

TABLE TALK

www.amt.org.au

AMT NEWSLETTER

- October 2015

association of massage therapists ltd

Massage and mental health

Studies show that massage therapy can have a profound affect on mood, with anxiety reduction being one of the most well established effects. Evidence for the effectiveness of massage in promoting mental health crosses multiple presenting conditions and populations.

DEPRESSION

According to a 2010 meta-analysis published in the *Journal of Clinical Psychiatry*, massage is associated with alleviated symptoms in depressed people.

TRAIT ANXIETY AND DEPRESSION

Reductions of trait anxiety and depression were identified as the largest effects of massage in a 2004 meta-analysis of massage therapy research. A course of treatment provided benefits similar in magnitude to those of psychotherapy, according to this study published in *Psychological Bulletin*.

DEPRESSION IN CANCER PATIENTS

There is a vast body of evidence showing the positive effects of massage in cancer palliation. According to a study published in *Support Care Cancer*, massage therapy is an efficient treatment for reducing depression in breast cancer patients. A 2009 systematic review also suggested that massage can alleviate a wide range of symptoms including pain, nausea, anxiety, depression, anger, stress and fatigue.

ANOREXIA AND BULIMIA

Massage, aerobic exercise and yoga may improve mental and physical quality of life in patients with an eating disorder, according to a 2014 systematic review of physical therapy interventions published in *Disability and Rehabilitation*.

MENOPAUSE

A study of 87 women in *Complementary Therapies in Medicine* concluded that massage was effective in reducing the psychological symptoms of menopause.

OCCUPATIONAL STRESS

A 2015 study of intensive care nurses showed that massage was an effective, non-invasive way to reduce stress, promote mental health and prevent the decrease in quality of work life.

According to the 2007 National Survey of Mental Health and Wellbeing

7.3 MILLION (OR 45%) of Australians aged 16-85 had a mental health issue at some point in their life.



ONE IN FIVE (20% OR 3.2 MILLION) had a mental health issue lasting 12 months.

There was also 4.1 MILLION PEOPLE who had experienced a mental health issue at some point in their life but did not have symptoms in the 12 months prior to the survey interview.

To find your local AMT-accredited massage therapist please visit:
www.amt.org.au or call 02 9211 2441

Mental Health Week

To mark Mental Health Week this year, AMT produced an infographic highlighting the benefits of massage therapy in alleviating anxiety, depression and stress across a range of conditions and populations. The Massage and Mental Health Infographic was distributed via AMT's social media platforms during Mental Health Week. It is also available for download from the AMT website here:

<http://www.amt.org.au/downloads/practice-resources/Massage-and-Mental-Health-Infographic.pdf>

Over time, we plan to produce a suite of these infographics and also make posters available for purchase.

NSW WorkCover lifts moratorium on remedial massage providers

WorkCover NSW announced that it is lifting its moratorium on remedial massage therapy providers on 1 January 2016. From that date, remedial massage therapists will not have to be WorkCover approved to provide services within the NSW Workers' Compensation system.

Here is the official statement from WorkCover:

"WorkCover NSW is undertaking a review of the Allied Health Practitioner Management Framework. The objective of the review is to align with system objectives resulting from the 2012 legislative reforms of an increased focus on recovery at work; to improve consistency across the various allied health provider groups; and reduce red tape.

WorkCover advises an outcome of this review is the decision to no longer require Remedial Massage Therapists to be approved by WorkCover to deliver services in the NSW Workers' Compensation system."

The current moratorium on approval of Remedial Massage Therapists will remain in place until 1 January 2016. AMT is currently seeking clarification on how the new system will operate and will keep you informed of further developments as they arise.

New training package endorsed

The new training package qualifications were formally endorsed on August 6. This is the culmination of over four years of blood, sweat and tears, with AMT represented at Industry Reference Group meetings and within Subject Matter Expert Group committees.

The new training packages are markedly different from the old, with far more prescriptive knowledge and assessment requirements. Students undertaking the Diploma must complete 200 hours of supervised clinical practice and meet specific performance criteria at both Certificate IV and Diploma level.

As part of the streamlining process, all qualifications within the Health Training Package are now standalone. This means that prospective students can enrol directly into a Diploma of Remedial Massage without having to complete the Certificate IV first. (The content of the Certificate IV has now been substantially incorporated within the Diploma.)

You can download the full resolution infographic from the AMT website.

RTOs are currently working in earnest to have the new qualifications included on their scope. We anticipate that a small number of RTOs will commence delivering the new qualifications at the beginning of 2016..

Review of the Medicare Benefits Schedule (MBS)

The Turnbull Government recently announced a major review of the MBS. Around 5700 items will be under scrutiny, including knee arthroscopy, imaging for low back pain, colonoscopy and tonsillectomy.

The Government has established an MBS Review Task Force to consider how "the MBS can be aligned with contemporary clinical evidence and practice, and improve health outcomes for patients".

As a consumer of health services, you can participate in the review by completing the survey on the MBS consultation hub:

<https://consultations.health.gov.au/medicare-reviews-unit/mbs-review/consultation/intro/view>

The MBS review was widely reported in the media. It would seem that the Government's health budget agenda has taken a seismic shift away from natural therapies rebated under private health insurance and towards conventional care within the Medicare system. AMT has received no further correspondence or clarification from the Department of Health regarding the Natural Therapies Review since the slated April 1 deadline for change whooshed by.

AMT will keep you informed of changes if they arise.

National Code of Conduct for Health Care Workers introduced in Queensland

The Queensland Government has recently enacted the National Code of Conduct for Health Care Workers (Queensland). The Code was introduced on 1 October 2015 and applies to all healthcare workers in Queensland, including massage therapists.

