

In Good Hands

*The newsletter of the Association of
Massage Therapists Ltd*

June 2005



Head Office Update

by **Melanie Elsey**

I would like to thank all AMT members for their patience over the last 6 months, as there have been numerous changes in Head Office. We are still experiencing some staffing problems but will keep you posted on all developments and endeavour to keep things ticking along as efficiently as possible.

I am on a mission to improve member services. Current projects being handled by members of the AMT Executive and staff include:

- reminding members when their insurance and first aid have expired
- assisting Rebecca to keep our informative website up to date
- marketing AMT to new students and graduates
- designing a new corporate image for AMT
- planning the Conference
- negotiating with WorkCover NSW and Victoria, Veterans' Affairs, HiCaps and private health funds.

At the AGM last September, members voted on our change of name. For those of you who are still receiving correspondence

on old letterhead, please note that we are now the Association of Massage Therapists Ltd.

As part of this re-badging of the Association the committee have been designing a new logo. We are asking members to be involved directly in the choice of the logo - please refer to the voting form in this issue.

Charlie Zammit has come on board as our Accreditation Officer to process new schools, courses and workshops, new applicants and members' upgrades. All this in only one day a week!

We have also been frantically gearing up for the 16th Annual Conference. You will find the brochure and registration form inside this Newsletter. Book early so you don't miss out on your workshop preferences.

Each year AMT has to re-accredit with many of the health funds. ARHG, who manage 17 of these funds, have notified us of their intention to audit our records



regarding members' insurance, first aid and CEUs. So, if we do not hold up-to-date copies of the relevant documents, your name will be removed from the lists.

We are currently phasing in the new CEU system and ironing out the bugs. Please note that if you maintain an average of 100 CEUs per year you will have enough CEUs to be eligible to remain on the health fund lists.

Office Hours: Monday-Friday 10.00 am - 4.00 pm. Level 1 Suite B, 304 King Street Newtown 2042.

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

News from the Regions

ACT by Alan Ford

This year the ACT is hoping to continue with our bi-monthly meeting and workshop program. Our first regional meeting was held on Wednesday 23 March with 16 members in attendance. We discussed a number of local and general issues including rolling CEUs and peer review initiatives brought to us from Head Office.

Our first members' day workshop for the year was held on Sunday 1 May. The topic for the day was Mental Health First Aid. The presenter, Aine Tierner, gave members an insight into the signs, symptoms and first aid requirements of the mentally ill.

Last week I was once again reminded of why massage therapists need to keep their Senior First Aid up to date. I was required to assist one of my clients who collapsed in my room during a treatment. The client in question suffers low blood pressure and had not eaten breakfast so they became faint during their treatment and passed out.

After administering basic first aid I had the client up and about and assisted them to see a GP within the hour. I then continued with my regular routine!

Just another reminder to keep on top of your first aid requirements: you never know when you will need to use those skills.

Mackay by Val Jenkins

The Mackay branch had a very busy week in April. Our President, Joel Morrell, dropped in for six days following his visit to the Cairns Branch.

During Joel's visit, 24 members attended a General Meeting at Secretary Claire Kemp's home. Joel

spoke about AMT's regional branches and problems arising from remote area operations. He also focused on the high standards of AMT, particularly our educational standards. He made clear reference to the changes in the CEU system and suggested four meetings should be held each year.

On the following night, 24 people attended the Graduation Dinner for the Jenkins School. It was the first time we've had an AMT President in attendance and the students were delighted to be in such esteemed company.



Jenkins School Graduates

On Saturday morning, Joel met again with the 12 graduating students. This was followed by a full-day workshop with 24 present.

I was very impressed with the response to the local newsletter that went out ahead of Joel's visit. This branch is only as strong as its members and I thank you all sincerely for your professionalism and interest in the three major functions held.

Our next meeting will be held on Thursday 21 July.

Newsletter question - June edition

What condition will be the focus of Judy Lovas' PhD thesis?

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

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Case History: to RICE or not to RICE?

A controversial yet effective treatment for muscle spasm

by Beate Karbstein

Being a Senior Level 2 member of the Association, I need to have a current senior first aid certificate. In fact, I have been a first aid officer for 32 years having trained locally and in Germany.

