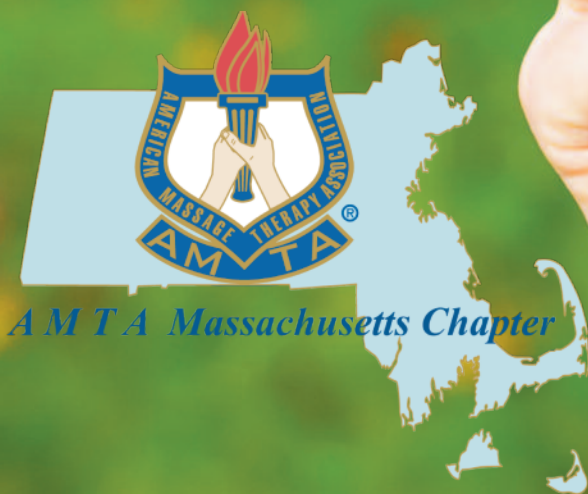


Kneaded Knowledge Newsletter



AMTA Massachusetts Chapter

FALL 2009

AMTA Massachusetts Chapter

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AMTA Massachusetts Chapter

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Karleen Kenney - Member
Kelly Dalbec - Member

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National MT Awareness Committee

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Newsletter Committee

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PRESIDENT'S LETTER

Dear Mass Chapter Members,

I hope you had a good summer despite all the cloudy and rainy weather. June really was miserable, wasn't it? I know people that actually went to a tanning salon because they were feeling light deprived by the end of June. But what can you do, right? Well one thing we can do is to remember this: On the cloudiest day, if you get into an airplane and go high enough, you will find that the sun is shining as bright as ever. Another thing to remember is that the wind is always blowing and at some point the wind will blow the clouds away.

I have written to you about the state of the economy in previous letters and, unfortunately, things have not improved a great deal on that front. Your AMTA chapter will continue to offer tips on how to get through tough economic times, but the most important thing might be to remember that like with cloudy days, sometimes we have to be patient. Change will come and a brighter future is ahead.

The Mass Chapter is trying to help move us towards a brighter future. We have just upgraded our website to make it more user-friendly and even more powerful. If you have not visited the website recently, I encourage you to go to www.massamta.org and check it out. I want to extend a BIG Thank You to Lisa Curran Parenteau for the extraordinary amount of time she put into implementing the new version of our website. Allissa Haines has several great continuing education workshops lined up for you. Again, please go to the website for information regarding the workshops and to register online. As you begin to plan which workshops you are going to attend, you might also want to consider attending the New England Regional Conference (NERC) in March. One more thing to look at on the website is the information concerning National Massage Therapy Awareness Week (NMTAW). Your second VP Sr. Pat Dowler offers ideas about participation in NMTAW, and she even has some stipend money to help you implement your plan. The money is limited, however, so get your plan and application to Sr. Pat as soon as you can.

Your Mass Chapter Board of Directors believes that the Foundation is also moving us towards a brighter massage future. We believe the research done with financial assistance from the Foundation is helping move massage therapy from being "alternative" to becoming "mainstream". Research proving the validity of massage helps us gain respect in the health care field as well as with the public at large. Your board has decided, therefore, to donate \$2 per chapter member to the Foundation to support their work.

And finally, I leave you with this thought from a J Giles Band song. "The future's so bright , I've got to wear shades!"

Onward,

Richard



Why Volunteer?



When Nichole first asked me to write for the spotlight on volunteer, I had no idea what to write about. If someone had told me 16 years ago that I would be representing our chapter as president and having breakfast with then Governor Romney, I would have thought you were crazy. I joined the AMTA back in 1993 and had my first volunteer opportunity 7 years later when I represented the chapter at my first national convention in Phoenix, Arizona in September of 2000.

I had no idea what being a delegate was about, but I learned quickly at the House of Delegates Orientation. I learned about Parliamentary procedure, position statements, recommendations and how the house is the governing body of our association. I highly suggest if you ever want to find out how our organization runs, you should run to be a delegate. It is a wonderful opportunity to meet other members from around the country and to find out how our industry is growing and changing around the country.

Upon returning from the convention, I was asked to be on the new phone tree committee that was forming. I said yes! Since then I have served as a delegate to 3 more national conventions, the New England Regional Conference committee, Awards Committee, Law and Legislative Committee, 3rd and 1st Vice President, one term as chapter President and now as chapter treasurer. I guess I have been pretty

busy these last 9 years. I have really enjoyed serving our chapter.

I have had the privilege to meet so many wonderful people from our chapter, all over New England, and from around the country. Some I have only had the pleasure to talk to once, others have become lifelong friends. That is one of the best benefits of volunteering. I have also met all five of our last national presidents. Don't get me wrong, volunteering is not just fun and games. There is plenty of work that needs to be done. Volunteering does not have to be a full time job. It can be as simple as working the registration desk at the Annual meeting or at an education event. It could be as simple as writing an article for the newsletter. Have you ever thought about going back to your massage school and talking to students about becoming an AMTA member? The time

that you volunteer is returned to you 10 fold by the fun you have, the people you meet and the knowledge and experience you gain. I guarantee you will never be the same person or have the same old ideas about our industry once you give of your time and talent.

"I HIGHLY SUGGEST IF YOU EVER
WANT TO FIND OUT HOW OUR
ORGANIZATION RUNS, YOU SHOULD
RUN TO BE A DELEGATE."

Matthew has been a member of the Massachusetts Chapter of the AMTA since 1993 and is a graduate of the Bancroft school of Massage Therapy. He has a practice in Webster MA. Matthew has served as the third & first Vice-president of the Chapter, President of the Chapter, served on the New England Regional Conference Planning Committee, The Law and Legislation Committee, the Touch Line committee and as Delegate to the National Convention five times. Matt has trained with Bob King in myofascial release. He is a First Degree Reiki practitioner. He has trained with Dr. William Maykel D.C. D.I.B.A.K. in Applied Kinesiology and has studied the Terese' Pfrimmer technique in deep tissue massage. Matthew is currently the treasurer of the Chapter & can be reached at molds@massamta.org.



