



SUMMER
2008

AMTA-NH
Newsletter



We're In Touch

Promoting Massage Therapy through
Education and Professionalism



A Message from the President

We are at the beginning of harvest season. Now is the time to "reap what you have sown". What seeds have you sown this year and are they giving you a good return? I wonder if we are looking at our profession as a business in which we have to plant seeds or, dare I say it, "Sell!" We are feeling the impact of the economy this year. So, my question to you is: What are you doing to set yourself apart from the competition? Do your clients see you as a full provider of services and products that they need?

We had a wonderful presentation from Michael McGillicuddy in April on Kinesio Taping and self care. He ended his presentation with a mini-lesson in product sales - how this extra little bit can benefit your bottom line and also be an added value to your client. I was amazed to read so many evaluations at the end of the workshop expressing feelings that this was a sales pitch. It concerned me, because I think many may have missed a very important point that Mr. McGillicuddy was trying to make. When a client likes a product you use, and wants to use it at home, are you able to offer it for sale? It can be anything from a cryotherapy gel to a special blend of essential oils that you made up personally, or a tool that you

might recommend they use at home.

I've heard the comment many times: I'm not a sales person; I don't want to deal with selling "stuff". However, the fact remains that we are all sales people--selling a service. Part of that service is selling our ability to provide that service. Some folks hear the word 'sell' and think it's a 4 letter word (no pun intended).

Our industry has had to sell itself (and is still doing so) to the medical profession, the insurance industry, the legal profession, and even our own neighbors. Selling, like many other professions, can be done in a positive or negative manner. I believe it all comes back to intention. When our intention is to provide a greater value to our clients; provide them with products to assist in their home care; then it should be looked upon favorably. In the end, if you make a few extra dollars by providing your clients desired products that cannot easily be found elsewhere; it's a win-win situation for all.

If we let our clients know that we are thinking of them, they will think of us more often; and that's a very good thing!

*In Health,
Your President
Doreen Rossi*

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NERC 2008 NEWS

My First Time at NERC by Donna Carberry

I won a trip to NERC in a raffle drawing at the February Meeting hosted by AMTA-NH. Up until that time, I had not given much thought to even attending the conference. I am so glad I had the opportunity to attend! It was an awesome experience. I have never experienced so many massage therapists in one place before. The energy was electrifying!

I went to the conference not knowing anyone, not even my roommate. However, I would sit down at a table for lunch not knowing anyone and by the time the meal was finished, I had 8 new friends. The sharing of information, the camaraderie, and the event as a whole was phenomenal. If anyone has not attended this event, it is truly an event you must experience. See you there in 2009!



Board of Directors

PRESIDENT

Doreen Rossi

25 Brandy Lane
Pelham, NH 03076
Home/Work: 603/635-8938
doerossi@gmail.com



FIRST VICE PRESIDENT Education (Co-Chair)

Julie Smith

760 Lafayette Rd
Hampton, NH 03842
Work: 603/929-0016
hmtc@juno.com



SECOND VICE PRESIDENT

Darlene Nadeau

P.O. Box 352
Plymouth, NH 03264
Office: 603-536-1179
Cell: 603-493-1478
dncoach@yahoo.com



THIRD VICE PRESIDENT Government Relations Cliff Korn

Windham Health Center
87 Indian Rock Road
Windham, NH 03087
Work: 603/894-6402
Cell: 603/566-9376
cliffimt@earthlink.net



IMMEDIATE PAST PRESIDENT Awards

Claudette Laroche

300 Bicentennial Drive
Hooksett, NH 03106
Home/Work: 603/623-2200
claudetteLMT@aol.com



TREASURER

Sue Appleton

126 Hobart Hill Road
Hebron, NH 03241
603/744-8897
asuda@metrocast.net



SECRETARY

Kristen Albaneze

Associated Muscular Therapy
5 Northern Blvd, Box 1601
Amherst, NH 03031
ksa@nashuamassage.com



