



Massage Matters



AMTA-CT Chapter Newsletter – Winter 2019 Edition

President's Message

"Diversity: the art of thinking independently together." - Malcolm Forbes



I love this quote because, for me, it embodies the art of massage therapy. We all know the same basic strokes and

techniques, but each individual therapist puts their own "spin" on it. So as beautifully independent and diverse as we are, we are also in this profession together: inclusion.

Inclusion is more than all of us being massage therapists. Or maybe it's just exactly that. For it doesn't matter what massage school we attended or how many hours long our programs were. We all met the state standards, and we are all MTs.

That being said, we all need help from time to time. If you feel you could help another therapist, or if you think you could use help, why not join AMTA's Mentor program?

For more community support, why not come to a chapter meeting? They are a great investment in your career. You'll meet new friends, therapists whose specialties differ from yours (and who doesn't need a referral network!), mentors/mentees, and it's a great networking opportunity. I know therapists that have received work just by meeting someone at a meeting.

For some, the best part of a meeting is the FREE education that follows three of our annual meetings (January, July, and October). That's up to 10 free CEs per

year. Save your hard-earned money for a class or technique you are really passionate about. To find out what you might be passionate about, take some free CEs.

I look forward to seeing you at one of our events in 2019! Happy New Year!

Becca Torns-Barker,
AMTA-CT President

Chapter Leadership Changes

I am happy to announce that Jeff Shuman is our new Membership Chair. Welcome Jeff!

In addition, Sue Passini is stepping down from the Board due to personal reasons. We'll keep you posted as our search for a new Board member continues.

2019 Connecticut Conference

Conference information:
amtactchapter.org/event/conference

Conference registration:
regonline.com/amtact2019

Winter Chapter Meeting & Education

Our Winter Chapter Meeting is Sunday, January 27th at the Hilton Garden Inn in Windsor.

10:00am – Doors open for some great networking and ice-breaker activities.

Fruit and beverages will be provided.

11:00am to 1:00pm – Business Meeting

Winter Chapter Education

2:00-6:00pm Registration is open for our winter free education. - 4 CE's

Sports Massage — Learn the Basics, Plus New Innovative Techniques for Pre/Intra/Post Event Massage

In this fast-paced class, the Massage Therapist will be refreshed in the science and theory of how massage may enhance functional performance and review the dynamics of pre, intra, and post event massage. They will learn how to greet and assess their athlete to create a short session using massage/stretching modalities specific to the event phase. Therapists will learn and perform cramp protocols. Class will include hands-on demonstrations and assisted practice.



Amy Hendry, BS, LMT, LE, has been a myofascial/sports therapist and educator for the past 24 years working with professional/semi-professional athletes, and Division I, II, and III collegiate athletes.

She has been with the WNBA Connecticut

Sun for 18 years and for the past 5 years with the New England Blackwolves Professional Men's Lacrosse team. She has trained therapists who work with the Chicago Sky, Phoenix Mercury and Number 1 National Champions Seattle Storm WNBA teams. Amy works with other WNBA teams, Olympic gold medalists, NBA, MLB, NHL, and NFL athletes. She has developed myofascial techniques that have been utilized in several research programs for professional athletes. Amy also brings her expertise of myofascial work to the classroom and corporate world in an effort to curb and/or eliminate reoccurring injuries and repetitive overuse scenarios while maintaining flexibility / stability / balance and breaking pain/spasm/pain cyclical protocols that lead to surgical interventions and/or long-term restrictions.

Education Policy for FREE Classes

Please Note New Education Policy

Should you register for a Free AMTA CT Chapter education workshop and be unable to attend, you MUST cancel your registration no later than 72 hours prior to the start of the class. Those registrants who fail to cancel and do not attend the workshop will be prohibited from attending any Free AMTA CT Chapter education workshops for 12 months.

