



amt

in good hands

the journal of the association of massage therapists ltd

march 2007

President's Report

By Alan Ford

Association of Massage Therapists Ltd

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

Hi there and welcome to 2007. I hope you all enjoyed a wonderful Christmas and New Year as I did, in the company of family and friends.

In this modern, technological era, we've made some gigantic strides in communications and information systems for personal use: at the touch of a keypad, flick of a switch or stroke of a keyboard one can access vast stores of information or contact distant loved ones in a matter of seconds.

With internet sites galore we can now bank online, make travel arrangements, browse e-bay, research a subject of interest or just use the internet recreationally.

The AMT web site provides information for members of the public seeking suitably qualified massage therapists via our Find a Therapist search facility. This section also contains information on types of massage and the benefits of treatment, and a few basic tips on what you should look for in a professional therapist.

The Find a Therapist listing is potentially a great resource for members to network with each other or as an inbuilt referral service for locating a suitable locum to cover you during a holiday. And, if a client is moving interstate, you can recommend an AMT member practising close to the client's new business or home address.

However, there is a downside to making this information publicly available: therapists who have agreed to have their name and contact details listed on the internet for the purpose of receiving referrals are also at the mercy of unscrupulous people who trawl these listings for other purposes. Perhaps it's a late night call from a person pretending to be interested in making a legitimate booking for massage only you soon find out that the person is actually not after a therapeutic or remedial massage treatment at all. Maybe it's a sales pitch directed at the therapist, no doubt spruiking some product they can't possibly do without. Time share holidays spring to mind.

Then, of course, there are businesses - the telecommunication and banking sector in particular - whose tactics include the use of annoying, unsolicited mail or cold calling to try to entice you into switching organisations ... in other words, they attempt to **poach people**.

I first became aware of this tactic within our own industry on my return from holidays. I was somewhat surprised to receive feedback from a fellow ACT member who was cold called by a representative of AAMT. He was asked if he would like information about AAMT's training courses, low insurance premiums and the upcoming 2007 conference. Out of curiosity, he consented to receiving an information pack and duly gave his mailing address to the caller.



in good hands

ABN 32 001 859 285

As it turned out, the material contained in the package had no more information than that which is freely available on AAMT's website. Indeed, most of the courses offered have been promoted through our own journal 'In Good Hands'. The only other material in the package just happened to be an application to join AAMT. This form was in duplicate (just in case you stuff the first one up).

Our member read the information, which made particular reference to AAMT's lower insurance costs but failed to highlight that these savings are eaten up by higher annual membership fees.

To date around 40% to 45% of AMT members who are listed on AMT's web site have received these cold calls. To my knowledge, not one member has taken up the offer to switch associations. Head Office was deluged with emails and calls from members who were angered and upset by this unsolicited contact.

I would like to reiterate a paragraph from my November 2006 report:

'Now more than ever I feel that the membership of AMT is ready to step up and be counted; to go out and recruit like minded therapists who want to belong to an organisation that sticks together through thick and thin; and to pursue our vision for the future of the profession with the best interests of our clients, the Association and the industry in mind.'

In saying this, I do not endorse nor would I ever condone the cold calling of therapists that are known members of other associations in an attempt to garner more memberships. I would be extremely disappointed if members of AMT participated in this practice - I personally believe it is unethical and below the moral standards of this Association. Let therapists wishing to join AMT make their own informed decision based on our good name together with the benefits of belonging to a long-standing professional association.

To all those members who have received these solicitations from AAMT and have decided to stick with AMT, I thank you. For those of you yet to receive a call, I ask you to make whatever choice you feel best for yourself, your business and the industry. I, for one, will be staying loyal to my association - **AMT**.

On a lighter note, AMT is currently experiencing a pleasing influx of new memberships daily. This is a reflection of a healthy renaissance in our organisation.

There are several regional workshops planned for the coming months, so I hope to see some new faces. I have just returned from presenting a workshop in Mackay where 23 keen participants braved the floods and bad weather to attend.

Finally, I am particularly thankful for the wonderful support of the AMT Executive and Head Office staff throughout the first six months of my tenure. Without the hard work of all of these people taking a heavy load on their shoulders, my task as President would have been a lot harder.

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Need CEUs?

Journal question -
March edition

**Which city will host the
2007 International Fascia
Research Conference?**

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_s_1.php

HICAPS

HICAPS is now available for Remedial Massage Therapists in private practice.

What is HICAPS?

HICAPS (Health Industry Claims and Payments Service) is an electronic health claims and payments system that allows private health fund members with ancillary cover to make automatic claims at their participating health service provider.

How does HICAPS work?

HICAPS is as easy as using EFTPOS. After a treatment, the client's health fund card is swiped through the HICAPS terminal. Treatment details are keyed into the terminal and the claim request is sent for authorisation to the client's health fund. Once the claim is authorised, the terminal prints two receipts, one for the client to sign confirming that the transaction is correct, which is held by the practice, and the other is retained by the client.

Once the client's claim is authorised, the therapist is guaranteed payment from the client's health fund. The client can then choose to pay the balance amount (the difference between the charge of the treatment provided and the amount claimed) by making use of the terminal's EFTPOS functionality. Clients can use their debit or credit card to pay the balance.

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Secretary's Report

By Rebecca Barnett

Over the last three years, our industry has experienced some major seismic shifts. The advent of national competency standards for massage therapy has inexorably changed the industry landscape. The qualifications and competencies enshrined in the National Health Training Package are continuously morphing and evolving in response to lobbying from industry reference groups (often referred to as stakeholders) and the ever-changing face of perceived consumer need: the most recent iteration contains new competencies related specifically to aged care, reflecting the fact that this is the fastest growing sector of our community.

In many ways, the strength of the National Standard is also its greatest weakness - responsiveness to trends and constant revision and evolution means the qualifications delivered should always, theoretically, be current. But this inherent transience also raises serious questions about the currency of qualifications over time - if the standard is always changing, how can we keep up with it? Will students who are currently enrolled in HLT02 courses be required to upgrade their qualifications once new therapists start to graduate with HLT07 qualifications? And how can we be certain that at least some of the changes to the training package aren't merely cosmetic or, worse, driven by political correctness?

Protecting our members

One of the great challenges for all the professional Associations representing Massage Therapists is to protect the interests of members who hold qualifications that pre-date the introduction of the National Standard.

As we inch closer to registration of the profession, there is still much work ahead to ensure that adequate pathways for Recognition of Prior Learning (RPL) and Recognition of Current Competence (RCC) are in place so that experienced therapists are not disenfranchised by the very standards they worked to establish. Thus far, RPL pathways are still enormously cumbersome, slow and expensive. All Registered Training Organisations (RTOs) are required to have an RPL policy in place but the paper trail is often bewilderingly impenetrable and thus the process is mired by excessive administrative demands which place a huge cost burden on both the RTO and the individual applying for recognition.

AMT is still canvassing options for how to assist members with older qualifications to upgrade to the national standard. We are interested in hearing from members with Certificate IV Assessment and Training qualifications who believe they can be of assistance.