Committee Chairs

MEMBERSHIP

Jan Wheeler

15 Wheeler Dam Road
Salem, NH 03079
Work: 603/893-1013
Home: 603/893-6016
janshands2@aol.com



PUBLIC RELATIONS

Jason Nadeau

PO Box 265
Milford, NH 03055.
978 549-4345
jnadeau@apath2healing.com



BENEVOLENCE

Rosanne Beurivage

34 River Rd
Penacook, NH 03303
603/753-4338
Rosanne@newwww.com



NERC

Michelle Desjardins

43 Belmont Street
Manchester, NH 03103
603-626-7700
Bodyknead@aol.com



SPORTS MASSAGE

Paul Caswell

PO Box 1357
Portsmouth, NH 03802
603/430-8492
paul@performancemusculartherapy.net



EDUCATION (Co-Chair)

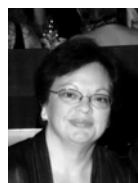
Judith Harrington

PO Box 275
Hampton, NH 03842
Work: 603/926-8450
jh458@comcast.net



Renee DiVasta

91 Main Street Suite 8
Plaistow, NH 03865
Work: 603/612-0048
Home: 603-887-2619
psdivasta@hotmail.com



Cindie Collins

381 Portsmouth Ave Unit 10
Greenland NH 03840
603-944-2209
cindieco@mainerr.com

HOSPITALITY

Renee O'Clair

1650 Elm St, Ste 202
Manchester, NH 03101
603/494-3808
reneeoclair@comcast.net



NEWSLETTER

Jeanie Gorski

Therapy Designed For You
PO Box 10367
Bedford, NH 03110
Cell: 603/721-9326
jeanie@massage-etc.com



WEB MASTER

VOLUNTEER NEEDED

Look for committee updates in the *Committee Reports* section

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

NATIONAL CONVENTION

2008

Delegates: Jan Wheeler, Joe Frazer

1st Alternate: Rosanne Beurivage

Winter Ad deadline: 11/12/08

ADVERTISING RATES Color Ads Available

- Full Page
7.5w" x 10h"
B/W only \$150
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AMTA-NH CHAPTER EDUCATION

"Seeing the Difference that Makes a Difference"

by Dr. Jerry Hyman

At North Eastern Institute of Whole Health
Manchester, NH

- ✓ 5 CEHs
- ✓ NCBTMB approved
- ✓ Provided by AMTA-NH

NCBTMB APPROVED PROVIDER



Saturday, 10/18/08
9 am to 4 pm
Lunch 12pm—1:30 pm

About the Workshop.... Differentiating between tight and tense can make all the difference in successful outcomes. Come explore the body in an entirely different way by differentiating tight and tense contractile tissues, by releasing, relaxing, elongating, and stretching. Symmetry and alignment play a large role in human locomotion function and have been a driving force in today's healthcare market and clinical studies. In this program we will take a first look at how the shape of muscles may be predictive of how an individual moves. Participants will be introduced to these concepts of palpatory literacy and informed intervention. "Seeing the difference that makes a difference".

Observations of posture; bony alignment, the shape of muscles and asymmetry leads to the direction of intervention and are the practitioner's first opportunity to formulate an impression. This workshop will give the participant an opportunity to refine observation skills and underscore a functional approach. Great lecture materials, new concept hands-on and techniques. *This workshop is not to be missed... participants will be introduced to the concept of 'engaging the barrier'.*

About the Presenter... Chiropractic is Jerry Hyman's second career. For many years he was a successful trombonist, playing in studio, salsa, show and rock bands. But he became intrigued with physical medicine after visiting a chiropractor for back pain. His graduation from the Cleveland College of Chiropractic in Los Angeles in 1983 marked only the beginning of his education.