CHAPTER VOLUNTEERS - Save the Date

On Friday, April 26, 2019, the CT Chapter will have a Volunteer Appreciation and Awards Reception at the DoubleTree by Hilton in Bristol CT 5:30-7:30pm

Active members from the Sports Massage Team, Community Service Massage Team, Community Service Massage Team – Emergency Division, LAD volunteers, CT Conference Committee and chapter leaders will be invited to attend.

Teams will be presenting their awards and recognitions at this event. Food and a cash bar will be provided. Come and enjoy a fun evening with teammates!



CPR Certification

Did you know as a member of the CT Chapter we offer a program where you can get a CPR certificate online at a GREAT value. The National CPR Foundation offers a variety of online classes varying from CPR, to CPR/First Aid/AED.

Most classes are under \$20.00 (traditional hands-on classes are 4 times more expensive) and provide a certification that is valid for National Board Certification and Healthcare Professional level certification. Certification is good for two years.

As a member of AMTA CT Chapter you can register and take their online certification with a 10% discount by using a promocode. Please send an email to the education chair at <mailto:meducationAMTACT@gmail.com> to obtain the code.

Simply go to their website:
<https://www.nationalcprfoundation.com>
and select the class you want. You will be able to enter the promocode when asked for payment.

Education Policy

The chapter offers free and low cost education as part of your membership.

Paid classes – the chapter makes every effort to offer current and quality education at a price point designed to meet the expenses associated with the class.

Cancellation Policy for Paid Single Classes

Should you register for a AMTA CT Chapter education workshop and are unable to attend, you MUST cancel your registration

no later than 10 days prior to the day of the class for a full refund. If you should cancel less than 10 days before the workshop you will be subject to losing one half the total cost of the workshop. Those registrants who fail to cancel and do not attend the workshop will forfeit the full amount of registration.

Cancellation Policy for Connecticut Conference

A refund of 80% of registration fees is given if we receive an emailed (ConferenceAMTACT@gmail.com or RegistrarAMTACT@gmail.com) or written request (Mindy Michaud, 17 Mallard Cove, East Hampton, CT 06424) by February 28, 2019. A 50% refund of registration fees is given if we receive the request by March 17, 2019. All other requests will be reviewed by the CT Board at the next CT Board meeting

Free classes – We have had a large number of no show registrants for our free January and October education. **The chapter does have a policy regarding free education, which is enforced.** The policy was instituted because of no shows. Often registration is full for these classes and we do not accept waiting lists. It is not fair to other chapter members if a chair in a class is taken by someone who does not show up, as others would have been able to take that spot. Please see the policy below.

Education Policy for FREE Classes

Should you register for a Free AMTA CT Chapter education workshop and be unable to attend, you MUST cancel your registration no later than 72 hours prior to the start of the class. Those registrants who fail to cancel and do not attend the workshop will be prohibited from attending any Free AMTA CT Chapter education workshops for 12 months.

2019 Conference Update

Happy 2019 hope everyone had a wonderful New Years! The planning of the 2019 Conference is well underway with the help of some amazing volunteers. We have been plugging along to create another wonderful and exciting CT Chapter AMTA Conference. This years Conference offers an awesome array of classes, exhibitors and special events

<https://amtactchapter.org/event/conference>. Remember to register early so that you can get first choice for your continuing education. Our classes filled up quickly last year and with the fantastic line up we have this year I think we may be closing the registration early on some of these classes, as well, before the doors open on April 25, 2019.