As we all know, first aid training includes the treatment of acute muscle spasms. Traditionally, this involves applying ice to the injury. Most doctors, physiotherapists, nurses, sports trainers and remedial massage therapists would use this procedure. If the injury is a 'cork', a pressure bandage is also advisable to stop intra-muscular bleeding and the formation of scar tissue.

I have always followed this well-established treatment protocol but I have never been convinced that it was a sensible approach. Apart from preventing intra-muscular bleeding, applying ice does not seem a logical treatment for muscle spasm. My prime concern as a remedial massage therapist is to eliminate the spasm. As part of this process, I would rather eliminate the blood from the internal muscle fibres than entrap it, so that complete muscle function is reinstated as soon as possible.

I experiment on myself quite extensively so I know that the application of heat on, and gentle stroking over, acute muscle spasm has a very calming and pain relieving effect.

A supporting case history

I have a 55-year-old male client who cycles 17 km to work every day. He came to my clinic with an injury in the left lateral gastrocnemius muscle: a 'cork' caused by falling onto a pointy part of the bicycle during a tumble. The injury was approximately 3 hours old and the client had initially treated it with ice. The muscle had swollen to twice its usual size and was in total spasm. The client was not able to flex the foot and the injury was extremely painful.

In the absence of an infra-red lamp, I placed a hot water bottle onto the injury and left it there

for approximately half an hour. The client felt some immediate pain relief. After applying heat, I continued the treatment by applying light pressure strokes directly over the injury using flat hands. As lubrication I used massage oil enriched with essential oils of Arnica (for possible bruising) and Lavender and Rosemary for the pain. I applied these light pressure strokes for about half an hour. During that time the swelling and muscle spasm decreased a little and the client experienced more pain relief. I also applied deep tissue massage to the hamstrings.

After the treatment I recommended a hot Epsom Salts bath using at least 1 kg of Epsom Salts to the full bath. I also recommended time off work and treatment every day, including the weekend. I advised him to rest and elevate the injured leg as much as possible but also to move the ankle while resting, particularly in the direction of flexion (to prevent the gastrocnemius from seizing up). I instructed him to apply heat to the injury in the form of a hot water bottle. I also advised him to try to maintain a normal gait (if possible), instead of limping.

Day 2

When the client came back the next day, I was pleased to note that the swelling had not returned and the muscle spasm had maintained the improvement achieved during the first treatment. However, the severity of the injury had caused intra-muscular bleeding which had not been visible at the epidermal level the day before. Also, the first treatment had drained the blood out of the muscle and, due to the effect of gravity, the blood had pooled around the lateral aspect of the ankle. This caused some bruising, swelling and discomfort in the ankle joint.

I started the second treatment by again applying heat with a hot water bottle for about half an hour. Because the injury was less swollen and painful, I was able to use more pressure with my flat-handed

massage. The swelling and spasm (and therefore the pain) decreased further. Towards the end of the medium-pressure flat-handed massage over the whole gastrocnemius, I changed over to a light-pressure massage with my thumbs (using the lengths of both my thumbs instead of the tips), going over the actual point of the injury, which was a knot approximately the size of a 5-cent coin. I also endeavoured to drain the blood out of the ankle with light massage. Again, I recommended an Epsom Salts bath after the therapy.

Day 3

On the third day the swelling was almost gone and the actual point of injury was quite visible. The client was almost able to flex the foot fully and walk without discomfort. The bruising had partially disappeared from the ankle and there was almost no spasm in the muscle. I started the treatment with heat application and medium-pressure flat-handed massage over the whole gastrocnemius, changing over to light-pressure thumb massage on the actual point of injury. I was then able to finish with medium pressure through the actual point of injury, causing mild discomfort but not pain. At the end of the treatment, I recommended gastrocnemius stretching. I also advised the client not to rest the injury any more but to walk and stretch the muscle frequently, as well as applying heat.

Day 4

On the fourth day the bruising in the ankle had totally disappeared along with the swelling and spasm in the gastrocnemius. So, after applying heat and kneading the muscle, I could concentrate on the point of injury itself with deep tissue massage. I gave the same recommendations for self-treatment: stretching, walking and heat.