Over the next 20 years, Jerry steadily deepened and widened his knowledge, studying with cutting-edge doctors of physical medicine in Europe, and investigating a range of therapies, including new mobilization techniques, Tai Chi, Feldenkrais, martial arts, neuro-developmental approaches to manual therapy, massage, Pilates, yoga, meditation, physical therapy and Gyrotonic®.

While always practicing, he also taught and consulted. In 1991 he co-created a special certification program focused on the work of colleagues at Charles University Medical School in Prague. And he also co-created the first chiropractic post-graduate program for rehabilitation that became the model for similar programs. **Check out Dr. Hyman's website at: jhymandc.com**

DIRECTIONS: North Eastern Institute of Whole Health, 22 Bridge Street, Manchester, NH 03101 603-623-5018 More info at <http://www.neiwh.com/NEIWH/directions.htm>. Bring quarters for metered parking.

FROM THE NORTH On I-93 take Exit 9; continue (South) on US-3 [SR-28]. Continue (West) on Webster St.; turn LEFT (South) on Elm St. and LEFT East) on Orange St. On the RIGHT find the Pearl St. Parking Lot. The School is at the South-west corner of the lot.

FROM THE SOUTH Take US-3 North. At Exit 7, continue North on Frederick E. Everett Turnpike to I-293 (pay toll at Bedford Tolls). At I-293 take Exit 5, turn off onto Ramp. Turn RIGHT (East) onto Granite St [Granite St Bridge]. Continue (East) on Granite St. Turn LEFT (North) onto US-3 [Elm St]. Turn RIGHT onto Orange St. On the RIGHT find the Pearl Street Parking Lot. The School is at the Southwest corner of the lot.

REGISTRATION FORM

AMTA-NH Members Early Bird postmarked by October 5	\$50	After 10/5	\$75
Non-Members Early Bird postmarked by October 5	\$75	After 10/5	\$100

Name: _____ Address: _____ City: _____

State/Zip _____ Email: (print) _____ Best Phone: _____

AMTA# _____ (must be included in your registration)

CHECKS MADE PAYABLE TO: AMTA-NH Chapter

Mail to: Judith Harrington, PO Box 275, Hampton, NH 03842

Questions: Call Judy at 603-926-8450, Ext. 1 or jh458@comcast.net Call Julie at 603-929-0016 or hmtc@juno.com

Lunch is included in the Workshop fee.

NOTE: TABLES ARE REQUIRED, ATTIRE WORN TO ACCOMMODATE BODY ASSESSMENT & TREATMENT



Education Preview: Leon Chaitow comes to New Hampshire!

— Julie Smith

AMTA-NH Chapter is thrilled to announce the offering of an extraordinary 2-day workshop on Muscle Energy Techniques (MET) with **Leon Chaitow, ND, DO**. Leon Chaitow is an international educator, the editor of the *Journal of Bodywork and Movement Therapies* and has authored over 70 books. He is a highly sought -after presenter and we were lucky enough to get on his schedule for 2009. This is a world class educational event that is happening here in NH! Don't hesitate, save the dates! We are still negotiating space so we can't tell you exactly where it will be (Manchester area), but we thought this seminar was important enough for you to SAVE THE DATE. Just in case you're asking yourself.....

What is MET: The basic concepts of Muscle Energy Techniques involve using the intrinsic power of muscles to achieve a variety of effects, involving isometric and isotonic contraction.

MET has a wide application. They can be applied to muscle hypertonicity and muscle tightness, but can be equally and effectively applied to joint dysfunction and joint capsule adhesions.

MET can be applied in a gentle manner.

MET actively involves the patient in the process.

MET is effective.

SAVE May 16 & 17, 2009 We will have the location by the time the Winter newsletter is issued and it will be posted on the website before that. Check www.AMTA-NH.org periodically for updates!

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LOWER BODY
 Low Back pain, Frozen Hips, Sciatica, SI Joint Pain, Bulging Discs, Complicated Knee Pain, IT Band Pain, Hamstring Strains, Meniscus Tears, Achilles Tendons, Shin Splints, Plantar Faciitis, etc.

