy became integral to their philosophy and approach to training, recovery and performance.

During the final series of the season, coach Brian Goorjian credited the massage team with being instrumental in ensuring that the Kings were not only the freshest team in the competition but also the most injury free.

The students performed a staggering 340 hours of massage therapy during the six-month basketball season. They had the unique satisfaction of working closely with individual players and monitoring their recovery rates and performance. For some, the experience became a living demonstration of the benefits of massage therapy.

"The feeling of being associated with a winning National Team is

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Workshops advertised in this Newsletter are not necessarily accredited by the AMT. The views, ideas, products or services in this Newsletter are not necessarily endorsed by the AMT.

hard to articulate," recent graduate Angela Tunks observed. "I truly gained confidence as a practitioner and respect for the benefits of massage. Each week we treated new injuries and, as fast as they occurred, they seemed to heal."

For others, it was all about developing confidence outside the confines of the classroom, as well as the undeniable thrill and adventure of massaging some of the sports' greats.

"The opportunity to work with professional athletes has been invaluable. It has given me a high level of confidence to take into the real world," said Ian Eggleton. "The first time I worked on Shane Heal I thought 'this guy is worth around one million dollars

... how hard do I dig my knuckles in?!"

For the woman who put in tireless hours organising rosters, supervising students and massaging to boot, the payback has been profound.

"The experience was deeply satisfying," said Diana Glazer. "It opened up new avenues and opportunities... I may be travelling with the men's and women's national teams in the future. It also proved that I still maintained my hands-on skills despite many years of teaching rather than practising - and let's face it, being a 53 year old female travelling with a bunch of young male athletes also had its moments!"

(For more Kings stories, turn to page 13)

NEWS FROM THE STATE COUNCILLORS

ACT Alan Ford

Hi there, my name is Alan Ford, I am a senior level 3 member of AMT and the new ACT representative for the Association.

Firstly, I would like to take this opportunity to thank my predecessor Malcolm Coulter for the excellent job he has done for the past 2 years for the region. Malcolm has worked tirelessly to keep massage therapy in the minds and hearts of therapists, students and the general public. He would often visit clinics, colleges, sports centres and offices to push for massage therapy to be recognised as an integral part of complementary medicine. Many thanks Malcolm.

I would like to welcome back on board Om Shanti College who were out of action for several months after a serious fire last year. After an action packed start to the year in the ACT, what with bushfires and continuing drought, it will be good to settle down and take a breather for the next few weeks.

Since taking up my new post, I have been fortunate enough to be elected chairperson of the Program Reference Group for Remedial Massage.

This reference group is assisting in formulating a national CIT training package which will fit into the health training package qualification framework. Once completed, these training courses will be nationally accredited throughout the CIT with students working to attain either Certificate IV in Massage or a Diploma of Remedial Massage. I will keep you informed on this matter as things progress.

As the new AMT representative for this region I look forward to meeting with as many members as possible at the next local gathering at Om Shanti College on Tuesday 17th June at 7.00 pm. As this Newsletter may be the only notification of this date and venue, please place a reminder in your diaries.

At the meeting I hope to discuss the local area Massage Therapy Directory; input into Massage Therapy Awareness Week in September; and the 9th Australian Masters Games to be held in Canberra from 31 October to 9 November 2003. I am also keen to place any other massage therapy matters on the agenda for discussion.

Please forward any suggestions for the agenda to: alan.ford.bodyworker@bigpond.com.au

ATTENTION:

HAVE YOU RENEWED YOUR PROFESSIONAL INDEMNITY INSURANCE?

Have you posted or faxed a copy of your current Certificate of Currency to AMT Head Office?
(Please do not send your tax invoice!)

Please forward a copy to us now so that your name remains current on the Health Funds lists.

LETTERS TO THE EDITOR

The lady doth protest

Regarding your editorial in the March issue of this Newsletter:

Yes, you are right in saying we are our own worst enemies.

As a Massage Therapist of only 12 months I am already sick to death of the innuendoes of this profession. But that cynicism isn't coming from the general public, it is coming from fellow therapists and in nearly every Newsletter I have received.

It doesn't matter what profession you are in there are always people who think the wrong thing.

I was a nurse for 10 years before I made the wonderful decision to become a Massage Therapist, but that doesn't mean I was blond, big boobed and wore a short and very low cut uniform or bear any resemblance to Nurse Nancy. No more than every accountant is a nerd or every male Australian is a bronzed lifeguard. I could go on but I'm sure you get my point.

If any Massage Therapist has clients leaving their rooms or clinic with the notion that it is a sex clinic or they have just left a Helga, Sven or Spalding (to name a few you have mentioned) they need to rethink their practices.

But, all in all, you need to forget what you think people are thinking and just get on with the business

of being best Massage Therapist **you can be** and only then will you reap the rewards.

Remember the saying "Those who protest the loudest."

Let us go into the future not even trying to explain what we are **not** but explaining who we are and what we are about. HELPING PEOPLE!

Yours in Good Health and Practices

Jodee Shead

Rhyme for a massage therapist

Backache, backache, it makes me quake,
Awful, searing, cruel backache.

A cab I hail, relief I seek

And then to therapist Cheryle speak:

"Relieve me now for pity's sake,
I am demented with backache".