Day 5

On the fifth day the point of injury was not visible any more though still palpable. I applied the same treatment procedure as the preceding day and was able to eliminate the injury altogether. There was no evidence of visible, tactile or perceivable symptoms. On the sixth day, the client went back to work and bicycle riding.

In my next article I will explain why I believe that heat rather than ice is a more logical treatment for muscle spasms.



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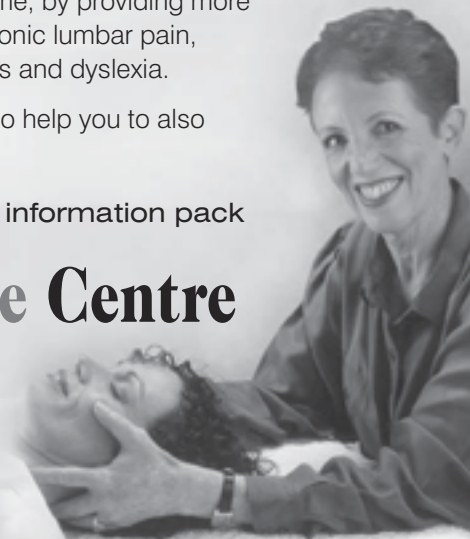
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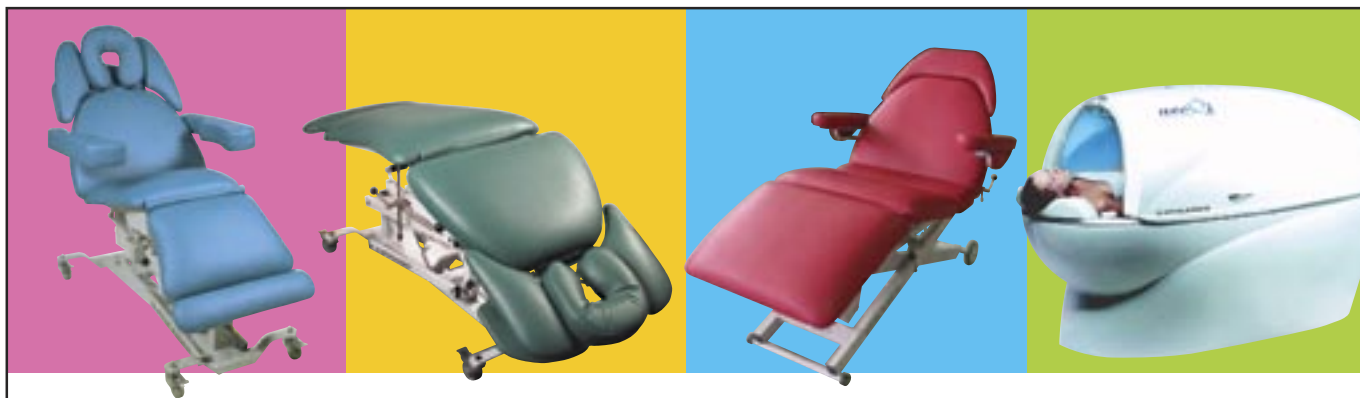


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Widening the Research Dream

by Joel Morrell and Judy Lovas

About a decade ago, AMT started a dream of supporting members in doing true research on Massage Therapy. To further this end, AMT set up a Research Fund by reserving 10% of the profits from each Annual Conference (that is, those Conferences that made a profit!).

Recently, AMT's Directors were able to authorise a grant of \$5,000 to support work currently in progress by Judy Lovas in relation to a PhD.

We asked Judy for permission to publish details of her submission so that members could have a better understanding of how the Research Fund works. Over coming issues of the Newsletter, and at the Conference in October, you will hear more about the possibility of conducting research in your own practice. In the meantime, Judy's research proposal appears below.

Thank you for the research grant!

Last year I won a federal government scholarship to conduct a PhD and am now investigating The Effects of Massage Therapy on Quality of Life in People with Spinal Cord Injury.

The research is being conducted through the University of Technology and the Royal Rehabilitation Centre, Sydney.

