



WE'RE IN TOUCH



Promoting Massage Therapy through
Education and Professionalism



A LETTER FROM YOUR PRESIDENT

Well 2012 is off to a fast start off with more legislative action. Another aspect of your AMTA-NH membership involves staying current and being informed on what is happening in Concord. This enables us to take action on legislation that could have a negative impact on licensure. We ended the year 2011 with pending legislation that would have made licensing in several professions including massage therapy voluntary. Thanks to a strong grassroots effort across the professions named in HB446, the bill was killed on the floor of the House on January 5th. Though a victory was had, two additional bills were in the wings HB1265 which convenes a five member panel to look at the licensed professions in the state to determine if the educational standards and requirements for entry into the profession are necessary and diligent or excessive, unnecessary and substantially burdensome. And HB1338 that deals with licensing renewal both of these will go forward but pose little immediate impact on our profession, currently. The good news on this front is a Senate bill which has come forward and that may be a boon to massage therapists in the state and our fellow Reflexologists, Structural integrators and Asian body workers. SB 407 is a bill that will consolidate professional licensing while keeping our individual advisory boards. This change would have our licensing issued through the Office of Professional Licensure and this is a bill AMTA-NH is supporting. When I got involved with AMTA-NH as a chapter volunteer I never imagined that I would be getting an education in the state politics of NH, definitely a live and learn opportunity. Previously my trips to Concord involved our legislative chair massage and a photo shoot with the governor. I would embrace those less active days again. This is a good place to promote the chapter's yearly legislative chair massage day; we are currently waiting for a date for this year. Would you join us in promoting our profession and educating local lawmakers on the critical need for professional licensing of massage therapists? Check www.amta-nh.org for the date and contact info to join us in Concord.

Volunteering can be a beautiful thing. Giving back to your profession has many ever evolving gifts, have you thought of taking your AMTA-NH membership to another level? How about volunteering?

Visit www.amta-nh.org

SPRING 2012

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\$4.00 Per Issue
Free to AMTA-NH members

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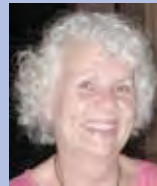
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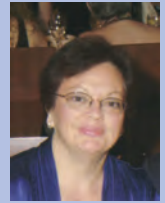
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SPORTS MASSAGE

Clara Levesque

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Fall 2012 Newsletter Deadline
August 27, 2012

NUMBERS TO NOTE

National AMTA
847/864-0123 www.amtamassage.org
877/905-2700

NH Health and Human Services
800/852-3345, ext. 4607

National Certification Board for
Therapeutic Massage and Bodywork
800/296-0664 www.ncbtmb.com

ADVERTISING RATES

Full Page	1/4 Page
7.5" w x 10" h	4" x 5"
B/W \$150	B/W \$55
Color \$225	Color \$125
Half Page	1/8 Page
7.5" x 5"	4" x 2.5"
B/W \$98	B/W \$45
Color \$175	Color \$100

Classified Ads \$10 per 25 words

AMTA-NH CHAPTER EDUCATION SPRING WORKSHOPS

Total of 24 CEHs
YOU CHOOSE!

Our Educators

LEE CHAFFEE: has been a Massage Therapist for 25 years with 14 years on the Sports Massage Team. Lee has been an instructor at a local massage school for the past 18 years becoming a certified NCBTMB Provider in 2000 and has presented nationally six times. Lee also produced a DVD/Booklet on Russian Seated Massage & Sports Massage.

CLARA LEVESQUE: has been a Massage Therapist since 1996. She obtained National Certification in Sports Massage Therapy in 1999. Her Practice is comprised of sports massage techniques which she utilizes on the active clients with whom she works.

JULIE NETTI, M.S., LMT: Ms. Netti is a consultant, educator and Tuina practitioner. Her massage training is in Chinese Medicine and Tuina, Tibetan and Aztec Medicine, Holistic Health and Western Massage. Julie trained in The China Academy for TCM at the Guang An Men Hospital in Beijing, 1999 and an internship in the Conjoint Health Clinic in Shanghai, China in 2007. Ms. Netti's approach to healing is from a Holistic/Wellness model treating the whole body, physically, mentally, psychologically, and medically. In addition to traveling as a consultant and educator, Ms. Netti has a private massage practice in Exeter, New Hampshire.

