

# TABLE TALK

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AMT NEWSLETTER

- January 2016

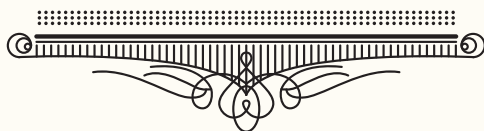


## AMT is turning 50!

### 2016 marks the 50th anniversary of AMT.

We plan to commemorate this auspicious milestone with various activities and events throughout the year, culminating in our celebrations at the AMT conference at Luna Park, Sydney, on 23rd and 24th of September.

Please stay tuned for further announcements and get involved!



## Happy Birthday AMT ... a new look!

**Something old, something new, something borrowed,  
something, ummm, teal?**

As part of AMT's anniversary celebrations, we are excited to announce that we are rolling out a new AMT logo. With 50 years under our belt as a leader of the profession, the AMT Board decided that it was the perfect time to refresh our brand. However, while our aim is to give AMT a contemporary makeover, we also want to acknowledge and preserve our historical roots and identity.



The desire to both modernise our look and honour our past is reflected in the new AMT logo, which preserves key elements of the old (including continuity of our teal colour theme and our tagline 'In Good Hands') but frames these in a more current way. We've freed ourselves from the constraints of the old circle design and the overly literal use of hands but held on to the wavy lines, which represent movement, fluidity, adaptability, continuity and strength. An effective logo should follow five principles - simple, memorable, timeless, versatile and appropriate. AMT's simplified and fresh logo has evolved to reflect these principles.

We wanted to expand the audience for the logo so that it not only speaks to the public about the work AMT members do but also communicates something about the nature of AMT as an association representing health professionals in the broader public and policy domain. The practice of massage therapy has evolved and grown over the past 50 years into a contemporary healthcare intervention. We feel that the profession has outgrown the use of hands as a graphic signifier.

The strong emphasis on the acronym 'AMT' is instantly recognisable as a brand identity in its own right, and reinforces the importance of the Association.

Our graphic designer, Claudia Iacovella, has prepared the AMT Visual Identity Brand Guideline, which outlines the specifications for how AMT members can use the AMT logo/brand in their own promotional materials. This is now available, from the AMT website here:

**<http://www.amt.org.au/downloads/practice-resources/AMT-Visual-Identity-Guideline.pdf>**

Please contact AMT Head Office via email to request files for the logo artwork in colour and mono.

## Happy Birthday AMT ... a new Find a Therapist search launched!

Regular visitors to the AMT website will already have noticed that the AMT 'Find a Therapist' search facility has been revamped. The new AMT database now gives members of the public the ability to search for members by postcode and specialty, up to a radius of 100 kilometres. There is also an option to search by a therapist's full name.

The data that populates the search facility is renewed at midnight (EST) daily so the information displayed is always current. Thanks are due to Katie Snell, for the many hours she invested cleaning up the data issues caused by the transition to the new database, and to Steve Vadla for his tireless efforts writing the code that makes the (auto) magic happen.

The "Find a Therapist" page is located on the AMT website here: <http://www.amt.org.au/massage-and-you/search-by-postcode.html>