For additional seminar information:
www.orthomassage.net
800-643-5543

ORTHOPEDIC MASSAGE & PAIN MANAGEMENT

James Waslaski
 Author, Industry Leader & International Lecturer
 2008 Inductee
 Massage Therapy Hall of Fame

The New England Regional Conference (NERC) in March 2008 was a success on many levels. Of the total 563 attendees (exhibitors, presenters and registered class takers), 418 of them registered for classes and there were an outstanding 110 first-timers! Booth space SOLD OUT with 40 vendors participating this year. Raffles sold at NERC raised \$2460 for Massage Therapy Research Foundation. Of the 30 continuing-education qualified classes that were offered, 14 maxed out. Early Registration saves money & gets you the classes you want!



Renee DiVasta & Michelle Desjardins, NERC Committee

Visit WWW.AMTA-NH.ORG

Public Relations Gets a Helping Hand —
Darlene Nadeau



Fifth Annual Legislation Day— *Jason Nadeau*



Jason Nadeau Joins Public Relations Committee



We are grateful to another member for stepping up to volunteer! Jason Nadeau will write articles, press releases and help with Community Calendar announcements for the Public Relations Committee. Jason will be able to assist with additional projects as they develop.

If you would like to volunteer, we have need of another Public Relations assistant. If you are interested in being involved in your NH Chapter, please contact Darlene Nadeau (see Page 2 for contact info).

Rep. Benjamin Barood (Manchester Democrat) welcomed 15 NH massage therapists to the Legislative House on May 13, 2008. Eighty-three statehouse workers responded to the invitation to enjoy a brief break from the demands of executive committees & administration hearings. This was the fifth consecutive year for this annual event.

This pro bono event provides an opportunity to educate lawmakers about the therapeutic benefits of massage. Throughout the day, fifteen minutes of complimentary chair massage therapy were provided.

Sighs of relief and appreciation were plentiful as NH lawmakers returned to act on committee work sessions, hearings, and bills with less stress and tension and a renewed perspective.

Thank you to all who supported this event: the 15 Licensed Massage Therapists who donated time on Tuesday May 13 to participate and *especially* to **Marie Straiton** who spent many volunteer hours organizing this event. (See photos on Page 10).



Government Relations —Cliff Korn

Many reading this may remember my update outlining the status of 2007's HB 908, which was retained in committee instead of being brought forward for further deliberation by the NH legislature. While the bill had many good points, AMTA-NH did come out against passage as it also had several "deal-breakers" not in the best interests of either massage therapy or the New Hampshire general public.

Since last Spring, Rep. Alida Millham, (Belknap- District 05) of the Executive Departments & Administration House Committee, has convened several meetings to see how best to proceed with a meaningful change to RSA 328B. Her last meeting was held on May 22, 2008 and I am very pleased to report some significant progress.

Past sticking points to passing massage legislation have frequently revolved around what disciplines actually fell under the massage therapy umbrella, with those feeling that they were not "massage" fighting all items proposed unless they were exempted from the new regulations.

DHHS' attorney John Martin created intrigue with his proposal to work towards TWO bills – one providing for necessary changes to the Massage Therapy statutes, and another to establish separate and distinct regulation for somatic practitioners wishing to opt out of massage regulation. (i.e. Asian Bodyworkers, Structural Integrators, Reflexologists, etc.) This was proposed to Rep Millham as a way to allow for rapid implementation of needed massage law updates while giving the somatic professions the ability to develop regulations that meet their specific needs.

If somatic practitioners and DHHS can work rapidly enough, both bills may be put concurrently through the legislature in the next session. It currently appears that proposed changes to RSA 328B will omit a practical exam, institute temporary licensing for those meeting minimum criteria when moving to NH from out of state, and change having a 'named' written exam in statute – moving it instead to the Rules process. The proposed Somatic Practice bill will provide for a new RSA (probably RSA 328H) with all new licensing/registration and/or certification criteria.