And soon I on her couch recline,

She plays a rat-tat along my spine.

"Holy cow, that the spot," I opine.

She hits it with a karate chop

"Now it's not!"

Hallelujah, I'm cured and

I dance around the floor in glee

Says she "My fee!

Don't forget the 50 bucks you owe to me."

Written for Cheryle Parkes by a grateful client

AN OPEN LETTER FROM JOEL MORRELL TO AMT MEMBERS ABOUT THE PRESIDENCY

You may already be aware that Geof Naughton has indicated he does not wish to seek a fourth term as President of AMT. It has been suggested that I allow my name to be put forward for nomination. Before doing so, however, I wish to draw members' attention to some related issues.

I live at Nambucca Heads, which is half way between Sydney and Brisbane. AMT has never previously had a rural based President. If I became your President you would be exchanging a President who lives 500 metres from the office and comes in at least one day per week, for a President who lives 500 kilometres from the office and who would come into the office at least one day per month, but only once each month.

In terms of costs, the emphasis would move from a "President's Honorarium" to "President's travel costs". As a cost centre in our budget, I would estimate a potential rise from \$ 5,000 to perhaps between \$ 8-10,000 per annum.

In terms of effectiveness, there would necessarily be greater use of electronic communications. This

could be interpreted as giving those members who are computer linked a greater say or, at least, a more prompt say in AMT affairs. But this would also provide each of the key Vice-Presidents with a wider base of support, if we used some advisory panels that only met electronically.

If the idea of a rural or remote President is realised, what would be my priorities?

My highest priority is to be on the lookout for my successor. Secondly, I would support and extend regional activities (once a country boy, always a country boy!). Thirdly, to protect and maintain AMT standards but allow members the freedom of choice over their own future progress, development and continuing education. I would remind members that nominations for executive positions open on July 1 and close July 21. Thereafter, positions where the number of nominations exceed the number of posts go to postal ballot. If you are not comfortable with the idea of a rural-based President, there is still scope to nominate another candidate.

With kind regards – Joel Morrell

Victory for Australian Therapists

By Kirsten McCulloch

A fees victory for the Australian Rolfing Association has resulted in new opportunities for Australian massage therapists. In December a group of therapists graduated from the first ever Unit 3 Rolfing□ Structural Integration training run in Australia, making them qualified Rolfers. Following that successful training a Unit 1, Advanced Foundations of Somatic Practice, has just been held in Sydney, another first for Australia.

What *is* Rolfing structural integration? Simply put it is a form of bodywork, usually practised over ten sessions, which aims to balance the body in gravity. This is done primarily by systematically relieving restrictions in the myofascial network. A pamphlet published by The Rolf Institute explains "because gravity exerts its force evenly, it tends to create strain in unbalanced bodies and to support balanced ones. After Rolfing, people report feeling lighter and better balanced. Chronic discomforts often disappear immediately or soon after the series is completed."

Does Rolfing work? Various scientific studies say yes, including a study run by the UCLA Department of Kinesiology and another published in *Physical Therapy*, the journal of the American Physical Therapy Association. Other studies are referenced on the Rolf Institute website, <http://www.rolf.org>. Before and after photographs show changes still present many years after the basic series is complete, although of course later body changes, stresses and injuries may make additional work useful over time.

The Australian Rolfing Association's victory consisted of winning the right from The Rolf Institute (based in the US) to charge for courses in Australian dollars. With the current exchange rate, this nearly halved the cost of training for Australians and others willing to come to Australia. Consequently it has brought overseas students into Australia to train, as well as allowing Australians to stay home and spend their money here.

The previously prohibitive cost of running the training here meant that Australians had to go abroad, usually to America, to complete at least part of the training. Since the second and third units are eight weeks each of full time study the combination of time off work, airfares, plus living expenses and fees paid in US dollars ensured that the number of qualified Rolfers in Australia remained low. In fact Chris Howe, one of the recent graduates and a senior level member of AMT, had to commute from Canberra to Sydney to receive the ten Rolfing sessions himself. He has now removed that obstacle for others in the Canberra region, setting up his own Rolfing practice there.

Michael Stanborough, president of the Australian Rolfing Association, gained a personal victory recently as well. He is now the first Australian to have been admitted to the faculty of The Rolf Institute. This too has contributed to the improved availability of training in Australia, although other instructors will still teach some of the courses. After all, who could resist a working holiday in Australia?

Units two and three are both scheduled to run in Sydney later this year. For more information contact Pamela Notley at the Australian Rolfing Association, PO Box 1511, Neutral Bay NSW 2089 Australia, Ph: (02) 9953 5302/0418 858 557, Fax: (02) 9908 3508, email: info@rolfing.org.au. Or check out the website at: <http://www.rolfing.org.au>.

Attention all AMT members

IMPORTANT

Your Senior First Aid Certificate is required by some health funds and you are advised that this certificate expires on the date stated on the actual certificate.

Please renew your Senior First Aid Certificate on or about that date and post or fax a copy to AMT Head Office so that your name remains current on the Health Funds lists.

Deadline!

Deadline for the next issue of In Good Hands is:

1st August, 2003

Please email contributions to:

rebeccabarnett@optusnet.com.au

Ph: 0414 732873

Ask Mark

In this new column, members can pose their burning, massage-related questions to Mark Philip Deal, principal of Peridor Health Schools. Mark is a chiropractor and massage therapy educator who is well known for his colourful and vibrant approach to teaching A & P.