## Happy birthday AMT ... membership fees are staying at 2015 rates!

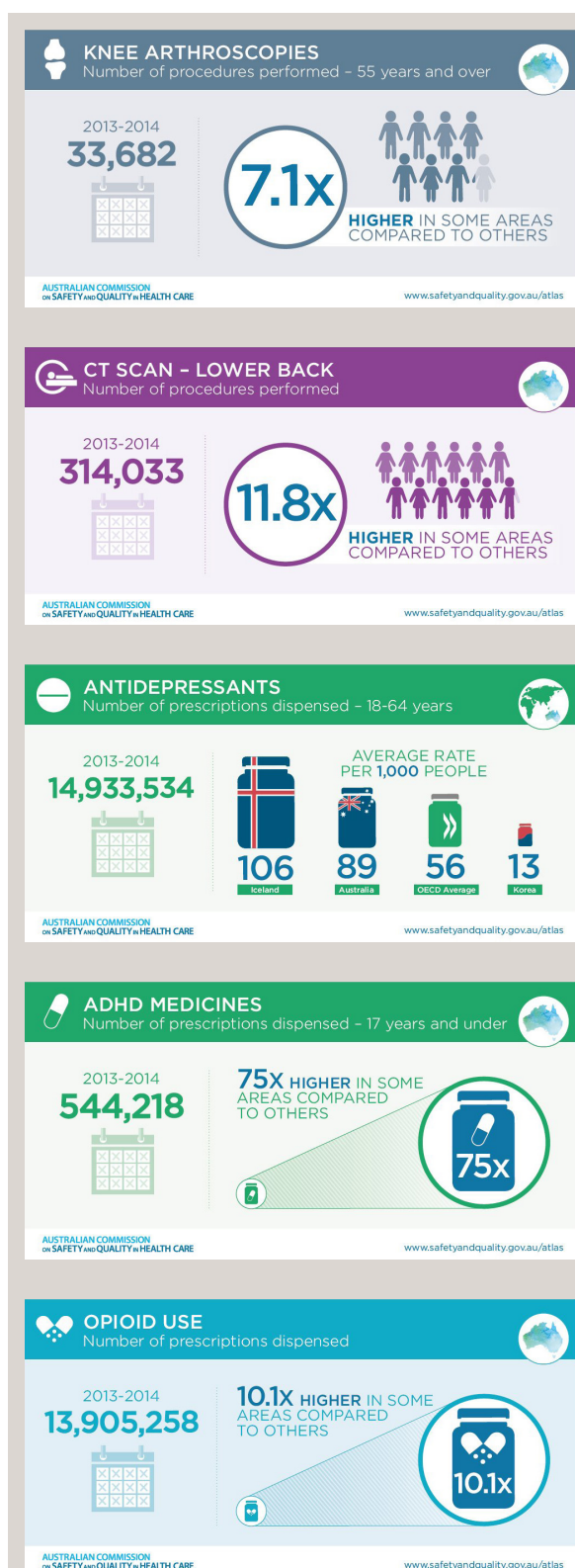
Late last year, the AMT Board unanimously agreed to hold membership fees at the same price as they were in 2015. This is our way of saying thank you to members for your continued loyalty and support. AMT experienced strong membership growth in 2015 so we're delighted to be able to absorb a small CPI increase and give back to members in our 50th anniversary year. Life begins at 50 ...

## Australian Atlas of Healthcare variation

In November last year, the Australian Commission on Safety and Quality in Healthcare released the first Australian Atlas of Healthcare Variation. It provides a fascinating snapshot of the variation (and inequities) in healthcare use across the country and across many areas of health care in 2013-14.

For example, people living in wealthy areas of Sydney and Melbourne are submitting to colonoscopies at 24 to 30 times the rate of other parts of Australia. And rates of MBS-funded arthroscopy in people aged 55+ were seven times higher in some parts of Australia than others despite the evidence that they are of little benefit to people with osteoarthritis and may, in fact, cause damage. In 2013/14, 33,000 arthroscopies were performed.

The overview of the Atlas makes for eye-opening reading. You can download it here: [http://www.safetyandquality.gov.au/wp-content/uploads/2015/11/SAQ201\\_01\\_FrontSection\\_v10\\_FILM\\_TAGGED-2-Overview.pdf](http://www.safetyandquality.gov.au/wp-content/uploads/2015/11/SAQ201_01_FrontSection_v10_FILM_TAGGED-2-Overview.pdf)



Australian Atlas of Healthcare infographics

## Medibank Provider Review

In early December last year, Medibank/ahm providers received correspondence from the fund regarding its ongoing provider review and monitoring process for all ancillary providers. One of the things that Medibank seeks to ensure is that health fund receipts are only being issued for remedial treatments and not for relaxation or wellness sessions.

The advice we gave to members in connection with the Medibank provider review is valid for all health fund receipting and should be used as a guide for issuing receipts to clients regardless of which health fund they lodge claims with.

The two key questions to consider before issuing a health fund receipt for remedial massage are:

### 1. Do I meet AMT standards, as articulated through the AMT Code of Practice?

Of particular relevance here are the AMT standards for record keeping, receipting and informed consent. You should regularly review your protocols against the standards in the AMT Code of Practice.

### 2. Was that a remedial treatment I just provided?

- have I clearly identified a presenting condition? (This could include presentations of non-musculoskeletal origin such as chronic stress, insomnia, anxiety etc, however these sorts of conditions should always be treated with a multi-disciplinary approach. Referrals from GPs and other allied health practitioners should be noted in the client notes for any presenting conditions).
- have I conducted a clinical assessment and negotiated a treatment plan with the client to address the condition?
- have I reassessed the client during and/or post-treatment and documented progress?
- have I recorded all of the above in the client file?

