

# TABLE TALK

[www.amt.org.au](http://www.amt.org.au)

AMT NEWSLETTER

- April 2016



Jeff Murray receiving his life membership from AMT Chairperson Annette Cassar

## Life Member – Jeff Murray

Jeff Murray has had a stellar career in the massage therapy industry. He joined AMT in 1992 and, during his 24-year spell, has carved out an unparalleled reputation as a leader, educator, mentor and practitioner par excellence.

Jeff's enduring popularity as a presenter has drawn therapists to his workshops in extraordinary numbers. He has taught literally thousands of students and practitioners over the years. As a draw card at AMT conferences and events, it's basically Jeff Murray first and daylight second!

Amongst his impressive career achievements is being appointed as Director of Sports Massage for the Sydney 2000 Olympic and Paralympic games, both a personal and a public relations coup for the massage therapy industry at large.

Jeff has volunteered countless hours of his time to AMT in various capacities, including serving as an executive locally and several years on the AMT Board.

The AMT Board is honoured to be able to acknowledge Jeff's extraordinary contributions to both AMT and the broader massage therapy profession through this life membership. His boundless enthusiasm, energy and dedication has been a precious asset of inestimable value. Jeff Murray - we salute you!

## AGM report

Fifty enthusiastic AMT members turned out for AMT's AGM in Brisbane on March 13. Miraculously, we managed to smash last year's record of a 35-minute meeting, bringing this year's proceedings in at an impressive 30 minutes. This included a brief discussion and acceptance of a suite of constitutional changes and a couple of interesting questions from the floor regarding the transition to the new training package qualifications.

AMT's newly tweaked constitution is now available for download from the AMT website: [www.amt.org.au/downloads/info-about-amt/AMT-constitution.pdf](http://www.amt.org.au/downloads/info-about-amt/AMT-constitution.pdf)

The most significant constitutional change is the transition to the new designations of Chairperson and Vice-Chairperson, replacing the titles President and Vice-President. This shift underscores the changing corporate structure of AMT and the evolution of the role of the President of the Association within that structure. The designation of "Chairperson" better encapsulates the role and functions performed by the AMT President. The Chairperson is the highest-ranking officer on the Board of Directors and is not involved in the day-to-day running of AMT.

So it's a bit thrilling to be able to introduce AMT's inaugural Chairperson and Vice-Chairperson, Annette Cassar and Michelle McKerron. Our other office bearers for 2016 are Treasurer, Dave Moore, and Directors Derek Zoritz and Jenny Richardson.

Keep your eyes peeled for the 2015 AMT annual report, which will be available for download from the AMT website soon.

At the close of the AGM, the Board was delighted to be able to recognise long-term AMT member and industry luminary, Jeff Murray, with a Life Membership. This Award has special significance in the context of AMT's 50th anniversary celebrations and is a fitting recognition of the extraordinary contributions that Jeff has made to the nascent massage therapy profession since he joined the Association in 1992.

celebrating  
**50**  
years

**AMT CONFERENCE**  
**REGISTRATION NOW OPEN!**  
September 23rd - 24th  
Luna Park, Sydney

**KEYNOTE SPEAKER: Dr Tasha Stanton**  
New insights from pain neuroscience

Full details of the amazing line-up available in the Conference Brochure. You won't want to miss this – register now! (Conference brochure and registration form available at the end of the newsletter or [click here](#))

Jeff's acceptance speech was as inspirational as it was punchy, leaving those privileged enough to hear him with his simple formula for success: love your work, take pride in what you do, follow your passion and the money will follow, and (last but not least) love your Association!

## AGM workshop - Tricks of the Trade

It is no surprise that Jeff's workshop, Tricks of the Trade, maxed out several weeks before the AGM. Those lucky enough to be in attendance were treated to the benefit of Jeff's 20 plus years of post-graduate education, including his recent studies with Dr Kenzo Kase, inventor of Kinesio Taping. His years of experience as a presenter shone through.



Demonstration by Jeff Murray

The workshop was loosely based around some of the quick and simple hacks that Jeff has learned over the years to give the body a pain-free space to restore movement and function (principally using simple taping protocols). Jeff also gave a demonstration of Slacking Therapy, a technique developed by Kenzo Kase which, used in conjunction with Kinesio Taping, aims to stimulate blood and lymphatic flow for muscles in trauma.

As the day wore on, the room started to look more like the aftermath of a zombie apocalypse than a manual therapy class. Participants were seemingly stitched together by a patchwork quilt of static tape and kinesio tape. Jeff somewhat abandoned the script as he circulated the room and shared interesting findings from his functional assessments of class participants. There was no shortage of things for Jeff to uncover, with a somewhat unsurprising preponderance of shoulder, thoracic and wrist issues that are probably endemic to overworked massage therapists! There was also no shortage of "aha" moments despite the fact that attendees needed to keep their wits about them to take in the tide of information, tips and techniques that Jeff presented throughout the day.

Despite being a little fried by information overload, everyone left with lots of tools and ideas to take back to their clinics. Thank you Jeff for generosity in sharing what you've learned over the years.



Jeff Murray and workshop participants in action



## Fenton Green appointed as AMT's insurance provider

AMT recently entered into an exclusive agreement with our insurance brokers Fenton Green, officially appointing them as the Association's insurance provider. The agreement is the culmination of several years of dialogue between Fenton Green and AMT.

The AMT Board is confident this new arrangement will lead to ongoing benefits in terms of providing competitively priced insurance policies that support the evolving clinical practice needs of AMT members. Over the past five years, Fenton Green has proved itself to be responsive and adaptable, working with AMT to improve and expand services, and providing advice, guidance and support when requested. The company's online quoting and renewal system has proved popular with members, allowing them to quickly and efficiently renew their policies and receive a Certificate of Currency via email within minutes.

AMT members who hold insurance with other companies will not be impacted by this new arrangement. Members can continue to take out insurance with the company of their choice.

## New BUPA provider recognition requirements

AMT is currently in dialogue with BUPA regarding their new provider recognition requirements, due to be implemented on June 1. Although it will mostly be business as usual, we are seeking clarification on a couple of key issues.

Our biggest concern centres on BUPA's requirement for \$5,000,000 professional indemnity cover (which would impact around 70% of AMT members who are currently eligible BUPA providers). Rest assured, we are working hard to broker the best possible outcome on behalf of members and we will keep you informed of our negotiations with the fund. If BUPA refuses to budge on the insurance limit, we will negotiate a one-year compliance period so that affected members can renew their insurance at the new \$5,000,000 limit if they wish to remain BUPA providers.

## AMT in the media

Community newspaper, Knox Leader, recently reported on an alleged assault that occurred in the Max Therapy chain of stores in Victoria, where a woman is taking civil action against the company for failing to investigate similar complaints against the male employee who committed the offences.

As part of the report, AMT Secretary Rebecca Barnett was interviewed on the need for enhanced regulation of the massage therapy industry. Rebecca stated that the Code of Conduct for Health Care Workers, a 2014 COAG initiative that is currently rolling out nationally, does not

go far enough to protect the public from incidents of this nature. She advised consumers to screen potential massage therapists rather than opening themselves up to unnecessary risks by casually walking into a shopfront or clinic:

"Don't just casually walk into a premises on a whim and expect the best care — do your research, check on the credentials of the therapist, including their professional affiliations, and ask them questions about what to expect in a treatment session."

The therapist in question has since pleaded guilty to rape and indecent assault. It is unclear whether he held any formal qualifications or professional association membership.