Question: Is a short, tight psoas implicated in anterior or posterior presentations of the pelvis?
(MC, ACT)

Answer: Another question needs to be addressed before we can tackle the problem at hand. Firstly, are we talking about both Iliacus and Psoas Major when looking at possible pelvic rotations? Though both muscles have a common insertion (or inferior attachment), the line of pull will vary depending on contraction of each of the muscles respectively. Iliacus will have a medial vector of pull providing for a possible medial rotation of the Ilium while Psoas will have a downward, lateral and anterior vector of pull with respect to the Lumbar spine. For the sake of argument, I will concentrate on the role of Ilio-psoas as a combined muscular structure.

The iliopsoas is mainly a hip flexor and weak lateral rotator, and shortening will result in pulling the iliac bone anterior-inferior, increasing the lumbosacral angle and increasing lumbar lordosis.
<http://www.chiroweb.com/hg/10/03/25.html>

Michele wrote a 550 page textbook, *Iliopsoas*, in which he relates psoas spasm to pelvic tilt, exaggerated lumbar lordosis, compensatory dorsal kyphosis, back pain, sacroiliac dysfunction,

degenerative hip arthrosis, degenerative disc disease, spondylolysis, spondylolisthesis, scoliosis, malposture, and meralgia paraesthetica, among others. (Michele AA: *Iliopsoas*. Springfield, Ill: Charles C. Thomas, 1962)

The next question we would have to consider is which other muscles and structures are involved with a particular pelvic tilt or rotation? Below is a table of projected alignments of the Pelvis and Lumbar spine with respect to muscles of the lower trunk and thigh.

<http://www.hscsyr.edu/cdb/grossanat/limbs10.shtml>

I think the question requires more discussion and maybe a more concise questioning. A test that may indicate tight iliopsoas is suggested by Michele. (Michele AA: *Iliopsoas*, 1962)

Client lies at end of table with uninvolved right hip flexed. Examiner extends the left knee and flexes left hip as far as client will allow. Examiner's left hand is placed on client's left ASIS in order to palpate for anterior rotation of the innominate (ilium). Examiner then allows the left leg to drop (towards extension). If examiner palpates ASIS movement before the leg reaches 30 degrees from the horizontal, there is significant hip flexor tightness. The hip should be able to extend 20 to 30 degrees below the table with ASIS movement.

Do you have a question you would like to put to Mark? Please email in the first instance to: rebeccabarnett@optusnet.com.au

ALIGNMENT OF THE PELVIS

MUSCLE GROUPS	Pull On The Pelvis	Pelvic Alignment	Lumbar Spine Alignment
Posterior Back: Erector Spinae	Posteriorly & Upward	Anterior pelvic tilt	Increased lordosis
Anterior Abdominal: Rectus Abdominis, Ext. Oblique	Anteriorly & Upward	Posterior pelvic tilt	Decreased lordosis - Flat back
Hip Extensors: Gluteus Maximus, Hamstrings	Posteriorly & Downward	Posterior pelvic tilt	Decreased lordosis - Flat back
Hip Flexors: Iliacus, Psoas, Tensor Fascia Lata, Rectus Femoris	Anteriorly & Downward	Anterior pelvic tilt	Increased lordosis
Hip Abductors: Gluteus Medius, Gluteus Minimus	Laterally & downward on same side	Ipsilateral tilt downward	
Lateral Abdominal: Internal Oblique Transversus Abdominis	Medially and upward on same side	Contralateral tilt downward	

AMT Anatomy Wetlab review

Members' day - 9th March

By Melanie Elsey

Dawn (or a few hours after) on a glorious sun-drenched Sunday, I headed off to the University of Sydney Cumberland Campus – Health Science heaven. Arriving 20 minutes early I found a dozen enthusiastic AMT members already examining specimens 'under-glass' and am pleasantly surprised by the turn-up. At 9am, minus a few who arrive minutes later, the group move in to the wetlab and Philip starts his introduction to a captivated audience.

AMT members came from Canberra, the Central Coast, and there was also a group of Goulburn TAFE students. We were divided into two groups and our lecturers, Philip and Jan, proved to be extremely knowledgeable, patient, informative and humorous. Ask Philip why teenagers are the way they are and he will give you the obvious answer – their frontal lobes are not fully developed at that age! Now I believe my (rather normal) teenage son when he insists it's 'not his fault' that he behaves as if he has half a brain.

The four hours were well spent examining bones, muscles, nerves of the trunk, shoulder/arm/hand, leg/foot, and the brain/spinal cord. Finally, with the aid of dissection, and a clean cut to the clavicle and pecs, we were able to fully palpate subscapularis. We were also reminded that the Rotator Cuff is a different structure to the Rotator Cuff Muscles – how lazy we get referring to that muscle group! Many members commented on how good it was to actually see the muscles attached to the bone, see the direction of the muscle fibres, and to see how the muscles work - better than having X-ray vision for those of us who learn kinaesthetically.

I believe that everyone was impressed by how 'hands-on' this workshop was and recommend that anyone who has never been to a wetlab should take the opportunity to go when it next presents itself.