MA AMTA – Volunteer Information Form



Name: _____ Member ID#: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Cell Phone: _____
E-Mail: (Please print very clearly!) _____

Please check ALL of the areas that you might be interested in for volunteer opportunities:

Awards Committee: _____	Committee for Massage Therapy Awareness Week: _____
Convention/Event Planning Committee: _____	Education Committee: _____
Election Committee: _____	Government Relations Committee: _____
Health Care Liaison Committee: _____	Historian/Librarian : _____
Humanitarian/Outreach Committee: _____	Membership Committee: _____
Newsletter Committee: _____	Public Relations Committee: _____
Sports Massage Committee: _____	Volunteer Recruitment Committee: _____

General Volunteer Interests:

(I am willing to perform the following general volunteer duties: *(check all that apply)*)

Receiving phone calls relating to Chapter business: _____

Calling members and other committee members: _____

Bookkeeping/Recordkeeping: _____

Typing and or Photocopying: _____

Chapter mailings: _____

Other _____

Professional/Technical Skills:

I have the following professional/technical skills: *(please check all that apply)*

Bookkeeping: _____ Typing: _____

Computer Knowledge: *(Please list all familiar software programs)* _____

Public Speaking Experience: _____ Web Design: _____ Management Experience: _____ Sales Experience: _____

Availability:

I am available to volunteer: Mon.: _____ Tues.: _____ Wed.: _____ Thurs.: _____ Fri.: _____

Sat.: _____ Sun.: _____ I prefer to volunteer in the: Morning: _____ Afternoon: _____ Evening: _____

I can occasionally travel for volunteer activities: _____ I prefer to volunteer from home: _____

Someone from the MA Chapter AMTA will be contacting you soon about volunteer opportunities.

Please indicate your preferred form of communication: Phone: _____ E-Mail: _____

Thank-You!



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.

Cortiva Institute - Boston is currently offering the following CE courses:

Reflexology for Stress / 7 CE Hrs
September 20 / 9am - 5pm

Massage & Cancer / 7 CE Hrs
September 20 / 9am - 5pm

Reiki 1 / 9 CE Hrs
September 20 / 8:30am - 6:30pm

Thai Yoga Bodywork Certificate Program, Level 2 / 30 CE Hrs
September 30 - October 4
Wednesday - Friday 8am - 4pm,
Saturday - Sunday 9am - 5pm

Zero Balancing® / 25 CE Hrs
October 1 - 4 / 9am - 5pm

Myofascial Release Massage: Part 1 Upper Body (derived from Hellerwork) / 20 CE Hrs
October 2 - 4 / Friday - 6pm - 10pm
Sat - Sun - 9am - 6pm

Therapeutic Stone Massage - Hot & Cold / 16 CE Hrs
October 3 - 4 / 9am - 6pm

Reiki 2 / 14 CE Hrs
October 3 - 4 / 9am - 5pm

Reflexology for the Childbearing Years / 7 CE Hrs
October 18 / 9am - 5pm

Jin Shin Jyutsu / 7 CE Hrs
October 18 / 9am - 5pm

Deep Tissue Refresher / 7 CE Hrs
October 18 / 9am - 5pm

Scar Tissue Release Therapy / 6 CE Hrs
October 18 / 10am - 5pm

Hand-Saving Techniques for Chair Massage / 8 CE Hrs
October 25 / 9am - 6pm

Chakra Balancing / 8 CE Hrs
October 25 / 9am - 6pm

Down to the Bone, Deep Tissue, Part 1 / 14 CE Hrs
October 25 & November 1
9am - 5pm

Ethical Practice in Massage Therapy, Part 1 / 3 CE Hrs
October 28 / 6:30pm - 9:30pm

Gait Analysis and Movement Screening with Corrective Strategies / 8 CE Hrs
November 1 / 9am - 6pm

Deluxe Facial Massage / 8 CE Hrs
November 1 / 9am - 6pm

Auricular Therapy / 7 CE Hrs
November 1 / 9am - 5pm

Ethical Practice in Massage Therapy, Part 2 / 3 CE Hrs
November 4 / 6:30pm - 9:30pm

Introduction to Trager / 8 CE Hrs
November 8 / 9am - 6pm

Clinical Sports Massage: Rotator Cuff & Shoulder Dysfunction / 7 CE Hrs
November 8 / 9am - 5pm

Ortho-Bionomy / 16 CE Hrs
November 8 & 15 / 9am - 6pm

Parafango / 8 CE Hrs
November 15 / 9am - 6pm

Eating for Energy / 2 CE Hrs
November 15 / 10am - 12pm

Introduction to CST Techniques / 7 CE Hrs
November 15 / 9am - 5pm

Basics of Pregnancy Massage / 7 CE Hrs
November 15 / 9am - 5pm

Reiki 1 / 9 CE Hrs
December 6 / 8:30am - 6:30pm

Deep Tissue - Shoulder Girdle / 7 CE Hrs
December 6 / 9am - 5pm

Anatomy of Technique Series
For September, October, November
TBA

**now you can register online at
www.cortiva.com/boston/ce or
email tclerc@cortiva.com.**



cortiva institute® - boston
School of Massage Therapy

103 Morse Street Watertown, MA 02472
617-668-1000, x6905

MA AMTA Celebrates Breast Cancer 3-Day Walk Partnership with Energizer

3-Day begins in Boston; to travel to 14 more cities



Waltham, MA - Massachusetts AMTA had the distinct honor and pleasure to be the premier chapter to participate in a unique partnership between AMTA-national and Energizer, providing volunteer chair massage in at the Breast Cancer 3-Day camp on July 24-25, 2009.

Energizer is the official Presenter of the Breast Cancer 3-Day, benefitting the Susan G. Komen for the Cure®, which strives to raise funds and educate people in the battle against breast cancer through global events and legislative actions each year.