You can read the full article here:

[www.heraldsun.com.au/leader/outer-east/association-of-massage-therapists-wants-industry-statutory-body-after-alleged-rape-at-westfield-knox-parlour/news-story/85d7d840a9615c76458f76c8baf65fce](http://www.heraldsun.com.au/leader/outer-east/association-of-massage-therapists-wants-industry-statutory-body-after-alleged-rape-at-westfield-knox-parlour/news-story/85d7d840a9615c76458f76c8baf65fce)

You can also read AMT's position statement on regulation of the massage therapy industry here:

[www.amt.org.au/downloads/position-statements/AMT-Position-Statement-Regulation.pdf](http://www.amt.org.au/downloads/position-statements/AMT-Position-Statement-Regulation.pdf)

## Til Luchau on tour in September and October

AMT is delighted to be hosting Advanced-Trainings again this year. Til Luchau, popular presenter and author, will be presenting a series of workshops in Sydney, Canberra and the Gold Coast. Til will also be presenting a pre-conference workshop on September 23rd in conjunction with AMT's 50th anniversary celebrations.

To view Til's workshop schedule and to register, please download the flyer here:

[www.amt.org.au/downloads/workshop-registrations/Advanced-Trainings-2016.pdf](http://www.amt.org.au/downloads/workshop-registrations/Advanced-Trainings-2016.pdf)

## Underpayment of Massage Therapists

The operators of two Melbourne massage shops have been penalised over \$100,000 for underpaying two therapists and imposing unlawful deductions from their wages. The Fair Work Ombudsman discovered the failure of the operators to meet their workplace obligations while investigating claims of underpayment by employees.

Fair Work Ombudsman Natalie James said "the Court penalties should serve as yet another reminder to employers who flout their workplace obligations that there will be financial penalties if they are caught. ... Minimum wage rates apply to everyone - including visa-holders - and they are not negotiable".

The Federal Circuit Court Judge stated "It is important to ensure that the protections provided by the (Fair Work) Act to employees are real and effective and properly enforced. The need for general deterrence cannot be understated. Rights are a mere shell unless they are respected".

Ms James encouraged employers who had any uncertainty about whether their workplace practices were appropriate to visit the Fair Work Ombudsman website at [www.fairwork.gov.au](http://www.fairwork.gov.au) or call the Fair Work Infoline on 13 13 94 for advice.

You can read the full article here:

[www.fairwork.gov.au/about-us/news-and-media-releases/2016-media-releases/march-2016/20160323-lushealthcarepenalty](http://www.fairwork.gov.au/about-us/news-and-media-releases/2016-media-releases/march-2016/20160323-lushealthcarepenalty)

For more information on your rights and responsibilities of employment refer to the following articles from *In Good Hands* ([www.amt.org.au/amt/amt-journal.html](http://www.amt.org.au/amt/amt-journal.html)):

- June 2015 "Am I a subcontractor or an employee?"
- September 2015 "Award entitlements and conditions for massage therapists"

## Handy Hint from Head Office

Did you know that updating your insurance details via your personal AMT membership portal is as easy as 1, 2, 3? Okay, so there may be at least one more step to it than that but uploading your documents directly to the AMT database is the quickest, safest and most efficient way to submit your insurance certificate of currency to AMT.

Just follow these simple steps to start uploading your own documentation. All you need is a computer with an internet connection and an electronic version of your certificate of currency. Your insurer should be able to supply you with a PDF or you can take a photo of a hard copy with your smartphone and upload that.

### 1. Log in to your personal membership account

Go to your member login page. You can access this via the link on AMT's home page or type the following directly into your web browser:  
<https://members.amt.org.au/users>

### 2. Sign in using your email address and password

If this is your first visit, you will need to confirm your account. To do this, click on "Didn't receive confirmation instructions?", enter your email address and click "Resend confirmation instructions". You will receive an email asking you to confirm your account. This will enable you to set up a password - just be sure to check your junk mail folder in case the confirmation email ends up there!

If you have logged in before, just enter your email address and password to access your personal details.

Once you have logged in you can view your profile and start uploading documentation.

### 3. Click on the insurance link in the top navigation menu.

You should now see a screen that looks like this:

Insurance			
<a href="#">Upload certificate of Currency</a>			
Link	Status	Expires on	Actions
134	Approved	01/11/2015	
6120	Approved	01/11/2016	

### 4. Upload your Certificate of Currency and enter the relevant dates and details

Click on the "Upload certificate of currency" button. You will be taken to a screen that looks like this:

### New Insurance

Provider name

Expires on
06/04/201

Evidence
 no file selected

File Description

Enter the name of your insurer in the *Provider Name* field. Enter the date that your insurance expires in the *Expires on* field. Attach your certificate of currency by clicking the "Choose File" tab in the *Evidence* field and locate the relevant PDF or image file on your computer.

Once you click "Save" a confirmation screen will appear which allows you to edit any details if you have made an error. Otherwise, that's it ... easy as 1, 2, 3, 4!

An AMT staff member will review and approve your new certificate within three days.

There's a similar process for uploading First Aid Certificates and CEU documentation but we will go through those in detail in future Handy Hints.



## **The Emergence of the Massage Profession in North America: A History in Archetypes by Patricia J. Benjamin, PhD, LMT**

Book Review by Sue Davis

Did you know the practice of full-body massage, on a padded table with the client under a drape, didn't exist before the 1880s? In the 19th century the treatment for neurasthenia, a condition suffered by Society Ladies involving debilitating melancholy, was "rest cure". Rest cure incorporated massage – the origin of today's wellness and relaxation massage.

This wonderful publication by Patricia Benjamin is packed full of fascinating stories illuminating our professional history from the 1700s to the current day in North America. It's worth noting that, like North America, Australia's massage history began with colonial heritage and has been impacted by the same world events and advances in science and medicine. This book reflects the many similarities between the history of massage in the two countries.

The author takes the reader on a journey from "old women" healers to every-day nurses and midwives, to bone setters and "rubbers", medical gymnasts, old-style masseuses and masseurs, magnetic healers, hydropathists and bath attendants, nature cure doctors, wartime reconstruction aides, Swedish massage practitioners and body workers through to today's remedial massage therapists. In each case, the practitioner is the centre of the story. Patricia Benjamin informs the reader about their education, their understanding of their work and the terminology they used. The author provides insight into how the archetypes were viewed by society and the collaborations and struggles with conventional medicine. Also discussed is how practitioners utilised their massage and explored techniques and modalities.

The book reveals many interesting facts and details. For example, in the 1700s the forerunners of today's massage therapists were called "rubbers". Rubbers were experts in treating orthopedic problems with manual rubbing and friction. Medical rubbers were hired by surgeons to assist with the rehabilitation of patients after surgery and with lameness and joint disease. In contrast, Swedish massage, developed by the 1930s, involved a whole system of treatment including soft tissue manipulation, movement, hydrotherapy and electrotherapy and with applications ranging from the promotion of general health to treating diseases to the rehabilitation of injuries.

There are references to many familiar names, most teachers of our profession and all advocates for quality education and visionaries for professional development, including Gertrude Beard, James Menzell, Douglas Graham and Francis Tappan to name a few.

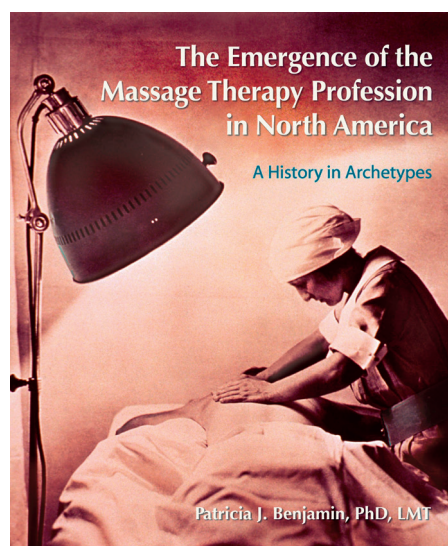
Patricia J. Benjamin, Ph.D., L.M.T., is well qualified to write this book. A massage therapist and educator she has been researching and writing about the history of massage for three decades. A former American Massage Therapy Association National Historian, she seeks to enlighten and inspire with stories about our professional past.