A remedial massage is not defined by the techniques you use in the treatment but rather the process of clinically assessing the presenting condition, using this information to establish and carry out the treatment plan, and then reassessing. Recording all of this in the client file is an intrinsic part of this process.

If a health fund representative carries out an audit in your practice, they will almost certainly compare claims for treatment against your treatment records. Through your records, you will need to be able to demonstrate that treatments that were receipted as remedial massage were connected with an identified presenting condition. In other words, your "clinical" house needs to be in order.

## The authority formerly known as NSW WorkCover ...

In August last year, we announced that NSW WorkCover was lifting its moratorium on remedial massage therapy providers from 1 January 2016. Now that 2016 is in full swing, remedial massage therapists will not have to be WorkCover approved to provide services within the NSW workers' compensation system (woot!).

NSW WorkCover is now known as the State Insurance Regulatory Authority (SIRA). SIRA has released its fees order for 2016.

The maximum fees for Massage Therapists are:

ITEM	DESCRIPTION	MAXIMUM FEE (excl GST)
RMA001	Consultation and Treatment (60 minutes)	\$78.90
RMA002	Consultation and Treatment (45 minutes)	\$59.20
RMA003	Consultation and Treatment (30 minutes)	\$39.50
WCO005	Fees for providing copies of clinical notes and records	The maximum fee for providing hard copies of clinical records is \$37 (for 33 pages or less) and an additional \$1.35 per page if more than 33 pages. If the clinical records are provided electronically, a flat fee of \$37 applies.

All massage therapists have five pre-approved treatment sessions for workers in the NSW workers' compensation system. Any ongoing treatment services beyond these five treatments must be requested using either the Remedial Massage Treatment Plan or the Allied Health Recovery Request. Both constitute a request for approval to continue treatment beyond the initial five services.

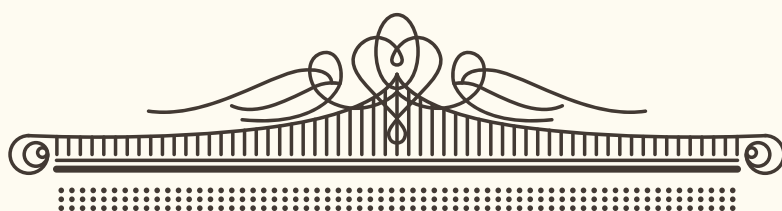
You can download the Remedial Massage Treatment plan here:

[http://www.workcover.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0015/16161/remedial\\_massage\\_treatment\\_plan\\_4408.pdf](http://www.workcover.nsw.gov.au/__data/assets/pdf_file/0015/16161/remedial_massage_treatment_plan_4408.pdf)

You can download the Allied Health Recovery request here:

[http://www.workcover.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0016/21382/allied\\_health\\_recovery\\_request.pdf](http://www.workcover.nsw.gov.au/__data/assets/pdf_file/0016/21382/allied_health_recovery_request.pdf)

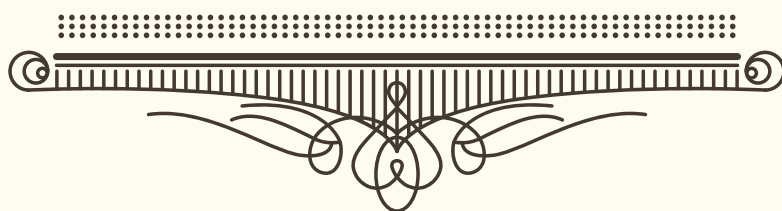
In mid-2016, SIRA will release a NSW workers compensation guide for allied health practitioners. The guide will set out the expectations and procedures for all allied health practitioners delivering services within the NSW workers compensation system. It will replace the Remedial Massage Therapists Guide to WorkCover NSW.



# AMT's 50th anniversary conference

 September 23-24,  
2016 

Crystal Palace Ballroom  
Luna Park, Sydney



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

## Assessment and record keeping

by Dave Moore

One of the key components of being a professional therapist is accurate and comprehensive record keeping. Not surprisingly, there is a whole standard in the AMT Code of Practice dedicated to this dimension of clinical practice.

In the unfortunate event that a client lodges a formal complaint against you, AMT is entitled to examine copies of that client's file. Further, AMT may request de-identified copies of files if we receive a notification from a health fund or other third party payment body alleging issues with your record keeping. AMT also has an obligation to conduct random audits of members as part of our contractual agreements with the health funds.

Under the terms of their provider agreements, health funds may also call upon you to submit your records to them in respect of a particular client or claim.