Industry Unity

One of the frequently unheralded touchstones of the National Training Package is the question of industry unity: now that we have a national standard, why do we still have so many professional associations representing massage therapists? Shouldn't there only be one national body? What do all these different associations achieve for the industry?

These are questions that AMT took into our dialogue with the Australian Association of Massage Therapists (AAMT) last year.

In the lead up to this dialogue, AMT had received a lot of bad press for not joining with AAMT to further the establishment of a true national association.

At the same time, AAMT claimed the public relations agenda on industry unity as their own. In many ways, AAMT was an idea that became an actuality precisely because of the advent of the National Standard - their membership criteria were tied to it since their emergence on the marketplace.

AAMT has vigorously pursued the concept of national unity by systematically absorbing a significant number of small, state-based organisations in a series of well-publicised mergers that wiped all trace of the smaller entities away. Whether AAMT can continue to service the needs of the communities they have absorbed is a question that remains unanswered. Access to quality continuing education opportunities will always be an issue in a country the size of Australia.

Most AMT members would be aware that our merger dialogue with AAMT ended with a vote taken at our AGM last October. It has become increasingly apparent that the two organisations serve quite distinct industry niches and that any attempt to bridge the cultural disparities between us would be immensely difficult. AAMT has an extremely corporate management culture whose strategic direction is driven by a CEO appointed by their board whereas, at AMT, we are a therapist-based organisation with an Executive that consists of trained, practising therapists who are elected by the membership each year.

Speaking with a unified voice will take on increasing significance as we take gigantic strides towards greater professionalism and community awareness. And, while there is broad agreement that a degree of consolidation is a healthy industry trend, the arguments for maintaining a small degree of diversity are manifold.

The most obvious of these is competition: I have come to believe that the major associations have an important function in keeping each other accountable and in check.

So perhaps the bigger question we need to tackle is: how do we maintain some diversity and competition in the association marketplace and still work towards speaking with a more unified voice? The AMT Board is currently developing a model for the establishment of an umbrella peak body to represent the voices of all massage therapists and we have opened dialogue with several of our sister organisations in pursuit of that vision. At this stage, the concept is extremely nascent and will require substantial good will and co-operation to develop. But, needless to say, we are committed to finding an answer to the big question of unity within diversity. And in other news ...

Health Funds

Our big win for the latest round of negotiations has been with Medibank Private. Hopefully, most members would already be aware that Medibank are now endorsing Senior Level One members as providers. For those of you who are yet to apply for a Medibank provider number, the process is simple: you will need to fill out the Medibank application form and send it directly to them with a certified copy of your AMT membership certificate. Your certificate can be endorsed by a JP or you can ring Head Office and ask them to send you a certified copy. Applications forms are available for download from the AMT website - just follow the link from our home page - or from Head Office.

Sincere thanks to our Executive Officer, Jacqueline Lapensée, for keeping her eye on the ball with Medibank. She saw an opportunity to lobby for acceptance of our Senior Level One members and she drove her case home with admirable determination. Thanks Jacq!

Jacqueline and I have also been doggedly pursuing MBF on behalf of members and the broader massage community. For three solid months, we received no response to any of our emails or phone calls but we finally managed to schedule a face-to-face meeting.

We are now in the process of redrafting our agreement with MBF to ensure that all established and eligible providers continue to be recognised by them. In the meantime, if anyone is still experiencing difficulties with MBF claims then please let us know. We hope to have a new agreement with them finalised by the time this report goes to print.

We have also been lobbying MBF to recognise the HLT 50102 Diploma of Traditional Chinese Medicine Remedial Massage for rebates but, unfortunately, they have come back with a definitive ruling in the negative. At our meeting, we requested a formal statement from MBF outlining precisely why they would not endorse this qualification. We'd like to thank the Registered Training Organisations who wrote letters of support for our campaign.

We've also been in dialogue with NIB regarding acceptance of the HLT 50102 Diploma of Traditional Chinese Medicine Remedial Massage and we expect a positive outcome on that score. They have been exceptionally open to our approaches.

Lower insurance premiums

More great news! AMT has been exerting gentle pressure on OAMPS to revise their rates for many months. At the same time, we received approaches from a new player offering incredibly low rates - their entry into the marketplace has driven the cost of insurance premiums down across the board.

OAMPS has just announced a reduction in their premiums at all levels of cover.

Please check the new rate schedule below for the cost of your insurance renewal this year.

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Limit of Indemnity	New Rates	Savings
\$1 million	\$197	\$29
\$2 million	\$224	\$52
\$5 million	\$264	\$80
\$10 million	\$312	\$119

Conference 2007

Planning for this year's conference is in full swing. The Conference will be held at The Sofitel in Broadbeach (Gold Coast) on 27 and 28 October, with pre-conference workshops on Friday 26. The event will be based around the theme of Self Care.

The full programme will be available in the June issue of In Good Hands but we hope to have online registrations open in May. Please check the AMT website regularly for updates.

WorkCover outcomes training courses

WorkCover has just announced another series of outcomes training courses. If you'd like to become a WorkCover provider you need to complete this training. Please refer to the Calendar of Events for dates and locations. Call WorkCover's enquiry line on 13 10 50 for more information.

Local groups

One of the more heartening trends emerging within AMT is the flourishing of our regional branches. Since the last issue of In Good Hands, the Illawarra branch of AMT has sprung from the ashes and they are now holding meetings on the last Tuesday of every month. Well-established branches like the ACT, Hunter and Mackay continue to set the benchmark for providing support and educational opportunities to members in their region and the mid North Coast branch is legendary for its involvement in sporting events like the Forster Ironman Triathlon and charity fundraisers like the annual Kayak for Kemo Kids.

The Northern Rivers branch has their work cut out for them this year as hosts of the annual conference!

However, the most pleasing development for me is the first move towards a sub-branch in Sydney's south. Rene Goschnik organised the inaugural meeting for March 7 at Hurstville library so I hope lots of members in the area avail themselves of the opportunity to touch base with colleagues and participate in a regular schedule of lectures. Colin Rossie is also keen to start a local group in the inner west of Sydney. Please call him on 02 9818 5252 if you are interested in participating.

I have always felt that the city slickers have been somewhat cheated out of localised support groups so I am looking forward to the establishment of several more branches in the big cities. If anyone is interested in starting another local group, please give Head Office a call.

In the words of someone much larger and greener than me, that will definitely do donkey.

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Association of Remedial Masseurs May 2007 Workshop

Dispelling the Myths: Massage and Cancer

Presented by Leonie Dale

Sunday 27 May 2007

9.30am – 3.30pm

Gladesville Bowling & Sports Club

Cost: \$60.00 ARM / \$75.00 non-member
Fees include lunch between 12.30pm – 1.30pm

Bookings essential. Closing date: 18 May 2007

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News from the regions



ACT by Ben Connelly

Welcome all to 2007 - and can you believe that it's March already? I hope that your resolutions for this year include a generous amount of self-care. We therapists are a bit inclined to put off our own maintenance while we attend to other things. Remember that, as well as the therapeutic value, exchange sessions with other therapists are worth CEUs to you both.

