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Introducing

The Student Lounge Q & A column.



The aim of this column is to address questions and concerns of importance to massage therapy students and recent graduates. The NYSSMMT is at your service with support to make your career in massage therapy a successful one.

From Our President, Barbara Joël, LMT

Greetings Dear Colleagues!

As expected, there is much buzz about the new CEU law, effective January 2012 which will require LMTs to satisfy 36 hours of CEUs in order to reregister with the state every three years. The question I am most often faced with is: why are we being aligned with 'other' professions with increased expenses while not yet being listed in the NYS Insurance law, like all other health professions to equally afford us additional income?



As the NYSSMMT will continue to support Bill# 2356, which provides health coverage for massage therapy performed by a licensed massage therapist, it again drives home the point how important it is for every LMT to demonstrate interest and involvement in the advancement of their profession. This bill is expected to be reintroduced for the legislative session.

Starting with this issue, we have added a new section called the Student Lounge. This column, which will be part of each newsletter, deals with issues pertaining to massage students. We invite all students to bring their questions and challenges to this site.

As the year closes, I wish to thank our members and Board of Directors for an exciting year of rising to challenges. It has been an honor to have your trust while being at the helm of the NYSSMMT. This being my third time in the position of President and having experienced previous wonderful Boards, I must say that no Board has ever been faced with a tougher financial climate than our present Board of Directors. They have navigated trying economic times with maturity, dedication and professionalism and I couldn't be more proud. My hat is off to each Board of Director and I thank each of you with respect and gratitude!

I have decided to step into the background and allow new talent to come to the forefront of the NYSSMMT. As times and the needs of LMTs change, the NYSSMMT aims to reflect these changes with continued growth in the coming year.

With warmest greetings,
Barbara Joël, President, NYSSMMT

Editor's note: Pictured above Barbara Joël holds the plaque presented to her by the NYSSMMT Board of Directors. The plaque reads "The NYS Society of Medical Massage Therapist recognizes the outstanding contribution of Barbara Joël. Your strong leadership as our president has guided this organization forward in the massage profession. We thank you for all your years of hard work and dedication!"

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 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 “endfeel” of the

For example, if the end feel in the shoulder is bone-on-bone-like, in abduction and lateral rotation, when it should be

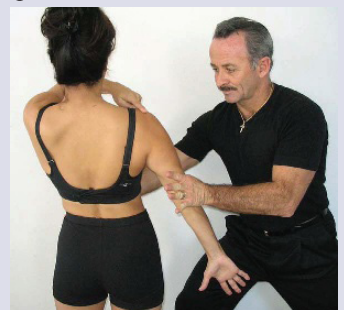


figure 1: Assess the client’s resisted range of motion to determine if there is muscle strain and exactly which muscle-tendon unit is involved.

(continued on page 4)

Looking Forward Future Event Dates

Orthopedic Massage for Complicated Shoulder, Knee and Hip Conditions with James Waslaski.

Date: Saturday and Sunday March 19 & 20th, 2011

Location: Hauppauge, NY

Time and Cost: See details on page 5

Learn and Earn 12 CEUs

General Meeting - Internet Webcast



Date: Wednesday January 12, 2011

Time: 6:00 PM -7:00 PM

Sign in details: To be announced, so be sure to check your email the first week of January 2011

Other 2011 Seminars

**Pregnancy Issues: Bonding and Attachment for Moms-to-Be
Saturday May 14**

Patricia Cadolino

**Deep Tissue: Neck and Back
Wednesday September 21**

Barbara Joël

Reiki 1

Saturday November 19

Lisa Mertz

Newsletter Submissions

Send your submissions, comments or questions to
editor@NYSmassage.org.

Submission Deadlines:

November 10, 2010 for Winter
February 10, 2011 for Spring
May 10, 2011 for Summer
August 10, 2011 for Fall

All submissions become the property of NYSSMMT and will not be returned; they may be edited and may be used in any medium.

Save The Date

*Make 2011 the Year to
Grow Your Massage Practice!*

You are invited to this *Double Header Business Workshop* with Jenn Sommermann, BS, LCMT



Date: Saturday March 5th, 2011

Location: The Hampton Inn
120 Jericho Turnpike
Jericho, New York 11752
516 997-2000

Workshop 1: Marketing Mystery: How to Get More Clients

Marketing doesn't have to be an expensive and overwhelming aspect of your practice. It can be fun while being results-driven. Learning how to apply these skills will allow you to see your efforts pay off.

Time: 9:00 AM - 12 PM

Workshop 2: Customer Service - It's All About the Details

Competition is tough - standing out from the rest of the crowd is easy! This course outlines what impeccable customer service is and how to add it to your existing practice to keep your customers coming back for more.