KEVIN COMEAU: Operates Vermont Massage Therapy in Hartford, Vt., where he focuses on deep tissue massage, myofascial release and personal training. A Dartmouth College graduate, he attended the Muscular Therapy Institute in Cambridge, Ma. And earned additional certifications from Robert King, James Waslaski and John Latz. For the past 15 years he has taught for the massage certificate program at the New Hampshire Technical College in Claremont. An NASM-certified personal trainer, Kevin has also practiced and taught traditional Japanese martial arts for three decades.

- **Sports Massage Workshop**
Sat. April 14, 2012—6 CEHs
- **Chinese Medicine/TuiNa**
Advanced Course-12CEHs
Sat. & Sun., May 5 & 6, 2012
- **Myofascial Release**
Techniques, Body Mechanics
Sun., May 6, 2012-6 CEHs

For all workshops, wear comfortable sports and yoga type clothing for technique work! Please bring your table, linens and lotion.

MYOFASCIAL RELEASE TECHNIQUES ***Sunday, May 6, 2012 - 6 CEHs***

Do you wonder how to go deeper without working harder? In this workshop on deep myofascial release, we'll explore ideas and techniques that will open and soften your client's tissues without fatiguing yours. In the process, we'll gain facility in working without oil or lotion.

Efficient body mechanics...everyone knows their importance, few practice them consistently. Careful attention to body use can prolong a massage therapist's career. Proper bone alignment allows the practitioner to maximize the use of weight for pressure and depth, rather than strength. In this workshop, we'll explore deep myofascial release techniques through the lens of body mechanics. How does body use for myofascial release differ from working with oil? As we learn to lean weight into our client's bodies, we'll pay attention to the use of elbows, fists, and the alternative to the excessive use of our thumbs. Massage can be hard work, with this approach you can perform a massage that leaves you feeling as open as your clients!

Instructor: Kevin Comeau, PT, LMT

SPORTS MASSAGE WORKSHOP
SATURDAY, APRIL 14 - 6 CEHS

If you have never worked on athletes before, during or immediately after a sporting event, come find out why this class is needed as the minimum education to be a member of the AMTA-NH Chapter Sports Massage Team (SMT). Has it been a long time since you did event massage: Well, then come regain your confidence working sporting events, quickly assess athletes, and sharpen the reasons why/when to use:

- Pre-Post Event Massage
- Spasm/Cramp Management
- Thermal & Non-Thermal Injuries
- Stretches: When & Where to Apply Safely

This year we hope to be working on athletes at the Prouty, a Biathlon or Iron Man, Special Olympics and more!

Instructors: Lee Chaffee & Clara Levesque



TUINA MASSAGE-Chinese Medicine-
Sat. & Sun., May 5 & 6, 2012-12 CEHS

Two-Day Workshop goals is for participants to understand and to apply TCM and TuiNa/ Chinese Medical Massage into their practice from the skill level of the individual practitioner. TuiNa includes the use of thumbs, hand and arm techniques to massage the soft tissue (muscles & tendons) and the fascia of the body. TuiNa stimulates the acupressure points to directly affect the flow of Qi energy through the system of channels and collaterals. TuiNa uses manipulation techniques to re-align the muscular-skeletal and ligaments, to re-establish a healthier relationship with the body's internal & external systems.

Day 1: Review Eastern & Western Medicine, define Qi, Yin and Yang and explain their importance in TCM, identify the 5 elements, their processes, and their relationship to the human body and explain in more details the 5 elements, emotions, climates, and triangle relations of the elements.

Day 2: Build a level of the understanding and skills of TuiNa. Overview of the various TuiNa manual techniques, the effects of manual methods on specific body parts, commonly used acupoints, introduction to organ work using TuiNa and TuiNa treatments on common conditions. **Instructor: Julie Netti, M.S., LMT**



**All Workshops Held at the
 Seacoast Career School
 670 N. Commercial Street
 Manchester, NH**

REGISTRATION FORM

Name _____
Address _____
City _____ State _____ Zip _____
AMTA-NH Member # _____
Phone # _____
Email Address: (Please Print Clearly) _____

ONLINE REGISTRATION

go to www.amta-nh.org

Or

Please make checks payable to:

AMTA-NH Chapter

Send to:

Judith Harrington

PO Box 275

Hampton, NH 03842

QUESTIONS?