One of the first things to do in research is to apply for grants to cover the cost of the experiment. I am privileged and extremely grateful to be the recipient of an AMT research grant of \$5,000. It is a great honour to know that the AMT has enough confidence in me to support me with such generosity.

So far, I have raised \$45,000. An adaptation of the grant application I submitted to AMT is printed below so that members know how the money will be used.

Nothing in academia happens quickly, but I will certainly keep AMT informed of my progress.

Aims of the research project

- a) Investigate the effects of massage therapy on pain in people with spinal cord injury
- b) Investigate the effects of massage therapy on anxiety in people with SCI
- c) Investigate the effects of massage therapy on fatigue in people with SCI
- d) Investigate the effects of massage therapy on re-infection in people with SCI
- e) Compare the effects of massage therapy on people with SCI compared to a similar group who receive an active placebo, in the form of guided imagery

Brief outline of the research project

As medical advances increase the survival rate of spinal cord injury (SCI) patients, there is an increased need for treatments that improve their quality of life. Chronic pain, disturbed sleep, re-infection and psychological issues such as anxiety and depression are common problems for people with SCI.

This research project aims to study massage therapy as a potential non-pharmacological, non-invasive, cost-effective treatment for neuropathic and musculoskeletal pain, fatigue, re-infection and anxiety experienced by people with SCI and determine whether it should become part of SCI rehabilitation.

Value of the research project to society

The impact of SCI can be physically and psychologically traumatic. There are over 2 million people with SCI worldwide. In Australia, approximately 10,000 people live with the consequences of SCI every day. SCI is a low incidence but high-cost disability that requires intensive long term care and support. \$1 billion per year is spent on their medical care and rehabilitation. Pain is the most common problem for SCI patients and can

often limit the success of rehabilitation since it is associated with increased levels of psychological distress, anxiety, depression and fatigue.

This study investigates the potential of massage therapy to alleviate suffering experienced as a result of SCI. With ever-increasing costs in health care, massage therapy has the potential to decrease costs, reduce suffering and increase quality of life for people with SCI.

Research has demonstrated that massage therapy can decrease pain and anxiety and enhance immune function, and this study aims to advance existing knowledge of the benefits of massage. While massage therapy is one of the most preferred and commonly chosen forms of pain relief among people with SCI, it is surprisingly not part of standard rehabilitation. Even more surprising is that no previous research has investigated the effects of massage therapy on pain and quality of life in people with SCI.

The potential of this project to offer social, medical and economic value to society is considerable.

Budget

- i) Massage therapists 150 hours \$60 per hour Total \$9,000
- ii) Taxi fares for subjects 600 trips \$20.00 average Total \$12,000
- iii) Immuno-assays 120 tests Total \$32,000
- iv) Administrative costs Total \$1,000

TOTAL COST \$54,000

Evaluation of research

Appropriate methodology and statistical analysis will evaluate the research data. Results will be presented at conferences and articles written for publication in internationally recognised journals.

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Massage Online: Website Review

by Kirsten McCulloch

For this edition I have taken a detailed look at an AMT member-owned resource site.

www.NaturalTherapyResources.com.au

General description

This site aims to keep you coming back by providing a full set of resources rather than regularly adding new articles on ad hoc topics.

It is a very ambitious site which aims to “provide a useful resource facility for massage therapists”, covering such diverse topics as muscle anatomy, medical conditions, business management and marketing, including financial management and essential oils. It also contains some ungrouped reference pages on, for example, acupressure, fitness levels and types of stretching. Some of this information is available through a trial membership; most requires full membership.

There are three levels of paid membership, all of which provide full access to the website. The higher levels also provide some degree of personalisation and extra support.

One very basic drawback for me is that, aside from giving a very brief bio of the founder and stating that “we” draw on the expertise of others, there is no information as to who will be providing the extra support or why we should trust them to be accurate. This would probably be okay if each individual topic had references and further reading suggestions but they don’t - although there are five texts listed as references on the ‘about’ page.

While the site provides a lot of information, not all of the sections are complete. The press release section, for example, currently states that it has only just been opened and “will shortly contain a range of example press releases that you can use in your practice.” This would be more convincing, though, if one of the four press releases didn’t mention an event that happened “earlier in 2004”.