The Queensland Code provides a benchmark against which the Health Ombudsman can make decisions about issues with the healthcare provided by unregistered practitioners. It sets minimum standards of conduct for healthcare workers and is substantially based on the NSW Code of Conduct for Unregistered Health Practitioners, which has been in force in NSW since 2008.

Queensland members can download a copy of the Code here:

<https://www.health.qld.gov.au/publications/system-governance/policies-standards/national-code-conduct-health-workers.pdf>

One of the requirements of the Code is that therapists must display a copy in their clinic. You can download a poster version here:

<https://www.health.qld.gov.au/publications/system-governance/policies-standards/poster-national-code-of-conduct-qld.pdf>

If you practice in Queensland, you need to review the Code thoroughly to ensure that you are meeting your statutory obligations as a healthcare worker. If you need any assistance or advice, please don't hesitate to contact AMT Head Office.

EXCLUSIVE ADVANCED

SHOULDER AND HIP PAIN WORKSHOP

With **Simeon Niel-Asher**, internationally renowned leading Osteopath and one of Australia's leading soft tissue Therapists, **Stuart Hinds**.



\$200 Early bird discount until 31 October

This is a rare opportunity to gain advanced practical skills in the treatment of Frozen Shoulder Syndrome, Subacromial pain syndrome (SPS), Rotator cuff tendinopathy and a range of other shoulder conditions using the incredible Niel-Asher Technique (NAT) with Simeon himself. This combined workshop with Stuart's SH Hip Treatment, (a unique soft tissue therapy treatment based protocol) to help unlock the key restrictions in common altered movement pattern syndromes seen in hip joint dysfunction, makes for unique professional development opportunity.

THIS IS A ONE OFF EVENT AND PLACES WILL BE LIMITED.

6 – 8 MAY 2016 – SYDNEY 12 – 14 MAY 2016 – FIJI

For bookings and more information visit stuart-hinds.com
Or email contact@stuart-hinds.com

NMTAW 2015

During September 7-13 AMT celebrated National Massage Therapy Awareness Week (NMTAW), designed to raise public awareness about the benefits of massage therapy and to encourage Australians to seek treatment.

This year, AMT produced a series of seven online and print resources for members, to help spread the word about our wonderful profession. Each infographic/poster contained a 'fun fact' about massage. Our online infographics were shared 462 times, reaching a total of 22,600 people! Thank you to all our members who helped spread the word.

Sydney-based AMT member Melissa Woodward was one of the many therapists who participated in this year's NMTAW. Melissa chats to us about how she celebrated the week using AMT's online resources ...



Tell us about your massage background ...

I first joined AMT in 2002 upon completion of my TAFE Diploma. I am also qualified as a personal trainer and fitness nutritional coach. Together with my husband, who is also a personal trainer, I run a business called Evolution Health Services, based in Campbelltown. The business offers remedial massage as well as outdoor group training sessions and personal training sessions at a local park. We love to work with families and encourage parents to get fit and look after their health to become role models for their children.

Have you participated in NMTAW before?

Last year I participated in National Massage Therapy Awareness Week by giving away free five-minute massages at a small local shopping centre. The clinic I was based in was located just outside the shopping centre. The pop-up retail spot put me right in the shoppers' paths as they walked to Coles. I had a great response to the day. As part of the NMTAW promotion, I ran a competition, offering a prize of a one-hour massage. Through this competition, I generated a new client.

How did you celebrate this year's NMTAW?

As one aspect of my business marketing, I have an established newsletter and blog. I used the week as a way to promote my business through the newsletter and via Facebook. I scheduled one blog post link to be shared daily on Facebook. The posts were blogs I had written about remedial massage, including some fun facts about me. I also shared the AMT infographics at different times of the day around my blogs.

I really appreciated the infographics that were posted by AMT this year. It was wonderful to have a new fact to share with my Facebook fans each day during NMTAW.

I am also part of a networking group that has an online Facebook group presence. They run a #FreeForAllFriday promotion where you can plug your business. I linked this promotion to the AMT NMTAW promotion by sharing the fact about musculoskeletal conditions and arthritis. I had a booking within no time.

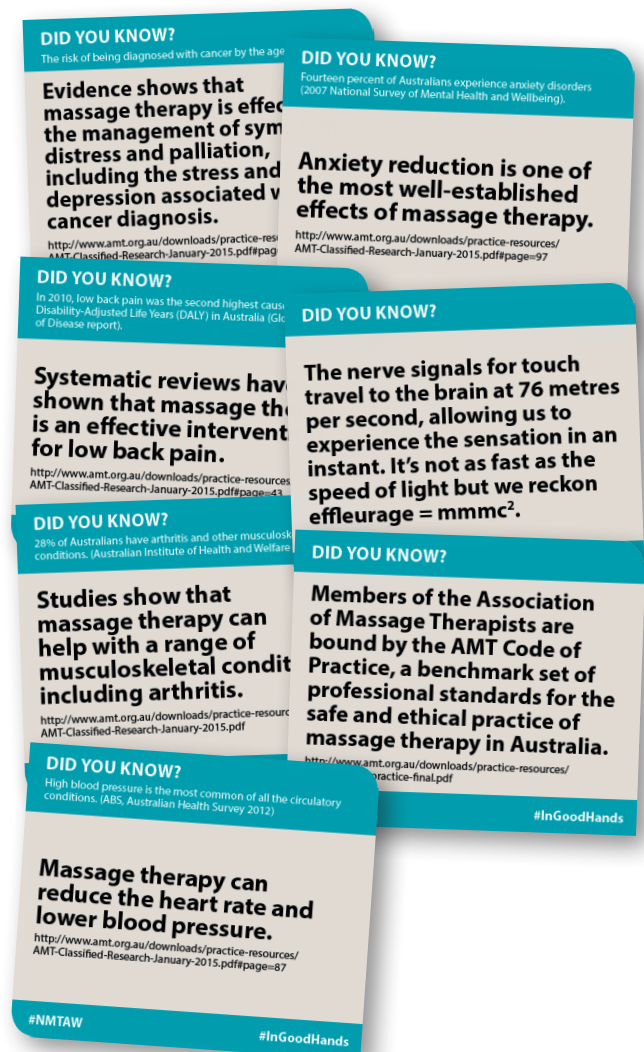
Through my newsletter, I also ran a 'refer a friend' offer to promote massage. This also received a great response.