The Boston 3-Day kicked off the 15-city tour of this incredible event where breast cancer survivors and supporters walk 20 miles a day for 3 days in a row. To encourage the walkers to “Keep Going”, Energizer created a “Live it up!” lounge – featuring a ‘Chutes and Ladders’ style game (as played, participants learn about breast health), an Energizer prize game wheel, and a relaxation lounge, with 6 zero-balance lounge chairs and 6 massage chairs.

AMTA professional members are exclusive providers of chair massage at the Energizer “Live it up!” Lounges! Energizer generously provided the massage chairs, massage supplies and T-shirts for our volunteers.

AMTA geared up for this event, by providing support for recruiting volunteers thru a listing on the AMTA website, “Volunteer Connections,” and email blasts to members. In MA, our chapter website also listed the opportunity, and MA AMTA Communications Director, Lisa Curran Parenteau, sent out email blasts, updated our MA AMTA facebook page, and even sent out a Twitter “Tweet” about a TV promotional story on New England Cable News.

Brand new for this event, AMTA launched Find a Massage Therapist business cards, boldly stating: “Finding a massage therapist just got easier! Look for an AMTA member in your area at: [web address and toll free telephone number],” featuring our AMTA logo.

Five-year AMTA member Kathy Hinds, LCMT, served as Massage Team Leader for the Boston 3-Day, preparing a massage plan that was approved by the AMTA and Energizer, detailing a time line, supply lists, and general preparations up to and including the event days. Hinds also received all volunteer inquiries and kept the volunteers updated with details.

“A brand-new opportunity, we coordinated our efforts carefully, so everyone knew what was expected of them. It was an absolute thrill to be part of this historic partnership. Smiles abounded – from grateful walkers to enthusiastic AMTA volunteer Massage Therapists to the Energizer Bunny who relished his well-deserved massage from Lisa Santoro,” noted Hinds.

Walkers were genuinely appreciative of their massages and felt first-hand the Energizer “Keep Going!” message, with the help of 20 MA AMTA professional members during the event.



DO I GO TO THE AMTA OR TO THE STATE?

Identifying the differences between the AMTA and the State Massage Board

requently we receive voicemails & emails from our members with various questions & while we enjoy hearing from our members, it is evident from the calls that many of us are unaware "who does what" when it comes to our professional association of AMTA & our governing body of the state regulatory board for massage therapy.

This article will attempt to clarify who does what here in Massachusetts for our profession.

The AMTA

Professional associations in general tend to seek to further a particular profession, the interests of individuals engaged in that profession, and the public interest. In this, the AMTA at both the National and Mass Chapter level delivers.

The AMTA is active in promoting legislative advocacy designed to improve and empower massage therapy and is, therefore, sometimes confused as a governing body. The State Massage Board is the governing body for massage therapists, massage establishments and massage schools.

The State Chapter

Here at the Mass Chapter, we are a volunteer board working for our membership to fulfill our **mission statement**:

"The American Massage Therapy Association, Massachusetts Chapter, is a volunteer, member-driven association grounded in the promotion of massage therapy education, legislative advocacy, and consumer awareness. Our Chapter is a dynamic resource for all those touched by our profession and serves its community of members by diligently supporting the growth and practice of massage therapy."

The State Chapter delivers in many ways, including, but certainly not limited to:

- The Education Committee works hard to bring you outstanding presenters so we can all maintain the highest standards in education.
- Our Law & Legislative committee has, for over 16 years, advocated for regulation here in Massachusetts and while we strongly support regulation it is important to remember that the AMTA does not write or enforce the law, set rates or accept applications for state licensure. The AMTA does pay for a lobbyist to protect the bill that is in place in the best interest of our members.
- With National Massage Therapy Awareness Week (NMTAW), we work to market our members to the public and educate the consumer about Massage Therapy. NMTAW is October 25-31, 2009.

For more information on all these areas of activity of your Chapter and to meet the volunteers who work on the different committees, please visit us at www.massamta.org

⇒ ALL practicing massage therapists are required to have a state license.

The State Massage Board falls under the Division of Professional Licensure (DPL). The Board is comprised of members appointed by the governor. The current Board members are:

Steven Tankanow, LMT, Chair

J David Naparstek, Vice Chair

Donald B. Cardoza, LMT, Member

Bernadette Dellabitta Nicholson, LMT, Member

Tak Wong, LMT, Member

The Board has monthly meetings, to which the public is invited. The schedule of meetings is on the website. However, if they have any applications to review, they do that in closed session.

The Board has to follow the law that was written for massage therapists. The website has a link to the statutes and regulations.

The State Massage Board regulates the following:

- *Individual massage license for Massachusetts* – applications, questions and answers.
 - If there are any applications with concerns, the Board will meet with the applicant in person.
 - They will also review and possibly meet with any therapists who have had complaints raised against them.
- *Establishment license* – solo or multi-establishment – applications, questions and answers.
- *Regulation of massage schools* – in progress
- *Continuing education requirements* – to be determined

Note: Local Boards of Health have NO say over massage therapy licenses – individual or establishment. However some towns still have zoning laws that massage therapists need to abide by. It is advisable that massage therapists check with their town to insure that their business is appropriately zoned.

The Board is NOT in charge of:

- The fees set for massage therapists. The DPL sets the fees. The Board does their best to influence the DPL's decision on fees.

Local Boards of Health may regulate fields NOT licensed as Massage Therapy.

The rules and regulations regarding Massage Therapy do not prevent or restrict the practice of a person who uses touch, words, or directed movement to deepen awareness of patterns of movement in the body, or the affectation of the human energy system or acupoints or Qi meridians of the human body. Such practices shall include, but not be limited to:

- Feldenkrais Method
- Reflexology
- Trager Approach
- Ayurvedic Therapies
- Rolf Structural Integration
- Polarity; Polarity Therapy, or Polarity Therapy Bodywork
- Asian Bodywork Therapy that does not constitute massage
- Acupressure
- Jin Shin Do
- Qi Gong
- Tui Na
- Shiatsu
- Body-Mind Centering
- Reiki

"The above information is taken directly from the State Massage Board website."