I suspect that this site is simply trying to do too much, too quickly. The sections on running and

marketing a business seem to be its strength. I would certainly recommend the sections on taking ‘first steps’ to someone just starting out. On the other hand, I found the section on medical conditions disappointing. I was surprised by some of the gaps in the subjects I am better informed about. Likewise, the section on essential oils was very basic and had no discussion of contraindications. Again, suggested further readings at the bottom of each page would do much to mitigate this problem.

What this site *can* do is give you some basic information on a lot of topics, more detail on others, and point you in the right direction if you want more information.

My impression is that this site has a lot to offer and will likely have more to offer in future. I would not consider it to be a complete set of resources but it does provide some good jumping off points. Personally, I would still want my anatomy and pathology texts on hand.

Ease of navigation

The site navigates very well. The main areas of the site are listed along the top of most pages. In addition, within each section of the member resources, a list of related pages appears on the left hand side of the screen. For example, if you are looking at the page on gastrocnemius, the left menu will list the other pages on gastrocnemius as well as all the other muscle pages.

I did encounter a few broken links. There is a feedback form which I filled in for some of these errors, however a week later they had not been corrected.

Appearance and speed

The appearance is fine, although not beautiful. As the site is trying to cover a lot of information it is necessarily somewhat cluttered, but not unbearably so. It is designed to view well on any size screen.

In general the pages load quickly. In most cases the text loads before the images, allowing the user to read the text when necessary without waiting for images to download.

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Sea change memories of a Massage Therapist

by Fiona McKee

After 10 years in Bowral I have just done a 'sea-change' move to Melbourne. And as I look back on my time in Bowral I am starting to reflect on the many treatments I gave and the people who received them.

Andrew

Andrew first came to me for treatment when he was 7 years old. He has just celebrated his 16th birthday!

Andrew has Cerebral Palsy, epilepsy and he is also partially deaf and needs glasses. His speech is impaired but he understands what is said to him. His great love is storms (yep, thunder and lightning). We could always have a great conversation on that topic.

Physically, Andrew has grown so much. He was a weedy little kid 9 years ago. Now he is a lanky teenager, nearly 6 foot tall. He is in Year 9 in a special class in High School. His breathing has greatly improved due to swimming lessons and Yoga classes, although his right side is still weaker than his left. He does exercises for his back and plays golf with his much-loved grand-dad.

I believe Andrew's weekly treatments have helped him to develop physically. His arms and hands are much stronger. He has very few asthma attacks now. He is much more independent and dresses himself quickly ... we used to race to see who could tie shoelaces up first!

Kim

Ten years ago, Kim broke her arm in three places: she fell over a hose and on to a rockery in her garden. Three months later, she was left with a frozen shoulder - she could not abduct her left shoulder beyond 90 degrees. Over a period of months with weekly treatments Kim was able to improve her

shoulder movement significantly. In the absence of a goniometer, we measured her progress by the brickwork: her movement increased by eight bricks over 15 months!

Kim continued to attend weekly massage for stress levels, relaxation and suspected rib damage as a result of her accident.

Then Kim sustained another serious fall and fractured T4 and T5. This injury required surgery and, after having pins, rods and Teflon inserted, she finally returned home. Some months later, she returned to me for treatment, which consisted of very gentle massage, mainly on the hip and thigh where referred pain was troubling her.

Kim has now sufficiently recovered to remove her brace. She swims, walks and does Pilates to rebuild the muscle that she lost during her recovery. She is the bravest woman I know.

Jean

Jean had an aneurism at the age of 3 which left her paralysed down one side, brain-damaged and epileptic. She was one of my weekly clients and the reason I invested in a hydraulic table (she had trouble hoisting herself on to the table with one arm). She would often have a Petit Mal seizure on the table. However, she would also often have a little sleep as she relaxed and enjoyed the quiet atmosphere of the treatment room.

The countless others ...