Contact:

Judy Harrington at 603-926-8450, Ext. 1

Email at education@amta-nh.org

Or

Ramona Cavasin at 603-430-2815

Email at education_co@amta-nh.org



amta
american **massage therapy** association®

Make Your Registration Selections Below
Circle your Choices

SPORTS MASSAGE

APRIL 14, 2012 - 6 CEHS

8:30am - Registration 9-4pm Workshop

12 - 1 pm Lunch on your own

AMTA-NH MEMBERS ONLY!

Early Bird \$60 by April 1st

After 4/1 - \$90

TuiNa CHINESE

MEDICAL MASSAGE

MAY 5 & 6, 2012 - 12 CEHS

8:30am Registration 9-4pm Workshop

Lunch on your own Sat. 5/5

9-12 & 1:30pm - 4:30pm Sun. 5/6

Business Meeting & Lunch by AMTA-NH

Early Bird Members \$120 by Apr. 23

Members After 4/23 - \$180

Non-Members Early Bird \$180

Non-Members after 4/23 - \$210

MYOFASCIAL RELEASE

SUNDAY, MAY 6, 2012 - 6 CEHS

8:30am Registration 9-4:30pm Workshop

Business Meeting & Lunch by AMTA-NH

12 noon - 1:30pm

Early Bird Members \$60 by Apr. 23

Members After 4/23 - \$90

Early Bird Non-Members \$90 by Apr. 23

Non-Members After 4/23 - \$120

Please read carefully before selecting your choices.



Jeff Mahadeen has been teaching and developing curriculum in various schools around the country since 1998. In 2003, Jeff started to offer his Myofascial Release and NMT CEH classes nationally. The AMTA-NH this past February took advantage of his expertise and featured Jeff in their line-up of educational programs again for 2012. The incredible response, (over 90 therapists registered!!), for Jeff's workshop: Myo-Neurofascial Mobilization & Treatment of the Cervical Spine, is a tribute to the high quality in-depth education both the AMTA-NH and selected presenters provide.

In this particular workshop Jeff explored with us the complex myology of the cervical region: suboccipitals, scalenes, splenius capitis & splenius cervicis muscles and postural assessment to help distinguish which set of muscles were dysfunctional.

Jeff's easy-going and laid-back teaching style covered the basics of cervical anatomy, the role of fascia in restrictions commonly experienced in treatment, and looked at the pathologies of torticollis, thoracic outlet syndrome, whiplash trauma and trigger point patterns for headaches. The lecture & hands-on format encapsulated the understanding and treatment of the cervical spine.

For any therapist or bodyworker seeking to raise their level of training and to enhance the bodywork profession, this was one of those educational opportunities not to miss out on.

At the end of the day, many experienced profound positive changes with neck conditions they came in with, and were ready to bring new tools into their work on Monday.



With Cortiva Institute's Continuing Education courses, you can expand your knowledge to new horizons... learn new techniques, refresh your skills, and best of all, learn from the leaders in this industry.

Now you can register online at www.cortiva.com/boston/ce

Cortiva Institute - Boston is offering the following Continuing Education courses:

Hot Stone Massage w/ Saskia Côté*
April 3

Basics of Pregnancy Massage w/ Kerry Jordan*
April 22

Thai Massage Level 1 w/ Slava Kolpakov
April 27-29

Orthopedic Massage Certification Course Upper Body w/ Tom Karis (application required)
May 4 - June 10

Part 2, Lower Body (application required)
July 13 - August 12

BMC Oncology w/ Cindy Gillan (application required)
May 15 - August 9

Intro to CST 2 w/ Saskia Côté*
Deep Tissue Refresher w/ Jeff Forrest*
May 6

Hot Stone Massage w/ Susan Coffey*
Geriatric Massage w/ Kerry Jordan*
Raindrop Therapy w/ Saskia Côté*
May 20

Thai Massage Level 3 w/ Slava Kolpakov
June 13

Qi Gong Healing w/ Lisa Shea
June 14-15

Pre and Perinatal Massage certification w/ Carole Osborne Sheets
September 24-27

* Indicates course qualifying for 10% student discount or 10% voucher

Cortiva Institute is a member of the Steiner Education Group, which is approved by the NCBTMB as a provider of continuing education (#451248-10).