Was there anything you thought could have been done differently?

I loved the campaign, however I think AMT members would benefit by getting plenty of notice of a new theme each year.

Are you interested in participating in NMTAW next year?

I am looking forward to participating next year. I haven't worked up any ideas yet, but I am willing to share my tips to help prepare other massage therapists to get on board and spread the word about massage therapy during next year's NMTAW. NMTAW presents a great opportunity to show the public how professional, qualified and knowledgeable AMT-accredited massage therapists are.



NMTAW Factoids

Meet the AMT Directors: Michelle McKerron

In the second instalment of our 'Meet the Directors' series, we chat to South Sydney AMT member and director, Michelle McKerron. Michelle has owned and operated a busy clinic in Oyster Bay for 19 years. The massage therapist and mum of four describes how she juggles a large family and a career with life on the Board ...



How did you first become interested in massage therapy?

Believe it or not, I was actually interested in hands on work from the age of 16. I used to massage (or what I thought was massage!) my friends' shoulders. They were very encouraging, and adamant in their assessment that I did a good job. Little did I know that I would still be delivering massage to HSC students years down the track!

Tell us about your massage training ...

I was lucky enough to complete my training with an amazing set of teachers and fellow students at Loftus TAFE in Sydney's south, back in the 90s. The course was a two-year, full-time study commitment. We did a lot of hands on work, which complemented what we thought was a crazy level of theory. I am so grateful to have done all that theory. It gave me a solid grounding in bodywork and, as a bonus, when I went on to study a Health Science degree at Wollongong University I was granted some prior learning credits.

How long have you been an AMT member?

I think it's 19 years! I signed up as soon as I could while still at TAFE. I am proud to be an AMT member. As an AMT member, I gain access to brilliant resources, networking at conferences and a great referral base of other massage therapists who have the exceptional standards that I uphold.

Do you have any areas that you specialise in?

I don't know if other therapists end up doing this but I think my areas of specialty - and definitely my preferred areas to work on - have developed from areas that I have needed treatment myself. I love doing pregnancy massages but I get the most job satisfaction and joy out of relieving back and neck tension and pain.

Tell us about your massage business ...

I have been the owner-manager of a small clinic in Oyster Bay, in Sydney's south, a suburb that people don't often travel through. As a resident, I love Oyster Bay but, as a business owner, I find it challenging. We are now in our 20th year of business. We have been a team of four to five therapists for most of that time. It has been a rollercoaster ride: at times it has been really tough, and other times, really fruitful and exciting. Right now, the business consists of five female therapists. Our mission statement is 'to provide massage therapy within the scope of our training to residents of our suburb and its surrounds, working in conjunction with clients and other health professionals for the best outcome'.

You have small children. How do you find juggling a massage career with parenting?

Can I say LOL here? Ah, where to start on the whole working parent thing ... I have four small children. I could joke about them getting in the way of my career but one reason I was able to have that many precious children is because my job gave me a lot of flexibility (and I am not talking the physical kind).

My children have, to a certain extent, shaped the latter part of my career. Being my own boss has allowed me to take time off as I needed; having a team of therapists still working while I was on maternity leave made me keen to get back to work as quickly as I could. I took four months off work when I had each of my children and, because I didn't have to go back to set days or hours, found reentering the workforce to be a pretty natural process. I know I am very lucky in this regard.

There have been challenges. For example, I have always worked a couple of nights a week and have felt torn about this - there is a 'heart-pull' to be there for that all important family time. Also, when I get sick I tend to push on through but when my children get sick it's a different story - they need their mum.

From the very beginning, my hubby has been totally capable of dealing with one, two, three and then four kids for dinner, activities, bedtime or whatever else needs doing.

Having a large family is a bonus professionally on a number of levels. My children have taught me a thing or two about what children like in regards to massage and I am able to empathise with stressed-out parent clients.

When did you first join the AMT Board?

In early 2011, I was approached to join the Board as a director but was in the thickest part of little-kid zone, so I wasn't sure if I would have the time. After some negotiation and persuasion, I decided to take up a role as an AMT Member Representative to begin with, rather than a Board member. Essentially, this meant that I called into the Board teleconferences (as they were in those days) and listened in to the general business. I was occasionally able to give an opinion as a member representative but wasn't required to take part in decision-making processes. I remained in that role for a year and, during that time, gained confidence to understand the lingo these 'big-wig directors' were talking. When I joined the Board as a full board member, I wasn't as shy and retiring as I normally would be in such a situation.

The member rep position has been vacant for a while now so if there are any members out there who have contemplated joining the AMT Board, I can highly recommend becoming the member rep as an excellent way of dipping your toes in and getting a sense of the terrain!

What do you bring to the AMT Board?

