

New York State Society of  
Medical Massage Therapists



– The Society of Those Who Touch  
with a Healing Hand –

Fall Issue

October 2009

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Save Wednesday, November 11, 2009 at 1pm  
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Yahoo e-group participation is a specialized forum which is available to NYSSMMT members whose membership are paid in full. Our e-group connects and expands our community. You may use it to get answers to questions, state your opinions and ask for assistance and information. To ensure your uninterrupted access, please remember to renew your memberships in a timely way. Contact Renee our Online E-group Administrator at [RA2TABACK@aol.com](mailto:RA2TABACK@aol.com) with any questions.

## From Our President, Barbara Joël, LMT

*Dear Members,*

*I trust you had a wonderful summer and found creative ways to make it through the economic highs and lows.*

*After serving the NYSSMMT for two terms, our Bylaws require our Board Members to step down and we are now preparing for our own 'Changing of The Guards'. This is a very exciting time and we invite you to the next meeting! Your participation will determine the design of our next administration! Our upcoming General & Nominations Meeting will be held on Wednesday, November 11, 2009 at 1pm in NYC. This meeting will clarify the role of each Board position and answer your questions. Your nominations will be taken and the issue of absentee ballots addressed. You will be informed about how final results are tallied and announced. It is your opportunity to nominate yourself or someone you know for Board positions. Details of various positions are posted on our website at: <http://www.nysmassage.org/nyssmmt.cfm>. Click on Roles of Officers. By the way, if you have a talent which you wish to contribute but find no corresponding Board title, the NYSSMMT has flexibility, so we can create a new board position for you at any time if our members benefit by such an addition! We will also have a short presentation, offered by Arthur Tobias, who will familiarize us with The Alexander Method. We are excited to have Arthur offer a 1/2 day workshop in the early part of next year. These presentations will provide us with elements of another modality to incorporate into our practices. Additional information on the workshop will be coming soon! The Board and I look forward to seeing you at the upcoming meetings and re-connecting with you.*

*Sincerely,  
Barbara Joël, President*

## General Meeting with Nominations & Alexander Technique with Arthur Tobias

**Date:** Wednesday, November 11, 2009

**Time:** 1pm

**Location:** NYC, details to be announced

**Instructor:** Arthur Tobias

Mark your calendars for our upcoming General Meeting. This is a very exciting time as we are now preparing for our own 'Changing of The Guards'. Your attendance and participation will determine the design of our next administration! We will clarify the role of each Board position, answer your questions, take nominations and inform you of the final results of our tally. Nominate yourself or someone you know for the Board. Details at: <http://www.nysmassage.org/nyssmmt.cfm>. Click on Roles of Officers. We will also have a short informative presentation on The Alexander Technique for use in your practice.

## From the Membership Corner

Dear Members,

We are standing in the doorway of another beautiful autumn. I trust your summer has been enjoyable and healthful. On behalf of the The New York State Society of Medical Massage Therapists (NYSSMMT), welcome and thank you for joining us. Our newest members are Frank Casucci, Leara Graves, Kelsey Masem, Richard Richey, Jenifer Smith, Cheryl Sneed and Aimee West! We invite you to take advantage of the benefits afforded our members and the prestige associated with our organization. In addition, we thank our current members for renewing your memberships and we look forward to meeting each and every one of you in upcoming meetings, workshops and networking events.

In addition, we have some exciting news. We have negotiated an added benefit on behalf of the NYSSMMT membership with the American Massage Council (AMC). This is our liability insurance carrier. As a member of this society, you are now additionally eligible for a discount on your insurance premium. Here's how it works. You send your application to AMC, along with \$99.00. When AMC sends back your policy, simply copy the declaration page and mail it to us, ATTN: Tony Scanu, at:

New York State Society of Medical Massage Therapists  
 P.O. Box 442 Bellmore,  
 NY 11710-0442

You will receive a \$15.00 rebate. You will in effect only be paying \$84.00 for your annual premium. This is a terrific deal and we thank the AMC for this. If you have any questions, you may e-mail me at [tscanu@nycap.rr.com](mailto:tscanu@nycap.rr.com) or call me at 1(518)376-2369.