The next AMT members' day is on

Sunday July 20th.

The topic is yet to be announced.

Notification will be sent by mail.

NOMINATIONS FOR ELECTION - 2003

At the State Council Meeting held June 17 & 18, 1995, the State Executive identified and prioritised 6 major Association activities as follows:-

1. **Government** - at Federal, State and Local level in all parameters that affect our right to exist and practice.
2. **Education** - basic training and qualifications, post-graduate training, and Continuing Education Units both in Government and Private Institutions.
3. **Marketing** - including sponsorship, trade exhibitions, mailing campaigns, yellow pages syndicates and any other group support commercial endeavours.
4. **Public Relations** - including donated services, public clinics, sporting events support, Massage Therapy Awareness Week, services for the disadvantaged, media interviews or events, educational visits or venues, and any other type of pan-industrial promotions.
5. **Non-client** - re-imbusement including policy on Workers Compensation, WorkCover, Provider Numbers, Third Party Insurance, Accident and Income Loss Insurance, Health Insurance Funds, Staff Welfare Programmes and any other means by which Massage Therapist Fees may be met by a third party other than the client
6. **Administration** - namely the day to day running and proper administration of a complex organisation of a major professional business organisation

NOMINATION FORM OVER THE PAGE

AMT Executive would like to call for nominations for the following positions:-

PRESIDENT	who shall be responsible for all Government negotiations
TREASURER	who shall be responsible for all AMT finance
4 VICE-PRESIDENTS	who, after consultation with the President shall be allocated the tasks of (function in the areas of) Education, Marketing, Public Relations, and Non-Client Re-imbusement)
10 COMMITTEE MEMBERS	who shall be asked to serve on one or more sub-committees under the Executive Officers

Nominations shall be on the form or in the form prescribed below and will close at the AMT Head Office at 5.00pm on Monday 28th July 2003

Where nominations equal vacancies on July 30th then those people so nominated shall be deemed to be elected. Where nominations exceed vacancies then the Secretary shall proceed to arrange a postal ballot in which ballot papers will be sent to all voting members (i.e. financial practitioner level members). Where nominations are insufficient to fill vacancies then further nominations shall be sought from the floor on the occasion of the forthcoming Annual General Meeting to be held in conjunction with the Conference.

Association of Massage Therapists (NSW) Ltd Election 2003

I (NAME): _____

Home phone No: _____

consent to being nominated for the position of:

Nominator*: _____

Home phone No: _____

Secunder*: _____

Home phone No: _____

* must be a financial member of the AMT

Nominations close at 5.00pm on Monday 28th July 2003. Please send your form to:

AMT (NSW) Ltd
PO Box 792
Newtown NSW 2042

NOMINATION FORM

"MASSAGE THERAPIST OF THE YEAR" AWARD

Please print

Name of person being nominated: _____

AMT membership number: _____

Name of nominator: _____ AMT membership no.: _____

Address: _____

Relationship to nominee (e.g. teacher, colleague, friend): _____

How long have you known the nominee? _____

Reasons for nomination – please refer to the Award Criteria below (attach more paper if required):

Signature: _____

Name of seconder: _____ AMT membership no.: _____

Address: _____

Relationship to nominee (e.g. teacher, colleague, friend): _____

How long have you known the nominee? _____

Signature: _____

CRITERIA

- At least three years of practitioner level membership with AMT
- Current First Aid Certificate, Insurance and adequate CEUs
- Good financial history with AMT
- Active AMT membership (attending meetings, events etc)

SUGGESTED REASONS FOR AWARD

Industry initiative in:

- Business and professional practice management
 - Ongoing relevant education
 - Principles and practice of massage
 - Team leadership
 - Development of AMT and related bodies
-
-

NOMINATION FORM
"STUDENT THERAPIST OF THE YEAR" AWARD

Please print

Name of student being nominated: _____

School at which nominee is a student: _____

Course being undertaken by student: _____

Name of nominator: _____ AMT membership number: _____

Position held at the School by nominator: _____

How long have you known the nominee? _____

Reasons for nomination – please refer to the criteria below (attach more paper if required):

Signature: _____

Name of seconder: _____ AMT membership number: _____

Position held at the School by seconder: _____

How long have you known the nominee? _____

Signature: _____

CRITERIA

NOMINATED BY A SCHOOL/COLLEGE, TEACHER OR FELLOW STUDENT

MUST HAVE:

- High educational achievement
- Excellent practical skills

OTHER VALUES:

- AMT student membership
 - Extra efforts for School/College or AMT
 - Good ambassador for massage therapy
 - Participant in School/College or AMT functions
 - Good team member
 - Dedicated during adversity (e.g. visually impaired or other disability)
-
-



Free Web advertising!

As you are aware, our website is up and running successfully, providing information to members and the general public. In the very near future, our website will be updated to provide a more user-friendly, up-to-date and informative service.

More and more people are using the internet to shop and seek information about many different services, including **Massage Therapy**. As an added benefit to your membership with AMT we are now offering free listings on our website for all members who are currently financial CEU members and who have previously indicated that they wish to receive referrals from AMT.

The members who meet the above criteria will automatically be listed. The listing will include your Name, Suburb, Referral phone and Specialties (as per your renewal form). There will be a note suggesting that potential clients ask questions about currency of insurance and first aid, therefore AMT suggests that you ensure that you are up-to-date with both of these.