She shares this remarkable chronicle with massage therapists and others interested in natural health and integrative health care.

My personal interest in this book was stoked by my family history. My mother, Cynthia Davis, studied massage in the 1940s as part of the inspired treatment for poliomyelitis infected children during nursing care training in Australia. How and why did learning massage become possible for a nurse? Does my mother's experience and even earlier massage history continue to shape massage practice today? To my surprise and pleasure, the questions I had about my mother's story are answered in a section on Sister Elizabeth Kenny, the Australian bush nurse, and her post war service with poliomyelitis patients. Sister Kenny is described as a nurse whose "... strong personality and rejection of conventional doctors' advice created considerable controversy over the years" (p.390-392). The author interweaves these stories of our history of acceptance and inclusion by conventional medicine with the struggles and final exclusion to where we are now categorised as alternative medicine.

I believe that knowing where our profession came from – the core of our professional identity – provides not only a strong foundation on which our future can be built, but also helps us to avoid repeating past mistakes. History shows that many of the challenges we face today have arisen before. We still struggle with the question of whether we join with mainstream medicine or hold to a more holistic view.

Knowing about these archetypal therapists and their challenges, not just as factual data, but as elements of a complex narrative adds breadth and richness to our professional identity and work. I recommend this book, which is conveniently available in eBook form, to every massage therapist and to all those interested in holistic care.



For inquiries or to purchase the book/ebook, contact [info@curties-overzet.com](mailto:info@curties-overzet.com) or find out more at [www.massagemag.com/the-archetypes-of-masseuse-and-masseur-33228/#sthash.iKeCPehy.dpuf](http://www.massagemag.com/the-archetypes-of-masseuse-and-masseur-33228/#sthash.iKeCPehy.dpuf).

### **REFERENCE:**

Benjamin, P.J. (2015). *The Emergence of the Massage Therapy Profession in North America*. Toronto: Curties-Overzet Publications.

## Meet the AMT Directors: Jenny Richardson

The third instalment of the 'Meet the Directors' series introduces AMT member and Director, Jenny Richardson. Having started her career in local clinics, she has been running her Canberra-based practice for over seven years. Jenny chats about her serious commitment to massage therapy and life on the board...



It's true! When I find something I'm passionate about I tend to get right into it, so for the past 10 years I've pretty much lived massage 24/7. I still love it but am now trying find my way back to a better balance. At least that was my plan until I decided to go to university this year! But the degree includes anatomy in a cadaver lab, so I'm happy!

### What field of massage therapy do you practice?

I'm a remedial massage therapist and a myotherapist, so my focus is on pain and injury mainly. I really enjoy working with people with chronic pain even more than with acute pain. I like helping people who have had things going on for a very long time and often they've hit the problem of really not knowing where to go next because they've tried all the conventional treatments. That's the thing I get a real buzz out of - trying to work out what's going on with them and what massage can bring to their situation.

### How long have you been a therapist?

Ten years. I started at the end of 2005 and qualified in my Cert IV in 2006 and by the end of 2006 I had my Diploma. I worked as a student therapist right through 2006.

### What do you find most challenging about being a therapist?

In terms of working as a therapist in a clinic room with a client, the biggest challenge for me, but what's fun too, is figuring out how the pieces go together. When you first learn massage you really learn how to give a massage. You learn some techniques and you learn some injuries and so on. But you don't understand how the body is so connected. We say it all the time but we never really learn how to look at it that way. I think the biggest challenge for me has been trying to figure out how I can understand the body as a whole and how what's happening in one part affects another part. And then in an individual session trying to figure out those connections, on the spot, with a client who is in pain, so that I am not just treating a symptom but I'm trying to get to the background of why the symptom is there too. It's what I love doing, it's the problem solving aspect, but it's the bit I work hard at in every session.

### How did you first get involved in AMT?

I really ended up in AMT firstly because both my massage college and my boss recommended AMT. I also wanted to work as a student therapist and AMT was the only association offering student insurance.

I will be forever grateful for that – getting that experience right from the start was the best thing I could have done.

### What aspects of AMT do you find you are most passionate about?

I think the way AMT has stood up to what has been happening with the health funds over the last few years and the position it has taken on not letting the funds simply dictate how our industry runs, has really solidified my commitment to what AMT is doing. The feeling in AMT is very much about wanting the industry to go forward and wanting therapists to be great at what we do, whether that's relaxation or remedial or whatever area we each work in. Sometimes I think our industry feels like the little kid who wants to play with the cool kids (physios, doctors) and we'd do anything for them to like us. I think if we do that, one day in the future we'll look back and regret it. It's okay to want to work in the same field – as healthcare providers – but surely we should be determined about doing it based on what we can offer clients/patients, rather than begging to be allowed to play too, or jumping to do anything they say. After the health fund nightmare, I understand the commitment from AMT is to see us move forward with integrity rather than lose our true identity trying to meet the demands of others.

### How long have you been a Board member?

Only about 4 or 5 months. Not very long at all now. So I'm on a learning curve!

### Why did you decide to join the AMT Board?

I was asked whether I'd join by the current Board and that was a great honour in itself. I thought long and hard about it because I feel I have quite strong opinions on different things and whether that would work as a Board member, because the Board is about supporting the whole AMT membership. However, I felt it was an opportunity to play a role in shaping how we move forward in the industry, to see how it works and to make a difference in that and not sit back and judge how someone else does it.

### You live and breathe massage therapy, so what might someone be surprised to know about you?

When I first left the public service and before I discovered massage was what I wanted to do I lived in an eco-village for 4 years in a broken down caravan. It was challenging (and REALLY cold in Canberra winters) but the experience and the people taught me to question and challenge the "norm" rather than simply doing what everyone else was doing. Best lesson of my life for where I am now.

**ACT**

by Jessica Cameron

Our branch kicked off the year with a very successful, well attended meeting: 21 members!!

Alan Ford, AMT Member, gave a fantastic presentation to members about his path to a very successful practice in Canberra.



Alan Ford workshop held in March for ACT branch members.

He showed us four types of postural alignment and made us think about which muscle groups were under stress, short and contracted and which muscle groups were tensile and lengthened.

He then showed us how to treat each type of posture, using stretch techniques and stretch tubing.

This "hands on" approach made us all think about our own bodies and how to correct posture and avoid pain and dysfunction. This then transfers to our clients.

He said the main thing to do when assessing a client is **TO LISTEN!!**

At our April meeting we will be discussing successful business techniques presented by Michelle Driscoll, ACT AMT member.

**Sunshine Coast**

by Lesley Carter

Our March Meeting for the Sunshine Coast was cancelled. Instead, those who could joined the AMT AGM which was held in Brisbane on the same day. It was great to catch up with AMT staff and a wonderful opportunity to do a workshop with Jeff Murray.

The next meeting will be on June 12. We are hoping that Mark Deal will present a wrist and elbow workshop. Mark's previous workshops on the shoulders, knees and ankles have been really helpful and informative. This will be a full day workshop so bring along some healthy food to share for lunch and a massage table if possible.

The next two workshops will be on August 14 and October 9 (AGM). We are at present in negotiations for one of the workshops to be on treating migraines. The other is still being organised.