My desire is to see the AMT and the massage therapy industry continue to deliver great therapists and therapy to clients. With that aim in mind, I bring my dedication and level-headedness to the tasks of the AMT Board. I like to think that being a level-headed sort helps me to aid the Board to make necessary decisions.

What are the rewarding aspects of being on the Board?

Firstly, being around like-minded people who are as equally dedicated to doing our utmost for the industry - with zero ego - gives me an added sense of community.

Secondly, being on the Board helps me keep abreast of developments in policy and research in regards to the massage therapy profession.

What are the challenging aspects of being on the Board?

Sometimes it can be hard time-wise. Massage therapists are just givers and it takes almost no effort to say, "Sure, I'll be involved in that thing I won't get paid for" until the diary screams "Oh no!". It can also be challenging on an intellectual level (certain Board members like to use big words!). But of course more hands equal a lighter load and the benefits far outweigh the challenges for me.

What does being an AMT Board member give back to you?

Confidence would be one thing. Being abreast of the issues is so helpful, especially in my clinical practice when talking with clients. And I guess it won't harm my resumé, which is only around one line long! Being involved at the front line also means that I can say that I am not just a therapist providing excellent massage; I am actively involved in trying to make our industry excellent.

In your mind, what is AMT's major achievement to date?

It has been said before, but the major achievement should be mentioned at every possible opportunity - the AMT Code of Practice. Have you read it? It's a beautiful document. I love it because I love doing what I do to the best of my ability.

Also, our membership is now more than 2300 and growing at a positive rate, indicating that we are on the ball and therapists want to be aligned with our views. I find this to be a great justification and encouragement to persevere.

Do you have a favourite AMT conference or conference moment?

I'm not sure I can pinpoint one! To be perfectly honest, I get an absolute kick out of seeing the young massage therapists who attend because it reminds me of how I felt at the first couple of conferences I went to - looking at all the mature legends who were making massage therapy a viable career and knowing that could be me.

What future direction would you like to see AMT take?

I would like to see AMT stay strongly committed to its members and striving to represent them for the best outcomes - oh, hang on, that's what we do! I reckon we just keep doing what we are doing, and address the issues as they arise with knowledge, insight and strength in numbers.

association of
massage therapists ltd

Advanced-Trainings.com returns to Australia

Advanced Myofascial Techniques Workshops

The Advanced Myofascial Techniques workshops provide practising manual therapists with highly effective techniques, tests and procedures.

Learn cutting-edge techniques that you can use immediately to start solving some of your most difficult client challenges. Entertaining as well as informative, the classes combine experiential learning, 3D anatomy visuals, technique-specific demonstrations, and hours of hands-on supervised table practice. High teacher-student ratios allow you to work directly with lead instructors who welcome questions and are actively involved in assisting you at the table.

The workshops are designed to help you:

- Relieve pain, restore function and get longer-lasting change
- Be more precise in working with specific tissue types and body layers
- Combine more subtle indirect work with deeper direct work
- Work more sensitively, safely and comfortably at very deep levels.

You can choose a 1, 2 or 3-day program. Each 2-day workshop includes an optional 1-day specialty class, which may be taken on its own or after the 2-day program.

2-Day Workshop: Neck, jaw and head
1-Day Option: Headaches and migraines

PERTH 11 - 13 NOVEMBER

2-Day Workshop: Neck, jaw and head
1-Day Option: Headaches and migraines

CANBERRA 18 - 20 NOVEMBER

2-Day Workshop: Leg, knee and foot
1-Day Option: Advanced knee issues

SYDNEY 25 - 27 NOVEMBER

For further information and to register download and complete the form [here](#)

ACT

by Jessica Cameron

Our August meeting was well attended, with 17 members present. We held a 'Round the Table' meet and greet session so that new members could introduce themselves and ask questions. We were then treated to a wonderful Dru Yoga session conducted by Shirley Campbell, one of our local AMT members. Everyone felt the benefit of the stretching and relaxation, which is just as important for massage therapists as it is for clients.

During National Massage Therapy Awareness Week, the branch set up a stall in The Woden Farmers Market and offered seated massage. Irina Ivankovitch did a brilliant job of spruiking local AMT therapists. There was a lot of interest shown in the benefits of massage therapy and the money we collected from treatments was donated to OzHarvest. OzHarvest subsequently sent the branch a certificate of appreciation.



Jessica Cameron and Irina Ivankovitch hard at work promoting massage therapy at Woden Farmers Market.

Illawarra

by Linda White

Illawarra branch held its third presentation in July of this year. Local members Patricia Colvin and Leanne Formica presented 'Techniques for Foot and Ankle Care'. Their session included an anatomy revision, an overview of conditions of the ankle and foot, and strengthening and stretching exercises. The presentation was informative and enjoyable.

On 13 September, local member Sarah Harrison was involved in massaging for the 'Spring into Corrimal' Festival. This is the largest one-day free family festival in Regional NSW, with over 50,000 people attending. Sarah volunteered to provide 10-15 minute seated massages for a PhysioHealth & Sports Injury Clinic in Corrimal. The day was a great success, with many people experiencing firsthand the benefits of massage and many others hearing about the benefits of massage therapy.

At our meeting on 29 September, local physiotherapist Matt Whalan spoke on pain management, and how new theories and studies are challenging existing concepts and methodologies.

Matt also talked more specifically about clients who present with lower back pain and shoulder pain. Most of the evening was spent doing practical exercises for subscapularis, the hip flexors and tensor fasciae latae. Matt's knowledge and experience was evident and we all came away with fresh knowledge and ideas.