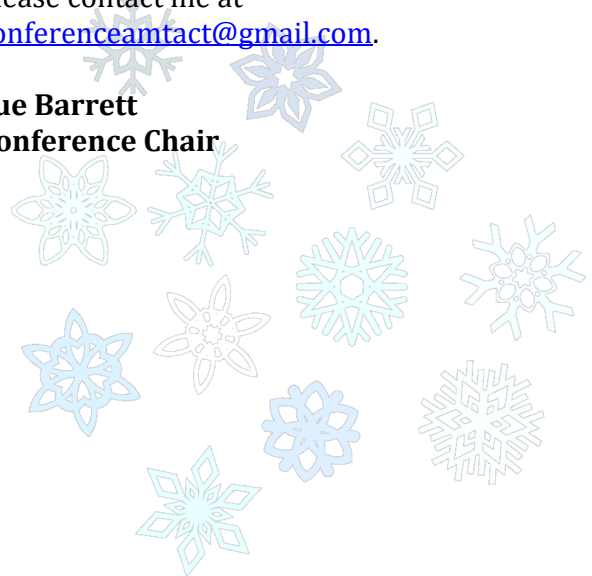
We have classes to meet everyone educational needs from lecture to hands-on. We are offering two Ethics classes as well as a Research class to help meet your CT Licensure and Board Certification CE's requirements. We also have a series of orthopedic massage classes featuring Dr. Joe Muscalino which can be taken individually, as well and a great introduction to Foot Reflexology, featuring a 9 hour class from the Laura Norman School of Reflexology. A Business class for growing and marketing your Massage business and a Chair Massage class with marketing strategies to grow your Chair Massage Business taught by Nick Repoli. An ethics class, presented by our own Scott Raymond, helping us to deal with the loss of a client. We have the great pleasure of having the sitting National President of the AMTA, Christopher Deery as an educator this year teaching classes in Research, Trigger Point Refinement and Ethics. So many wonderful classes and educators, it will be hard to choose!

We are changing things up this year so remember to keep an eye on your email, for updates and current conference info. Our Friday evening events include our fabulous Exhibit Hall, Presenter Pop-up and a special Volunteer Appreciation and Awards Reception for our Community Service, Emergency, Sports and Conference Teams and other volunteers, to recognize our wonderful volunteers and their commitment to helping our Chapter grow stronger through volunteering.

We are excited to be offering something new called The Presenter Pop up on Friday and Saturday evening which will be located in the Exhibit hall, this is where you can have a meet and greet with the Educators to ask them questions, see the different classes and products they offer or recommend.

Evening events for Saturday night include our fabulous Exhibit hall, Presenter Pop-up and we will be announcing the Silent Auction results (to benefit the Massage Therapy Foundation <http://massagetherapyfoundation.org/>) and our generous giveaways from the Exhibitors and Sponsors. There is something for everyone and remember the Exhibit hall is open to anyone at no charge so bring a friend. If you have any questions please contact me at conferenceamtact@gmail.com.

Sue Barrett
Conference Chair





Measuring Progress in Your Clients

"I'm better!" my client stated after I asked him how he was doing. "Much better."

"Really?" I inquired. "How do you know?"

He looked at me incredulously, then realized I was serious. "How is it that you really know you're better?"

"I know I'm better because I've been so much more active in the last five days. I cleaned the garage and worked on straightening up the basement, neither of which have been possible in the last month. I couldn't have lifted boxes and moved things around without suffering the consequences the next day. I was a little bit sore, but that's it. That is a significant improvement from how it has been in the past."

"I guess you really are better," I teased, as we shared this little victory together.

There is an important lesson in this conversation and it revolves around how we measure improvement with regard to musculoskeletal pain and discomfort. In the past, it has been common to ask people to report their level of pain on a 1-10 scale, called the verbal reporting scale. This effort is fraught with problems, with two main issues that make the scale often unreliable.

First, what is your reference point on this scale? I've had people tell me their pain is an eight, but they have been quite active, with very little impact in their daily life. That hardly fits the description of an eight. In addition, I would posit that if you

have never had a kidney stone, you don't really know what a 10 is! To use a scale of any sort, you need a reference point around which to calibrate.

Secondly, the present experience of pain is not always the best indicator of improvement in the larger sense. Pain levels fluctuate significantly for a host of reasons. Is this really the best reflection of a longer trend? One way to think about this is comparing pain to tiredness after activity. When I first started serious cycling, I was tired after a ten-mile ride. Now, I get tired after a fifty-mile ride. In both cases, if you asked me whether I was tired, the answer is yes. Obviously, that isn't the whole story; there is an enormous difference between a ten-mile ride and a fifty-mile ride. Tiredness isn't the best way to measure improvement.