103 MORSE STREET • WATERTOWN, MA 02472
617-668-1000



Have you thought about the energetics of a group such as ours? The energy of giving and adding good touch to the world is positive-promoting! Good for our hearts and every heart we connect with, however we sometimes forget about ourselves until our energetic well is nearly dry. Our chapter has a little remedy... to give back to you the members...to complete an energetic loop . We take care of one another.

NH AMTA is **all of us**. We have a great group of positive professionals who love what we do! Thank you for supporting the whole by attending workshops, meetings, and our regional conferences. Another way to support the whole is to be part of the community and reach out to one another. The Benevolence committee mission is about taking care of each other within the profession because sometimes we burn -out or face illness, or just need a group hug. Benevolence sends sentiments and small gifts to express our heartfelt solidarity and support to fellow members and their families. Good positive energy, prayers and kind words.

Please contact Benevolence when you hear of any massage therapist receiving recognition, awards, having babies (or grandchildren). Drop a memo when one of our colleagues adds a degree to their L.M.T. Title! Keep us in the loop with news of illness, accident or surgery.

We try to customize a sentiment with quality cards, favorite colors, flower or animal... so passing along any personal information is helpful including hospital/family address to make sure it arrives ASAP. If you can deliver a bouquet even better, just check with us first about reimbursement.

Thanks so much for helping to make this small chapter a big-hearted community!



Zero Balancing 1 with Michele Doucette, DC
Manchester, NH May 11-13, 2012

Zero Balancing is a unique, hands-on, bodywork system of healing. It combines the Western view of medicine and science from the field of osteopathy with Eastern concepts of energy and healing from the field of acupuncture. ZB affects the whole person (body, mind, and spirit) by providing both structural therapy and energy work simultaneously. ZB is effective for pain relief, improved joint function, ease of movement, and release of postural and stress-related tension. It also promotes a clear body/mind state which is expansive as well as grounded, and often allows clients to experience greater self-awareness and insight into their personal health and wellness.

Bodyworkers incorporating ZB into their practices find themselves able to serve clients more completely, work with less effort, feel greater satisfaction and provide effective therapy for physical, mental, emotional, and spiritual imbalances simultaneously. **ZB I is approved for 25 hrs. Continuing Education credit (through NCBTMB, NCCAOM, and several other accrediting agencies)**

**For class details or to register contact Michele at 802-464-2361 bones@sover.net
Or register online at www.zerobalancing.com**



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Mana Lomi® is NCBTMB approved provider #287333-00

MANA LOMI® CLASSES IN THE NORTHEAST ~ 2012

Level 1 ~ 27 CEs

~ learn a full body routine

- ❖ Apr 13-15 ~ Greenfield, NH
- ❖ Apr 20-22 ~ Clinton, CT
- ❖ Jun 2-4 ~ Hoboken, NJ
- ❖ Jun 8-10 ~ Waldoboro, ME
- ❖ Sep 7-9 ~ Burlington, VT
- ❖ Sep 14-16 ~ Pawtucket, RI

Shoulders TX, 8 CEs

- ❖ Apr 16 ~ Greenfield, NH
- ❖ Sep 10 ~ Burlington, VT
- ❖ Dec 9 ~ Danbury, CT

Hands & Feet TX, 8 CEs

- ❖ April 19 ~ Clinton, CT
- ❖ Sep 13 ~ Pawtucket, RI
- ❖ Dec 8 ~ Danbury, CT

Anytime/Anywhere: Chair & Floor work, 8CEs

- ❖ Jun 1 ~ Hoboken, NJ
- ❖ Jun 11 ~Waldoboro, ME
- ❖ Dec 7 ~ Danbury, CT

Instructor: Barbara Helynn Heard, LMP barbaraheard@msn.com 206 323-5871

WWW.LOMILOMI-MASSAGE.ORG

Consider joining our chapter look for a special AMTA promotion via your mailbox!