Enjoy the fall weather. If you are not already upstate to see the leaves changing colors, be sure to take some time to see this fantastic kaleidoscope, it's well worth the trip.

Yours in health,  
 Tony Scanu, LMT, BOD Member/Membership Secretary

## Social Networking, Advertising & Volunteering

Join us on our facebook pages! Grab a friend and go to: <http://www.facebook.com/nyssmmt>. Friend us, friend your friends, find new friends, respond to our Notes and Comment on our Status Updates. We look forward to seeing you there!

Submit content for our newsletters! Do you write newsworthy articles pertinent to the NYSSMMT community? This year's remaining submission deadline is 11/9 for the Winter newsletter. Email submissions to [editor@nysmassage.org](mailto:editor@nysmassage.org). Word limit 200. JPGs no larger than 1MB. Include a one paragraph bio.

Advertise with us! Email [adv@nysmassage.com](mailto:adv@nysmassage.com) and/or visit our classified page at <http://nysmassage.org/classifieds.cfm>.

Volunteer with us! Be on the Board of Directors, Sports Massage Team, the Planning Committee, Legal Task Force and/or Editorial Committee! You could be: our next president; performing Sports Massage on athletes while making valuable contacts with medical professionals; planning clinics, meetings and workshops; working together to stop the practice of unlicensed massage and/or establishing editorial policies, reviewing and/or proofreading submissions. Email us at [members@nysmassage.org](mailto:members@nysmassage.org). Looking forward to hearing from you.

Sherrin Bernstein, BA, LMT, CIMP, BOD Member/Editor

## Meet the Board of Directors



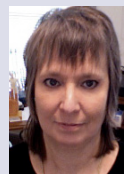
Barbara Joël,  
 LMT  
 President/Board  
 Member



Barbara  
 Lorenzen, LMT  
 Treasurer/ Board  
 Member



Ellen Neiman,  
 LMT  
 Website  
 Administrator/  
 Board Member



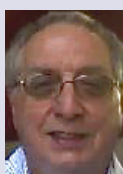
Dr. Carol  
 Kessler, PhD  
 (OM), MS,  
 LAc, LMT  
 Board Member



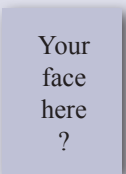
Susan  
 Gelbman,  
 BA, LMT  
 Board Member



Patti Cadolino,  
 LMT  
 Vice President/  
 Board Member

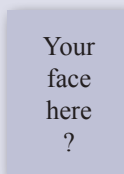


Tony Scanu,  
 LMT  
 Membership  
 Secretary/ Board  
 Member



Your  
 face  
 here  
 ?

Your Name,  
 Here  
 Student  
 Liaison/Board  
 Member



Your  
 face  
 here  
 ?

Your Name,  
 Here  
 Sports  
 Massage  
 Team  
 Director/Board  
 Member



Sherrin  
 Bernstein,  
 BA, LMT,  
 CIMP  
 Editor/Board  
 Member

Get more information about membership, elections, events, classes and volunteer opportunities on our toll free number: 1-877-NYSSMMT (1-877-697-7668) or email us at: [members@nysmassage.org](mailto:members@nysmassage.org). We look forward to hearing from you!

## Our Board of Directors

Barbara Joël, LMT  
President

Patti Cadolino, LMT  
Vice President

Carol Kessler, PhD, LAc, LMT  
Board Member

Barbara Lorenzen, LMT  
Treasurer

Ellen Neiman, LMT  
Website Administrator/  
Board Member

Susan Gelbman, BA, LMT  
Board Member

Tony Scanu, LMT  
Membership Secretary/Board Member

Sherrin Bernstein, BA, LMT,  
CIMP  
Bulletin Editor/Board Member/Face-  
book Administrator

Your Name Here?