I cannot emphasise enough the need for accurate records for manifold reasons. In the event of any form of legal action or claim, comprehensive client records are your best defence.

As an AMT director, I am regularly involved in assessing the client files and treatment records submitted by AMT members who are undergoing audit. Sadly, I have to say that I am not impressed with what I see. Few of the records submitted are compliant with the AMT Code of Practice. For example, there is a troubling failure to adequately record enough information to even ensure continuity of care.

Here is my list of the top ten things that are missing from the client files I have reviewed. Please read this list carefully and ensure that you are adequately recording all of these details in your client files:

1. A record of next of kin, emergency contact information and primary care practitioner (GP) details.
2. Evidence of a comprehensive health history. This should not be just a set of tick boxes but should incorporate notes and relevant details of any current health issues. Any contraindications or cautions must also be noted.
3. A short note about the client's presenting condition. Why did they seek treatment from you today?

4. Details and results of tests, measurements and assessments carried out to determine the cause of the client's presenting condition. This would include findings of:
  - visual assessment
  - functional assessment
  - palpation
  - ROM tests
  - Muscle and joint tests
  - Specific tests etc
5. A brief clinical assessment of the client's condition based on the presenting signs, symptoms, history and tests.
6. A detailed treatment plan based on your clinical assessment. This should include what techniques/ treatments you plan to use, body parts to be worked, how often and how many repeats, and planned adjustment to treatment as things progress.
7. Evidence of informed consent, either given verbally by the client or signed and dated by the client on a consent form.
8. Details of the treatment protocol - what you did and which body part(s) you worked on.
9. Any observations made during the treatment and changes to your treatment plan.
10. Reassessment and results of the treatment.

You'll find AMT's record keeping standard here:

**<http://www.amt.org.au/downloads/practice-resources/AMT-code-of-practice-final.pdf#page=42>**

Please review the standard to ensure that your records are compliant. Non-compliance can lead to de-registration as a health fund provider or suspension of your AMT membership – yes, it is that serious!

Having a properly developed, ongoing treatment plan based on history taking and assessment is a crucial ingredient of a professional massage treatment. Recording this information is also critical.

If you are employed in a clinic that does not allow you enough time to do proper assessment and documentation, you need to inform your employer that it is a requirement of your professional association and show them the AMT Code of Practice, including the references to the relevant legislation. It's worth noting at this point that, under law, employers are vicariously liable for any acts or omissions employees may make in the course of their employment.

**Remember:** being a massage professional is much more than just rubbing people up the right way.



## North Shore and Northern Beaches

by Brenda Hill

Our branch has had a great year with some fantastic guest speakers. Topics covered include Oncology Massage, Myotherapy, Aromatherapy, the shoulder girdle and Kinesio Taping.

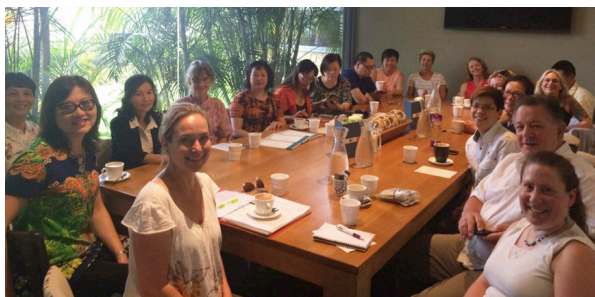
We are looking forward to hosting more great speakers in 2016.

The branch meets bi-monthly on the third Wednesday of the month from 10am-12pm at the Belrose Hotel, Hews Parade, Belrose. Our next scheduled meeting is 17 February 2016. New members are welcome!

For all inquiries:

Contact Chairperson Brenda Hill

**brenda@freshtherapy.com.au** or 0410 353 913



North Shore and Northern Beaches branch

## ACT

by Jessica Cameron

ACT branch held its final meeting for 2015 in early November. Due to unstable weather, the planned BBQ was abandoned in favour of a gathering at Double Shot Café in Deakin. It was an informal gathering with members sharing case studies from their practices, leading to discussions on possible advice/referrals to clients. Our Treasurer, Irina, led a quiz session and Alan Ford had some anatomy handout Q&As.

Alan also volunteered to present a 3-hour workshop for members in early 2016 (date TBA).

We're looking forward to more great branch activities in 2016.