This year, we will continue to promote massage to the general public through Massage Therapy Awareness Week (MTAW) and our part in the Red Cross Blood Service's donor program. We've had good reports from those involved in MTAW last year and our 56 blood donations put us in second place in the Private Sector category of the competition. Well done to all those who participated.

I'm looking forward to working with you through 2007. You can call me on 0408 463 696 or email at takecaremassage@bigpond.com
Take Care!



Hunter by Elizabeth Matsen

Thirteen members attended our November meeting. Respected local therapist Gerry Gourley gave a well-received presentation on the history, development and current practice of Craniosacral Therapy.

After reviewing the anatomy of the cranium, Gerry demonstrated some of the techniques used in this therapy then answered the many questions from members, with obvious passion and enthusiasm for his work.

Fourteen members attended the meeting in January and listened with interest to our guest speaker, Eleshia Venners, as she spoke about Pregnancy Massage. Her presentation included the contraindications, cautions and benefits of massage for the pregnant woman, and where training is available for those interested in learning more about this modality.

We are very fortunate to have such a wealth of talented therapists in the Hunter who are willing to give their time so generously and come to our meetings to share their knowledge, inform us and increase our awareness of the many aspects of massage therapy.

The Hunter Branch meeting in March will be our Annual General Meeting and election of office bearers. Check the website Calendar of Events for more information.

There has already been much interest shown in the upcoming workshop on Scoliosis to be presented here on April 22 by Colin Rossie.

Several members, including one from outside our region have asked for placement in the workshop before the registration forms had been sent. If you have not yet registered for this workshop, please contact the regional representative to see if there are any places still available.

I'll end by wishing you all a healthy, happy and fortunate year.



Mackay by Annie Caruana-Kirchner

Our combined AGM and Christmas dinner in November saw a change in the Mackay Executive - Val Jenkins stepped down from her long-standing position as chairperson and I was elected in her place. Claire Kemp was re-elected as region Secretary and, since this meeting, we've also had a change of Treasurer. Joy Smith replaced Annisa Faugeroux who has moved to Cairns. We wish Annisa all the best.

The Mackay branch will be celebrating its 10th anniversary in June this year largely thanks to the dedication of Val, who established the branch, and a great group of therapists who have ensured its subsequent growth.

Alan Ford recently visited us to present his workshop, The Human Machine. It was a great success with 23 therapists attending, some of whom had to brave rising rivers and flooded roads to get there. Alan said it was refreshing to teach a group of people who really wanted to learn something and who weren't just showing up for CEUs.

Thank you so much Alan - you're welcome here any time. But we'll try to put on better weather for your next visit!



Attendees at Alan's workshop ▲



Northern Rivers by Keryn Rose

2007 is the Year of the Pig and is meant to bring prosperity and good fortune.

AMT is off to a great start for 2007 and planning for the Annual Conference is full steam ahead. If anyone in the region is interested in volunteering at the conference or joining the conference committee, please contact me on 02 66221053.

At the end of November, the region hosted a successful workshop presented by Colin Rossie. Colin's workshop on Scoliosis proved to be a big hit, with nearly 30 in attendance. While there were no reported sightings of underpants being thrown in Colin's general direction, he was issued with a standing invitation to come back and present on almost anything he felt like any time he was in the area. And if he wanted to stop by for coffee afterwards and sing "It's Not Unusual", that was OK too.



Scoliosis workshop ▲

Upcoming CEU events in the region include: Ron Alexander presenting FFT workshops at Ballina and the Gold Coast, Bruce Bentley presenting Cupping and Gua Sha workshops at Brisbane, Dorn Spinal Therapy in Brisbane and Jeff Murray will be presenting Remedial and Sports Taping and Onsen courses on the Tweed Coast. Check the Calendar of Events for more details.

For the most up to date news from the region, please check the AMT Forum regularly.

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DEAD LINE

**Deadline
for the
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issue of
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2006 seminars
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Informed Consent

By Mark Philip Deal

As you will no doubt recall, recently an evening current affairs programme featured a story about an alleged brain injury after a massage therapy session. This presentation was incomplete on a number of issues, one of which we will address here in detail.

The story made no reference to previous possible injury from other sources surrounding the time of the incident. No medical evidence was put forward as to the formal cause of the condition, apart from the statement that a blood vessel (venous by implication) had been ruptured during the treatment causing a slow haematoma near the brainstem. However, the injuries occurred over a period of days which, though unfortunate, do not reflect the sequelae (outcomes) of a forceful injury purported to have been caused by massage.

The issue I would like to address in detail here is that the television report did not indicate whether a 'consent form' was signed prior to the massage or whether any history was taken. You should always take a medical history before touching anyone, even if this is as basic as a checklist of conditions. Make this a habit.

The Consent Form

A consent form does not waive the client's right to take legal action if something goes wrong. However, what it does is acknowledge that you have given the client sufficient information to understand the possible risks involved with a consultation and give you permission to touch them.

If you are performing corporate seated massages of around 15 minutes, get the client to sign a consent form while they are waiting for their massage.

This means that they agree to be massaged and have not been coerced or forced into having the massage by anyone else's conditions.

There are a number of different formats that may be used in an informed consent document. You may like to do an internet search for appropriate wording but some of the following items should be included in the pre-printed form:

- A brief outline of your massage therapy approach including any techniques that may be painful
- Treatment plans and goals
- Potential risks or adverse reactions which may occur after the massage session, including possible muscle soreness and light bruising.
- Your intentions and expectations of the massage session on behalf of the client
- A statement saying that you will answer any questions the client has about the massage procedure
- A signed statement saying that the client understands the procedures and possible risks involved with the massage session
- Your signature
- The date on which the informed consent form was signed.

You do not have to outline "all" possible reactions, since it is impossible to foresee all possible outcomes. But inform the client that you will be explaining any procedure that they do not understand.

I must reiterate that the 'informed consent' form once signed does not mean that the client cannot take legal action against you should an unfortunate outcome occur.

But what it does do is provide you with legal notification that the client chose to pursue the massage after you had given them sufficient knowledge to make an informed choice.

AMT is currently working on a consent form for use by members in their practice. It should be available for download inside the AMT forum so keep an eye out for it.

www.amt-ltd.org.au/forum

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MASSAGE THERAPISTS WANTED FOR RESEARCH!!

Judy Lovas is (still) conducting research into the effects of massage therapy on quality of life in people with spinal cord injury (SCI).

Judy is looking for senior level therapists with a minimum of five years in practice who would like to join the team of therapists involved in the study. Participation involves coming into UTS Broadway once a week for 5 consecutive weeks to massage people with SCI for half an hour.