Sports Massage Director/Board  
Member

Your Name Here?

Student Liaison/Board Member

To become a member of the Board of  
Directors see the NYSSMMT website for  
more details about the Roles of Officers.

Contributors: Linda Savodnik  
Administrative Assistant

This Society runs on volunteer power!  
If you have some talent, time and energy to  
give we can use your help. The offices of  
Medical Massage Director and Recording  
Secretary are open. Here are a few more ways  
to get involved:

### Sports Massage Team

Planning, recruiting and managing skilled  
hands at sporting events throughout NY State.

### Planning Committee

Plan and organize classes, meetings, work-  
shops & other events.

### Legal Massage Task Force

Working together to stop the practice of  
unlicensed massage in New York State.

## About NYSSMMT

The New York State Society of Medical Massage Therapists is a Not-for-Profit organization, whose purpose is the education and advancement of the Massage Therapy profession. This organization was incorporated under the laws of the State of New York in 1927 as the New York Society of Medical Masseurs, Inc., and was changed in 1986 to the New York State Society of Medical Massage Therapists, Inc

## Did You Miss the Networking Party?

I am not the "Networking Party" type but I must admit, I had a great time! I shared ideas about marketing and business, talked about internet massage music and the challenges of office visits versus house calls. We talked about our hourly rate and when/how to give ourselves a raise. I even had a few laughs! Massage therapists are a pretty cool group of people!

Ellen Neiman, LMT, BOD Member

*Quote of the Month: 'We serve a far out g\_d!' -Joel Osteen*

## Debunking Popular Myths about Massage Therapy

by Barbara Joël, LMT

### Myth 1. Massage removes Lactic Acid after the client's physical workout.

In less than an hour after a workout, lactic acid naturally dissipates in the body. The soreness clients feel after a workout is not from lactic acid but from small muscle tears and inflammation which naturally result from vigorous exercise. Lactic acid cannot be felt. In fact, the New York Times article 'Lactic Acid Is Not Muscles' Foe, It's Fuel' published in May, 2006, states "the idea that lactic acid causes muscle soreness.. never made sense". By the way, lactic acid is now recognized as a positive compound (fuel), rather than a negative one (congesting waste product). During strenuous physical exercise, after ATP is depleted, Lactic Acid is actually burned as fuel. So, what Massage Therapy does do is to speed up client's workout recovery rates by increasing circulation and lymphatic activity (in effect, assisting the body's natural processes). Read more at: [http://www.nytimes.com/2006/05/16/health/nutrition/16run.html?\\_r=2](http://www.nytimes.com/2006/05/16/health/nutrition/16run.html?_r=2) and <http://sportsmedicine.about.com/cs/exercisephysiology/a/aa091301a.htm>.

### Myth 2. Clients should be told to drink lots of water after Massage Therapy to flush out toxins.

There is no evidence that water has any immediate effect on the body after Massage Therapy. However, many clients feel thirsty after a treatment. Toxins in the body are made up of heavy metals, ingested pollution, additives, etc. To remove toxins from the body is a lengthy process which can take months, sometimes years. However, the increased blood circulation and lymphatic activity stimulated by Massage Therapy is instrumental in the removal of waste products and excess healing materials at a faster rate and therefore improves client recovery.

Note: LMTs should be aware of crossing the fine line of good intention when encouraging clients to drink "lots of water after a massage" since 'prescribing' is of course illegal for LMTs in NYS. This has resulted in cases in which well-meaning health professionals have ended up in trouble due to careless wording. Also, if a client's body is not accustomed to abundant hydration, drinking a lot of water can actually be harmful. This applies during and after rigorous sports activities.