ACT Branch members at their final gathering for 2015

## Blue Mountains

by Ariana McKay

Blue Mountains AGM was held in October. The following Regional Executive Committee members were elected:

Chairperson: Anne Howarth

Treasurer: Marlene Khoury

Secretary: Ariana McKay

On behalf of local members, I wish to acknowledge and thank the outgoing Regional Executive Committee, Takako Jawor, Kat Boehringer and Amina Dargan, for their generous contributions to the Branch. Thanks are also due to those members who regularly attend meetings, for their support and contribution towards the continued growth of our branch.

Our November meet & greet and Christmas gathering was so much fun. Our new treasurer, Marlene, kindly organised trivia, bingo, delicious cake and gifts for the night. It was the perfect way to round out the year.

At our next meeting in March (date and venue to be confirmed), we will be officially welcoming the new Regional Executive Committee and discussing changes to the Branch. The 2016-2017 meeting calendar will be issued to members on the night. New members are welcome!

For all inquiries:

Contact Secretary Ariana McKay

**arianamckay@hotmail.com** or 0425 285 610

## Sunshine Coast

by Lesley Carter

Sunshine Coast has remained active throughout 2015, with a regular program of meetings and members' days.

Meeting dates for 2016 are March 13, June 12, August 14 and October 9 (which will be the AGM).

At our first meeting in 2016, we intend to look at our client intake forms and record keeping to identify potential gaps and ensure that we are compliant with the AMT Code of Practice. This is especially relevant and timely in light of the recent Medibank correspondence that providers received in December. We will also be doing some self-care work and swap treatments. This will be a full-day workshop so those planning to attend should bring something to share for lunch, as well as a massage table, towels, oil and copies of your intake forms.

There is also an opportunity for those living on the Sunshine Coast to gain qualifications in Dry Needling commencing in February 2016. Mark Philip Deal is running a 60-hour training, which meets AMT's standard for Dry Needling Education. If you are interested in the training, please contact Mark directly via email **markphilipdeal@gmail.com**

Topics for our subsequent meetings are still being organised and will be confirmed as soon as possible.

## Regional reports

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For all inquiries:  
Contact Secretary Lesley Carter  
[lescalnat@gmail.com](mailto:lescalnat@gmail.com) or 0403 647754

### Illawarra

by Linda White

AMT Illawarra finished 2015 with much fun and laughter at our AGM and Christmas get together on November 24. Linda White and Sharon Harley were re-elected as Chairperson/Secretary and Treasurer respectively. After the formalities of the AGM were concluded, members and friends enjoyed the festivities of the evening, not least was giving out raffle prizes!

Attendance throughout the year was consistent and solid, with an encouraging increase in new AMT members and non-members. I would like to acknowledge and thank both members and visitors who came along to Illawarra Branch meetings and presentations in 2015. Your support and encouragement is fundamental to the continued growth and success of AMT, not only locally but also nationally!

Illawarra branch meetings are held on the last Tuesday of each month at 7pm in the Bottlebrush Room, Corrimal Community Centre, Short Street, Corrimal. The first meeting of the year will be held on February 23 and subsequent meeting dates are 29 March, 26 April, 31 May, 28 June, 26 July, 30 August, 27 September and 25 October 2016. We are also planning a mid-year visit to the University of Wollongong's Wet Lab. The branch AGM will be at Murphy's Bar and Grill, Unanderra, on Tuesday 29 November, commencing at 6.30pm. [Now that's forward planning! – Ed]



AMT Illawarra AGM and  
Christmas Get-together  
24 November 2015

## ADVERTISEMENTS

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The "Find a Therapist"  
page is located here:  
[www.amt.org.au/  
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:

**Recent advances in massage therapy - A review.**

Liu SL, Qi W, Li H, Wang YF, Yang XF, Li ZM, Lu Q, Cong DY.

Eur Rev Med Pharmacol Sci 2015; 19 (20): 3843-3849

Massage therapy is one of the most widely accepted alternative forms of medicine helping patients suffering from varied pathological states including arthritis, anxiety, sleep problems, pain management and injury repair. Besides this, it is one of the safest forms of alternative medicine and has become favourite among various health care professionals. However, there is still a lot of debate going in the medical world pertaining to its use in modern medicine.

<http://www.europeanreview.org/article/9667>

**Impact of classic massage on blood pressure in patients with clinically diagnosed hypertension.**

Walaszek R.

J Tradit Chin Med. 2015 Aug;35(4):396-401.

The study involved a group of women aged 60-68, who had previously been diagnosed with hypertension. Ten sessions of classic massage of the lower limbs were performed on the subjects. The massage sessions were conducted every day over ten consecutive days.