For all inquiries:

Contact Secretary Lesley Carter  
**lescalnat@gmail.com** or 0403 647 754

**Blue Mountains**

by Ariana McKay

Our Branch Annual General Meeting was held in March where the following Regional Executive Committee members were elected:

Chairperson/Secretary: Ariana McKay

Treasurer: Marlene Khoury

On behalf of AMT Blue Mountains Branch, I wish to acknowledge and thank the outgoing Chairperson, Anne Howarth for her contribution to the Branch. Thanks are also due to those members who regularly attend meetings for their support and contribution towards the continued growth of the Blue Mountains Branch.

We also had our Easter celebration and I would like to congratulate our Trivia night winners Trudi Zurlinden and Rika Kristall. Well done!

At our next Regional Meeting on the 10th of May 2016 at the CWA Penrith, commencing at 6pm, we will be officially welcoming the new Regional Executive Committee and we will have Amy Tyler as a guest speaker for the night. Amy is a NSW Facilitator at Oncology Massage Ltd. She will be speaking about the history of OM in Australia along with some reasons why training is vitally important for massage therapists who wish to treat clients with a diagnosis of cancer, whether past or present and the benefits of this particular form of treatment.

New members are welcome.

We look forward to seeing you at our next Regional Meeting!

For all inquiries:

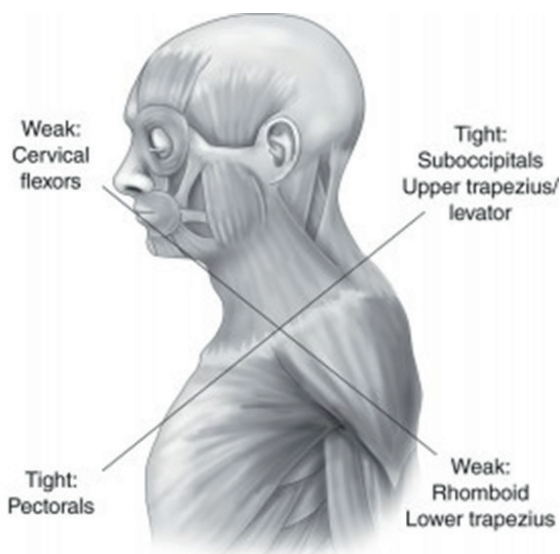
Contact Chairperson/Secretary Ariana McKay  
**arianamckay@hotmail.com** or 0425 285 610.

**Illawarra**

by Linda White

Our first presentation evening for the year was a great success with 14 people attending and six apologies received. Brad Collins prepared a video on *What is Upper Cross Syndrome?* (UCS) and accompanying study notes. UCS is possibly the most common postural imbalance we see as massage therapists, and is located at the head and shoulder regions. It is most often found in individuals who work at a desk or who sit for a majority of the day and continuously exhibit poor posture.

Three treatment videos were viewed, discussed and their treatment techniques tried out on ourselves. The study notes accompanying the videos reinforced the muscles (shown below) which make up the pattern of imbalance in UCS:



©Human Kinetics 2010

## Upper Cross Syndrome

We are planning to hold a two hour weekend visit to the Anatomy Lab at the University of Wollongong in either June or July this year. It would be an excellent opportunity for massage therapy students and practitioners to examine muscles (origins/insertions), nerves and arteries of the face, neck, shoulders, arms and hands. In particular but not limited to temporomandibular joint disorders, rheumatoid arthritis and other articular diseases of the neck and shoulders, UCS and other related injuries and dysfunctions which can affect eyes, arms and hands. Further information will be available before the end of the month.

AMT Illawarra will hold its next formal meeting on Tuesday, 26 April in the Bottlebrush Room, Corrimal Community Centre, Short Street, Corrimal commencing at 7pm (cost \$10). We look forward to seeing you at our next meeting!

For all inquiries:

Contact Linda White

**[lindamassage@bigpond.com](mailto:lindamassage@bigpond.com)** or 0417 671 007

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massage-and-you/  
search-by-postcode.html](http://www.amt.org.au/massage-and-you/search-by-postcode.html)**



AMT has released its Research Round-Up - a summary of open access massage therapy research released over the preceding month, including hyperlinks to the full free text articles available online. Here is the latest list of current open access research:

**Massage Therapy Treatment and Outcomes for a Patient with Parkinson's Disease: a Case Report.**

Casciaro Y.

Int J Ther Massage Bodywork. 2016 Mar 4;9(1):11-8.

A 63-year-old female patient with idiopathic, long-standing, Hoehn-Yahr Stage 4 Parkinson's Disease was treated with massage therapy five times over the course of six weeks. A SPES/SCOPA Motor Impairments rating scale was used to measure rigidity and tremor pre- and post-treatment, to gauge treatment effectiveness. The massage treatments consisted of deep longitudinal stroking, muscle squeezing techniques, passive range of motion movements, and general relaxation techniques to encourage a soothing environment while promoting a decrease in muscular tone and hyperactivity.

The results obtained indicated that massage therapy treatment had a positive effect on reducing resting and postural tremor in a patient with long-standing PD. The treatment was also effective in temporarily reducing rigidity during treatment, but did not produce a lasting effect.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4771486/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4771486/)

**Comparing the Effects of Rest and Massage on Return to Homeostasis Following Submaximal Aerobic Exercise: a Case Study**

Resnick PB.

Int J Ther Massage Bodywork. 2016 Mar 4;9(1):4-10.

One healthy 24-year-old female subject performed 30 minutes of submaximal treadmill exercise prior to resting or massage recovery sessions. Metabolic data were collected throughout the exercise sessions and at three 10 minute intervals postexercise. Heart rate variability was evaluated for 10 minutes after each of two 30-minute recovery sessions, either resting or massage.

No differences in excess postexercise oxygen consumption were observed through either the resting or massage recovery based on the metabolic data collected. Massage was used to help the subject shift into parasympathetic activity more quickly than rest alone following a submaximal exercise session.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4771488/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4771488/)

**The Clinical Effects of Aromatherapy Massage on Reducing Pain for the Cancer Patients: Meta-Analysis of Randomized Controlled Trials.**

Chen TH, Tung TH, Chen PS, Wang SH, Chao CM, Hsiung NH, Chi CC.

Evid Based Complement Alternat Med.

2016;2016:9147974. doi: 10.1155/2016/9147974. Epub 2016 Jan 14.

This study investigated whether aromatherapy massage could improve the pain of the cancer patients. PubMed and the Cochrane Library were searched for relevant randomized controlled trials without language limitations between 1 January 1990 and 31 July 2015 with a priori defined inclusion and exclusion criteria. Seven studies which met the selection criteria and three studies were eventually included among 63 eligible publications. This meta-analysis included three randomized controlled trials with a total of 278 participants (135 participants in the massage with essential oil group and 143 participants in the control (usual care) group). Compared with the control group, the massage with essential oil group had nonsignificant effect on reducing the pain (standardized mean difference = 0.01; 95% CI [-0.23,0.24]). Aromatherapy massage does not appear to reduce pain of the cancer patients. Further rigorous studies should be conducted with more objective measures.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4738948/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4738948/)

**The Effect of Massage With Lavender Oil on Restless Leg Syndrome in Hemodialysis Patients: A Randomized Controlled Trial.**

Hashemi SH, Hajbagheri A, Aghajani M.

Nurs Midwifery Stud. 2015 Dec;4(4):e29617. doi: 10.17795/nmsjournal29617. Epub 2015 Dec 1

The aim of this study was to determine the effects of massage with lavender oil on RLS symptoms in hemodialysis patients. This randomized clinical trial study included 70 hemodialysis patients with RLS that were randomly assigned into two groups in 2014. The experimental group received effleurage massage using lavender oil and control group received routine care for three weeks. Data was collected with RLS questionnaire and analyzed using independent and paired t-test and Chi-square test. At the end of study, the mean RLS score significantly decreased in the intervention group, while this score remained relatively un-changed in the control group. Lavender oil massage was effective to improve RLS in hemodialysis patients. It has no adverse effects, is practical and cost-effective. It is suggested to be used along with routine treatment of RLS in hemodialysis patients.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4733501/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4733501/)

### Manual therapy improved signs and symptoms of temporomandibular disorders.

Morell GC.