### Myth 3. Massage Therapy breaks up 'knots' in the body.

There are no such things as 'knots'. The material which feels lumpy, bumpy and sits like half-golf balls on top of the upper shoulders are layers of metabolic waste products, sometimes known as myogeloses. These accumulate on top of the muscle tissue as tiny fibers, laying down in a random arrangement almost like a mesh pattern. This accumulation results in a layer which has a gelatinous texture. With time it hardens into what is affectionately called 'crunchies' and 'snap-crackle-pop'. By working these areas (geliotripsis), this gluey material is gradually broken up and, via the lymphatic system and circulation, eliminated from the body with other waste products.

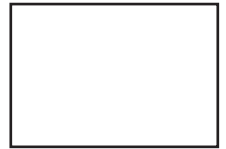
## FYI Notices

On behalf of The New York State Society of Medical Massage Therapists, The Board of Directors wishes to express our sincere appreciation for the volunteer participation of Anthony Valente, LMT and his Sports Team during the Long Island Marathon this year.

Call us at: 1-877-NYSSMMT (1-877-697-7668) Email us at: [members@nysmassage.org](mailto:members@nysmassage.org) Visit us at: [www.nysmassage.org](http://www.nysmassage.org)



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– The Society of Those Who Touch with a Healing Hand –

The New York State Society of Medical Massage Therapists Newsletter

Fall Issue — October 2009 Vol. 1 Issue 4

## A Deeply Soothing End

Completing a hands-on session involves verbal, physical and energetic closure. This article addresses the physical and energetic.

How may we best elicit a sense of deep relaxation, completion and inner peace in our clients? We convey these qualities through touch as well as our own presence, therefore, our clients can benefit not only from the following closing moves, but also from our clear intention, breath and body. The first soothing way to end a massage treatment is with the client in supine position, the second in prone. Feel free to make modifications to suit you and your client's needs.

**Supine:** Standing at the feet (chair nearby). Gently slide your palms underneath the backs of their knees, stroke fluidly downward underneath their calves and find a comfortable hold under their heels. Pause to check in with your body. Do you have a comfortably wide stance, parallel feet and knees slightly bending? Exhale while gently leaning back. This gives a gentle stretch to their lower back and down the legs. Continue holding the client while slowly coming to sitting or kneeling. Then, rotate your hands so your thumbs can press on the solar plexus points, (proximal to the ball of the foot, between the 2nd and 3rd metatarsals. Hold and breathe 3-5 times together.



**Prone:** Slide your hands under the tops of the feet and rest your thumbs on the solar plexus area. Lifting the feet gently allows the plantar surface to elongate to make contact easier for you thumbs. Pause and check in with your body. Hold and breathe 3-5 times together, then gently re-place feet on the table.

Whether Supine or Prone, make gentle, firm contact with this point, gently pressing in on the exhales and releasing on the inhales. Use the full pad of your thumbs and 'listen' to the receptivity of the points and adjust your pressure accordingly. Remember to withdraw contact from your client's body gradually. Clients will occasionally report still feeling your hands on their feet after you have stepped away!

In peace,  
Susan

Susan Gelbman, BA, LMT  
Private Practice in Massapequa Park, NY  
1(516) 906-5880  
suettrue21@yahoo.com

## Skin Watch

Massage Therapists, you are in a unique position to be on the Skin Watch for your clients as you see their entire skin surface on a regular basis and may notice a mole that is changing before anyone else does. Things to watch for are irregular borders (ie. draw a line down the middle of a mole and one side doesn't match the other), a change in color (if a mark darkens or there are a few colors in one mole), a change in border (instead of being a smoothly delineated circle it gets notches in it). The next one is tricky, the red flag is a guideline of 6 mm- the size of a pencil eraser, but an abnormal skin occurrence can really be any size. I have found abnormal moles and skin cancers that are only 1 mm across and that is really tiny, the size of a period, so watch for warning signs such as if a spot bleeds or itches.

Best Regards,  
Debra

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