<http://www.journaltcm.com/modules/Journal/contents/stories/154/5.pdf>

**Endocannabinoids and related lipids in blood plasma following touch massage: a randomised, crossover study.**

Lindgren L, Gouveia-Figueira S, Nording ML, Fowler CJ.

BMC Res Notes. 2015 Sep 29;8:504. doi: 10.1186/s13104-015-1450-z.

The endocannabinoid system is involved in the regulation of stress and anxiety. In a recent study, it was reported that short-term changes in mood produced by a pleasant ambience were correlated with changes in the levels of plasma endocannabinoids and related N-acylethanolamines (Schrieks et al. PLoS One 10: e0126421, 2015). In the present study, we investigated whether stress reduction by touch massage (TM) affects blood plasma levels of endocannabinoids and related N-acylethanolamines.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4589181/>

**Pain pressure threshold of a muscle tender spot increases following local and non-local rolling massage.**

Aboodarda SJ, Spence AJ, Button DC.

BMC Musculoskelet Disord. 2015 Sep 28;16(1):265. doi: 10.1186/s12891-015-0729-5.

The aim of this study was to determine the acute effect of rolling massage on pressure pain threshold (PPT) in individuals with tender spots in their plantar flexor muscles.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4587678/>

**Deep soft-tissue massage applied to healthy calf muscle has no effect on passive mechanical properties: a randomized, single-blind, cross-over study.**

Thomson D, Gupta A, Arundell J, Crosbie J.

BMC Sports Sci Med Rehabil. 2015 Sep 21;7:21. doi: 10.1186/s13102-015-0015-8. eCollection 2015.

Massage is often applied with the intention of improving flexibility or reducing stiffness in musculotendinous tissue. There is, however, a lack of supporting evidence that such mechanical effects occur. The purpose of the study was to investigate the effect of massage on the passive mechanical properties of the calf muscle complex.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4578668/>

**Outcomes of bowel program in spinal cord injury patients with neurogenic bowel dysfunction.**

Ozisler Z, Koklu K, Ozel S, Unsal-Delialioglu S.

Neural Regen Res. 2015 Jul;10(7):1153-8. doi: 10.4103/1673-5374.160112.

This study aimed to determine gastrointestinal problems associated with neurogenic bowel dysfunction in spinal cord injury patients and to assess the efficacy of bowel program (including abdominal massage) on gastrointestinal problems and the severity of neurogenic bowel dysfunction.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4541250/>



**Mechanical massage and mental training programmes affect employees' anxiety, stress susceptibility and detachment-a randomised explorative pilot study.**

Muller J, Handlin L, Harlén M, Lindmark U, Ekström A. BMC Complement Altern Med. 2015 Sep 2;15:302. doi: 10.1186/s12906-015-0753-x.

Working people's reduced ability to recover has been proposed as a key factor behind the increase in stress-related health problems. One not yet evidence-based preventive method designed to help employees keep healthy and be less stressed is an armchair with built-in mechanical massage and mental training programmes. This study aimed to evaluate possible effects on employees' experience of levels of "Anxiety", "Stress Susceptibility", "Detachment" and "Social Desirability" when using mechanical massage and mental training programmes, both separately and in combination, during working hours.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4556221/>

**The Effect of Whole Body Massage on the Process and Physiological Outcome of Trauma ICU Patients: A Double-Blind Randomized Clinical Trial.**

Hatefi M, Jaafarpour M, Khani A, Khajavikhan J, Kokhazade T.

J Clin Diagn Res. 2015 Jun;9(6):UC05-8. doi: 10.7860/JCDR/2015/12756.6096. Epub 2015 Jun 1.

Hospitalization of traumatic patients in the Intensive Care Unit (ICU) and their critical condition can cause haemodynamic instabilities and deterioration in the level of consciousness. The study aimed to investigate the effect of whole body massage on the vital signs, Glasgow Coma Scale (GCS) scores and arterial blood gases (ABG) in trauma ICU patients.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4525581/>

**Myositis ossificans of the serratus anterior as a rare complication of massage: A case report.**

Wei J, Jia Y, Liang B.

J Med Case Rep. 2015 Jun 16;9:143. doi: 10.1186/s13256-015-0628-2.

Myositis ossificans usually occurs in the vicinity of the elbow, knee joints, or hip joints, following obvious trauma or surgery. This report presents a case of myositis ossificans within the serratus anterior which developed as a complication of long-term nape massage.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4470335/>

**Perception about the importance and use of therapeutic massage as a treatment modality among physical therapists working in Saudi Arabia.**

Zafar H, Oluseye K, Alghadir A, Iqbal ZA.