Evid Based Dent. 2016 Mar;17(1):25-6. doi: 10.1038/sj.ebd.6401155

Randomised Controlled Trials (RCTs) comparing a manual therapy physical therapy intervention to a reference group (placebo intervention, controlled comparison intervention, standard treatment or other treatment). Eight studies were included. The number of patients in the studies ranged from 30-93. Seven out of the eight studies presented high methodological quality. Treatment effect size was calculated for pain, maximum mouth opening (MMO) and pressure pain threshold (PPT). There was moderate and low evidence that myofascial release and massage techniques are more effective than placebo or no intervention for MMO and pain outcomes respectively. There was also moderate evidence that no significant difference exists between myofascial release and toxin botulinum for improvement on the same outcomes. There was low to high quality evidence that upper cervical spine thrust manipulation or mobilisation techniques are more effective than control, while thoracic manipulations are not. Overall there was moderate-to-high evidence that MT techniques protocols are effective.

[www.nature.com/ebd/journal/v17/n1/full/6401155a.html](http://www.nature.com/ebd/journal/v17/n1/full/6401155a.html)

### Caring touch as a bodily anchor for patients after sustaining a motor vehicle accident with minor or no physical injuries - a mixed methods study.

Airosa F, Arman M, Sundberg T, Öhlén G, Falkenberg T.

BMC Complement Altern Med. 2016 Mar 22;16(1):106

The aim of this study was to explore patients' subjective experiences and perspectives on pain and other factors of importance after an early nursing intervention consisting of "caring touch" (tactile massage and healing touch) for patients subjected to a motor vehicle accident with minor or no physical injuries. A mixed method approach was used. The qualitative outcomes were themes derived from individual interviews. The quantitative outcomes were measured by visual analogue scale for pain (VAS, 0-100), sense of coherence (SOC), post-traumatic stress (IES-R) and health status (EQ-5D index and EQ-5D self-rated health). Forty-one patients of in total 124 eligible patients accepted the invitation to participate in the study. Twenty-seven patients completed follow-up after 6 months whereby they had received up to eight treatments with either tactile massage or healing touch. The VAS pain ratings significantly decreased both immediately after the caring touch treatment sessions and over the follow-up period.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4804542/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4804542/)

### The Effects of Aroma Foot Massage on Blood Pressure and Anxiety in Japanese Community-Dwelling Men and Women: A Crossover Randomized Controlled Trial.

Eguchi E, Funakubo N, Tomooka K, Ohira T, Ogino K, Tanigawa T.

PLoS One. 2016 Mar 24;11(3):e0151712. doi: 10.1371/journal.pone.0151712. eCollection 2016

The aim of this study was to investigate the effects of aroma foot massage on blood pressure, anxiety, and health-related quality of life (QOL) in Japanese community-dwelling men and women using a crossover randomized controlled trial. Fifty-seven eligible participants (5 men and 52 women) aged 27 to 72 were randomly divided into 2 intervention groups (group A: n = 29; group B: n = 28) to participate in aroma foot massages 12 times during the 4-week intervention period. Systolic and diastolic blood pressure (SBP and DBP, respectively), heart rate, state anxiety, and health-related QOL were measured at the baseline, 4-week follow-up, and 8-week follow-up. Aroma foot massage significantly decreased the mean SBP (p = 0.02), DBP (p = 0.006), and state anxiety (p = 0.003) as well as the proportion of participants with anxiety (p = 0.003). Although it was not statistically significant (p = 0.088), aroma foot massage also increased the score of mental health-related QOL. The change in SBP had a significant and positive correlation with the change in state anxiety (p = 0.01) among participants with relieved anxiety.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4807074/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4807074/)

### Therapeutic Massage During Chemotherapy and/or Biotherapy Infusions: Patient Perceptions of Pain, Fatigue, Nausea, Anxiety, and Satisfaction.

Robison JG, Smith CL.

Clin J Oncol Nurs. 2016 Apr 1;20(2):E34-40.

Patients with cancer commonly experience disease or treatment side effects, including pain, fatigue, nausea, and anxiety. An expanding body of literature supports the use of therapeutic massage (TM) as an adjunct to conventional therapies to manage these side effects. In an academic outpatient comprehensive cancer center, consenting patients were asked to identify massage site preference (hands and/or feet). The licensed massage therapist delivered TM for 20 minutes to patients concurrently receiving chemotherapy and/or biotherapy. Patients rated their pain, fatigue, nausea, and anxiety pre- and post-TM using a Likert-type scale. Qualitative and quantitative data related to patients' perceived value of TM were obtained postintervention.

<https://cjon.ons.org/cjon/20/2/therapeutic-massage-during-chemotherapy-and-or-biotherapy-infusions-patient-perceptions>

### **Perceptions of other integrative health therapies by Veterans with pain who are receiving massage.**

Fletcher CE, Mitchinson AR, Trumble EL, Hinshaw DB, Dusek JA.

J Rehabil Res Dev. 2016;53(1):117-26

Veterans are increasingly using complementary and integrative health (CIH) therapies to manage chronic pain and other troubling symptoms that significantly impair health and quality of life. The Department of Veterans Affairs (VA) is exploring ways to meet the demand for access to CIH, but little is known about Veterans' perceptions of the VA's efforts. To address this knowledge gap, we conducted interviews of 15 inpatients, 8 receiving palliative care, and 15 outpatients receiving CIH in the VA. Pain was the precipitating factor in all participants' experience. Participants were asked about their experience in the VA and their opinions about which therapies would most benefit other Veterans. Participants reported that massage was well-received and resulted in decreased pain, increased mobility, and decreased opioid use. Major challenges were the high ratio of patients to CIH providers, the difficulty in receiving CIH from fee-based CIH providers outside of the VA, cost issues, and the role of administrative decisions in the uneven deployment of CIH across the VA. If the VA is to meet its goal of offering personalized, proactive, patient-centered care nationwide then it must receive support from Congress while considering Veterans' goals and concerns to ensure that the expanded provision of CIH improves outcomes.

[www.rehab.research.va.gov/jour/2016/531/JRRD-2015-01-0015.html](http://www.rehab.research.va.gov/jour/2016/531/JRRD-2015-01-0015.html)

### **The effect of manipulation plus massage therapy versus massage therapy alone in people with tension-type headache. a randomized controlled clinical trial.**

Espi-Lopez GV, Zurriaga-Llorens R, Monzani L, Falla D.

Eur J Phys Rehabil Med. 2016 Mar 18.

The aim of this RCT was to compare the effect of spinal manipulation combined with massage versus massage alone on range of motion of the cervical spine, headache frequency, intensity and disability in patients with TTH. Participants were divided into two groups: 1) manipulation and massage 2) massage only (control). Four treatment sessions were applied over four weeks. The Headache Disability Inventory (HDI) and range of upper cervical and cervical motion were evaluated at baseline, immediately after the intervention and at a follow up, 8 weeks after completing the intervention. Both groups demonstrated a large ( $f=1.22$ ) improvement on their HDI scores. Those that received manipulation reported a medium-sized reduction ( $f=.33$ ) in headache frequency across all data points ( $p<.05$ ) compared to the control group. Both groups showed a large within-subject effect for upper cervical extension ( $f=.62$ ), a medium-sized effect for cervical extension ( $f=.39$ ), and large effects for upper cervical ( $f=1.00$ ) and cervical ( $f=.27$ ) flexion. The addition of manipulation resulted in larger gains of upper cervical flexion range of motion, and this difference remained stable at the follow-up.