If you already have your own webpage or website, we will include a **free link** between your site and the AMT site! Simply contact Head Office with your web address. If you **do not** wish to be listed on the AMT website, please contact Head Office on 02 9517 9925 and let us know.

If you haven't checked out the AMT website, have a look today (www.amtnsw.asn.au). For those who don't have access to the internet at home, you can access our website and email at internet cafes and municipal libraries around town!

White men can jump

By Diana Glazer

You are about to meet a tall, dark, handsome stranger and a short blond one ...!

Just over a year ago I wrote in this Newsletter about resigning from the Presidency of AMT, finishing my postgraduate university studies and finally having time to develop my private, part-time massage practice. I looked into my crystal ball and predicted outcomes based on business planning and best management practice.

I should have consulted a fortuneteller instead!

The future did not hold an orderly, professional home practice but rather an emotional, exciting, fulfilling and challenging position as massage therapist to the Sydney Kings basketball team.

Late November 2001 I received a phone call from Maria Grasso, a TAFE Massage Diploma graduate and massage therapist to the Sydney Kings. She asked if I had any TAFE students interested in assisting over the holidays. Showing my total dedication to the teaching profession I leapt at the chance - not for the students but for myself! Maria and I attended one practise session per week and, together with some physiotherapy students, massaged the team for about half an hour per player. Maria massaged Shane Heal, the captain of the team and the most valuable player. I was responsible for the tall, dark handsome one, Ben.

Recognising the huge learning potential for my TAFE students, I invited them to come with me. The players quickly sorted out the difference between student physiotherapists and massage therapists with occasional players coming to us "for a proper back massage" after massage from the physios. By the end of the season the physio students had disappeared and my students had taken hold of the great opportunity offered to them.

LEVELS OF COMMITMENT

We quickly sorted the players into three groups:

- ***If there's a table, I'm on it!*** This group was always first on and difficult to dislodge at the end.
- ***Who is the therapist?*** This group displayed lots of enthusiasm or invented urgent medical appointments depending on the allocated therapist.
- ***Do I ~really~ need a massage?*** This group had to be ordered onto the table by Nick Popovic, the strength and conditioning coach.

The playing season progressed with a settling-in period where we learnt about the game, the players and the management of the team as well as our place in the scheme of things. For their part, the players learnt about what massage had to offer.

All players wanted work on hamstrings, triceps surae and quads. Some needed the lower back done. All discouraged work on their shoulders: the shoulders were tense and painful but the legs were of much higher priority. My earliest memory of one player was of him taking his shoes off to reveal purple nail polish!

I massaged Ben every week and we established a routine. Ben likes strong massage and I like deep tissue work - a match made in heaven! For those who have not met me, I bear a striking resemblance to Helga, who appeared in the previous issue of this Newsletter. You remember: "*Helga is big. Enormous and powerful. Teutonic and unforgiving. She is always at least six foot tall and built like a brick public amenities facility...*" I circulated this description amongst the players and they recognised me immediately! I may only be 183cm to Ben's 210 but by normal standards I am very tall - and large. Ben was unhappy with the descriptor "*She reduces grown men to tears ...*" until I reminded him about the time he offered me a reference to say that I could make a 110kg man cry.

My second treatment on Ben was so strong I felt I had to leave him with a softer image of massage. I started massaging his face and scalp. It took about 20 seconds for deep relaxation to occur! During subsequent treatments he became anxious if he thought I had not left enough time for the face massage and I credit him with single-handedly making face massage a popular part of the Swedish course at Meadowbank TAFE. We now have a contract - I am allowed to work as deeply as I like as long as I finish with face and scalp massage.

LET THE GAMES BEGIN ...

In January I talked to the students about providing pre and post game massage. They were all keen so I asked Nick if he thought the players might appreciate the service. We decided to set up three tables before a game to gauge the reaction. Within minutes the tables were occupied. The same happened after the game. As the weeks progressed the three tables grew to five pre-game and up to eight post game. My students had found the ultimate in sports massage. Up to ten students per week experienced the whole pre game routine (the coming together, stretching, address by the coach, warm-up etc). Then they could watch the game itself and monitor "their" athlete's performance, rounding off the whole experience with the post game treatment.

Students became therapists before my eyes as they tracked individual athletes - observing physical and mental condition, chronic injuries and rehabilitation and, of course, massage therapy and performance.

The 2000 - 2001 season was not a successful one for the Sydney Kings and we had lots of practise in the torment of sitting through losing games and then having to interact with the players as part of the post game massage.

I also encouraged players to book in at the TAFE student clinic.



Training day for both students and players

By the end of the season, faced with the prospect of training for The Boomers (the Australian Basketball team), Frank braved the unknown and turned up on our doorstep. My brief for his student-therapist was to start at one end and work diligently and thoroughly till they reached the other end. Then turn him over and start again. It took three hours! At the half-way mark I took over to give the student a break. To convince Frank that I could be gentle if I really tried I gave him a Swedish massage on the back. Getting into the rhythm of things I was astounded to find that my normal three circular effleurages only covered two thirds of his back. Adjustments had to be made to every technique!