One of my Bowral clients has Parkinson's disease. He began to have massage regularly because it gave him relief from his stiffening limbs. He alternated between me and another massage therapist on a fortnightly basis. He would direct me to whatever area needed attention. I usually began with some seated Chinese Acupressure Massage because that

loosened him up. He would then require a toilet stop, after which he would get on the table and I would begin on his back and legs. He found the massage relaxed him and gave his muscles freedom to move. He often finished by using the Zen Chi machine which he found was of great benefit too, with its gentle fish tail motion.

I also worked with the staff at St Lucy's School for the Blind. Kids from every walk of life attended the school and many wonderful women were dedicated to their care.

The Principal of the school understands the value of massage so, in her wisdom, arranged for me to give her staff a quarter hour seated massage once a term. It's difficult to achieve a lot in such a limited time frame but I always had positive feedback for my efforts.

Over my years at Bethany, I massaged a woman who suffers from paralysis caused by an aneurism. Her husband has nursed her for 6 years. He would drive her to Bethany for treatments, lifting her out of the car, putting her in the wheelchair and pushing her into the massage room. I would then give her a seated massage, working the neck, shoulders, arms, legs, feet, hands and face. Sadly, this lady has recently suffered another aneurism and is presently in hospital.

In more recent times, I have met with some people involved in Al-Anon. These women suffer enormous stress in their lives as a result of living with an alcoholic partner. Some of them have benefited enormously from the relaxing properties of massage, finding refuge in the peacefulness of a treatment as well as enjoying time out for themselves.

Across the block from Hartzler Park, there is a nursing home where I have given regular volunteer massage over the years. There are some wonderful elderly people there. One woman was in her 90s and still clung to the hope of returning home after a stroke. She was teaching herself to write with her left hand since the other one was paralysed. She always appreciated having hands, feet and legs massaged gently. It improved the circulation and relieved the pain for a while.

Then there was the man with the shattered elbow. He underwent 11 operations in an attempt to repair the damage. The elbow was a misshapen mess; the limb was useless. His doctors had suggested

amputation but he was determined to keep the limb. I learnt a lot about gentle massage as I worked on his arm, shoulder, elbow, wrist and hand, trying to release the pain with acupressure and gentle shaking.

Military personnel, prison chaplains, yoga groups, bike riders, church groups, retreatants, priests and nuns. MS sufferers, cancer victims, AA members, psoriasis sufferers: they have all been on my massage table. Over 10 years I have learnt so much about massage and the need to relax from the stresses of life. I loved meeting every one of my diverse clients and I continue to be inspired by their desire for a life with less stress.

Massage has certainly enriched their lives and mine...

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Advanced Myo.	Charmhaven	Mon 29/8	Treat "Shoulder Pain"	Charmhaven	Sun 31/7
Myofascial Pt I	Newcastle	Mon 12/9	Treat "Lower Limb"	Newcastle	Sat 27/8
Advanced Myo.	Newcastle	Feb 06	Treat "Pelvic Girdle"	Charmhaven	Sun 11/9
Hot Stone 6 days	Charmhaven	Sat 2/7	Treat "Neck Pain"	Newcastle	Sat 15/10
Lymphatics 5 Mons	Charmhaven	Mon 8/8	"Find Balance Between Caring & Business" with Sandi Rogers	Charmhaven	Sat/Sun 23,24/7
Lomi Lomi 5 Tues	Charmhaven	Tue 20/9			
Hot Stone 6Tue 3Sun	Newcastle	Tue 23/10	"Lipstick Learning Marketing" with Anne Moran	Charmhaven	Sun 25/9or Sat 26/11
Trigger Pt 5 days	Charmhaven	Tue 1/11			
Deep Tissue Muscle Therapy 6 w'ends	Charmhaven	Sat/Sun 13,14/8	<div><p><i>We welcome your contact. Request Info Pack. Upgrade Qualifications + Accrue CPE points.</i></p><p>School of Integrated Body Therapy Admin Office: 1 Callaghan Cl, Charmhaven NSW (02) 4393 1200 Fx: (02) 4393 3333 admin@massageschool.com.au www.massageschool.com.au</p></div>		
CERTIFICATE IV IN MASSAGE (HLT40302)					
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Developed by Osteopathic Physician
John E. Upledger

Queensland, Brisbane - 26-29 Nov.