To that end, I'd like to introduce you to a new pain scale that uses function as an additional reference point. A seven on this scale means that the pain is the focus of my attention and it causes me to avoid many of my normal daily activities. This is much more understandable to everyone concerned. In my clinic, we have these scales printed and laminated in every room. My massage therapy staff and our clients have really appreciated this resource. I invite you to do the same. Read further about this scale in a [blog post](#) I wrote for the [Massage Therapy Foundation](#). At the end of the post, there is a downloadable .pdf you can print and use in your practice. This is just one of the many resources available to you from the Massage Therapy Foundation. Explore them fully at www.massagetherapyfoundation.org

Douglas Nelson, LMT, BCTMB
President, Massage Therapy Foundation

Upcoming Events

Winter Chapter Meeting

January 27, 2019
Hilton Garden Inn, Windsor
10:00-11:00am Networking
11:00-1:00pm Business Meeting

Winter Chapter Education

January 27, 2019
Hilton Garden Inn, Windsor
2:00-6:00pm

**Sports Massage — Learn the Basics,
Plus New Innovative Techniques for
Pre/Intra/Post Event Massage –
Presented by Amy Hendry, BS, LMT, LE
4 CEs**

2019 CT MOM – CSMT Team

April 13th and 14th
Windham Middle School, 123 Quarry
Street, Willimantic

Volunteer Appreciation and Awards Reception

April 26, 2019
Doubletree by Hilton, Bristol
5:30 – 7:30pm

Annual Meeting

April 27, 2019
Doubletree by Hilton, Bristol
12:30-1:30pm

4th Annual CT Conference

April 25-28th 2019
Doubletree by Hilton, Bristol

Legislative Awareness Day

May 8, 2019
Capitol Building North Lobby, 210 Capitol
Avenue, Hartford
8:30am-4:30pm

Summer Chapter Meeting

July 17, 2019
Red Lion Hotel, Cromwell
5:00-6:00pm Networking
6:00-7:00pm Business Meeting

Summer Chapter Education

July 17, 2019
Red Lion Hotel, Cromwell
7:15-9:15pm

Chapter Leadership Strategic Planning Sessions

October 5-6, 2019
By Invitation only, open to BOD, Chairs
and Coordinators.

Hartford Marathon – Sports Massage Team

October 12, 2019
Bushnell Park Hartford

AMTA National Convention

October 24-26, 2019
Indianapolis, IN

Manchester Road Race – Sports Massage Team

November 28, 2019
Manchester 8:00-11:00am



Board of Directors, Chairs, Coordinators and 2019 Delegates to Assembly of Delegates

President	Becca Torns-Barker	Presidentamtact@gmail.com
Secretary	Lani Roth	Secretaryamtact@gmail.com
Financial Administrator	Keli Lemoi	Treasureramtact@gmail.com
Board Member 1		BoardMember1amtact@gmail.com
Board Member 2	Mindy Michaud	BoardMember2amtact@gmail.com

Conference Committee

Chair	Sue Barrett	Conferenceamtact@gmail.com
Education Chair	Amy Waite	Educationamtact@gmail.com
Membership Chair	Jeff Shuman	Membershipamtact@gmail.com
Sports Massage Team (SMT) Chair	Bill Gibbs	Smtamtact@gmail.com
Community Service Massage Team (CSMT) Chair	Melissa Glassman	Csmtamtact@gmail.com
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Volunteer Management Coordinator	Rocky Perez	VolunteerManamtact@gmail.com
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CT Conference Registrar	Natalie Dark	Newsletteramtact@gmail.com

Delegates to Assembly of Delegates 2018: Maureen Stott Rocky Perez Nikki Arel