Notice of AMTA-NH
Elections May 6, 2012

For position of:

- President
- 2nd Vice President
- Secretary
- Delegate for 2 years

If you are interested in running please submit resumes by April 30, 2012 to Rosanne Beaurivage, 34 River Rd, Penacook, NH 03303 or email Rosanne@newww.com



Welcome and congratulations on becoming part of AMTA-NH! Did you know that you joined a superior professional organization made up of over 600 licensed massage therapists in New Hampshire? Or that it was established 25 years ago? Do you realize you can be involved with your Chapter to promote our profession? Just attend one of our meetings and find out how much we do! What are *you* doing on May 6th? Here's your opportunity!

After 14 years of being an AMTA-NH Chapter professional member I decided it was time to take my involvement up a notch. I treasure the camaraderie and support I have always received from members. I have attended numerous continuing education courses both locally and regionally since 1998. My career has benefited enormously not only from the education but from the opportunity to network and form long lasting friendships.

WELCOME

- Margaret Annutto, Merrimack**
- Bethany Bistany, Windham**
- Janice Brandt, Windham**
- Betsy Brown, Lyme**
- Lori Cook, Whitefield**
- Christine Fall, Nashua**
- Samantha Haas, Hooksett**
- Kittrina Jones, Rumney**
- Robert Laroche, Nashua**
- Tracy Mincarelli, Weare**
- Lauryn Brianna Mont, Greenfield**
- Kathryn Reczko, Hollis**
- Linda Smart, Merrimack**
- Dawn Wason, Nashua**
- Jennifer Kendall, Derry**
- Gerald Little, Manchester**
- Serena Marie Moody, Belmont**
(new Student member)
- Antonia Patricia Velez, Concord**

The Membership Chair position just makes sense to me as a way to give back and promote the AMTA and our Chapter's growth. I've been told my enthusiasm is contagious. When I found out I get to visit massage schools and talk to future LMT's about the AMTA I was excited! When I know about a good thing I love to share it!

How long have you been an AMTA-NH member? Were you first exposed to AMTA as a student? I would love to hear from you if you would consider visiting your alma mater and reaching out to students. We have prepared materials, you will be "trained" and what a great thing for a student to hear from a successful practicing therapist. Tell them about the high quality continuing education offered at reasonable prices, that you love. Tell them about meeting other therapists and learning new skills together. Why not turn a non-member on to AMTA? Call or email me to find out how!

Obituary

Roseanne Beaurivage

*We say goodbye to a wonderful colleague and friend, **Janet Alexis**. A Celebration of Life was held at the school where she directed and taught – the N.H.I.T.A. in Hudson February 19th. Janet was recognized at our chapter's 25th anniversary celebration as a 25 year member of AMTA NH. She touched many lives and will be missed by many. May you live on in the healing touch of others.*

Fascia-nating Conference By Jeff Mahadeen

I just returned from attending the 3rd Fascial Research Congress (FRC) in Vancouver BC. I had the feeling of my cup run-nith over, for the mass of research that is being done on all levels of connective tissue from inflammatory factors, to fluid dynamics, to new anatomical models of fascia, and of course, new treatment models. This conference has moved light years from the first conference in 2007. What gives us bodyworkers such renewed hope is, the dialogue that is now going on between the researcher and the clinician.

At the first FRC, there was a gap as wide as the Grand Canyon between the researchers and the clinicians. The researchers in 2007 presented this brilliant material about fascia that was observed in a lab, but when the questions was asked by the clinicians in the audience, “how can we apply this new information?”, there was silence from the stage. And, when the clinicians asked questions in relation to, “this is what I’m observing and palpating in the clinical setting”, the researchers on the stage again fell silent. Even though there was such a breakdown of communication, I left the first FRC with excitement. This excitement was wrapped around this brilliant research that was, for the most part, being done abroad at the time. At that time 5 years ago prior to registering for the first FRC, I had no idea the amount of ground breaking research that was being done on connective tissue. Before that first FRC, I remember saying to myself, “OMG...all these brilliant men and women looking into the scientifics of connective tissue, we are going to have some answers now”. Even though we left the inaugural FRC 5 years ago with a bit of frustration, I still had optimism that my world of fascia was going to have more validity in the future.