Watch this space for further information as it unfolds!



National Massage Therapy Awareness Week — Time to Plan for 2008— Darlene Nadeau

NMTA Week October 19-25, 2008

NMTAW was designed to raise public awareness about the benefits of massage by attracting media attention to nationwide activities held by AMTA chapters & members, as well as AMTA school members. NMTAW gives all AMTA members an opportunity to demonstrate their professional skills.

NMTAW offers an excellent opportunity for members to serve their community as they promote the advantages of massage therapy. Successful promotions have included: collecting canned goods for local food pantries in exchange for a discount for massage; donating chair massage for emergency personnel; providing gift certificate raffle for massage; and, offering an educational presentation.

Consider joining us in celebrating NMTAW in New Hampshire. As space allows, we may be able to highlight events on our website. Also, after your events, remember to share your projects with us so that we may post them in our newsletter or website. For assistance, contact Darlene Nadeau at dcoach@yahoo.com or 603-493-1478.

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"Nancy is a wonderful, informative, energetic, and loving teacher (enter-taining too)! Very powerful work - I love it." Marianne Gettman (Concord, NC class, 2006)

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Approved for 25 Contact Hours by approved provider, NCBTMB (#393827-00). This continuing nursing education is approved by the American Holistic Nurse's Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (#518).

2008 Schedule:
Harrisburg, PA
Feb 15-17

Clarkdale, AZ
Mar 14-16

Bear, DE
Mar 23-25

Sycamore, IL
Apr 18-20

Chicago, IL
May 30-Jun 1

McHenry, MD
June 20-22

Albany, NY
Aug 15-17

Champion, PA
'Hour SE of Pittsburgh'
Sept 5-7

Hartford, CT
Sept 25-27

Louisville, KY
Nov 7-9



A Warm Welcome to Our The New Members



NERC Hall of Fame Award

Shirley Mae Austin, Litchfield
 Marie Ann Clement, Auburn
 Christine M. Crane, Nashua
 Danielle Bell, Laconia
 Kimberly Bliss Parent, Epping
 Andrea Brenton, Bedford
 Melissa L. Chauvette,
 Manchester
 Francis Cowgill, Derry
 Lorna Darling, Allenstown
 April De Lorenzo, Lincoln
 Angela B. Ellis, Jaffrey
 Michelle Gendron, Amherst
 Megan Greenwood, Manchester
 Marie C. Haas, Manchester
 Cheryl Hurley, Exeter
 William Hanifen, New Boston
 Daniel Maradiaga, Manchester
 Scott Meneades, Salem
 Katelyn M. Nesbitt, Salem
 Corey Neskey, Pelham

Richard Robitaille, Manchester
 Shawn E. Smith, Concord
 Chelsea A. Spear, Wilton
 Kristin Sportiello, Somersworth
 Rebecca Stein, Litchfield
 Carlie Tseko, Merrimack
 Michelle Willette, Suncook
 Cynthia Wilson, Brentwood
 Jessica Zilm, Barrington

We are excited to have you as new members and encourage you to come to our meetings and workshops. Call any board member or committee chair if you would like to become involved and to share your thoughts and ideas. As your membership chair, I am here always for you, so don't hesitate to email or call me.

HUGS,
 Jan Wheeler

Our very own Immediate Past President, Claudette Laroche, was presented with a Hall of Fame Award at NERC. Claudette was recognized for her volunteerism, the quality she brings to any project she undertakes and the outstanding role model she presents for the newest members of our profession. Way to Go, Claudette!