The massage is a set protocol of Swedish techniques on back, neck and arms while the person remains in the wheelchair. All equipment is supplied and each therapist is paid \$500 for 5 massages. Massage sessions are Monday – Wednesdays usually between 10.30am and 1.30pm.

There may be parking available at UTS.

If you wish to be involved in the latest ground-breaking research in massage therapy, please contact Judy at:

Judy.M.Lovas@uts.edu.au

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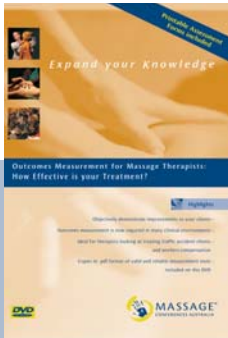
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AMT Accredited Educational DVDs



Continuing Education Units (CEUs) are an important ongoing concern for any therapist who is serious about their profession.

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- Learn from the most experienced instructors in Australia in your own living room
- Download presentation notes from our website and read through as you watch



CURRENT TITLES INCLUDE:

1. An Effective Approach to Assessment and Treatment of Common Postural Syndromes
2. Introduction to Muscle Energy Technique
3. The Fascia & its relationship to Muscle in 3D
4. Outcomes Measurement for Massage Therapists
5. Trigger Points and Myofascial Pain in the Shoulder Girdle
6. Myofascial Release for the Lower Extremity
7. Manual Lymphatic Drainage Therapy
8. Muscle Energy Technique of the Pelvis and Lower Limb
9. SI Joint Dysfunction treatment protocols
10. Soft tissue treatment for Shoulder Girdle Imbalances
11. Lower Back Pain: a massage and exercise based approach

AMT Accredited CEU Workshops



**70 CEUs
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Expand your knowledge and gain 70 CEUs for participating in our 2-day intensive workshops.



WORKSHOP DATES

APRIL		
Stretching & Conditioning Workshop	Sat & Sun 14-15	Sydney
MAY		
Chinese Cupping	Sat & Sun 5-6	Melbourne
Fibromyalgia	Sat & Sun 12-13	Melbourne
Muscle Energy Technique	Sat & Sun 12-13	Gold Coast
Reflexology	Sat & Sun 26-27	Sydney
JUNE		
Intergrative Fascial Release	Sat & Sun 23-24	Melbourne
JULY		
Chinese Cupping	Sat & Sun 7-8	Sydney
Stretching & Conditioning	Sat & Sun 7-8	Melbourne
AUGUST		
Reflexology	Sat & Sun 4-5	Gold Coast
Trigger Point	Sat & Sun 18-19	Melbourne
SEPTEMBER		
Manual Lymphatic Drainage	Sat & Sun 1-2	Gold Coast
Stretching & Conditioning	Sat & Sun 1-2	Sydney
Effective assessment skills and treatment protocols	Sat & Sun 1-2	Melbourne
Manual Lymphatic Drainage	Sat & Sun 8-9	Melbourne
OCTOBER		
Ortho-bionomy	Sat & Sun 13-14	Melbourne
NOVEMBER		
Chinese Cupping	Sat & Sun 10-11	Gold Coast
Reflexology	Sat & Sun 17-18	Melbourne
Manual Lymphatic Drainage	Sat & Sun 24-25	Sydney
Trigger Point Therapy	Sat & Sun 24-25	Gold Coast
DECEMBER		
Muscle Energy Technique	Sat & Sun 1-2	Melbourne
Trigger Point Therapy	Sat & Sun 1-2	Sydney
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AMT accredited



Top End Massage - Empowering Indigenous Communities

In August 2005, Tuesday Browell began a bold and innovative program to bring Massage Therapy to indigenous communities in Australia's top end. Tuesday is perhaps better known as the Founder and Principal of Murray College of Health Education in Echuca, Victoria. However, over the last 18 months her work in Cape York's Hopevale community has ignited considerable interest and garnered much well-deserved praise.

The Hopevale community, located 46 kilometres north of Cooktown, has a population of around 1000 and is home to the Guugu Yimithirr people. The Hopevale Hands On Massage Therapy Training Program commenced with the opening of a clinic inside the Hopevale Aged Care complex. Six weeks later, Tuesday began training 6 students in the Certificate IV in Massage (Indigenous Communities).

The training program was instituted with the following broad aims:

- To train health workers and community members in the Certificate IV in Massage (Indigenous Communities) throughout the 17 communities in Cape York.
- To evaluate the effects of massage therapy beyond pain and disability.
- To publish findings in conjunction with Bristol University and RMIT.
- To establish a complementary and allied health care facility in each community to facilitate training, treatment, education and employment.

Since inception, the program has supported 17 volunteer practitioners and students who have each contributed to the clinic and training sessions. The Clinic is supported by the Hopevale Shire Council as well as community members and the Council of Elders. Over 150 clients have been treated for musculo-skeletal disorders and 9 students are currently enrolled in the training program, which is jointly supported by Murray College of Health Education,

Hands on Health Australia, Frontline Health, The Massage Therapy Foundation, RMIT and lots of artists and musicians.



Elder Peter Costello (not the treasurer!) He plays with Yothu Yindi and Midnight Oil. and is the program ambassador ▲

To date, staff from the childcare centre, the kindergarten, and sport and recreation have undergone training. They are on their way to receiving their Certificate IV in Massage but the going is tough. Structured learning is, by definition, transient in this environment.

The next visit will see palliative care, Home and Community Care (HACC) workers and aged care staff trained.

Below, we publish extracts from the journals of volunteers who have worked on the program.

The small town of Hopevale was littered with frangipani, dogs, horses and the red dust of the dry season. This community was constructed as an Aboriginal mission and it is as if the people who live here don't belong. They live in the houses that are built by the council but they seem to live more outside the homes than inside as they meet and talk under the shade of the leafy trees. It was when I saw these people on the beach, fishing and laughing that they suddenly seemed to belong and merge in with the sinking sea and sun.

Each day that I attended the clinic room in Hopevale, there seemed to be more and more new faces as well as the regular ones. Everyone left with a smile.

Most people wanted to come back soon and bring their family members and friends. Tuesday and the volunteers worked hard to attend to the influx of clients - at times every available massage space in the clinic was taken and massage spilled to the outside of the clinic and onto the outside seating area.

My most memorable experience of the clinic's success was when a grandmother approached Tuesday to help her grandson who was about 2 years of age and showed no sign of walking. Tuesday and I attended the home of the grandmother, and the mother and various siblings sat outside. A makeshift clinic ensued as Tuesday taught the mother, grandmother and sister how to massage the little boy.

In less than a week we were informed that the boy had taken a few steps and, a few days later, a few more steps. I wonder how many more steps this boy has taken or if he is now walking?

My job consisted primarily of conducting and documenting the first stage of interviews regarding the broader effects of massage on indigenous communities. As such, my work did not have the same immediate effects or rewards as that of the massage therapists but in my time there I was able to interview over fifty people. One of my most memorable interviews was with one of the elders at the aged care facility who, when I asked him his age, looked at me and the others from the facility sitting in close proximity and said "how old do you think I am?"