These exempt practitioners may use the terms "bodywork", "bodyworker" and "bodywork therapist" in their promotional literature. They may NOT claim to practice massage or massage therapy. Individuals desiring to practice these professions should contact their local community.

The State Board of Massage Contact Info

Phone: 617-727-1747 • Website: www.mass.gov/dpl/boards/mt

Email: Michael.E.Hawley@state.ma.us - Subject: MT - Contact the Board

*"We love what we do
and we love to teach."*

THE Bodywork Education PROJECT

A CONSORTIUM of bodywork teachers
dedicated to ADVANCING the field
through continuing EDUCATION.

September, 2009

Active Isolated Stretching w/ Dr. Ben Benjamin
Anatomy Craze: Shoulder Girdle w/ Lou Benson
Deep Relaxation Work w/ Lou Benson
Anatomy of Technique w/ Lou Benson & Tom Karis
Shoulder Pain w/ Rick Horton
Alignment Practice w/ Tamar Myers
Seeing & Sensing w/ Robin Shaw
Down to the Bone w/ Mary Gail Sullivan

October, 2009

Color Outside The Lines w/ Laura Barricelli
Active Isolated Stretching w/ Dr. Ben Benjamin
Anatomy Craze: Glenohumeral Joint w/ Lou Benson
Structural Concepts w/ Lou Benson
Anatomy of Technique w/ Lou Benson & Tom Karis
Thai Yoga Massage Level I w/ Bob Bruillard
Art of Touch w/ Ellen Halpern
Low Back Pain w/ Rick Horton
Seeing & Sensing w/ Robin Shaw

November, 2009

Anatomy Craze: Elbow, Wrist, & Hand w/ Lou Benson
Structural Concepts w/ Lou Benson
Anatomy of Technique w/ Tom Karis & Lou Benson
Thai Yoga Massage Level II w/ Bob Bruillard
Super Vision w/ Ellen Halpern
Seeing & Sensing w/ Robin Shaw

Upcoming Special Events

December 13, 2009: Lecture: Mapping The Stages of
Tissue Healing with Anthony Percoco, P.T.

January 28-31, 2010: ASTON BODYWORKS I
Workshop, with Judith Aston & Tamar Myers

OUR PRIMARY GOAL:

To provide excellent and affordable
continuing education to serious students
in a variety of unique learning formats.

WHO WE ARE:

Laura Barricelli	Tamar Myers
Ben Benjamin	Kate Peck
Lou Benson	Robin Shaw
Bob Bruillard	Marygail Sullivan
Ellen Halpern	Erin Sweeney
Rick Horton	

**The Bodywork Education Project
is an approved Continuing
Education Provider.**



www.thebodyworkeducationproject.com

Save the Date
May 13-15, 2010
Seattle, Washington



COMPLEMENTARY AND INTEGRATIVE MEDICINE

Highlighting Massage Therapy in CIM Research

More details will be available soon at
www.massagetherapyfoundation.org



Aston® Bodyworks 1 January 28-31, 2010

Taught by Tamar Myers
Watertown, MA

In this course, you will be introduced to the Aston movement paradigm and Aston spiralling massage techniques. Aston spiralling massage is a painless technique that respects the body's asymmetries and allows us to access all the layers of tissue-deep to superficial. We will work with gravity and ground force for optimal body use and less fatigue- and less chance transferring our own tension to our clients.

The course will cover techniques for all major areas of the body and basic Aston postural assessment. You will also leave the class with a new approach to your own body use while working standing or seated.

Tamar Myers is an advanced Aston-Patterner with 17 years in the field and 15 years experience teaching bodywork, alignment and movement.

Course registration is \$625, if registered by 12/21/2009, \$675 thereafter. Contact the Aston office at office@astonkinetics.com or (775) 831-8228 to register. Register on-line at www.astonkinetics.com. Feel free to contact Tamar for more information at tamar@myersbodywork.com

Visit www.thebodyworkeducationproject.com for information about 3-hour introductory courses.

ORTHOPEDIC MASSAGE

A Multidisciplinary Approach to Address Soft-Tissue Dysfunction, Pain and Injuries

by James Waslaski with Chris Cunningham

Orthopedic massage is a comprehensive system that involves the manipulation and movement of locomotor soft tissue to eliminate pain and dysfunction. The focus of orthopedic massage is to restore structural balance and to prevent and rehabilitate musculoskeletal dysfunction.

The structural components in the human body include the bones, connective tissue, cartilage, tendons, ligaments, muscles, fat and the various components of the nervous system.

Structural integration helps the body shift back into proper structural and functional alignment in two ways: It removes tensions and restrictions in areas that have been held tight, and it balances the myofascial relationships

throughout the body. When restricted fascia is released and repositioned, the body returns to its optimal structural position.

Orthopedic massage stands apart from dozens of other massage modalities because it is not really a technique. “Orthopedic” refers to the locomotor system as it is used in conventional medicine; that is, the bones, joints, muscles and other connective tissues—those parts of the body that allow us to move.