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

Massage and Cancer
 September 21 / 9am - 5pm / 7 CE Hrs

Thai Yoga Bodywork Level 1 Certificate Program / September 28 - October 2
 9am - 5pm / 35 CE Hrs

Reflexology for Stress
 September 21 / 9am - 5pm / 7 CE Hrs

Upledger Craniosacral Overview
 September 21 / 9am - 5pm / 7 CE Hrs

Reflexology for the Childbearing Years
 September 28 / 9am - 5pm / 7 CE Hrs

Pregnancy Massage
 October 2 - 5 / 9am - 6pm / 32 CE Hrs

Therapeutic Stone Massage - Hot & Cold
 October 4 - 5 / 9am - 6pm / 16 CE Hrs

Reiki 1
 October 5 / 8:30am - 6:30pm / 9 CE Hrs

Down to the Bone, Deep Tissue, Part 1
 October 26 & November 2 / 9am - 5pm / 14 CE Hrs

Chakra Balancing
 October 26 / 9am - 6pm / 8 CE Hrs

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

Hand-Saving Techniques for Chair Massage
 November 2 / 9am - 6pm / 8 CE Hrs

The Spa World - What Employees and Employers Should Know
 November 2 / 1pm - 5pm / 4 CE Hrs

Aromatherapy
 November 2 / 9am - 6pm / 8 CE Hrs

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

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

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

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

now you can register online at
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NMTAW — Are you planning an Event? Let us help with Public Relations — Jason Nadeau

While it may seem that NMTAW is a long way off (10/19 to 25/08), our Board of Directors has asked me to assist all of you with getting public awareness for your event—so we need to get started early!!

We will write articles & place announcements into community calendars wherever AMTA-NH member therapists are hosting NMTAW events. We would like your efforts get more notice & better results.

If you would like assistance in announcing your event, just tell us:

- Who is the Organizer (contact info please)?
- Have you named your event?
- What is the theme/focus/goal?
- When and Where is it?

Until we build our media contact list, we will need you to provide basic contact information on the media in your area & we will do the rest—the more specific the better. Information on your event is needed by September 1. You may send it to me at [:jnadeau@apath2healing.com](mailto:jnadeau@apath2healing.com), or mailed to PO Box 265 Milford NH 03055. Call with any questions: Jason at 978 549-4345. The plan is to submit to the news outlets by the first week of October for the best chance of coverage during NMTAW. We will do our best to accommodate information received after September 1. Thank you for your part in increasing public awareness on the benefits of massage therapy.



Mount Washington Road Race Sports Massage Photos
June 21, 2008



Cindie Collins: New Co-Director Sports Massage Team and The Event Sports Massage Team is Looking to Recruit You! — Paul Caswell & Cindie Collins.

Bethany Reed, unofficially the Co-Director and primary coordinator for our Sports Massage Team at Mt Washington Road Race, has stepped down. Over the past 7 years, Bethany and I have worked together in many ways to help the Sports Massage Team grow and evolve. I wish her the best in all her many current and future endeavors

This year, Cindie Collins has been selected as the Co-Director, and some of her roles will be defined as the season goes on. Here's an introduction from Cindie so you can get to know a little more about her.*Paul Caswell*

Hello, my name is Cindie Collins. As a member of the AMTA-NH Sports Massage team since 2004, I have provided Sports Massage at all the teams' events. As a runner myself, I appreciate the availability of massage at events. It is also great to be the "giver" as well as the "receiver." I have provided Sports Massage at the BAA Boston Marathon as well as Beach to Beacon. I am looking forward to working with Paul to build a team of dedicated members to continue the tradition of providing professional and quality event massage. I have been practicing holistic bodywork and massage in private practice since 2002. With 21 years experience in the world of teaching and choral education, I bring a sense of compassion, caring and understanding to my clients. My clients come from all walks of life; from the very physically active to the stressed out workaholic. Combining traditional massage techniques with Craniosacral and energy work, I strive to tailor massage to each individual's needs. I like to spend my free time trail running, cycling, doing yoga and enjoying the great outdoors with my 2 labs.