AMT Illawarra will hold its next formal meeting on Tuesday 27 October in the Bottlebrush Room, Corrimal Community Centre, Short Street Corrimal, commencing at 7pm. Any inquiries should be directed to Linda White on 0417 671 007 or by email

lindamassage@bigpond.com

We look forward to seeing you at our next meeting!

Mid North Coast

by Kristy Baird

At our August meeting, Mid North Coast Branch members were treated to a practical demonstration of Pilates techniques by AMT member and Pilates instructor, Carolyn Howard. Carolyn opened up her studio 'Bodyline Pilates' to us for the session, which was filled to overflowing with willing participants! The focus was on controlled movements for the spine and pelvic region.



Enthusiastic participants in Carolyn Howard's pilates session.

After the Pilates session, we returned to our usual meeting venue, Headspace, to meet and greet new members. We also encourage our members to have '5 minutes of fame' during our meetings, where they can share their skills, experiences and knowledge with the group. This helps build good referral networks.

The 70.3 Ironman in Port Macquarie is on the 18 October. AMT members who are available to volunteer in the massage tent should contact Bob Crombie on 0401 149 858 to register. The tent is located in a secure zone on Westport Park so volunteers must register for the event prior to the day. Volunteers are eligible for CEU points.

Meetings of the branch are held bi-monthly, with the next meeting scheduled for 1pm October 17th 2015 at Headspace Port Macquarie. This meeting will be our AGM. For any Branch enquires, please email **AMTMNCBranch@yahoo.com** or contact Kristy Baird on 0411 181 898.

AMT's research round-up is a summary of open access massage therapy research released over the last quarter, including hyperlinks to the full free text articles available online. In this research round-up, we have also included a list of citations to research that is restricted by pay walls (sigh!).

The effect of massage therapy and/or exercise therapy on subacute or long-lasting neck pain - the Stockholm neck trial (STONE): study protocol for a randomized controlled trial.

Skillgate E, Bill AS, Côté P, Viklund P, Peterson A, Holm LW.

Trials. 2015 Sep 16;16(1):414.

Neck pain is a major health problem in populations worldwide and an economic burden in modern societies due to its high prevalence and costs in terms of health care expenditures and lost productivity. Massage and exercise therapy are widely used management options for neck pain. However, there is a lack of scientific evidence regarding their effectiveness for subacute and long-lasting neck pain. This study protocol describes a randomized controlled trial aiming to determine the effect of massage and/or exercise therapy on subacute and long-lasting neck pain over the course of 1 year.

A randomized controlled trial in which at least 600 study participants with subacute or long-lasting nonspecific neck pain will be recruited and randomly allocated to one of four treatment arms: massage therapy, exercise therapy, exercise therapy plus massage therapy, and advice to stay active.

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4573492/pdf/13063_2015_Article_926.pdf

A standardized, evidence-based massage therapy program for decentralized elite paracyclists: Creating the model.

Kennedy AB, Trilk JL.

Int J Ther Massage Bodywork. 2015 Sep 1;8(3):3-9. eCollection 2015.

Evidence suggests that para-athletes are injured more often than able-bodied athletes. The benefits of massage therapy for these disabled athletes are yet to be explored. This paper documents the process followed for creating a massage program for elite paracycling athletes with the goal to assess effects on recovery, rest, performance, and quality of life both on and off the bike.

<http://www.ijtmb.org/index.php/ijtmb/article/view/269/340>

Effect of applying massage therapy on physical, physiological and behavioral states of premature neonates.

Bayomi OR, El-Nagger NS.

Journal of Nursing Education and Practice. 2015, 5(10): 105-114.

Premature neonates are a highly vulnerable group of the population. Premature births accounts for the highest mortality rate among infants in the first year of life. The aim of the study was to evaluate the effect of applying massage therapy on physical, physiological and behavioral states of premature neonates.

<http://www.sciedupress.com/journal/index.php/jnep/article/viewFile/6783/4520>

The effect of massage therapy on occupational stress of intensive care nurses.

Nazari F, Mirzamohamadi M, Hojatollah Y.

Iran J Nurs Midwifery Res. 2015 Jul-Aug; 20(4): 508-515.

One of the main causes of stress in the lives of people is their jobs. Occupational stress is causing a wide range of significant issues in health and community services. Nursing is the most stressful profession in the health services. Massage therapy is one way of coping with stress. This study was conducted to determine the effect of massage therapy on stress in nurses.

<http://www.ijnmrjournal.net/text.asp?2015/20/4/508/161001>

Perceptions of Massage Therapists Participating in a Randomized Controlled Trial.

Perlman A, Dreusicke M, Keever T, Ali A.

Int J Ther Massage Bodywork. 2015 Sep 1;8(3):10-5. eCollection 2015.

Clinical practice and randomized trials often have disparate aims, despite involving similar interventions. Attitudes and expectancies of practitioners influence patient outcomes, and there is growing emphasis on optimizing provider-patient relationships. In this study, we evaluated the experiences of licensed massage therapists involved in a randomized controlled clinical trial using qualitative methodology.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4560530/pdf/ijtmb-8-10.pdf>

The efficacy of massage therapy and corrective exercise on indicators of postural scoliosis of girls 8-14 years old.

Nejad HS.

Biological Forum—An International Journal. 2015, 7(1): 1894-1899.

This study aims to study the efficacy of corrective exercises and a combination of corrective exercises and massage therapy on measures of postural scoliosis of girls. The study population includes postural scoliosis of girls 8 to 14 years with a mean age ($11/64 \pm 1/67$ years) in Tehran.

<http://researchtrend.net/bf12/304%20YAHYA%20SOKHANGUEI.pdf>

Effectiveness of massage therapy on post-operative outcomes among patients undergoing cardiac surgery: A systematic review.