POWER AND SYNERGY

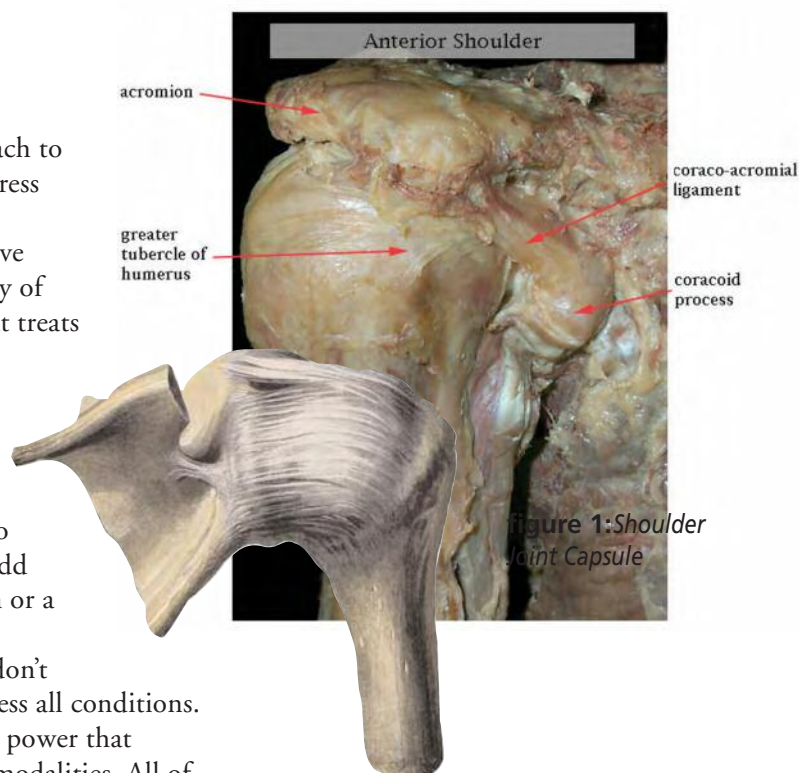
I use a multidisciplinary approach to restore structural balance and address soft-tissue dysfunction, pain and injuries. Following a comprehensive assessment, I match the physiology of the tissue injury to a modality that treats that body component.

I value orthopedic massage because I can focus on the structural balance of the entire body—or simply address a specific clinical condition. I like to encourage other practitioners to add these treatments into a spa session or a relaxation massage.

As I've already mentioned, we don't subscribe to one modality to address all conditions. I believe in the synergistic healing power that results from combining multiple modalities. All of my protocols use functional assessment, myofascial release, neuromuscular therapy, scar-tissue mobilization, myoskeletal alignment, joint-capsule release, proprioceptive neuromuscular facilitation (PNF) stretching and strengthening. I have repeatedly seen how the impact of using a multidisciplinary approach is far more powerful than if just one modality is used.

When combined with specific home-care protocols, the use of multiple modalities results in long-lasting or permanent structural integration, enhanced movement, and restoration of pain-free range of motion. I'll talk more about incorporating specific modalities in a future article. But for now, I want to mention that we concentrate on lengthening shortened muscle groups around each joint, strengthening weak muscle groups, and increasing joint space throughout the entire body, thereby eliminating myofascial pain patterns, neuromuscular pain patterns and the skeletal imbalances that result from soft-tissue imbalance.

I encourage other practitioners to integrate as many advanced massage disciplines as possible into each session, and to remain focused on the whole



person. Naturally, practitioners should pay attention to any changes in the client's breathing, to emotional guarding, and to the client's pain threshold. What's more, the practitioner should perform this work so that it remains pain-free for the client. I should mention here that orthopedic massage is also incredibly easy on the practitioner's body and easy to perform, compared to the energy it may take to do a series of relaxation massages.

Orthopedic massage incorporates therapeutic assessment tools that are used by other health-care practitioners, such as physical therapists and physicians. By the same token, orthopedic- and sports-massage practitioners need to respect any medical contraindications that arise in the client and be willing to work in tandem with other health-care professionals who are treating the client.

THE PROCESS ILLUSTRATED

During the first session, the client provides a clinical history and I do a functional assessment using range-of-motion tests to determine the exact cause or pathology of each musculoskeletal



PHOTOS COURTESY OF JAMES WASLASKI

figure 2: *Assessing the client's resisted range of motion to determine if there is muscle strain and exactly which muscle-tendon unit is involved.*

complaint. In this way I am able to match the appropriate bodywork technique to the underlying pathology of each condition.

Let's use a complicated shoulder problem to illustrate this process. I begin by evaluating the degree of flexion, extension, abduction, adduction, horizontal abduction, horizontal adduction, and medial and lateral rotation, to determine which muscle groups are tight. Finally, I assess the client's passive range of motion for what I call the "end-feel" of the above movements.

For example, if the end feel in the shoulder is bone-on-bone-like, in abduction and lateral rotation, when it should be leathery, I begin to think about conditions such as adhesive capsulitis or frozen shoulders, and a technique that facilitates the release in frozen shoulders that involves joint-capsule work. (See Figure 1.)

I assess the client's resisted range of motion to determine if there is muscle strain and exactly which muscle-tendon unit is involved, taking precautions here by testing with minimal resistance and then slowly increasing the resistance to fully recruit the muscle fibers. (See Figure 2.)

Next, I manipulate and move the soft tissues to reduce or eliminate pain and dysfunction, always

with the intent of improving the condition that brought the client in to see me. I focus on balancing every muscle group around each joint in the body, which involves lengthening shortened muscles, and then stimulating and strengthening weak opposing muscle groups.

My new treatment for muscle strains does not create additional inflammation or add new scar tissue to the injured area.

The initial client-history review and functional assessment are starting points, invariably changing over the course of treatment. Evaluation is an ongoing process, and as the client changes, I continue to pair the appropriate modality with the exact underlying condition at any given time. Even after making that determination in each session, I remain in the

present moment with the client, paying close attention to breathing and any guardedness or apprehension. Sometimes an emotional release may be a part of the healing process, and our presence and caring is critical at that time.