J Phys Ther Sci. 2015 Jun;27(6):1827-31. doi: 10.1589/jpts.27.1827. Epub 2015 Jun 30.

To report perceptions about the importance and use of therapeutic massage as a treatment modality among physical therapists working in Saudi Arabia. A 21-item structured questionnaire was used to assess various domains including the demographic and professional characteristics of physical therapists and their perceptions about the importance and use of therapeutic massage in their daily practice.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499993/>

**Concussion Treatment Using Massage Techniques: a Case Study.**

Burns SL.

Int J Ther Massage Bodywork. 2015 Jun 9;8(2):12-7. eCollection 2015.

Concussion, its recognition, diagnosis, and treatment is a growing public health issue. Massage practitioners who specialise in rehabilitation deal with a variety of injury cases that involve concussion, including those incurred by falls, motor vehicle incidents, and sports injuries.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4455610/>

**Evaluation of massage therapy program on cortisol, serotonin levels, pain, perceived stress and quality of life in fibromyalgia syndrome patients.**

Oliveira FR.

WCPT Congress 2015 / Physiotherapy 2015; Volume 101, Supplement 1 eS1643–eS1721

[http://www.researchgate.net/profile/Dora\\_Maria\\_Grassi\\_Kassisse/publication/279213133\\_Evaluation\\_of\\_massage\\_therapy\\_program\\_on\\_cortisol\\_serotonin\\_levels\\_pain\\_perceived\\_stress\\_and\\_quality\\_of\\_life\\_in\\_fibromyalgia\\_syndrome\\_patients/links/55dcd35608ae83e420ee533d.pdf](http://www.researchgate.net/profile/Dora_Maria_Grassi_Kassisse/publication/279213133_Evaluation_of_massage_therapy_program_on_cortisol_serotonin_levels_pain_perceived_stress_and_quality_of_life_in_fibromyalgia_syndrome_patients/links/55dcd35608ae83e420ee533d.pdf)

**Alternative treatments for muscle injury: massage, cryotherapy, and hyperbaric oxygen.**

Tiidus PM.

Curr Rev Musculoskelet Med. 2015 Jun;8(2):162-7. doi: 10.1007/s12178-015-9261-3.

Current evidence suggests that popular alternative therapies such as massage, cryotherapy, and hyperbaric oxygen exposure as currently practiced on humans have little effect on recovery from minor muscle damage such as induced by exercise. While further research is still needed, hyperbaric oxygen exposure shows clear promise for potentially being a successful adjunct treatment for enhancing muscle repair and recovery from more severe crush or contusion injury in humans. Cryotherapy or icing, as currently practiced, will not likely be successful in cooling muscle sufficiently to have any significant influence on muscle repair regardless of the degree of injury. However, based on studies in animal models, it may be that if sufficient muscle cooling could be achieved in humans, it could actually delay recovery and increase muscle scarring following significant muscle damage. Conclusions about the effectiveness of massage on influencing muscle recovery from more severe injury cannot yet be made due to a lack of experimental evidence with a more significant muscle damage model.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4596174/>

**A Case Study: The Effectiveness of Massage Therapy in reducing the symptoms of Thoracic Outlet Syndrome in a person presenting with Military Posture.**

Anderson J.

The objective of this case report is to outline the treatment and results of massage therapy techniques, assessments, and home care applied to a 57 year old female presenting with TOS symptoms.

[http://www.hiddenbriarwellness.com/uploads/1/2/0/7/12071172/jessica\\_anderson.pdf](http://www.hiddenbriarwellness.com/uploads/1/2/0/7/12071172/jessica_anderson.pdf)