Ramesh C.

Inter Journal of Nursing Sc. 2015, 1-9

The incidence and prevalence of cardiovascular disease (CVD) are increasing rapidly in developing countries. Most patients with CVD do not respond to medical treatment and have to undergo cardiac surgery. This highly stressful experience results in increased levels of anxiety for patients. The objective of this review was to evaluate the efficacy of massage therapy on postoperative outcomes among patients undergoing cardiac surgery. A comprehensive literature search was made on PubMed-Medline, CINAHL, Science Direct, Scopus, Web of Science and the Cochrane library databases for original research articles published between 2000 and 2015.

<http://www.sciencedirect.com/science/article/pii/S235201321500068X>

Effectiveness of massage therapy on respiratory status among toddlers with lower respiratory tract infection.

Martina H, Beulah H, David A.

Nitte University Journal of Health Science. 2015 5(2).

Lower respiratory tract infection is one of the major prevailing respiratory illnesses in children. The aim of the study is to assess the effectiveness of massage therapy on respiratory status among toddlers with lower respiratory tract infection. A sample of 60 toddlers were conveniently assigned to study and control group, in study group routine care and massage therapy was performed for three days in morning and evening then posttest was conducted end of each day whereas control group receives routine care. The result shows that massage therapy was significantly effective in improving lung functions.

<http://nitte.edu.in/journal/june2015/10.pdf>

Massage therapy has short-term benefits for people with common musculoskeletal disorders compared to no treatment: a systematic review.

Bervoets DC, Luijsterburg PA, Alessie JJ, Buijs MJ, Verhagen AP.

Journal of Physiotherapy. 2015 Jul;61(3):106-16.

Systematic review of randomised clinical trials. The 26 eligible randomised trials involved 2565 participants. The mean sample size was 95 participants (range 16 to 579) per study; 10 studies were considered to be at low risk of bias. Overall, low-to-moderate-level evidence indicated that massage reduces pain in the short term compared to no treatment in people with shoulder pain and osteoarthritis of the knee, but not in those with low back pain or neck pain. Furthermore, low-to-moderate-level evidence indicated that massage improves function in the short term compared to no treatment in people with low back pain, knee arthritis or shoulder pain.

<http://www.sciencedirect.com/science/article/pii/S1836955315000582>

The effect of massage therapy on depression, anxiety and stress in adolescent wrestlers.

Zadkhosh SM.

Int J of Sports Studies. 2015; 5(3):321-327.

In this study the effects of massage therapy on depression, anxiety and stress in youth wrestlers were studied. During 10 sessions of treatment the experimental groups received 25 minutes sports massage for every session. The findings of this study indicate that massage therapy tangibly and significantly decreases the level of depression, anxiety and stress of wrestlers that this phenomenon can lead to mental health and thereby improve their performance.

<http://ijssjournal.com/wp-content/uploads/2015/01/321-327.pdf>

Perceptions and benefits of, and barriers to, degree based education for massage therapy.

Smith DM.

University of Otago doctoral thesis 2015.

In New Zealand, the practice of massage therapy for health and wellness is part of the growing complementary and alternative medicine (CAM) industry and is a popular treatment for a wide range of health conditions. Over the last 20 to 30 years, massage therapists have taken some steps in the process of professionalisation for the purpose of creating legitimacy and acceptance as a serious health care option. However, to date, the practice of massage therapy within New Zealand is unregulated, there is variation in education and practice standards, and massage therapists are still seeking credibility.

The purpose of this research was to investigate the range of perceptions and attitudes toward degree-based education across the stakeholder groups within the massage therapy industry, namely: massage educators; practicing massage therapists; and massage therapy students. More specifically, the perceived necessity of degree-based education for the practice and growth of massage therapy, and the benefits and barriers to degree-based education, were explored.

<https://ourarchive.otago.ac.nz/bitstream/handle/10523/5610/SmithDonna2015PhD.pdf?sequence=1&isAllowed=y>

A home-based physical activity programme in combination with massage therapy to improve motor and cognitive development in HIV positive children on antiretroviral therapy: A randomised controlled trial

Khondowe O.

Dissertation for University of the Western Cape, 2014.

The aim of this study was to prospectively, evaluate the effectiveness of an individually designed home-based physical activity programme in combination with massage therapy, on motor and cognitive development in children infected with HIV. This study used a randomized controlled trial design. One hundred and twenty-eight infants and toddlers (children) were recruited between March 2010 and September 2010 and randomly allocated to receive either an individually designed home-based physical activity programme in combination with massage therapy or standard treatment and massage on a 1:1 ratio. Motor and cognitive development was measured using the Bayley Scales of Infant Development third edition (Bayley-III)

<http://etd.uwc.ac.za/xmlui/handle/11394/4019>

Massage therapy effects on pain and distress/anxiety in breast cancer patients.

Buchrieser TB.

Walden university dissertation. 2015.

Pain and distress/anxiety are likely to result from breast cancer and/or the medical treatment associated with this illness. Breast cancer researchers have focused on massage therapy and its influence on pain and distress in breast cancer patients; however, these research efforts were limited by small sample sizes, homogeneous populations, and small to medium effect sizes. This study explores the effectiveness of massage therapy for decreasing pain and distress in a larger, heterogeneous population of breast cancer patients and across all durations and frequencies of treatment by pooling the findings of former studies.

<http://scholarworks.waldenu.edu/cgi/viewcontent.cgi?article=2470&context=dissertations>

RESTRICTED ACCESS

The Effect of Aroma Hand Massage Therapy for People with Dementia.

Yoshiyama K, Arita H, Suzuki J.