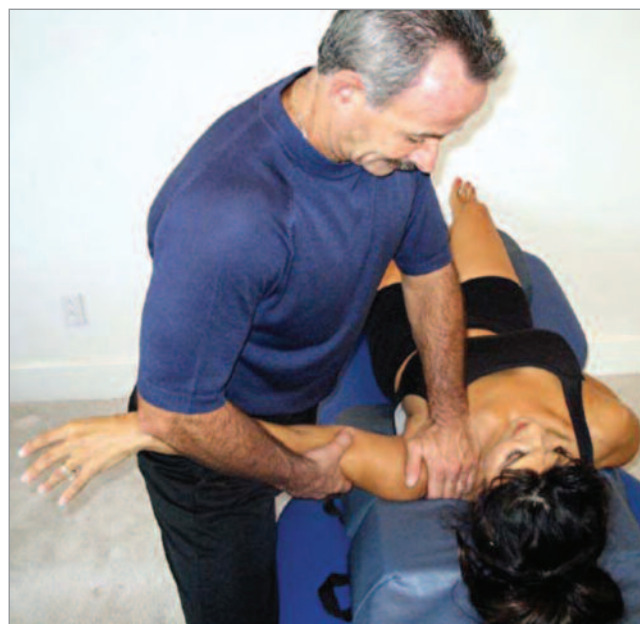


figure 3: *Pain-free, slow-velocity stretching, using the head of the humerus to massage the fascia that glues it against the scapula.*

BENEFITS OF ORTHOPEDIC MASSAGE

Clients who benefit from orthopedic massage suffer from musculoskeletal dysfunctions, chronic pain and sports injuries. Examples of upper-extremity conditions include severe thoracic-outlet syndrome, frozen-shoulder problems, rotator-cuff injuries, bicipital tendinitis, and shoulder-impingement problems. Orthopedic massage will also relieve carpal-tunnel syndrome, tendinitis, nerve entrapments and progressive joint arthritis, among others.

The majority of my clients are flexed throughout the body, and have shoulders that are in a forward position and that are anteriorly rotated because of trauma, poor posture, or a history of using repetitive movements or positions. Their anterior muscles (pectoralis major, pectoralis minor, and subscapularis) have become tight and contracted, while the opposing muscles (rhomboids, middle trapezius, infraspinatus, and teres minor) have become weak and inhibited. The resulting joint imbalance triggers a neuromuscular response to restore balance, which can create additional tension in the joint.

As the articulating cartilage moves in a tight and unbalanced or restricted joint, progressive joint degeneration—a condition commonly known as joint arthritis—develops. The associated discomfort further limits range of motion, and may lead to a formation of adhesions in the joint capsule itself. The articulating fascia acts as “super glue,” literally gluing the scapula to the fascia of the humerus. These fascial adhesions usually accumulate in the inferior and medial shoulder capsule from limited lateral rotation and abduction, creating a condition known as frozen shoulder, or adhesive capsulitis.

However, these deep fascial adhesions can be mobilized by applying heat, pressure, gentle movement and pain-free, slow-velocity stretching, using the head of the humerus to massage the fascia

that glues it against the scapula to help facilitate myofascial warming and myofascial release. (See *Figure 3.*)

This action, in conjunction with pain-free soft-tissue balancing, releases the frozen shoulder, oftentimes in as little as one session. Although some people in the health-care industry are skeptical about the feasibility of releasing long-term frozen shoulders, orthopedic-massage practitioners have witnessed the release of frozen shoulders multiple times, in cases where the participants had previously been diagnosed with adhesive capsulitis by their

physicians. The same approach has proven highly successful in releasing adhesive capsulitis of the hip, as part of a dynamic pelvic stabilization protocol for treating low back pain, SI joint pain, bulging discs and sciatica.

In all cases, the healing process requires the practitioner to employ a multidisciplinary approach to orthopedic massage, using an assessment method that will

subsequently define the treatment plan. Both the assessment and the treatment will allow the practitioner to address the cause and the symptom of the condition(s), and to teach the client how to use custom-designed self-care stretching-and-strengthening protocols at home. (See *Figure 4.*) Ultimately, athletes will perform at optimal levels, and clients will live pain-free.

James Waslaski, L.M.T., is an author and lecturer who teaches seminars throughout the world. He has presented at the American College of Sports Medicine, and at chiropractic and osteopathic conventions, the Australian Olympic training center, and many state, national and international massage conventions. He has developed an orthopedic massage manual and a series of DVDs on orthopedic massage for sports injuries and complicated pain conditions. For more information, visit www.orthomassage.net.



figure 4: A custom-designed self-care stretching protocol

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Rick Horton is pleased to announce that he will continue to offer the Orthopedic Massage Injury Treatment and Assessment Training formerly offered by MTI and Ben Benjamin, PhD.



In these workshops you will develop strong assessment skills as well as therapeutic techniques that address the most commonly injured structures for each part of the body. You will learn how to differentiate muscle, tendon, joint, and ligament injuries. Palpation skills and hands-on treatment techniques are taught and fine-tuned. You are given ample time and frequent opportunities in these workshops to acquire these new skills.

For more information regarding pricing, scheduling, and specific workshop description please visit: <http://thebodyworkeducationproject.com> and follow the link to Rick Horton.

► To contact Rick directly call 508-245-2769 or email rickhortonlcmt@gmail.com



Upcoming dates and workshops for 2009 - 2010

September 12 &13, 2009	The Assessment and Treatment of Shoulder Pain
October 16, 17, &18, 2009	The Assessment and Treatment of Lower Back Pain
February 26, 27, & 28, 2010	The Assessment and Treatment of Knee Pain
April 9, 10, & 11, 2010	Myofascial Treatment of Hip, Thigh, and Low Back Pain
June 11, 12, & 13, 2010	Assess and Treat Foot, Ankle, and Lower Leg Pain
September 11 & 12, 2010	Common Injuries – Mary Gail Sullivan will teach
October 15, 16, & 17, 2010	Assess and Treat Neck and Thorax Pain
January 7, 8, & 9, 2011	Assess and Treat Wrist and Elbow Pain

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The Boston Benevolent Chiropractic Clinic is looking for additional Massage Therapists to donate their time by giving chair massages to patients in the free clinic once a month for 1-2 hours.

The BBCC, the Boston Benevolent Chiropractic Clinic, (officially known as Chiropractic Cares) is a not-for-profit organization, dedicated to providing Chiropractic care to those in financial need within the Greater Boston community. The BBCC was founded in 1995 by Dr. Ken Lowey, a Chiropractor in Newton Center. Approximately a dozen Chiropractors care for patients at two locations once a month on a Tuesday, Wednesday or Thursday. The doctors treat patients who are in need financially during their lunch hours or on their days off. The criteria for being eligible for care is one of the following: Medicaid or Welfare recipients, the homeless, those below the poverty level or those referred by clergy who are in extreme financial need. A massage chair is available at both clinics.