Does Event Sports Massage sound like something you might be interested in? It takes only a few hours a month! You meet some great people, have fun & provide well-received skills to the running community. We need more dedicated therapists in order to continue to provide quality event massage- **this could be you!!** The athletes appreciate professional therapists that provide the care they need, (both pre and post event), to perform efficiently & recover effectively. Please contact Cindie or me by email or mail; include any Sports Massage education or experience with your response. You must have a current license to practice in New Hampshire and professional liability insurance. I hope to hear from you soon! **Come and join this great team!!!! Hope to hear from you***Cindie Collins*

All Sports Massage Events have been moved to the Calendar of Events on the last page!



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Workshop Schedule

July 18 - 20, 2008 Salt Lake City, UT
Dirty Dozen Neck, Low Back and Shoulder (24 CEs)

August 1 - 3, 2008 Panama City Florida
*Erik Dalton is being inducted into the
Massage Therapy Hall of Fame*

Aug. 22 - 24, 2008 Kansas City, MO
Advanced Myoskeletal Alignment (24 CEs)

Oct. 17 - 19, 2008 Atlanta, GA
Myoskeletal Alignment (Neck, Sciatic and Leg Pain) (24 CEs)

Nov. 14 - 16, 2008 Baltimore, MD
Myoskeletal Alignment (Neck, Sciatic and Leg Pain) (24 CEs)

Feb. 27 - March 1, 2009 Las Vegas, NV
March 27 - 29, 2009 Phoenix, AZ

May 2 - 9, 2009 San Jose, Costa Rica
*7th Annual Pain Management in Paradise Retreat
with special guest James Waslaski*

May 29 - 31, 2009 West Palm Beach, FL

June 19 - 21, 2009 Minneapolis, MN

July 31 - Aug. 2, 2009 Jacksonville, FL

Aug. 21 - 23, 2009 Dallas, TX

*Also coming to your area in 2009 . . .
Philadelphia, Boston, Colorado Springs, Costa Mesa,
Charlotte and other locations to be announced*

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House of Delegates: Last Update before National Convention

— Jan Wheeler & Joe Frazer

The House of Delegates (HOD) meets annually at the AMTA National Convention. Delegates and alternates are elected annually by each State to attend the HOD meeting to vote on behalf of the membership on any proposed recommendations and position statements brought forward.

A **Position Statement** is generated by a *member*, must be supported with facts and research, and represents the will of the assembled Delegates. When passed by the HOD, a Position Statement becomes the public position of the AMTA.

Four proposed AMTA Position Statements that will be considered by the HOD this September are (text is abridged in the interest of space):

It is the position of the American Massage Therapy Association (AMTA) that:

1. massage therapy can be a valuable component of a wellness program
2. massage therapy can be an integral part of health care.
3. newborns (especially pre-term infants) may benefit from massage therapy.
4. massage has been shown to aid in postoperative pain relief

A **Recommendation** is a change in policy brought forward by *membership* regarding bylaws, mission and goals, matters internal to HOD, and business of the Association in general. Five recommendations that will be before the HOD and the following is the abridged version. To get the entire recommendation and justification, go to the amtamassage.org/member/recommendations.html

Recommendations proposed this year are:

1. **Indiana Chapter:** The delegated chapter representatives will be provided a summary of Agenda items and be granted an opportunity to openly address concerns and issues, in the discussion process, in whatever way the National Board of Directors deem reasonable, at every open meeting of the National Board of Directors
2. **Indiana Chapter:** The language “term of office shall not exceed two (2) consecutive elected years” be dropped and not limit the time a member can serve their chapter as a Delegate in the House of Delegates.
3. **Connecticut Chapter:** Modify the present House of Delegates requirement to allow each chapter To determine whether or not to put a limitation on the number of years a delegate can serve in the House of Delegates, as stated in the suggested Bylaws change.
4. **Illinois Chapter** Adding the following new requirement to Professional Active Membership: For any jurisdiction in which the member practices massage, the member must hold a valid license, registration or certification issued by the state, territory, District of Columbia or municipal government, if such credential is required to practice massage in that jurisdiction
5. **California Chapter:** Subject to AMTA review, the AMTA and its Chapters may create political action committees (PAC) provided they are operated by professional management services overseen by AMTA Chapters

So, as you can see, the delegates are going to have a very busy day at the HOD this year. The results of the voting will be available to you in the next newsletter, and you can also go on the AMTA web for up to date results. We look forward to representing you.