J Altern Complement Med. 2015 Sep 18. [Epub ahead of print]

Benefit to Family Members of Delivering Hand Massage With Essential Oils to Critically Ill Patients.

Am J Crit Care. 2015 Sep;24(5):446-9. doi: 10.4037/ajcc2015767.

Prichard C, Newcomb P.

A randomised, controlled, single-blinded study on the impact of a single rhythmic massage (anthroposophic medicine) on well-being and salivary cortisol in healthy adults.

Kanitz JL, Reif M, Rihs C, Krause I, Seifert G.

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Meta-Analysis of Massage Therapy on Cancer Pain.

Lee SH, Kim JY, Yeo S, Kim SH, Lim S.

Integr Cancer Ther. 2015 Jul;14(4):297-304. doi: 10.1177/1534735415572885. Epub 2015 Mar 17.

Massage therapy alone and in combination with meditation for breast cancer patients undergoing autologous tissue reconstruction: A randomized pilot study.

Dion LJ, Engen DJ, Lemaire V, Lawson DK, Brock CG, Thomley BS, Cha SS, Sood A, Bauer BA, Wahner-Roedler DL.

Complement Ther Clin Pract. 2015 May 12. pii: S1744-3881(15)00046-8. doi: 10.1016/j.ctcp.2015.04.005. [Epub ahead of print]

Massage therapy: understanding the mechanisms of action on blood pressure: A scoping review.

Nelson NL.

J Am Soc Hypertens. 2015 Jul 30. pii: S1933-1711(15)00607-5. doi: 10.1016/j.jash.2015.07.009. [Epub ahead of print]

Neck arthritis pain is reduced and range of motion is increased by massage therapy.

Field T, Diego M, Gonzalez G, Funk CG.

Complement Ther Clin Pract. 2014 Nov;20(4):219-23. doi: 10.1016/j.ctcp.2014.09.001. Epub 2014 Sep 28.

The effects of massage therapy on physical growth and gastrointestinal function in premature infants: A pilot study.

Choi H, Kim SJ, Oh J, Lee MN, Kim S, Kang KA.

J Child Health Care. 2015 Aug 26. pii: 1367493515598647. [Epub ahead of print]

October 2015		CEUs
16-18	Oncology Massage Module Two. Presented by Bronwyn Sutton. South East, NSW (Location TBC) Contact Kylie Higgins 0408 077 123. www.oncologymassagetraining.com.au	105
17-18	Chinese Cupping Therapy. Presented by Master Zhang Hao. Strathfield, NSW. Contact 0416 286 899. www.chihealing.com.au	70
17-18	Neurostructural Integration Technique Introduction. Presented by Wendy Eyles. Sydney, NSW Contact 0412 417 719. Email: harmony4massage@gmail.com	70
17-19	Oncology Massage Module One. Presented by Amy Tyler. Castle Hill, NSW. Contact Kylie Higgins 0408 077 123. www.oncologymassagetraining.com.au	105
17	Rocktape Full Day. Presented by Steve Stahl & Jack Dix. Melbourne, VIC Contact education@rocktape.com.au www.rocktape.com.au	35
24-25	Modern Cupping Therapy. Presented by Bruce Bentley. Launceston, TAS. Contact 03 9576 1787. www.healthtraditions.com.au	70
24	Rocktape Full Day. Presented by Jo Bouckley. Perth, WA. Contact education@rocktape.com.au www.rocktape.com.au	35
24	Rocktape Full Day. Presented by Steve Stahl. Casuarina, NSW. Contact education@rocktape.com.au www.rocktape.com.au	35
24-25	Neurostructural Integration Technique Introduction. Presented by Robert Monro. Brisbane, QLD. Contact 0448 428 020. Email: nstqld@gmail.com	70
25	Soft Tissue Therapy Congress 2015. Presented by Melbourne Institute of Massage Therapy. Heidelberg, VIC. Contact 1300 839 839 or visit www.mimt.edu.au	35
25	Lower Back Pain and Pelvic Stability. Presented by John Bragg. Springwood, NSW. Contact 0410 434 092. www.johnbragg.com.au	35
26-28	Certified Infant Massage Teacher Training (CIMT). Presented by Tina Allen. Randwick, NSW Contact sydney-cimt@liddlekidz.com www.liddlekidz.com	105
29-30	Certified Infant Massage Teacher Training - Special Healthcare Needs. Presented by Tina Allen. Randwick, NSW. Contact sydney-special-healthcare@liddlekidz.com www.liddlekidz.com	70
30	Evidence Based Relaxation Therapy: Physiological and Psychological Benefits. Presented by Dr Judy Lovas. Kirribilli, NSW. 9.00am -12.00pm. For bookings and more information please visit www.artandscienceofrelaxation.com	15
30-1/11/15	AMT Regional Mini Conference 2015. Coffs Harbour, NSW. Contact 02 9211 2441 or info@amt.org.au For more details please browse the conference section of the website here	150
30-1/11/15	Oncology Massage Module Two. Presented by Deb Hart. Hillier, SA. Contact Kylie Higgins 0408 077 123. www.oncologymassagetraining.com.au	105
31	Rocktape Full Day. Presented by James Trotter. Adelaide, SA. Contact education@rocktape.com.au www.rocktape.com.au	35
31	Rocktape Full Day. Presented by Sonja Saar. Brisbane, QLD. Contact education@rocktape.com.au www.rocktape.com.au	35
31-1/11/2015	Certified Pediatric Massage Therapist Training (CPMT). Presented by Tina Allen. Randwick, NSW Contact sydney-cpmt@liddlekidz.com www.liddlekidz.com	70
31-1/11/15	Joint Mobilisation and Stretching of the Thoracic Spine and Ribcage. Presented by Joe Muscolino. Sydney, NSW. Contact Budiman 0402 059 570 or terraroza@gmail.com Register at www.terraroza.com.au	70
31-1/11/15	Neurostructural Integration Technique Introduction. Presented by Shayne Sullivan. Geelong, VIC. Contact 0417 011 192. Email: shaynesullivan1@gmail.com	70
November 2015		CEUs
2-3	Touch Therapy for Pediatric Cancer. Presented by Tina Allen. Randwick, NSW Contact sydney-cancer@liddlekidz.com www.liddlekidz.com	70
2-3	Arthofascial Stretching. Presented by Joe Muscolino. Sydney, NSW. Contact Budiman 0402 059 570 or terraroza@gmail.com Register at www.terraroza.com.au	70
11-12	Advanced-Trainings.com Neck, Jaw and Head. Presented by Bethany Ward and Larry Koliha. Perth, WA Contact 02 9211 2441 or info@amt.org.au To register download and complete the form here	70
13-17	Neurostructural Integration Technique Basic. Presented by Ron Phelan. Ocean Grove, VIC. Contact 0419 380 443. Email: bowenst@iprimus.com.au	175