The Chiropractors find helping those in need to be very rewarding. Four years ago a few Massage Therapists began serving patients at the BBCC. The patients love it!

And the combination of Chiropractic adjustments and massage has proven to be very helpful and healing. We are in need of several more massage therapists to serve.

The first, more established location is in the Harriet Tubman House at 566 Columbus Avenue in Boston on Tuesdays and Thursdays. Anywhere from 8-15 patients are usually treated there on any one day at lunchtime. The new second location is in the Emmanuel Church at 15 Newbury Street in Boston on Wednesdays around 12:30. Massage therapists can stay for part or all of that time and would hopefully be able to volunteer once a month on Tuesday, Wednesday or Thursday.

If you have any questions or are interested in
volunteering please contact Dr. Anne Lowey.
Cell 781-718-3392 or AELCD@aol.com

RESEARCH: The Key to the Future Success of Our Profession

By: Kim Goral

We as massage therapists recognize and understand the many benefits that massage therapy has to offer. We feel it ourselves, and we hear about it from our clients who also appreciate its effectiveness. But how do you convey that knowledge to others who are not familiar with massage therapy? What do you say to other health care professionals to convince them that a good massage is more than just fluff? The answer is through research.

The quality and amount of research in massage therapy has drastically increased over the past twenty years. The medical community demands research for new treatments, and we as a profession should as well. It is not just learning *what* massage therapy helps, but also *why* and *how*. By determining the latter, we just might be able to discover more of the former. With complementary medicine gaining in popularity, quality research will become all the more important to prove that massage therapy does have a place in the healthcare field. As massage therapists, we have a duty to ourselves, our clients, and our profession to educate ourselves on current research and get involved.

What we learn from research can directly affect how we treat our clients. For example, many of our clients take prescription medication. In 2004, the US Center for Disease Control stated that almost half of the general population is taking at least one prescription medication, and one in six are taking three or more.ⁱ There are numerous books and articles written about how massage therapy can affect people taking different types of medication as well as any contraindications or precautions we should consider when working on them. With figures like these, it is essential for us to be informed of these possible interactions.

Our current healthcare industry is in a terrible state and more and more leaders are saying how preventive medicine is the answer.ⁱⁱ Massage therapy could play a huge role as what was once considered alternative medicine is becoming integrative medicine. What if massage can help some people reduce or eliminate their need for certain medications, surgeries, or other invasive treatments? We will not know unless further research is done to find out. It has the potential to lower healthcare costs, give people healthier, less invasive treatment options, and gain insurance coverage. Although there are many massage therapists who do not wish to deal with insurance companies, reality is that there are many people who need our work but cannot afford to pay for it.

Initial research has revealed that massage therapy can have a positive effect on people who have anxiety and depression,ⁱⁱⁱ high blood pressure,^{iv} diabetes,^v cancer,^{vi} and many other conditions. An article in the *Massage Therapy Journal* highlighted the benefits of massage therapy on people with diabetes. Among the effects mentioned, "...massage can help normalize blood glucose levels and reduce the symptoms of neuropathy."^{vii} With diabetes ranked as the number six leading cause of death, according to statistics from 2006, learning new ways to help people with diabetes is critical.^{viii}

We also know how successful massage can be in treating muscle pain and helping people heal from soft-tissue injuries. In a study at the Touch Research Institute, they looked at 262 patients who had chronic low back pain. Patients were assigned to different groups and received acupuncture, massage, or "self-care educational materials" over a period of ten weeks. The results of the study demonstrated,

“At ten weeks, massage was superior to self-care on the symptom scale and the disability scale. Massage was also superior to acupuncture on the disability scale. The massage group used the least medications and had the lowest costs of subsequent care.”^{ix}

There are many sources available to read about past and current research. The Massage Therapy Foundation recently started a peer-reviewed research journal called the *International Journal of Therapeutic Massage and Bodywork*. It is accessible on the Massage Therapy Foundation website with new issues quarterly. A must-read for all massage therapists is the article “Directions and Dilemmas in Massage Therapy Research” by Christopher Moyer, PhD, et al in the June 2009 issue of *IJTMB*. It is a well-written summary of a recent workshop about past, current, and future research attended by many of the leaders in the field.

There are two data bases that are also excellent sources of information and pool articles from numerous scientific journals: Pub Med at <http://www.ncbi.nlm.nih.gov/pubmed/> and Google Scholar at <http://scholar.google.com/> (See side bar). The information is collected from all different fields of research.

The Touch Research Institute, affiliated with the Miami School of Medicine, has been conducting research on touch therapy for almost two decades. To date, they have conducted over one hundred research studies on various health topics. They are another great source of information. The abstracts from their studies are all on their website and the full text versions can be ordered for a small donation.

Good quality research is essential to our future success. We as professionals need to become more aware of what our touch and talents can do for people and educate our current and potential clients of the possible gains. It can hold the key to helping millions of people and propel massage therapy into mainstream healthcare. In this age of over-medication people need a healthier alternative for treatments of certain conditions. Massage therapy needs to play a central role in the future of healthcare, but we'll never know our capabilities or limits unless massage therapy is backed by scientific research.

Continued on next page...

Pub Med has a great tutorial that explains how the website works and how to perform searches. With Google Scholar you can do a basic search or an advanced search. They also have a page detailing tips for successful searches. You will not always be able to read the full text articles from home, but the journal information such as the name, issue number, author(s) and page numbers, usually along with an abstract of the content of the article, are always shown. From there you can take the information to your local college library and usually access the full article there. It may not be the most convenient option, but if you find something that really interests you it is well worth the effort.