Frank was ecstatic with the massage and the attention ... the three-hour TAFE special was born! Word spread and soon we had Frank, Ben, Matt and Travis as regulars with some of the others coming in occasionally. Here was the perfect teaching resource - up to 5 students working on one the underlying tissues. Nick was willing to try anything at this stage and I detected only a minor nervous

'body' without bumping into each other! We did, however, have major overcrowding problems as each player took up two cubicles in our clinic.

The students loved working on the players - an opportunity to practice every technique they had been taught to an appreciative audience who gave honest and valuable feedback. And the mere mention of pectoralis minor release had the power of creating a previously undiscovered reflex - the immediate crossing of arms across the chest to protect the region!

RATS IN MY LABORATORY

During this time my main function was to help students develop their skills in therapy planning. I explained to the team's strength and conditioning coach that I rather thought of the players as 'rats in my laboratory', on whom we could test the full range of our skills and techniques. One player already had arthritis in his toes so we used medical paraffin wax to help increase range of motion in the joints. This therapeutic tool proved to be very helpful and was enthusiastically received as feeling "awesome".

Ben provided a real challenge. Operations on both feet and ankles had left adhesions which caused loss of movement and constant chronic pain. The wax softened the underlying fascia enabling me to work much deeper into the soft tissue. Unfortunately, his size 17 feet do not fit into the

wax bath so initially we had a communal bath with Ben dorsiflexing his ankle to fit as much of his foot in as possible and me scooping wax up with my fingers and throwing it at his ankle and toes. Fortunately we have become more sophisticated and now use a ceramic scoop - but not before Ben left a trail of wax in the carpet in several of our cubicles.

The next innovation must be credited to coach Nick who was playing basketball in a lower league. He sustained a knee injury and came to us with a painful knee and a very tight ITB despite meticulously following medical advice and fully implementing rehabilitation principles.

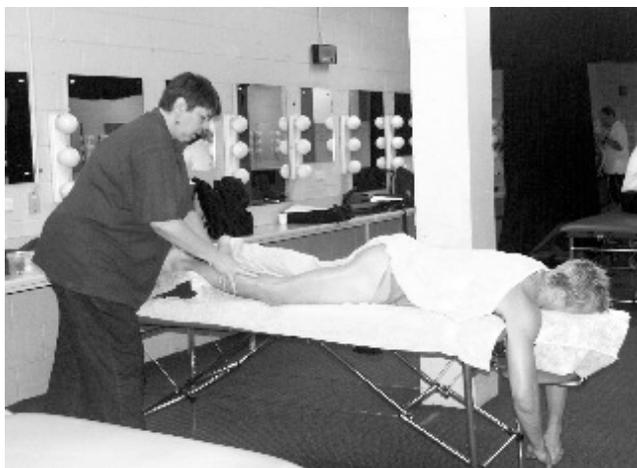
The injury wasn't getting better and he confessed that he now had an affinity with injured athletes - depression was starting to creep into his psyche. I brought out my cupping equipment and explained that I would like to improve fluid circulation around and under his ITB by attempting to 'lift' the ITB from 70% pain and 30% love or whatever ratio he chooses on the day. Towards the end of one

twitch as I lit the flame to create a vacuum in the cup. Three treatments at weekly intervals improved the knee enormously and soon Matt was requesting cupping for his chronic knee injury ... and then Ben.

At this stage I must fess up to the most spectacular lapse of professionalism. Remember the player with the purple nail polish? I snuck in while two students were working on him at TAFE - he had fallen asleep so I painted his toenails hot pink! He chastised me later for choosing the wrong shade, purple and yellow being the team colours!

NEW BEGINNING

The period between seasons was tense with financial problems. Training and playing facilities were downgraded, morale was low and only five players were left to start the new season. There were other changes too. My colleague Maria decided to move on to other sporting challenges so I inherited the short blond one, Shane Heal (at 186 cms he is a midget in basketball terms!). The Kings also got a new coach, Brian Goorjian, who is passionate in his belief that massage therapy is an integral part of the recovery process for athletes. (Brian is also the coach for The Boomers.)



Diana Glazer works her magic on Shane Heal

The students and I were on duty at the pre-season games and acclimatised to the new coach and players. We attended a variety of venues with challenging facilities - sometimes massaging in the corridor and sometimes in the men's shower cubicle. Once, we were "trapped" in the men's shower post-game while Brian paced, ranted and raved at the players for their poor performance.

After massaging Ben for about nine months I had to adjust my massage to Shane - a 24 cm height and 31 kg weight difference meant that every time I lifted Shane's leg I practically gave him a whiplash injury! I also had to get used to a change in terminology. Ben describes my massage in terms of pain and pleasure and likes to get as close to the pleasure through pain barrier as possible. Shane works on a love/hate principle and often requests
The semi finals were against Townsville and again I traveled with the team. The support staff repeatedly rescued me because officials at the airport, hotel and playing venue did not believe I

particularly deep treatment Shane burst out "Diana, you're not giving me much loving today!". The eight students in attendance looked somewhat nonplussed!

Because of my growing reputation, some players developed a nervous twitch when I came near them. Gary sometimes requested a back massage because I made him feel "like a real man" and one of our US import players would just lie to me about his injuries to avoid my attention. I became very adept at reading twitches, toe curls and the length of silent pauses.