Calendar of events

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13	Advanced-Trainings.com Headaches and Migraines. Presented by Bethany Ward and Larry Koliha. Perth, WA. Contact 02 9211 2441 or info@amt.org.au To register download and complete the form here	35
14-16	Master Class in Traditional East-West Cupping. Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787. www.healthtraditions.com.au	105
14	Rocktape Full Day. Presented by Daniel O'Sullivan. Canberra, ACT. Contact education@rocktape.com.au www.rocktape.com.au	35
14	Rocktape Full Day. Presented by Lucy Beumer. Gold Coast, QLD. Contact education@rocktape.com.au www.rocktape.com.au	35
14-16	Oncology Massage Module Two. Presented by Tania Shaw. Buderim, QLD. Contact Kylie Higgins 0408 077 123. www.oncologymassagetraining.com.au	105
14-15	Functional Fascial Taping Upper and Lower Quadrants. Presented by Ron Alexander. Gold Coast, QLD. Contact Budiman terrarosa@gmail.com www.terrarosa.com.au www.fft.net.au	70
14-18	Advanced Certificate in Integrated Cupping Therapy. Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787. www.healthtraditions.com.au	175
17-18	Modern Cupping Therapy. Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787. www.healthtraditions.com.au	70
18-19	Advanced-Trainings.com Neck, Jaw and Head. Presented by Bethany Ward and Larry Koliha. Canberra, ACT. Contact 02 9211 2441 or info@amt.org.au To register download and complete the form here	70
19	Evidence Based Relaxation Therapy: Physiological and Psychological Benefits. Presented by Dr Judy Lovas. Byron Bay, NSW. 9.00am -12.00pm. For bookings and more information please visit www.artandscienceofrelaxation.com	15
20	Advanced-Trainings.com Headaches and Migraines. Presented by Bethany Ward and Larry Koliha. Canberra, ACT. Contact 02 9211 2441 or info@amt.org.au To register download and complete the form here	35
20	Evidence Based Relaxation Therapy: Physiological and Psychological Benefits. Presented by Dr Judy Lovas. Brisbane, QLD. 9.00am -12.00pm For bookings and more information please visit www.artandscienceofrelaxation.com	15
21-22	Functional Fascial Taping Upper and Lower Quadrants. Presented by Ron Alexander. Sydney, NSW. Contact Budiman terrarosa@gmail.com www.terrarosa.com.au www.fft.net.au	70
21-22	Chi-Acupressure. Presented by Master Zhang Hao. Strathfield, NSW. Contact 0416 286 899. www.chihealing.com.au	70
24-26	Oncology Massage Module Two. Presented by Gillian Desreux. Auckland, New Zealand. Contact Kylie Higgins 0408 077 123. www.oncologymassagetraining.com.au	105
25-26	Advanced-Trainings.com Leg, Knee and Foot. Presented by Bethany Ward and Larry Koliha. Sydney, NSW. Contact 02 9211 2441 or info@amt.org.au To register download and complete the form here	70
26-28	Oncology Massage Module Two. Presented by Kate Butler. Northcote, VIC. Contact Kylie Higgins 0408 077 123. www.oncologymassagetraining.com.au	105
27-29	Oncology Massage Module Two. Presented by Amy Tyler. Castle Hill, NSW. Contact Kylie Higgins 0408 077 123. www.oncologymassagetraining.com.au	105
27	Advanced-Trainings.com Advanced Knee Issues. Presented by Bethany Ward and Larry Koliha. Sydney, NSW. Contact 02 9211 2441 or info@amt.org.au To register download and complete the form here	70
28	Rocktape Full Day. Presented by Gavan Macrides & Kristy Sparre. Melbourne, VIC. Contact education@rocktape.com.au www.rocktape.com.au	35
28-29	Functional Fascial Taping Upper and Lower Quadrants. Presented by Ron Alexander. Adelaide, SA. Contact Budiman terrarosa@gmail.com www.terrarosa.com.au www.fft.net.au	70
29	Rocktape Full Day. Presented by Sarah Thamin. Sydney, NSW. Contact education@rocktape.com.au www.rocktape.com.au	35
29	Yoga and Fascia. Presented by Daniela Meinl. Sydney, NSW. Contact Budiman 0402 059 570 or terrarosa@gmail.com Register at www.terrarosa.com.au	35

Please view the Calendar of Events on the AMT website for the complete 2015 listing: www.amt.org.au



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