Fifth Annual Legislation Day Photos



Joy Jones, Claudette Laroche, Gov. Lynch, Doreen Rossi, Judy Nelson & Patti Faubert



Coordinator Marie Straiton and Liaison Rep Ben Barody



Education Review: "Kinesiotaping & Self-Care Techniques"

— Julie Smith

Ahh, what a difference a piece of tape can make! The concept behind Kinesiotape is simple: this specialized "elastic" tape assists or constricts the movement of muscles and other tissue. Clients who need assistance to achieve a better range of motion and clients who need to rest or rehab a muscle are BOTH helped with Kinesiotaping.

In an interesting, informative and interactive workshop on April 12, 2008, participants were introduced, experienced and attempted the application of Kinesiotape. Mike McGillicuddy delivered a relaxed, well informed and humorous workshop. One participant commented "thanks for the opportunity to explore something new & significant to my "old" practice". Others confessed to never having heard of Kinesiotaping prior to the workshop. Many were interested in learning more after experiencing just the morning session!

Attendees were gifted twice. The workshop was provided at no cost through the sponsorship by Performance Health Products and Theraband. And, each of the 100 attendees received a gift bag a Biofreeze® and Theraband® goodie bag.

The afternoon workshop, Self-Care Techniques, was also presented by Mike. The Theraband® came into play here

with the group reviewing and practicing Self-Care Techniques. With plenty of relevant information intertwined, the PowerPoint presentation was easy to follow & everyone utilized the band for stretching. Mike kept it simple and showed how both Kinesiotaping and Self-Care Techniques are applicable for self and clients.

One thing is for sure, the benefit of AMTA-NH membership was clearly evident with this quality & free workshop.

Check the calendar on the back page for upcoming workshops & make sure you *Save the Date*.



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Inside This Issue:

Leon Chaitow is coming to NH. Read more about this special opportunity!



Public Relations has a new team member.

Sports Massage Team has a new Co-Chair!



2008-2009 Calendar

July—December 2008

- 8/1 Board Members & Committee Chairs: Planning & Growth Meeting 9:30-5:30pm Pelham, NH
- 8/14 State Licensing Testing, Concord, 8 a.m.
- 9/10 Board of Directors Meeting, 10:00 a.m., Location TBA
- 9/17-20 AMTA National Convention, Hyatt Regency, Phoenix, AZ
- 10/12 **Sports Massage Event:** Great Island—New Castle 5K Road Race 8:30 a.m. to 1:30 p.m.
- 10/18 **Workshop & Chapter Meeting:** "Seeing the Different that Makes a Difference" with Dr. Jerry Hyman 9-4pm
- 10/21 **Sports Massage Event:** Saunders 10K Road Race, Rye, 5 p.m. See greatisland5K.org
- 10/19-25 National Massage Therapy Awareness Week
- 11/20 State Licensing Testing, Concord, 8 a.m.

Jan—May 2009 — SAVE THE DATES

- 2/15 **Workshop & Chapter Meeting:** Myofascial Mobilization of the Rotator Cuff with **Jeff Mahadeen** 9am to 5pm Location TBD Manchester Area
- 3/12-3/15 **New England Regional Conference, Hotel TBD** Central Massachusetts Area
- 5/16 & 17 **Workshop & Chapter Meeting:** Muscle Energy Techniques with **Leon Chaitow, ND, DO** Location TBD Manchester Area