Now to fast forward to 2012.... when registering for the FRC, I noticed the topics for the breakout sessions in auxiliary rooms, between the keynote speaker presentations, had vastly changed. The breakout sessions just didn’t include biomechanics, surgery, histology and cytology, but there were now many more breakout sessions on manual therapy, clinical data, and how to’s on research methods.

Next, let’s jump ahead to March 28th, the first day of FRC 2012, to my surprise we kicked off, with a traditional Native North American Ceremony welcoming everyone to the conference. I actually got a bit teary with excitement, hope and just the power of the ceremony connecting everyone in the room, which included brilliant scientists and clinicians from 37 countries. I said to myself... “Jeff, this for sure isn’t FRC 2007”, and from that moment on the FRC 2012 didn’t stop impressing.

The first keynote presenter was Mary Francis Barbe PhD, and she presented “Changes in Fascia Due to Repetitive Motion Disorders”. Her presentation was brilliant. I personally could have left right then and there, and felt I got my monies worth for the 3 days. She weaved the science behind the disorder with the anatomy and physiology of the fascia, muscles, nervous tissue and inflammatory factors effortlessly. We all left that lecture really feeling like we had such a better understanding of the ramifications of RSI from the breakdown of fascia to the demyelination of the axons.

Continued on Page 14...



*Volunteer Coordinator
Diane Rondeau*

Spring is fast approaching and what a great way to jumpstart your practice and volunteer at the events listed below

"The road to success is not crowded. Because while most are looking for ways to take, the truly successful people are finding ways to give. With a giving attitude, every situation is an opportunity for success."

- Unknown

Submitted by Gracie Harrison

May 8, 2012 Volunteer Chair Massage

NH Musculoskeletal Institute & NH Pediatric Society Annual Conference

Meet Doctors and other referral sources from all over New Hampshire while providing chair massage at this Annual Conference.

Two shifts (3 hours each) to choose from.

May 24, 2012 Volunteer Chair Massage

Conference on Aging

Help spread the good news about the benefits of massage to Seniors, Caretakers and others while providing chair massage to event attendees. Call all your massage therapist colleagues and form a team to share in the fun. Volunteer for a 3 hour shift or for the whole day!

QUILT TO BENEFIT MASSAGE THERAPY FOUNDATION

This handmade queen-sized quilt was made by two board members from the AMTA North Carolina Chapter and is being donated to the Massage Therapy Foundation. Tickets are being sold, with 100% of the proceeds going to the Massage Therapy Foundation, around the country this year. The drawing will be held at AMTA National Convention in October 2012 in Raleigh, North Carolina. The quilt will be shipped to the winning ticket holder—so you need not be present to win!

The fabric in the quilt came from the various presidents of AMTA Chapters around the country and has been woven together into this artistic masterpiece. Many of us got to see the quilt at the recent New England Regional Conference—It is a beauty!



You may buy tickets in person at our Annual Meeting on May 6, 2012 or through Jeanie Gorski until September 20. Tickets are \$2 each and \$5 for 3. If you are interested in purchasing tickets outside of the Annual Meeting, please contact Jeanie Gorski at 1stvp@amta-nh.org. Cash and check purchases only. Your check should be written to Massage Therapy Foundation.