SOMATOEMOTIONAL RELEASE I 4 DAYS, 24 CONTACT HOURS

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All courses are taught by an instructor certified by the modality developer.

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THE UPLEDGER INSTITUTE

11211 PROSPERITY FARMS ROAD, D-325 • PALM BEACH GARDENS, FL 33410-3487

upledger@upledger.com



Health Fund Status

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

Health Funds and Societies	Status
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
Cardmember Health Insurance Plan (HBA)	C
Gay & Lesbian Health Fund	C
Geelong Medical Benefits Fund	C
Government Employees Health Fund (AHMG)	C
Grand United Friendly Society	C
HBA (formerly AXA)	C
HCF	C
HealthCover Direct (HBA)	C
Mutual Community (HBA)	C
National Mutual Health Fund	C
NIB	C
NRMA Health	C
Super Health Plan	C
Victorian WorkCover Authority	C
MBF	D
Medibank Private	E
Australian Unity	F

Status Levels:

A. All AMT practitioner levels

B. All practitioner levels with:

♦One million dollars current insurance

♦Current Senior First Aid certificate

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

♦One million dollars current insurance

♦Current Senior First Aid certificate

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

Please note: All other members please apply directly to MBF

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

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

F. Senior Level Two or Three members with:

♦One million dollars current insurance

♦Current Senior First Aid certificate.

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

1. Be financial and have a commitment to ongoing education (ie: an average of 100 CEUs per year)
2. 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)

June		CEUs
3 - 5	Onsen Muscle Therapy, Volume 2. Presented by Jeff Murray. Kingscliff. Ph: 07 5524 1024 or 0417 166 194	105
4 - 5	Daavid Therapy. Presented by Pierre Daavid. Glebe. Ph: 02 4929 3751	50
17 - 19	Myofascial Release 1, Presented by Michael Stanborough. Townsville. Ph: 0417 736 752	80
24 - 26	Myofascial Release 2, Presented by Michael Stanborough. Townsville Ph: 0417 736 752	80
July		
1 - 3	Myofascial Release 2. Presented by Patricia Farnsworth. The Centre, Randwick. Ph: 1800 101 105	120
1 - 3	Onsen Muscle Therapy, Volume 1. Presented by Jeff Murray. Newcastle. Phone 07 5524 1024 or 0417 166 194	105
8 - 10	Myofascial Release 2, Presented by Michael Stanborough. Brisbane. Ph: 0417 736 752	80
15 - 17	Myofascial Release 2, Presented by Michael Stanborough. Sydney. Ph: 02 9558 9284	80
22 -24	Myofascial Release 3, Presented by Michael Stanborough. Melbourne. Ph: 03 8802 4345	80
22 - 25	Advanced Remedial Massage (Module 1). Presented by Mark Philip Deal Peridor Health Schools, Sydney. Ph: 02 9387 2319	160
August		
5 - 7	Onsen Muscle Therapy, Volume 4. Presented by Jeff Murray. Sydney. Ph: 07 5524 1024 or 0417 166 194	105
5 - 6	Functional Fascial Taping, Level 1. Presented by Ron Alexander. Sydney. Ph: 03 9481 6724.	45
12 - 15	Myofascial Release 1. Presented by Patricia Farnsworth. The Centre, Randwick. Ph: 1800 101 105	160
17 - 21	Myofascial Release 3. Presented by Patricia Farnsworth. The Centre, Randwick. Ph: 1800 101 105	300
19 - 22	Sports and Occupational Massage (Module 1). Presented by Mark Philip Deal Peridor Health Schools, Sydney. Ph: 02 9387 2319	160
October		
21	AMT Members' Day - Pre-Conference Workshops The Shoulder and Introduction to Chinese Cupping Novotel, Brighton le Sands, Sydney.	20
22 - 23	AMT Annual Conference. Please see brochure for full details. Novotel, Brighton le Sands, Sydney.	100

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



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Phone: ***PERIDOR HEALTH SCHOOLS*** (02) 9387 2319

Email: peridor@optushome.com.au

For Information brochure, timetable and enrolment details

P.O. BOX 970 Bondi Junction N.S.W. 1355