Community fun day ▲

Each question I asked was met with the same response. He seemed to prefer a more communal way of completing the questionnaire. The others joined in the fun and answered on his behalf as I became more flustered!

I found it a great challenge at times to ask people if they were happy about the life they have led, questions I find difficult to answer for myself.

September 2006

The clinic reopened on Thursday 14 September. Tuesday Browell, Thelma Williams and Sam Kirby from Murray College of Health Education opened the doors and were received with open and loving arms.

During our last stint, cyclones Larry, Wati, Monica and Glenda thwarted our endeavors. This time the weather has so far only buffeted us with 35-knot winds, so we consider ourselves blessed. We are in the presence of a slow, building force that is determining the future of our small, under-funded program. Each day we drive from beautiful Elim Beach, where we camp on traditional lands, to the town of Hopevale some 25 kilometers away. We try to maintain the 9am to 4pm time slots but the elements seem to have kept us on the late side. Nonetheless, we are a determined mob, arriving at our destination to face the physical, emotional and spiritual aches and pains of the townsfolk with joy.



Elder Walter Jack, a well respected traditional artist, receives some TLC on his hands and feet ▲

The stories do not need to be told for they are evident in the bodies of our clients: one after the other they lay on the massage tables and we feel their pasts unfold under our hands. Generational Trauma.

Women who have lost children; children who have lost their parents; men who have lost their place and all manner of medical conditions.

We delight in the importance of foot massage, where the many diabetics get relief from swelling and lack of circulation. Surgical procedures gone bad are helped by the simple use of circular frictions to release adhesions. Scars big and small, all holding memories of the painful moment, are soothed of the patterned responses. Dry and cracked skin seems to gobble up our specially prepared massage therapy oils, consuming the goodness and feeding from nature.

We started back at the childcare centre "Nola's Place". The babies are all massaged each day and some fall asleep on the pillows. On average we have massaged 4-6 babes per day. We then move into the big room where a dozen delightful faces greet us, holding out their hands to receive their quota of massage oils in their little palms. They sit on great big, colored pillows and then begin to massage their own bodies and each others. Some are quiet and a tad fearful of us but we slowly introduce them to the feel of massage and from then on they are converts.



The toddlers enjoying hand massages ▲

September 2006

The toddlers open their hands to receive massage oil, and rub it into their little arms and legs. They allow us to massage them and they are fascinated. Expressive faces surround us as we sit on large cushions with the children under the veranda, their exuberance shines all around. A 7 week old baby receives a massage and she settles under the soft touch of contact with her skin/body.



The Cape York program received a Massage Therapy Foundation Research grant which funded the chair ▲

A lone, white-skinned child, although eyeing us up and down, sits on the cushions to receive a massage, her large blue eyes watching every move!

October 2006

Another full day, Siebren and I tackle the ankle bitters on our own with our new apparatus: The Chair!

Well, the kids are just gob smacked at first, their little eyes nearly popping out of their sockets. When invited to come and sit on the chair, 10 small heads shook in unison ... no way am I getting onto that thing! Slowly they came around and, before we knew it, we were peeling kids off as they clambered all over it. OH&S would not have been impressed.

October 2006

Every work day begins with a visit to Elder Dave (Uncle Dave), a traditional owner of Elim who often has a 'long story' to tell us about his life. We drop off his lunch and pick up any supplies he may need from the town.

Hopevale had the most beautiful funeral. The whole town stopped its clocks and paid respect to a beautiful woman who died in her sleep. The church service was followed by a procession to the cemetery where we sang language songs and laid huge palm leaves in the grave. The colors of the flowers were spectacular against the red dusty earth of Hopevale.

The red dirt permeates everything and stains your feet. It takes a few washes to get it out of the pores.

There was an incident during the week that marred our spirits. The man that was annoyed because he had to wait in line for a massage let forth with a torrent of abuse. He verbally abused us all in front of elders, pregnant women and children. No good came of his anger.

The Holden Ute has done another week of slogging up and down the drive to and from Elim Beach.



The famous hard-working Ute ▲

She has been shaken to bits. The battery terminals keep rattling off and we keep stopping in the middle of anywhere and everywhere. I think I have burnt the clutch out and changing gears is becoming more of a physical challenge each day. Sand and salt penetrate everything - every joint and crevice - and then proceed to jam it up. We just keep freeing up pieces of the Beaut Ute. At one stage we girls fixed it with hay bale twine and silver tape from the \$2 shop. We all felt very proud to get home.

October 2006

Clinic has been constant, though the school holidays have kept people at home or visiting family elsewhere. Next week it's all back to normal: clinic, childcare in the mornings, kindergarten in the morning and sports events in the late afternoon.

Once again, our daily foot care massage at the aged care centre is popular with residents who look forward to our arrival and wiggle their toes with glee! Backs, legs, itchy skin, and wear and tear on the muscular system all have been rubbed into submission with sensitivity and care.

One 90 plus year old resident has had stomach ache and was complaining of aching throughout his abdominal and back region. After some careful pressure applied to his abdominal muscles he was pain free and most happy with the results. The next day he was seen trotting about town in a suit looking very debonair, a visual confirmation of our work.

The Director of Nursing, who has been a resident of Hopevale for over 30 years and is presently working with the aged care people, complained of very sore medial gastrocs and very tender and painful calcaneus and Achilles tendons. Her feet were sore and cramping. At her initial visit, these areas were treated and the next day she was pleased to report only a small amount of cramping that night. She is now more comfortable and able to continue her workplace duties due to the increased flexibility in her feet and calves. She's waiting patiently for her next visit to help her maintain and, hopefully, improve her present situation.



Anna Bonomini, project research assistant, with Violet and Dumbia, two elder women of Hopevale ▲

The work is hard joy. Everybody is pissed off in paradise! We have visited the community some 11 times in the last 3 years and everyone who is privy to the company of the Hopevale people and their lives is enriched beyond measure but at the same time dismayed to find such marginalised peoples in our great country of Australia.

AMT is planning a fundraising event in support of the CAPE YORK MASSAGE THERAPY TRAINING PROGRAM. Please stay tuned for details.

■amt

Massage Workshops Blue Mountains

- Neck & Headache Pain.
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- A Fascial Approach to Shoulder Problems.
- Arm & Hand Pain.
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See AMT Calendar of Events

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massage@amt-ltd.org.au

2007 International Fascia Research Conference

Basic Science and Implications for Conventional and Complementary Health Care

October 4 – 5, 2007

The Fascia Research Congress in Boston, Massachusetts, will be the first international conference dedicated to fascia in all its forms and functions. This landmark event has been conceived and organised by a multidisciplinary committee of science researchers and practising health care professionals whose respective fields share a common focus and interest in the human body's soft connective tissue matrix.

The centrepiece of the conference will be the presentation of the latest and best scientific fascia research. Professionals from the separate domains of basic research and clinical practice will have an unprecedented opportunity to learn from one another and gain insights that will inform and enrich their respective areas of work and lead to new areas of scientific inquiry and improvements in applied methods.