[www.minervamedica.it/en/freedownload.php?cod=R33Y9999N00A16031802](http://www.minervamedica.it/en/freedownload.php?cod=R33Y9999N00A16031802)



April 2016		CEUs
16-17	<b>Functional Fascial Taping for the Upper &amp; Lower Bodies.</b> Presented by Ron Alexander. Melbourne, VIC. Contact Budiman 0402 059 570 or <a href="mailto:terrarosa@gmail.com">terrarosa@gmail.com</a> Register at <a href="http://www.terrarosa.com.au">www.terrarosa.com.au</a>	70
16	<b>Mid-North Coast Branch Meeting.</b> Newcastle, NSW (TBC). Contact Kristy Baird 0411 181 898	15
16	<b>Mid-North Coast Branch Wetlab.</b> Newcastle, NSW. Contact Kristy Baird 0411 181 898	15
16	<b>Rocktape Introduction Course - Half Day.</b> Presented by Rocktape. Bundaberg, QLD. Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	20
17	<b>Rocktape Introduction Course - Half Day.</b> Presented by Rocktape. Parramatta, NSW. Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	20
20	<b>North Shore and Northern Beaches Branch Meeting.</b> Belrose, NSW. Contact Brenda 0410 353 913	15
26	<b>Illawarra Branch Meeting.</b> Corrimal, NSW. Contact Linda White 0417 671 007	15
30	<b>Understanding Fibromyalgia Guided Study Online Workshop.</b> Developed by Bradley Collins. Contact <a href="mailto:info@thetherapyweb.com">info@thetherapyweb.com</a> <a href="http://www.thetherapyweb.com">www.thetherapyweb.com</a> This course can be started anytime throughout the year and can be completed at your own pace	25
May 2016		CEUs
1	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Townsville, QLD. Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
1	<b>Rocktape Introduction Course - Full Day.</b> Presented by Steve Stahl. Melbourne, VIC. Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
1	<b>Sciatica, Piriformis Syndrome and Hip Pain.</b> Presented by John Bragg. Springwood, NSW. Contact 0410 434 092 or <a href="mailto:john@johnbragg.com.au">john@johnbragg.com.au</a> <a href="http://www.johnbragg.com.au">www.johnbragg.com.au</a>	35
1	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Hobart, TAS. Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
6-8	<b>Oncology Massage Module One.</b> Presented by Amy Tyler. Castle Hill, NSW. Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
7	<b>Rocktape Introduction Course - Full Day.</b> Presented by Sonja Saar. Brisbane, QLD. Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
7-9	<b>Oncology Massage Module Two.</b> Presented by Tania Shaw. Mackay, QLD. Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
8	<b>ACT Branch Meeting.</b> Wanniasa, ACT. Contact 0438 235 333	15
13	<b>Evidence Based Relaxation Therapy: Physiological &amp; Psychological Benefits.</b> Presented by Judy Lovas. Sydney, NSW. Contact 0419 433 961. Register at <a href="http://www.artandscienceofrelaxation.com">www.artandscienceofrelaxation.com</a>	15
13-17	<b>Short Course in Certified Infant Massage Instruction.</b> Presented by Glenda Chapman. Melbourne, VIC. Contact 02 6262 4346 or <a href="mailto:support@iaim.org.au">support@iaim.org.au</a> <a href="http://www.iaim.org.au">www.iaim.org.au</a> Class runs 13, 14, 15 and 17 May (No Class runs on Monday 16th)	140
13-15	<b>The STRAIT Method Scar Tissue Release Level 1.</b> Presented by Marjorie Brooks. Perth, WA. Contact 0415 707 130 or <a href="mailto:info@anatomytrainsaustralia.com">info@anatomytrainsaustralia.com</a> <a href="http://www.anatomytrainsaustralia.com">www.anatomytrainsaustralia.com</a>	105
14-15	<b>Certificate of Pregnancy Massage.</b> Presented by Catherine McInerney. Brisbane, QLD. Contact 03 9571 6330 or <a href="mailto:info@pregnancymassageaustralia.com.au">info@pregnancymassageaustralia.com.au</a> <a href="http://www.pregnancymassageaustralia.com.au">www.pregnancymassageaustralia.com.au</a>	70
14-18	<b>NurtureLife® Pregnancy Massage Practitioner.</b> Presented by Catherine McInerney. Brisbane, QLD. Contact 03 9571 6330 or <a href="mailto:info@pregnancymassageaustralia.com.au">info@pregnancymassageaustralia.com.au</a> <a href="http://www.pregnancymassageaustralia.com.au">www.pregnancymassageaustralia.com.au</a>	175
15	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Sydney, NSW. Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
16-18	<b>Practitioner of Pregnancy Massage.</b> Presented by Catherine McInerney. Brisbane, QLD. Contact 03 9571 6330 or <a href="mailto:info@pregnancymassageaustralia.com.au">info@pregnancymassageaustralia.com.au</a> <a href="http://www.pregnancymassageaustralia.com.au">www.pregnancymassageaustralia.com.au</a>	105
19-21	<b>The STRAIT Method Scar Tissue Release Level 1.</b> Presented by Marjorie Brooks. Sydney, NSW. Contact 0415 707 130 or <a href="mailto:info@anatomytrainsaustralia.com">info@anatomytrainsaustralia.com</a> <a href="http://www.anatomytrainsaustralia.com">www.anatomytrainsaustralia.com</a>	105
19-23	<b>Short Course in Certified Infant Massage Instruction.</b> Presented by Glenda Chapman. Sydney, NSW. Contact 02 6262 4346 or <a href="mailto:support@iaim.org.au">support@iaim.org.au</a> <a href="http://www.iaim.org.au">www.iaim.org.au</a> Class runs 19, 20, 21 and 23 May (No Class runs on Sunday 22nd)	140
19-21	<b>Oncology Massage Module One.</b> Presented by Kate Butler. Northcote, VIC. Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
20	<b>Evidence Based Relaxation Therapy: Physiological &amp; Psychological Benefits.</b> Presented by Judy Lovas. Katoomba, NSW. Contact 0419 433 961. Register at <a href="http://www.artandscienceofrelaxation.com">www.artandscienceofrelaxation.com</a>	15