January 2016		CEUs
17	<b>Leg and Knee 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
29-31	<b>Oncology Massage Module Two.</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
31	<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
February 2016		CEUs
4-6	<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
5-7	<b>Oncology Massage Module One.</b> Presented by Anne-Marie Halligan. Renmark, SA. Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
6-8	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
6-10	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
7	<b>Rocktape Introduction Course - Half Day.</b> Presented by Steve Stahl. Kyabram, 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>	20
9-10	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
12-14	<b>Anatomy Trains for Manual Therapists.</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
13-14	<b>Neurostructural Integration Technique Introductory.</b> Presented by Robert Munro. Brisbane, QLD Contact 0448 428 020 <a href="mailto:saramcl@gmail.com">saramcl@gmail.com</a>	70
13-14	<b>Neurostructural Integration Technique Introductory.</b> Presented by Marianne Granger. Coolup, WA. Contact 0407 036 047 <a href="mailto:marianne_g@westnet.com.au">marianne_g@westnet.com.au</a>	70
13-15	<b>Oncology Massage Module One.</b> Presented by Tubi Oyston. Dubbo, NSW Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
14	<b>Arm and Hand 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
16-18	<b>Oncology Massage Module One.</b> Presented by Gillian Desreux. Auckland, New Zealand Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
17	<b>Gua Sha Day.</b> Presented by Bruce Bentley. Sydney, NSW Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	35
19-23	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Sydney, NSW Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
19-21	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Sydney, NSW Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
20	<b>Rocktape Introduction Course - Full Day.</b> Presented by James Trotter. 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
20-22	<b>Oncology Massage Module One.</b> Presented by Tania Shaw. Mount Isa, QLD Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
20-21	<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>Kinesio Taping Internationally Accredited KT1-2 course.</b> Presented by Thuy Bridges. Mount Gambier, SA Contact Michelle McKenny on 08 8725 5383 for registration or Clint Bridges on 0414 271 248 for course information enquiries <a href="http://www.KinesioTaping.com.au">www.KinesioTaping.com.au</a>	70
22-23	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Sydney, NSW Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
22-23	<b>Certificate of Pregnancy Massage.</b> Presented by Catherine McInerney. Melbourne, VIC 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
23	<b>Illawarra Branch Meeting.</b> Corrimal, NSW. Contact Linda White 0417 671 007	15

## Calendar of events

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25-29	<b>Short Course in Certified Infant Massage Instruction.</b> Presented by Glenda Chapman. Perth, WA 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 25, 26, 27 and 29 February (No Class runs on Sunday 28th)	140
26-28	<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
26-28	<b>Oncology Massage Module One.</b> Presented by Kate Butler. Traralgon, VIC Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
26-28	<b>Anatomy Trains in Motion.</b> Presented by Julie Hammond and Mumu Morwitzer. Melbourne, VIC Contact 0415 707 130 <a href="mailto:info@anatomytrainsaustralia.com">info@anatomytrainsaustralia.com</a> <a href="http://www.anatomytrainsaustralia.com">www.anatomytrainsaustralia.com</a>	105
26-28	<b>CT-1 Foundations for Rehab.</b> Presented by Sheldon Caines. Perth, WA Contact 0406 608 590 or <a href="mailto:sheldon.caines@correctivetherapist.com.au">sheldon.caines@correctivetherapist.com.au</a> Discount for AMT Members - <a href="#">Click here</a>	105
27-28	<b>Certificate of Pregnancy Massage.</b> Presented by Cath Stuart. Sydney, NSW 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
<b>March 2016</b>		<b>CEUs</b>
2-5	<b>KMI Part 1.</b> Presented by Tom Myers. 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>	140
3-5	<b>Oncology Massage Module One.</b> Presented by Hayley Moeller. Canberra, ACT Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
4-6	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Perth, WA Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
4-8	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Perth, WA Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
4-8	<b>Short Course in Certified Infant Massage Instruction.</b> Presented by Glenda Chapman. Adelaide, SA 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 4, 5, 6 and 8 March (No Class runs on Monday 7th)	140
5	<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
6	<b>Curly Customers, Muscles that Confound.</b> Presented by John Bragg. Randwick, 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
6	<b>Rocktape Introduction Course - Full Day.</b> Presented by Hans Lee. 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
7-8	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Perth, WA Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
9-13	<b>Neurostructural Integration Technique Basic.</b> Presented by Wendy Eyles. Sydney, NSW Contact 0412 417 719 <a href="mailto:harmony4massage@gmail.com">harmony4massage@gmail.com</a>	175
11-13	<b>Oncology Massage Module One.</b> Presented by Anne-Marie Halligan. Cottesloe, WA Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
12	<b>Gua Sha Day.</b> Presented by Bruce Bentley. Melbourne, NSW. Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	35
12	<b>Rocktape Introduction Course - Full Day.</b> Presented by Lucy Beumer. Gold Coast, 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
15-17	<b>Oncology Massage Module One.</b> Presented by Bronwyn Sutton. Corowa, NSW Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
16-20	<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 16, 17, 18 and 20 March (No Class runs on Saturday 19th)	140
16	<b>Gua Sha Day.</b> Presented by Bruce Bentley. Adelaide, SA. Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	35
17-19	<b>Oncology Massage Module One.</b> Presented by Kate Butler. Launceston, TAS Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
18-22	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Adelaide, SA 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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