About Fascia

Fascia is the soft tissue component of the connective tissue system that permeates the human body. It forms a whole-body continuous three-dimensional matrix of structural support. Fascia interpenetrates and surrounds all organs, muscles, bones and nerve fibres, creating a unique environment for body systems functioning. The scope of our definition of and interest in fascia extends to all fibrous connective tissues, including aponeuroses, ligaments, tendons, retinaculae, joint capsules, organ and vessel tunics, the epineurium, the meninges, the periosteum, and all the endomysial and intermuscular fibres of the myofasciae.

There is a substantial body of research on connective tissue generally focused on

specialised genetic and molecular aspects of the extracellular matrix. However, the study of fascia and its function as an organ of support has been largely neglected and overlooked for many years. Since fascia serves both global, generalised functions and local, specialised functions, it is a substrate that crosses several scientific, medical and therapeutic disciplines, both in conventional and complementary/alternative modalities.

Among the different kinds of tissues that are involved in musculoskeletal dynamics, fascia has received comparatively little scientific attention. Nevertheless, it potentially plays a major but poorly understood role in joint stability, general movement coordination, back pain and many other pathologies.

One reason that fascia has not received adequate scientific attention in the past is that this tissue is so pervasive and interconnected that it easily frustrates the common ambition of researchers to divide it into a discrete number of subunits which can be classified and separately described. In anatomic displays the fascia is generally removed so that the viewer can see the organs, nerves and vessels but is thus denied the opportunity to appreciate the tissue that connects and separates these structures.

Clinician Perspective on Fascia

There is increasing interest in the role that fascia plays in musculoskeletal strain disorders such as low-back instability, postural strain patterns of all types, fibromyalgia, pelvic pain, respiratory dysfunction, chronic stress injuries, and in wound healing, trauma recovery and repair.

The Fascia Research Congress seeks to present recent findings that advance knowledge of biomechanical and adaptive properties of fascia that may account for clinical observations in health and dysfunction.

The expanding worldwide scientific research on the human fascial tissues forms a body of knowledge pertinent to a wide range of professionals engaged in conventional and CAM modalities who treat individuals afflicted with specific pathologies or injuries of fascial tissue. The latest research will further the mechanistic understanding of many manual therapies (including massage therapy) which involve fascial tissues.

The 2007 Fascia Research Conference will feature new scientific findings in the following categories:

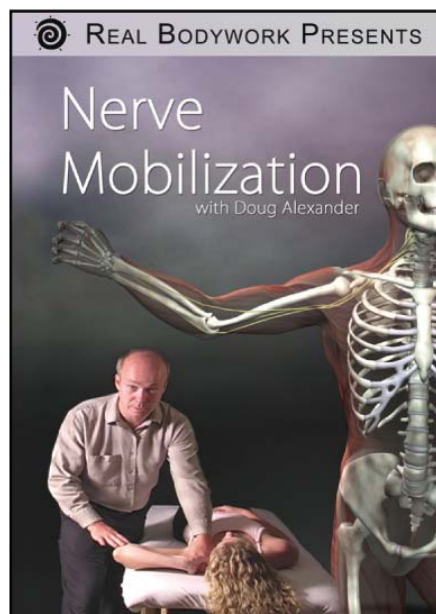
1. The presence of contractile cells (myofibroblasts) within the fascial fabric. Clinicians are interested in their role in creating contractile tonus in the fascial fabric, how they form, what turns them on and their influence on passive muscle tonus.
2. Biomechanical properties of fascial tissues: creep, relaxation, hysteresis, effect of sustained spinal flexion on lumbar tissues, strain induced hydration changes, myofascial release manipulation and fascial viscoelastic deformation.
3. Mechanotransduction between the cytoskeletal structure within the cell and the extracellular matrix, and its implications for health and disease.
4. Forms of communication within the fascial matrix, such as the tugging in the uropolysaccharides created by twisting acupuncture needles.
5. How fascia is innervated, and how proprioception and pain are created, detected and modulated by the spinal cord and the rest of the nervous system.
6. Other new findings and significant hypotheses in the realms of biochemistry and biomechanics of fascial deformation and reformation.

For more information about the conference and online registration, please visit **www.fascia2007.com**

DVD Review

By Tyraus Farrelly

NERVE MOBILISATION (Median, Ulnar and Radial Nerves)



Supplier: Terra Rosa

Presenter: Doug Alexander

Format: DVD - All regions, PAL/NTSC

Duration: 2 Hours 7 Min

Price: \$72.00

Contact: www.terrarosa.com.au
or 0402 059 570

Producer: Real Bodywork

This DVD covers the assessment and treatment of Median, Ulnar and Radial neuropathies. It is a well-presented, professional looking DVD. Audio and video quality are excellent and the use of still and animated anatomy slides helps the viewer to visualise neural pathways and serves as a recap of the surface anatomy relating to the treatment approach featured.

The presenter, Doug Alexander, is the founder of 'The Journal of Soft Tissue Manipulation' and an instructor at Algonquin College in Canada. Mr Alexander's presentation style is clear, concise and systematic. From the outset it is apparent that he is highly skilled and has a vast knowledge of the subject.

The back cover of the DVD states that the content features:

"... advanced nerve tension tests that will allow the therapist to precisely evaluate the median, ulnar and radial nerves to discover exactly where they are impinged".

This presentation certainly delivers on that promise and much more! Doug Alexander takes you through the entire pathway of all three nerves from proximal exit out of the cervical spine to distal insertion. He explains the neural tension test for each nerve and systematically takes you through each component of the test, highlighting every region where nerve irritation or restriction may occur. He then demonstrates a vast array of techniques to relieve irritable symptoms in each region.

The DVD boasts over 65 techniques, including MFR, fluid (lymphatic) techniques, nerve gliding and stretching techniques, MM stripping, post isometric relaxation, joint decompression, mobilisation and gliding techniques, TrP release and capsular stretching to name a few. All these techniques are focused on releasing the nerve as it becomes restricted or compressed through varying structures along its pathway.

Doug Alexander also explains the importance of correct breathing and outlines how upper respiratory breathing can lead to proximal nerve compression syndromes of the brachial nerve plexus. He demonstrates a range of treatment approaches and exercises to target these conditions. I have seen a number of videos and attended a number of workshops on neural tension testing but I have to say that this is by far the most comprehensive and useful presentation on the subject I have seen to date. It is a very valuable educational resource and one that you will find yourself referring back to many times. For those of you who see a lot of compression neuropathies in your clinic, this DVD is invaluable.

And now to what I believe is the only blemish. While the DVD opens with all the usual warnings and disclaimers, there is one area that I think warrants special caution.

On a number of occasions the treatment demonstrated required passively moving the head out of neutral alignment - usually into lateral flexion but also into combined lateral flexion and extension and, at times, with oscillation movement through this range. I believe the possibility of vascular symptoms occurring when taking a client through this range should have been mentioned, (no matter how remote the possibility) and a warning to immediately cease if vertebral artery or other vascular symptoms occur.