## Calendar of events

13

20-22	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Launceston, TAS. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
20-24	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Launceston, TAS. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
21	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Proserpine, QLD. Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
21-22	<b>Neurostructural Integration Technique Introductory.</b> Presented by Wendy Eyles. Sydney, NSW. Contact 0412 417 719. <a href="mailto:harmony4massage@gmail.com">harmony4massage@gmail.com</a>	70
21-22	<b>Myofascial Cupping Technique™.</b> Presented by David Sheehan. Gold Coast, QLD Contact 03 9481 6723 or <a href="mailto:info@comphs.com.au">info@comphs.com.au</a> <a href="http://www.comphs.com.au/">www.comphs.com.au/</a>	70
22	<b>Riverina Branch Meeting.</b> Rochester, VIC. Contact Jodee Shead 0419 575 037	15
23-24	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Launceston, TAS. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
24-26	<b>The STRAIT Method Scar Tissue Release Level 1.</b> Presented by Marjorie Brooks. Auckland, New Zealand. Contact 0415 707 130 or <a href="mailto:info@anatomytrainsaustralia.com">info@anatomytrainsaustralia.com</a> <a href="http://www.anatomytrainsaustralia.com">www.anatomytrainsaustralia.com</a>	105
26-28	<b>Oncology Massage Module Two.</b> Presented by Gillian Desreux. Central Coast, NSW. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
27	<b>Evidence Based Relaxation Therapy: Physiological &amp; Psychological Benefits.</b> Presented by Judy Lovas. Canberra, ACT. Contact 0419 433 961. Register at <a href="http://www.artandscienceofrelaxation.com">www.artandscienceofrelaxation.com</a>	15
28	<b>Rocktape Introduction Course - Full Day.</b> Presented by Rocktape. Adelaide, SA. Contact 08 9379 3400 or <a href="mailto:education@rocktape.com.au">education@rocktape.com.au</a> <a href="http://rocktape.com.au">rocktape.com.au</a>	35
31	<b>Illawarra Branch Meeting.</b> Corrimal, NSW. Contact Linda White 0417 671 007	15
<b>June 2016</b>		<b>CEUs</b>
2-4	<b>Oncology Massage Module Two.</b> Presented by Kate Butler. Melbourne, VIC. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
2-4	<b>Oncology Massage Module Two.</b> Presented by Gillian Desreux. Tauranga, New Zealand. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
2-3	<b>Myofascial Trigger Points Versus Neuropathies.</b> Presented by John Sharkey. Sydney, NSW. Contact Budiman 0402 059 570 or <a href="mailto:terrarosa@gmail.com">terrarosa@gmail.com</a> Register at <a href="http://www.terrarosa.com.au">www.terrarosa.com.au</a>	70
3-5	<b>Oncology Massage Module One.</b> Presented by Lizzie Milligan. Randwick, NSW. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
3	<b>Evidence Based Relaxation Therapy: Physiological &amp; Psychological Benefits.</b> Presented by Judy Lovas. Brisbane, QLD. Contact 0419 433 961. Register at <a href="http://www.artandscienceofrelaxation.com">www.artandscienceofrelaxation.com</a>	15
3-7	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Brisbane, QLD. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
3-5	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Brisbane, QLD. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
4-6	<b>Arches and Legs - FRSB.</b> Presented by Julie Hammond. Perth, WA. Contact 0415 707 130 or <a href="mailto:info@anatomytrainsaustralia.com">info@anatomytrainsaustralia.com</a> <a href="http://www.anatomytrainsaustralia.com">www.anatomytrainsaustralia.com</a>	105
4-5	<b>The Final Frontier - Working within Endangerment Sites.</b> Presented by John Sharkey. Sydney, NSW. Contact Budiman 0402 059 570 or <a href="mailto:terrarosa@gmail.com">terrarosa@gmail.com</a> Register at <a href="http://www.terrarosa.com.au">www.terrarosa.com.au</a>	70
4-6	<b>Oncology Massage Module Two.</b> Presented by Tania Shaw. Maroochydore, QLD. Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
6-8	<b>Oncology Massage Module One.</b> Presented by Bronwyn Sutton. Wagga Wagga, NSW. Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
6-7	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Brisbane, QLD. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
7-9	<b>Oncology Massage Module One.</b> Presented by Gillian Desreux. Tauranga, New Zealand. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
10-12	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Townsville, QLD. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
10-14	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Townsville, QLD. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175

Please view the Calendar of Events on the AMT website for the complete 2016 listing: [www.amt.org.au](http://www.amt.org.au)



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Broadway NSW 2007  
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Fax: 02 9211 2281  
e-mail: [info@amt.org.au](mailto:info@amt.org.au)

[www.amt.org.au](http://www.amt.org.au)



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2016

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# CONFERENCE PROGRAM

## FRIDAY 23 SEPTEMBER

### PRE-CONFERENCE WORKSHOPS

9.00am	Registration and arrival tea/coffee	
	Workshop	Speakers
9.30am – 5.00pm	TMJ	Til Luchau
	Tricky Tarsals	Jenny Richardson
	Working the thorax	Michael Solano

## SATURDAY 24 SEPTEMBER

7.30am – 8.45am	Registration and arrival tea/coffee	
	Event/Workshop	Speakers
9.00am – 9.45am	Conference opens: welcome, fun and filibustering	Peter Berner
9.45am – 10.45am	Why what's between your ears is more important than your sore back: new insights from pain neuroscience	Dr Tasha Stanton
10.45am - 11.15am	Morning tea and trade exhibit	
11.15am – 12.00pm	Massage and eating disorders	Sarah Fogarty
12.00pm – 12.30pm	Researching massage therapy patients in Australia - an update on AMT's research partnership with ARCCIM	Suzy Ladanyi
12.30pm – 1.30pm	Lunch and trade exhibit	
1.30pm – 2.15pm	Celebrating our past	Tamsin Rossiter
2.15pm – 2.45pm	Building our future: Launch of AMT's new strategic plan	Rebecca Barnett
2.45pm – 3.15pm	Afternoon tea and trade exhibit	
3.15pm – 3.45pm	Clinician Heal Thyself: Adventures in self care	Derek Zorzit and Alan Ford
3.45pm – 4.45pm	The Great Debate: "That we need to remove the term 'massage' from our professional title and replace it with something more credible"	
4.45pm	Program close	
6.30pm	Pre-dinner drinks	
7.30pm	Gala dinner	
11.00pm	Tired and emotional	

# SPEAKERS



## PETER BERNER MC

Peter Berner is a stand up comic, TV presenter, radio host, writer, artist, cartoonist and social commentator. He has written and hosted the twice Logie nominated political satire BackBerner, The Einstein Factor (ABCTV) and You Have Been Watching (Foxtel). He also conceived, wrote and presented Peter Berner's Loaded Brush, a documentary centred around his entry into the Archibald Prize.



## TASHA STANTON KEYNOTE ADDRESS | **Why what's between your ears is more important than your sore back: new insights from pain neuroscience**

Dr Tasha Stanton is a Senior Research Fellow at the University of South Australia, Adelaide, and Neuroscience Research Australia, Sydney, and she currently holds an NHRMC Early Career Fellowship (2014-2018). She has received over \$1.7m in competitive research funding and has been a keynote/invited speaker at 25 national and international conferences. Her research focuses on clinical pain neuroscience, with a specific focus on cortical body representation, somatosensation, multi-modal illusions, and pain.



## SARAH FOGARTY PLENARY | **Massage and eating disorders**

Sarah Fogarty is a remedial massage therapist and researcher with over 17 years of experience. She is also an adjunct research fellow at Western Sydney University and has worked on a number of studies involving complementary medicine and eating disorders. She has presented her work at over ten international and national conferences, including both complementary medicine and eating disorder conferences.



## SUZY LADANYI PLENARY | **Researching massage therapy patients in Australia - an update on AMT's research partnership with ARCCIM**

Suzy Ladanyi is a Registered Nurse and Lecturer in the Faculty of Health at the University of Technology Sydney, where she is the Course Coordinator for Undergraduate and Postgraduate Critical Care Nursing. Her PhD studies are associated with women's use of massage. She is an Associate Member of the Australian Research Centre in Complementary and Integrative Medicine (ARCCIM).



## MICHAEL SOLANO PRECONFERENCE WORKSHOP | **Working the thorax**

Michael Solano completed a double major in Human Movement and Psychology at the University of Melbourne before going on to complete an osteopathy degree at RMIT in 1992. He has been in private practice for over 23 years. He has also been involved with undergraduate and postgraduate education since 2005.



## TIL LUCHAU PRECONFERENCE WORKSHOP | **TMJ**

Til Luchau is a popular presenter and author of the bestselling Advanced Myofascial Techniques guidebooks. His regular Myofascial Techniques column has appeared in Massage & Bodywork magazine since 2009, and his articles have been published in magazines and peer reviewed technical journals.



## JENNY RICHARDSON PRECONFERENCE WORKSHOP | **Tricky tarsals**

Jenny is the owner of Canberra Myotherapy and has been practising massage and myotherapy for 10 years. She is passionate about understanding how the body works and using this to help clients with chronic pain. Jenny is a perpetual learner and is bringing together material from a range of sources for her workshop "Tricky Tarsals".