2012-2013 Education Forecast

2012

- April 14** Sports Massage workshop, Seacoast Career School - 6 CEHs
(AMTA Members Only)
- April 24** Treat and Teach the Representatives, Senators and other Legislators - Chair
Massage
- May 5 & 6** Tuina Chinese Medical Massage, Seacoast Career School - 12 CEHs
- May 6** Myofascial Release Techniques, Seacoast Career School - 6 CEHs
- May 8** NH Musculoskeletal Institute & NH Pediatric Society Annual Conference,
Bedford, SERESC - Chair Massage
- May 24** Conference on Aging, Radisson Hotel, Manchester - Chair Massage
- Oct 20, 21, 22** Abdominal Massage, Seacoast Career School - 12 CEHs

2013

- February 3** Cranial Sacral Therapy with Don Ash, Seacoast Career School - 6 CEHs
- May** TBA

For ALL details, please visit our website: www.amta-nh.org and click on “upcoming events”



Continuing Education 2012 at

NEW HAMPSHIRE INSTITUTE FOR THERAPEUTIC ARTS

SMRT - Spontaneous Muscle Release Technique

Head, Neck and Cranial Sacral July 13 – 15

Shiatsu & Acupressure Part I

June 2 & 3 June 23 & 24 July 7 & 8

Ayurvedic Massage Therapy

June 22 & 23 July 20 & 21 September 21 & 22
October 19 & 20 November 16 & 17

CPR/First Aid Recertification

August 11

SMRT - Spontaneous Muscle Release Technique

Shoulder, Axilla, Ribcage, and
Upper Back August 24 - 26

Reflexology

For Specific Conditions and Pathologies
September 29

Shiatsu & Acupressure Part II

September 1 & 2 October 6 & 7 November 3 & 4

Hand Reflexology Certification Course

November 9 & 10 and December 1 & 2

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...Continued from page 10 "Fascia-nating Conference

The FRC ended with great impact as well. Many of the researchers gathered on stage to have a panel dialogue on research methods and confer on ways to bring the two groups closer together. There were many modalities of manual therapy represented in the audience. We had a strong contingency of PTs, DOs, DCs, and many massage therapists and structural integrators. The researchers were calling for the clinicians to find common ground in their noting, so they could more easily understand the documentation in the clinical setting. For, we all do similar things to fascia; we are pushing, pulling, twisting, and shearing the tissue all in hopes of having a positive outcome for our patient. So now, we need to figure out how to document exactly what we are doing to the tissue, so the scientists can better understand what affects we have on the fascia in the clinical setting. The researchers need to know about direction of force, amount of force, the target tissue and a number of other factors that influence fascia in the clinical setting. DR Geoffrey Bove ended the panel discussion by enlightening the audience with his wonderful heart felt story of his impression of the gap between researchers and clinicians 5 years ago, to where he sees the gap presently. He went on to speak with emotion in his voice of his own personal experience of the phenomenon 'gap convergence'. Over the last 3 years, DR Bove has started doing research with Suzanne Chaprelle RMT (registered massage therapist, Canadian). Yes a Dr of research and "just" a massage therapist melding minds and forging forward together in the name of improved patient outcomes. Their combined research on the effects of visceral mobilization on scar tissue in the ileus was presented at the 2012 FRC, and I must say it was fantastic. For people doing visceral work all these years, it was almost a no brainer, but to see the qualified and quantified outcomes documented was very impressive for the validity of the fields of soft tissue mobilization.

In the last 5 years, the gap that was once cavernous between the two groups searching for like answers was now almost non-existent. The manner in-which most of the new research data was being presented had palpable clinical implications. The data, in other words, was ready to move into main stream clinical theory. From the first congress, the scientists saw that we were not only speaking different languages, but we were from different planets. I have to give the researchers big kudos because they were willing to see the dysfunction relationship with the parties, and they were willing to bridge the gap like a fibroblast laying down new collagen fiber binding a tissue injury within a wound healing model.

"Bravo", to the organizers of the Fascial Research Congress, job well done. I can't wait for the new developments to be presented in 2015 at FRC IV, and I hope that everyone who is doing manual therapy will take the time to attend and allow their horizons to be broadened.

*Jeff Mahadeen, Certified Structural Integrator
Owner of Muscular Wellness Institute*

For 15yrs Jeff has been an educator in the fields of Myofascial Mobilization and Neuromuscular Therapy. Jeff has an advanced bodywork school (MWI) for manual therapy in NH. www.MuscularWellnessInstitute.com

We are now on Facebook. Look up AMTA New Hampshire or go to <http://www.facebook.com/pages/AMTA-New-Hampshire-Chapter/216875128346096>

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2012-2013 CALENDAR

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