I guess you could argue that all therapists should be aware of the dangers, but the fact is that this DVD is freely available and many therapists still do not necessarily watch out for symptoms which might suggest vertebral artery insufficiency (of course all AMT members do, don't we?!).

Overall, though, this is a great DVD and I believe all members will gain enormous benefits from it. Senior members with a more in-depth knowledge of anatomy would stand to gain the most from this DVD.

At a glance:

- ☒ Excellent quality
- ☒ Excellent value for money
- ☒ Invaluable learning resource
- ☒ Great use of still & animated slides
- ☒ Best nerve treatment DVD I have ever seen
- ☒ Does not warn against possible vascular symptoms during passive neck movements.

Overall Rating

★★★★★

A must see, highly recommended!

Tyraus Farrelly is a senior level 2 AMT member. He completed the TAFE Associate Diploma of Health Science in 1995. He was the head Massage Therapist for the Illawarra Steelers and the St George Illawarra Dragons for 4 years and the head consultant Therapist for the Australian National Martial Arts team for the World Karate Championships. He has conducted post graduate workshops privately and for the Illawarra Steelers and delivered workshops on Massage for Pain Relief within a pain management course. He has worked with many Physiotherapists, Musculoskeletal Specialists, Chiropractors, Exercise Scientists and Sports Physicians within a rehabilitation environment and within an elite sports environment. He currently runs a full time clinic in Wollongong, with a focus on sports and occupational injuries.

For comments or suggestions please contact Tyraus at tyraus@hotmail.com



The "Bowen" for professionals

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NST has been inspired and strongly influenced by the LATER WORK of the Australian genius, TOM BOWEN and validated using the principles of applied kinesiology.

Why train in NST?

NST is only taught to qualified health practitioners, currently in clinical practice.

NST is taught using orthopedic and kinesiological testing.

NST is taught with an underpinning philosophy.

NST basic course is taught over 5 consecutive days, thus giving practitioners techniques that can be used immediately in clinical practice.

NST is recognised by the AAMT, AMT, ATMS, BTFA and IRMA for CEU points.

The ongoing dependability of the NST will continue to delight and intrigue both clinician and client. As an example: Around 80 % of all presenting conditions are totally resolved in 2 - 3 sessions.

The 5 day NST Basic Workshop covers extensive areas of the body, etc. This work is exclusively available for practitioners of healing and bodywork. The course is comprehensive in covering all major areas of the body, including sacral, TMJ, coccyx, ankle, hamstrings, shoulders and neck conditions, etc.

From a practitioner point of view, NST provides an effective form of treatment without the use of oil, patients can be work upon through the light clothing, reducing laundering costs considerably. Due to the short breaks between successive groups of moves, more than one client can be worked upon at any given time. The physical effort versus effect achieved is considerably less than for other type of manual therapies.

From the patient's point of view, results are more readily obtained and sustained. The approach is viewed as more "holistic" as compared to other therapies. Multiple conditions can be treated simultaneously.

Conditions that respond well to NST include problems involving

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|------------------------------|--------------------------------|
| *Cranial and TMJ. | * Neck, including whiplash |
| * Lumbar and Thoracic | * Shoulder and arm |
| * Hamstring, knees and ankle | * Respiratory including asthma |
| * Menstrual | * Carpal tunnel |
| * Sciatica | * Headaches / Migraines |
| * Fatigue | * Sacral-iliac dysfunction |

Further informatipn about NST - [web site at http://www.nsthealth.com](http://www.nsthealth.com)



2007 training dates

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LAUNCESTON March 22nd -26th,
MELBOURNE July 13th -17th,
GEELONG Nov 23rd-27th.

MILDURA April 26th - 30th.
MAKAY Sep 6th-10th.
SYDNEY Dec 6th-10th

For enquiries contact : Ron Phelan (03) 52555229 or at boweNST@iprimus.com.au

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Health Fund Status

AMT has negotiated provider status with the Health Funds listed below. If you are up to date with insurance, first aid and CEUs there is no need to apply individually to each health fund: your name will be forwarded for automatic recognition as a provider. Please check the explanation of status levels to see which health funds recognise your level of membership.

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
Naval Health (ARHG)	B
NSW Teachers Federation Health Society (ARHG)	B
Phoenix Health Fund (ARHG)	B
St Luke's Medical & Hospital Benefits (ARHG)	B
Teachers Union Health (ARHG)	B
Transport Health (ARHG)	B
United Ancient Order of Druids (ARHG)	B
Westfund Health Fund (ARHG)	B
Australian Health Management	C
Australian Unity	C
Geelong Medical Benefits Fund	C
Government Employees Health Fund (AHMG)	C
Grand United Friendly Society	C
HCF (New providers please fax your name, AMT membership number and practice address to 02 9290 0158)	C
National Mutual Health Fund	C
NIB	C
Super Health Plan	C
Victorian WorkCover Authority	C
MBF	D
NRMA Health	D
Medibank Private	E
ANZ Health Insurance (HBA)	F
Cardmember Health Insurance Plan (HBA)	F
Gay & Lesbian Health Fund (HBA)	F
HBA (formerly AXA)	F
HealthCover Direct (HBA)	F
Mutual Community (HBA)	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.** Must have the HLT 50302 Diploma of Remedial Massage and:
 - Minimum one million dollars current Professional Indemnity insurance
 - Current Senior First Aid Certificate
 Please apply direct to MBF. Existing Senior Level One, Two and Three MBF providers remain eligible.
- E.** Senior Level One, Two or Three members with:
 - Minimum one million dollars current Professional Indemnity insurance
 - Current Senior First Aid Certificate
 Please apply directly to Medibank.
- F.** From 2006, HBA require the HLT50302 Diploma of Remedial Massage and:
 - Minimum one million dollars current Professional Indemnity insurance
 - Current Senior First Aid Certificate
 Existing Senior Level One, Two and Three HBA providers remain eligible.

Please check the AMT website for updates.