Kim Goral is a massage therapist and first-year graduate student at the University of Wisconsin-Stout. While there she is working in a massage therapy research lab on campus with Christopher Moyer, PhD, Assistant Professor and Research Section Editor for the *International Journal of Therapeutic Massage and Bodywork*.

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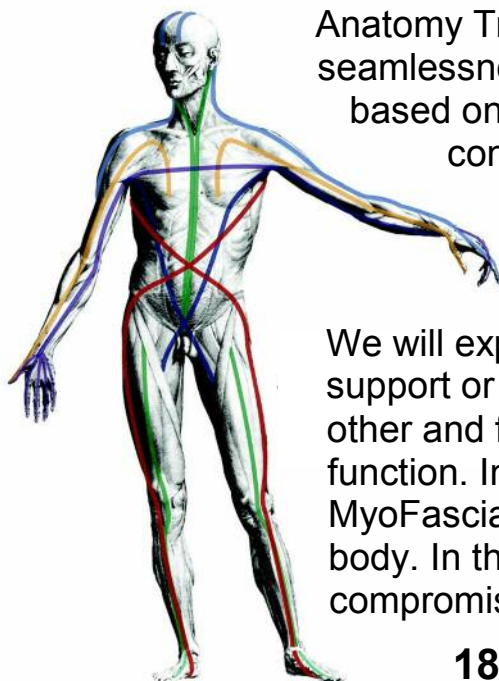
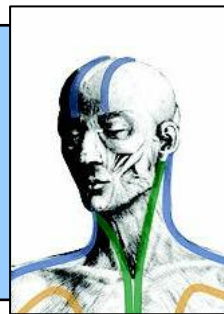
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Richard Wedegartner, President - Richard Wedegartner has been a member of the Mass Chapter of the AMTA for over 16 years. He holds NMT Certification from both Paul St. John and Judith (Walker) DeLany. He lives and has his massage Practice in Greenfield, Massachusetts. Richard has served the Chapter as the Public Relations Chair, the Law and Legislation Chair, and the Education Chair. He has been elected to the positions of Third VP, Second VP, First VP, and he now serves as Chapter President for a second term. Richard has represented the Mass Chapter at five National AMTA conventions as a delegate. Contact Richard by email at rwedegartner@massamta.org



Mary White, First Vice President - Mary White has been a member of the Mass Chapter of the AMTA since she joined as a student in 1990. Prior to her Massage Therapy education at the New Hampshire Institute for Therapeutic Arts she earned a degree in Sports Management in Ireland where she grew up. Mary ran a successful practice for 15 years in central Mass. before moving to the Cape in 2006 where she is now building a new practice. Her background is in neuromuscular, myofascial therapy and sports massage. Mary is also a Reiki 1 practitioner and is nationally certified in therapeutic massage and bodywork. Mary has been secretary to the New England Regional Conference planning committee for 3 years, 2nd VP & chapter secretary one year & is also serving as website co-chair and membership committee co-chair. To contact Mary write to mwhite@massamta.org



Sister Pat Dowler, Second Vice President - Sr. Pat is a Sister of the Presentation, graduated from Bancroft School of Massage Therapy in 1998, has been a member of the AMTA since 1997 and is Nationally Certified in Therapeutic Massage and Bodywork, a Reiki II practitioner and does CranioSacral therapy. She has been an instructor at Bancroft School of Massage Therapy since 1998 and is the Education Director and Clinic Director there. Sr. Pat has a small private practice in Leominster. She is currently 3rd VP, awards chair & chair of national massage therapy awareness week ie NMTAW. In 2006 she participated as a Delegate to the National AMTA Convention in Atlanta. You can email to Sister Pat at pdowler@massamta.org



Lisa Curran Parenteau, Third Vice President - Lisa Curran Parenteau is a nationally certified and licensed massage therapist. Lisa graduated from Cortiva Institute-Muscular Therpay Institute in 2004 and has been a member of AMTA since she was a student. Prior to becoming a Massage Therapist, Lisa was a Director of Sales and Marketing in the telecommunications industry. She is currently in charge of marketing and assists with curriculum development and training for the Center for Compassionate Touch LLC. She is also an instructor of business practices at Cortiva Institute in Watertown, MA. She is an approved Continuing Education Provider for the National Certification Board of Massage Therapy. Lisa has a massage practice on Cape Cod, and enjoys volunteering for a local hospice. Lisa was also honored to have been nominated as a delegate from MA for the 2009 AMTA National Convention. Lisa is also serving as co-chair of the website committee. You can contact Lisa at lisa@massamta.org



Matthew Olds, Treasurer - Matthew has been a member of the Massachusetts Chapter of the AMTA since 1993 and is a graduate of the Bancroft school of Massage Therapy. He has a practice in Webster MA. Matthew has served as the third & first Vice-president of the Chapter, President of the Chapter, served on the New England Regional Conference Planning Committee, The Law and Legislation Committee, the Touch Line committee and as Delegate to the National Convention five times. Matt has trained with Bob King in myofascial release. He is a First Degree Reiki practioner. He has trained with Dr. William Maykel D.C. D.I.B.A.K. in Applied Kinesiology and has studied the Terese' Pfrimmer techique in deep tissue massage. Matthew is currently the treasurer of the Chapter & can be reached at molds@massamta.org



Nichole Phaneuf - Secretary - Nichole has been a member of the AMTA since 2006 and came to the Massachusetts Chapter in September of 2007. She has recently taken on the positions of Secretary and Newsletter Committee Chair. Nichole Graduated from Baker College of Michigan with a certificate in Massage Therapy in 2004 and continued on to receive her Associates Degree in 2005, giving her over 1200 hours of massage training. She interned and student taught with John Gifford, CBPM and after graduating stayed on to teach for Baker College for two years before returning to Massachusetts. Nichole resides in Bourne and has a practice in Newton where she specializes in trigger point therapy, incorporated with deep tissue techniques, and stretching. This is Nichole's first year volunteering with the Mass Chapter. She is secretary to the Chapter & Newsletter Editor. You can reach Nichole at newsletter@massamta.org



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