The students increased in confidence and some started to develop into competent and assured professionals. One recent graduate was so popular that two players continually competed to be first on her table. Towards the end of the season, one of the players triumphantly got on the table first so the other one lay on top of him!

By this time Matt, Ben, Gary and Michael regularly attended the student clinic. The two US import players, Chris and Kavossy, also made a few visits. Chris looked totally confused when asked to remove his clothing down to his knickers. A quick trip next door to Gary and we were able to tell him to remove everything down to his 'drawers'. Shane finally turned up for his first visit and demanded the full works - wax, cupping and everything the other players had rhapsodised about!

THE LUCKY UNDERPANTS

This season the Kings played sensationally well and became the minor premiers for the first time in the history of the club. During the play-off period a new phenomenon reached full bloom - the lucky underpants! This well-loved article of clothing made its appearance a couple of times during the season but became a fixture during the playoffs. At Xmas I asked if Santa was bringing some new pairs only to be told of their special status, where they had been purchased, how much they had cost and how lucky they were

The students overheard this conversation and started to take an unhealthy interest in the matter. I was terrified that the blessed pair would disintegrate before the end of the season so tucking the towel in became a delicate operation. At every game the students would monitor the status of the lucky underpants until I tweaked to the fact that every pair worn on games night became lucky just to keep the students happy!

The elimination finals were against Melbourne and I traveled with the team to provide pre and post game massage in the first game. We won the series with the third game in Sydney and after the game the coach spoke to the players and then addressed us massage therapists directly. He was jubilant and asked if we had noticed how tired the Melbourne team was and how fresh the Kings players were. He credited the massage team with being a significant part of their successful recovery!

was with the Sydney Kings. They probably thought I was the world's oldest groupie! I set up my table in the hotel room and for the first time massaged the players in a 'normal' setting - one to one with no other players or students.

We won the semis in Sydney in the third game. This time Brian came to us and declared that the females on the massage team were going to get hugs and the men were going to get handshakes.

THE FINAL RECKONING

Game one of the grand final was nerve wracking for everyone. We massaged six players at training and three came to TAFE. We applied heat packs, deep tissue and relaxation massage and purple nail polish. Feet were dipped in wax and cupping applied to ITBs and peroneals. We provided encouragement and played inspirational music. The boys played well but were behind for most of the game. Then with about six minutes to go they roared into life and with a minute spare they won the game! It was one of the most exciting games we had been privileged to see and we were happy to celebrate with them back in the dressing room.

Game two was in Perth and the boys were determined to win. Over one hundred fans made the trip as did wives, girlfriends, relatives and many of the team owners' syndicate. It felt really odd to be in the bus going to one hotel with the team whilst wives and girlfriends were heading off to another.

I set up my table and soon had a roster of players wanting massage. All were totally focused and talked of what they would do at the end of the game when they won. There were no doubts only rock hard certainty. During Ben's massage I gave him a little mechanical cup I had brought with me especially for him. It had to be placed on the skin and twisted to draw the skin and superficial tissue into the cup. The next day I noticed a mark on Ben's knee. He then happily lifted up his t-shirt to show me marks all over his abdomen - he was bored and decided to experiment!

At the games venue I massaged Chris and Kavossy and did some stretches with Gary. As usual I escorted the players out and then went to sit with the Kings fans. Some of these long-suffering people had waited 16 years for a Kings win. One even flew in from Ireland!

The team played exceptionally well and never looked like losing. With five minutes to go I snuck out onto the floor and sat next to the bench players and coaching staff. We held our collective breath. The buzzer went and the Kings had won the championship! It was then that I provided my most valuable service of the season - Shane bulldozed his way out of a scrum of players, came running up to me and thrust the game ball at me. It was my job to keep it safe for him whilst he partied! I knew these hands were good for something...!!

Health Fund Status

If you are up to date with insurance, first aid and CEUs there is no need to apply individually to each health fund. AMT has negotiated provider status with the Health Funds listed below and 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 to individual funds.

Health Funds and Societies	Status
ACA Health Benefits Fund (SDA Church)	A
ANZ Health Insurance	A
Australian Unity	F
AXA Australia Health Insurance (National Mutual Health Fund)	C
Cardmember Health Insurance Plan (American Express)	C
Cessnock & District Health Benefits Fund	C
Commonwealth Bank Health Society	A
Federation Health	C
Gay & Lesbian Health Fund	C
Geelong Medical Benefits Fund	C
GMF Health	C
GMHBA	C
Government Employees Health Fund	C
Grand United Friendly Society	C
HBA	C
HCF	C
Health Insurance Fund of WA	C
Independent Order of Oddfellows	A
Independent Order of Rechabites (IOR) Health Benefits	A
Latrobe Health Services	C
Manchester Unity	B
MBF	D
Medibank Private	E
Mildura District Hospital Fund	C
Mutual Community	C
National Mutual Health Fund	C
NIB	C
NRMA Health	C
NSW Teachers Federation Health Society	A
Queensland Country Health	A
Railway and Transport Hospital Fund	A
Reserve Bank Health Society	A
St Luke's Medical & Hospital Benefits Assoc	C
Super Health Plan	C
Teachers' Union Health Fund	B
United Ancient Order of Druids Friendly Soc	C
Victorian WorkCover Authority	C
Westfund Health Fund	C

Status Levels:

A. All AMT practitioner levels

B. All practitioner levels with:

- ® One million dollars current insurance
- ® Current Senior First Aid (Level 2) certificate

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

- ® One million dollars current insurance
- ® Current Senior First Aid (Level 2) certificate

D. MBF require you to meet their specific criteria. Please refer to information which AMT provided to all members.

E. Senior Level Two or Three members who have completed an application form (available from HO) and with:

- ® One million dollars current insurance
- ® Current Senior First Aid (Level 2) certificate

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 (Level 2) certificate

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

1. Members must be financial and have a commitment to ongoing education (i.e. an average of 100 CEUs per year)
2. Clients must be provided with a formal receipt, either computer generated, or with rubber stamp or address labels clearly indicating practitioner's name, AMT member number (eg: AMT 1-2345), practice address (no PO Box numbers) and phone number. Client's name, date of treatment, nature of treatment (i.e. Remedial Massage), and particular health fund provider number may be handwritten.
3. Health funds require that AMT provides them with a practice address for each member – failure to supply these details to us will result in your name being removed from health fund listings
4. If you have more than one practice address, please notify AMT Head Office of all relevant addresses
5. Please include a **copy of one of your receipts** (for each practice address) to Head Office with your next AMT membership renewal or correspondence. For further information, please check out the AMT's website.
6. **AXA, Cardmember, Gay & Lesbian, Government Employees, Grand United, HBA, HCF, Mutual Community and Super Health** will send you an agreement to sign once they have received a claim from one of your clients and require you to use the Provider Number they issue to you. **Medibank Private** requires an application form upfront and will provide you with a Provider Number (no rebates will be given until this agreement has been returned to the health fund). All other health funds will accept your AMT number (eg AMT 1-2345) as your Provider Number.

AMT Calendar Of Events

June to September 2003

- The letter V indicates that the number of CEUs is Variable - depending on the number of hours attended.
- Courses accredited by AMT attract 5 CEUs per hour.
- Courses not accredited by AMT attract 4 CEUs per 3 hours.
- Please check dates and venues with the contact person before you attend.

		CEUs
JUNE 7, 8, 9, 21, 22 and July 5, 6	Lymphatic Drainage (42 hours) Presented by Allan Hudson Om Shanti Collefe of Tactile Therapies, Canberra. Ph: 62952323	210
23rd	The Stable Spine Presented by Sonja Schulze. Ph: (02) 4782 5092	35
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JULY 20	AMT members day Topic and presenter to be confirmed Ph: 95179925	35
26, 27	Assessment and Treatment of Myofascial Trigger Points in the Upper body Presented by Catherine Tiney Peridor Health Schools, Bondi Junction Ph: 9389 6955	70
25-28	Myofascial Release 1 – Fundamentals (32 hours). Presented by Paul Doney The Centre, Randwick. Ph 1800 101 105	160
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AUGUST 1-3, 16, 17 September 6, 7	Pathology (50 hours) Presented by Eleanor Oyston Om Shanti Collefe of Tactile Therapies, Canberra. Ph: 62952323	50
	Myofascial Release 2 – Somato-Emotional Release (24 hours) Presented by Patricia Farnsworth The Centre, Randwick. Ph 1800 101 105	120
13-17	Myofascial Release 3 – TMJ and Cranial (60 hours) Presented by Patricia Farnsworth The Centre, Randwick. Ph 1800 101 105	300
15-18	Myofascial Release 1 – Fundamentals (32 hours). Presented by Peter Wells Port Macquarie. Ph 1800 101 105	160
23, 24	Chi Acupressure Weekend Presented by Master Zhang Hao Chi-Chinese Healing College, Burwood. Ph: 98999823	70
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SEPTEMBER 11-15	Myofascial Release 5 – Craniosacral Anatomy (60 hours). Presented by Paul Doney The Centre, Randwick + Uni of Sydney. Ph 1800 101 105	300
20-21	AMT Annual Conference Harold Park Racing Club Ph: 95179925 Please see insert for the full programme	100

Notice of meeting

Notice is hereby given that the Annual General Meeting of The Association of Massage Therapists NSW (Ltd) will be held on:

Sunday 21st September commencing at 11.30am

At the Harold Park Function Centre, Glebe

AGENDA

- ITEM 1: Meeting opened, apologies
- ITEM 2: Reading of previous minutes *
- ITEM 3: Business arising from the minutes
- ITEM 4: President's report
- ITEM 5: Treasurer's report
- ITEM 6: Vice-Presidents' reports
- ITEM 7: Business arising from the reports
- ITEM 8: Report on the election of Office Bearers
 - Positions filled by nomination
 - Positions not filled by nomination
 - Election to fill vacancies
- ITEM 9: Announcement of new Office Bearers
- ITEM 9: Presentation of Awards
- ITEM 10: Close of meeting

* Minutes and financial statements are available on application from Head Office prior to AGM

AMT Annual Conference 2003

This is your opportunity to get involved!

We are seeking volunteers to lend a hand on the weekend of the Conference. Please call Head Office if you can help on one or both days.

We are still seeking sponsors to provide samples/brochures and other material in Conference bags.

TRADE DISPLAY

There are some spaces available in the Trade Display. Prices are \$100.00 per day or \$150.00 for the whole weekend.