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

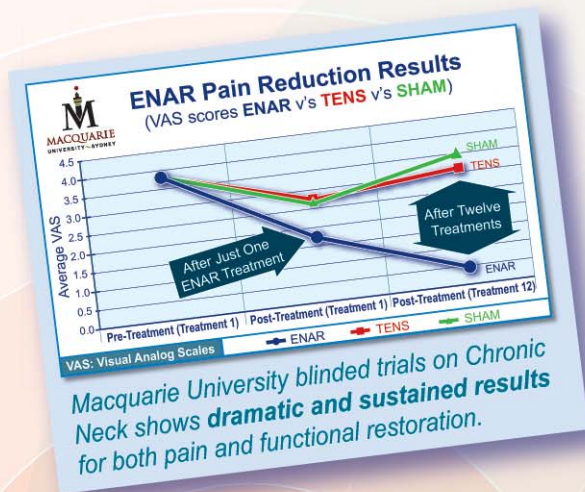
Calendar of Events

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)

March 2007		CEUs
9	WorkCover Outcomes Training Course. Newcastle. Ph: 13 10 50	25
9-11	Heartworks Lomi Lomi. Presented by Nemara Hennigan and Andrea Lopez. Central Coast. Ph: 0413 275 485	150
10-11	Daavid Therapy (100 hour course, one weekend a month). Presented by Pierre Daavid. Gold Coast. Ph: 0427 678 763	500
16-18	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Sydney. Ph: 0425 738 548	80
17-18	Daavid Therapy (100 hour course, one weekend a month). Presented by Pierre Daavid. Sydney. Ph: 0427 678 763	500
17-18	Dorn Spinal Therapy. Presented by Barbara Simon. Brisbane. Ph: 02 9918 8057	70
18	Hunter Branch General Meeting. Ph: 02 4969 5880	15
18	Treatment Planning/TMJ. Presented by Steve Jones and Ron Rhelan. Brisbane. Ph: 03 9481 6724	35
22-26	Neurostructural Integration Technique. Presented by Ron Phelan. Launceston. Ph: 03 5255 5229	175
22	Neck and Headache Pain. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
24	Neck and Headache Pain. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
24	WorkCover Outcomes Training Course. Dubbo. Ph: 13 10 50	25
24-25	Sports and Remedial Taping. Presented by Jeff Murray. Tweed Heads. Ph: 07 5599 2514	70
24-25	Traditional Thai Massage Workshop. Presented by Bruce Bentley. Melbourne. Ph: 03 9576 1787	70
24-25	Basic Principles of Orthotic Therapy. Presented by Malcolm Walker. Gippsland. Ph: 03 5152 6585	60
25	Muscles and Pelvic Alignment. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
26	Manual Lymphatic Drainage. Presented by Michelle Yaffe. Melbourne. Ph: 03 9481 6724	15
30-31	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Townsville. Ph: 0425 738 548	80
31 - 1 April	Chi Acupressure. Presented by Master Zhang Hao. Strathfield. Ph: 02 9899 9823	70
31	Dorn Spinal Therapy. Presented by Barbara Simon. Sydney. Ph: 02 9918 8057	70
April		CEUs
1	Reflexology/Orthotics. Presented by Derek Miglietti and Malcolm Walker. Melbourne. Ph: 03 9481 6724	35
5	Muscles and Pelvic Alignment. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
13-15	Heartworks Lomi Lomi. Presented by Nemara Hennigan and Andrea Lopez. Central Coast. Ph: 0413 275 485	150
14-15	Traditional Cupping Workshop - Eastern Tradition. Presented by Bruce Bentley. Melbourne. Ph: 03 9576 1787	80
14-15	Stretching and Conditioning. Presented by Alison Bell. Sydney. Ph: 03 9481 6724	70
16-20	Myofascial/CST I. Presented by Patricia Farnsworth. Adelaide. Ph: 1800 101 105	160
21	Mid North Coast Branch Meeting. Port Macquarie. Ph: 02 6584 6661/ 02 6584 7882	15
21	WorkCover Outcomes Training Course. Parramatta. Ph: 13 10 50	25
21-22	Traditional Cupping Workshop - Western Tradition. Presented by Bruce Bentley. Perth. Ph: 03 9576 1787	80
21-22	Neurostructural Integration Technique. Presented by Ron Phelan. Melbourne. Ph: 03 9481 6724	70
22	Hunter Branch Workshop: Scoliosis. Presented by Colin Rossie. Ph: 02 4969 5880	40
22	The Human Machine. Presented by Alan Ford. Melbourne. Ph: 9517 9925	25
26-30	Neurostructural Integration Technique. Presented by Ron Phelan. Mildura. Ph: 03 5255 5229	175
27	WorkCover Outcomes Training Course. Cronulla. Ph: 13 10 50	25
27-29	Onsen Muscle Therapy Volume I. Presented by Jeff Murray. Tweed Heads. Ph: 07 5599 2514	105
28-29	Akupunkt-Massage according to Penzel. Presented by Rene Goschnik. Sydney. Ph: 02 9547 0158	150
28-29	Manual Lymphatic Drainage. Presented by Michelle Yaffe. Melbourne. Ph: 03 9481 6724	70
28-29	Basic Principles of Orthotic Therapy. Presented by Malcolm Walker. Melbourne. Ph: 03 5152 6585	60
28	Shoulder Pain and Scapular Stability. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
29	Lower Back Pain and Pelvic Stability. Presented by John Bragg. Katoomba, Blue Mountains Ph: 02 4782 5092	35
May		CEUs
1	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Townsville. Ph: 0425 738 548	80
1	Dorn Spinal Therapy. Presented by Barbara Simon. Sydney. Ph: 9918 8057	70
3	Shoulder Pain and Scapular Stability. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
4-6	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Gold Coast. Ph: 0425 738 548	80
5-6	Chinese Cupping. Presented by Rob Lobosco. Melbourne. Ph: 03 9481 6724	70
5-7	Akupunkt-Massage according to Penzel. Presented by Rene Goschnik. Sydney. Ph: 02 9547 0158	150
7-11	Myofascial/CST III. Presented by Patricia Farnsworth. Adelaide. Ph: 1800 101 105	300
10-13	Heartworks Lomi Lomi. Presented by Nemara Hennigan and Andrea Lopez. Central Coast. Ph: 0413 275 485	150
10	Lower Back Pain and Pelvic Stability. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
11	WorkCover Outcomes Training Course. North Sydney. Ph: 13 10 50	25
12-13	Traditional Cupping Workshop - Eastern Tradition. Presented by Bruce Bentley. Sydney. Ph: 03 9576 1787	80
12-13	Fibromyalgia workshop. Presented by Steven Goldstein. Melbourne. Ph: 03 9481 6724	70
12-13	Muscle Energy Technique. Presented by Alison Bell. Gold Coast. Ph: 03 9481 6724	70
20	Hunter Branch General Meeting. Ph: 02 4969 5880	15
20	Scoliosis Treatment Protocols and Perspective. Presented by Colin Rossie. Sydney. Ph: 9517 9925	35
24	Arm and Hand Pain. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
25	WorkCover Outcomes Training Course. Canberra. Ph: 13 10 50	25
25-27	Onsen Muscle Therapy Volume II. Presented by Jeff Murray. Tweed Heads. Ph: 07 5599 2514	105
26-27	Chi Acupressure. Presented by Master Zhang Hao. Strathfield. Ph: 02 9899 9823	70
26-27	Reflexology. Presented by Derek Miglietti. Sydney. Ph: 03 9481 6724	70
26	Arm and Hand Pain. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
26-27	Traditional Cupping Workshop - Eastern Tradition. Presented by Bruce Bentley. Brisbane. Ph: 03 9576 1787/07 3846 1988	80
27	Leg and Knee Pain. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
28	Gua Sha Day. Presented by Bruce Bentley. Brisbane. Ph: 03 9576 1787/07 3846 1988	40

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