## TAMSIN ROSSITER PLENARY | **Celebrating our past**

Tamsin has been a member of AMT for over 20 years and became a life member in 2014. She is a past president of AMT and currently sits on AMT's Ethics and Education Committees. She has a keen interest in the professional and ethical practice of massage therapy, and co-authored AMT's Code of Practice. As a long-term, dedicated industry advocate, she is uniquely placed to take us on a journey celebrating AMT's rich history.



## REBECCA BARNETT PLENARY | **Building our future**

As AMT Secretary, Rebecca Barnett has been at the coalface of professional advocacy for ten years. Her proudest achievements include the release of the AMT Code of Practice and the establishment of AMT's internationally acclaimed classified massage therapy research database. She remains committed to the advancement of the massage profession, and is optimistic about the future.



## DEREK ZORZIT PLENARY | **Clinician Heal Thyself**

Derek has run a thriving rehabilitation and massage therapy business in Canberra since 1993. During this time, he has also worked with Olympic athletes and elite sports teams, including the Brumbies and the Wallabies. He was AMT Massage Therapist of the year in 2011.



## ALAN FORD PLENARY | **Clinician Heal Thyself**

Alan has been involved in health and wellbeing since 1978, operating a busy private practice in Canberra. He volunteered at two Olympics as a massage service provider and has previously presented at many AMT conferences and members days. He is a former AMT president and was AMT Massage Therapist of the year in 2005.





## PRECONFERENCE WORKSHOPS

### TMJ

#### **Presented by Til Luchau**

In this hands on workshop, Til will demonstrate a range of myofascial techniques that will dramatically improve your ability to work with TMJ pain, ear and sinus issues.

### TRICKY TARSALES

#### **Presented by Jenny Richardson**

The feet are the base for the rest of the body. Do you know how to really get someone's whole foot moving again, not just the range of motion at the ankle? Learn how to assess the movement of the foot and ankle, mobilise the joints and work on fascial densifications that restrict ROM. Understand how the patterns of movement of the foot affect the knee, hip and upper body. Feet are fun – you can see a lot of change in a short time if you know where to go to find the restrictions.

### WORKING THE THORAX

#### **Presented by Michael Solano**

What if everything you knew about breathing and anatomy was thrown out? In this workshop, Michael will share some insights from his explorations of embryology, specifically how having an understanding of the concept of form following function has revolutionised his approach to treatment. He will lead you through a series of palpatory exercises and techniques that will change the way you examine and treat your patients. You will discover aspects of the sternum and upper ribs that will unlock spinal and cervical tensions more effectively than hours of massage. A combination of myofascial and post-isometric release techniques will be applied to the different layers of the thorax, cervical spine and diaphragm.

## ACCOMMODATION

Here are a few options that offer affordable rates close to Luna Park:

- Carnarvon Lodge is located in Kirribilli  
<http://www.carnarvonlodge.com/en/rooms.php>
- Glenferrie Lodge is located in Kirribilli  
<http://glenferrielodge.com/home/>
- Rydges is located in North Sydney  
<http://www.rydges.com/accommodation/sydney-nsw/north-sydney/rooms-and-suites/>
- Harbourview Hotel is located in North Sydney  
<http://viewhotels.com.au/northsydneyharbourviewhotel/rooms/>

## TRANSPORT

Luna Park is located at Milsons Point, under the northern end of the Sydney Harbour Bridge. It's super easy to get to by train, ferry, bus or car. To plan your trip and view public transport timetables visit <http://www.transportnsw.info/>

### TRAVELLING BY TRAIN

Milsons Point train station on the north side of the Harbour is the closest to Luna Park. From the station, Luna Park is an easy five minute stroll downhill towards the Harbour.

### TRAVELLING BY BUS

Many North Shore bus routes pass the nearby North Sydney Station and/or terminate at Milsons Point (just a five minute stroll from Luna Park).

### TRAVELLING BY FERRY

There are regular Luna Park services to and from Circular Quay on the following routes: Darling Harbour/East Balmain, Woolwich/Balmain and Parramatta.

### TRAVELLING BY CAR

Luna Park has its own car park. Entry to the car park is via Paul Street, just off Alfred St South, Milsons Point. All day parking costs \$35.



# Association of Massage Therapists 27th National Conference

## REGISTRATION FORM

Name \_\_\_\_\_

Company name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Contact number \_\_\_\_\_

AMT membership number \_\_\_\_\_

If you are not a member of AMT please indicate if you belong to one of the following associations:

AAMT

ATMS

If you are registering as a student, what is the name of the college you are enrolled at?

\_\_\_\_\_

### ■ CEUs

You will be rewarded with 50 CEUs for each day of the conference you attend.

### ■ Registration fees

You can attend the conference on either Friday or Saturday, or both days. All conference registrations include morning and afternoon tea, and lunch. Two-day registrations include the conference dinner as well. There are a variety of other registration options that include the conference dinner on Saturday evening. Individual dinner tickets for partners and friends are available for purchase through AMT Head Office.

### TWO-DAY REGISTRATION

Attending:	Earlybird rate	After July 22	Student Rate
Friday & Saturday (Includes gala dinner)	\$480.00	\$540.00	\$400.00

### ONE-DAY REGISTRATION

Attending on:	Earlybird rate	After July 22	Student Rate
Friday only	\$240.00	\$290.00	\$200.00
Saturday only	\$180.00	\$230.00	\$150.00
Friday plus dinner	\$310.00	\$350.00	\$270.00
Saturday plus dinner	\$250.00	\$290.00	\$220.00

**TOTAL: \$**

**Dietary requirements (please advise of any special dietary requirements and we will attempt to address these)**

Vegetarian

Lactose Intolerant

Gluten free

## ■ PRECONFERENCE WORKSHOP PREFERENCES (FRIDAY 23 SEPTEMBER)

Please number your choice in order of preference, beginning with 1 as your first choice.

- \_\_\_\_ TMJ  
\_\_\_\_ Tricky tarsals  
\_\_\_\_ Working the thorax

## ■ WORKSHOP ALLOCATION

Workshops are allocated on a first-come, first served basis. All attempts will be made to satisfy your request for preferences. If your first choice of workshop is not available would you like AMT to:

- Choose your next available preference for you?  
Cancel your registration and refund your fee?

**REGISTRATION CLOSING FRIDAY 16 SEPTEMBER 2016**

I have enclosed my cheque or money order (made out to AMT) OR please debit my Visa/Mastercard  
(for banking purposes circle correct one)

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

Card Number:

Expiry Date: \_\_\_\_\_ / \_\_\_\_\_ Card Verification Number  
(3 digit number on back of card)

**PLEASE NOTE AMT DOES NOT ACCEPT THIRD PARTY PAYMENTS.**

### CANCELLATION POLICY

- Cancellation up to four weeks prior to close of registration – less 25%
- Cancellation less than four weeks but more than two weeks prior to close of registration – less 40%
- Cancellation less than two weeks but more than one week prior to – 65%
- No refund will be given for cancellations in the final week before the conference or after the event

### EFT PAYMENT DETAILS

PLEASE USE YOUR NAME UNDER THE TRANSACTION DESCRIPTION SO WE CAN IDENTIFY THE PAYMENT AND SEND THIS FORM BACK TO AMT

Account Name: Association of Massage Therapists Ltd  
BSB: 062-212  
Account Number: 1034-0221

**OFFICE USE ONLY** Date received \_\_\_\_\_ Receipt no. issued \_\_\_\_\_

**Please return to:**  
**AMT**  
**PO Box 826 Broadway NSW 2007**  
**or email [info@amt.org.au](mailto:info@amt.org.au)**