Time: 1:30 PM - 4:30 PM

CEU's: Total 6 CEUs

These two workshops go together like soup and sandwich. Once you learn how to get new clients you'll want to know how to keep them. Whether you are just getting started or need some advising, these workshops can help you find ways to make more money, market yourself, be more efficient and manage daily tasks with ease.

True to NYSSMMT's tradition, we bring you high-quality yet affordable workshops

Early Bird*: \$100 Member / \$125 Non-Member *(before Feb. 19, 2011)*

Full Price: \$125 Member / \$150 Non-Member

Single workshop fee \$65 Member / \$75 Non-Member

** Early Bird savings apply when you register for **both** workshops.*

Registration must be received before February 19, 2011.

For complete details and for fast registration go to
www.NYSmassage.org

Join us on Facebook at: <http://www.facebook.com/nyssmmt>

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.

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 1.)

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.

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 2.)

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 3.)

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

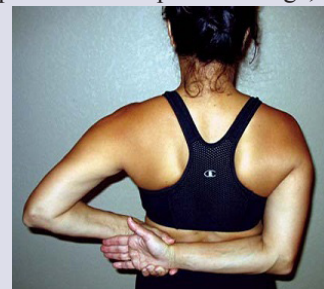


figure 3: A custom-designed self-care stretching protocol

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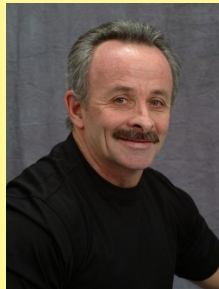
Behind the Scenes at NYSSMMT

Linda Savodnik, our reliable administrative assistant, is the person responsible for getting many of the NYSSMMT communications (quarterly paper Newsletter, event post cards, flyers) printed and mailed out by our deadlines. Even in the midst of her son's marriage she was able to get the postcards for our highly informative November Cupping Workshop, to the post office in a timely fashion. (See *cupping workshop pictures on page 7.*)

Hats off to Ms. Savodnik for her valuable contribution. On behalf of the board of directors and membership we would like to extend congratulations to your son Andrew Savodnik and his new bride Christi Anne McGahy.

*You can help your clients faster
by working smarter not harder!*

The New York State Society of Medical Massage Therapists
is proud to sponsor a Weekend Workshop on



ORTHOPEDIC MASSAGE FOR COMPLICATED
SHOULDER, HIP AND KNEE CONDITIONS

By International Lecturer James Waslaski

Saturday & Sunday / March 19 & 20, 2011
Sheraton Long Island Hotel, Hauppauge, NY 11788

Earn 12 CEUs

Early Bird: \$195 Members / \$225 Non-Members *(before Feb. 15, 2011)*
Full Price: \$225 Members / \$250 Non-Members

To qualify for the Early Bird savings payment and registration must be received before February 15, 2011.

For complete details and for fast registration go to
www.NYSmassage.org

Find out if you are eligible for additional savings - check
NYSmassage.org/news.cfm

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Albany Legislative Update

Dear Members:

CEU Bill 5431C: Starting January 1, 2012, 36 hours of continuing education will be a condition of registration. NY LMTs will be required to earn 36 hours every three years and report them when we register. Our registration fee will be raised from \$50 to \$95. To prepare for implementation of the new law, the New York Massage Board members have thoroughly reviewed the continuing education laws of other professions such as physical therapy (see www.op.nysed.gov/prof/pt/ptceapplicantinfo.htm#cer). It's important to understand that the Department of Education/Board of Massage does not initiate such bills and had taken a neutral stance toward this one.

The next wave of review will include the content of workshops/seminars that will be accepted as continuing education. In part, the content will be based on the licensing exam blueprint (see www.op.nysed.gov/prof/mt/mtexamblueprint.htm). Apprenticeship learning is being considered along with online courses, CPR and 1st Aid, a limited number of hours of business content that directly applies to the practice of massage such as record keeping. These hours will be determined by education law in order to be consistent throughout the professions.

The third phase will consist of consolidating all the information that the Massage Board has gathered for submission to the Office of the Professions' attorneys who will then evaluate what can and cannot be done in terms of their interpretations. The Board will then refine the legislation and submit it to "interested parties," such as New York Licensed Massage Therapists, school owners and directors, professional associations, and others for recommendations. Based on the responses, they decide whether they will need a public hearing. Finally, the regulations are drafted and submitted to the Board of Regents who will publish them in the state register, solicit public comments, and then either implement the regulations or go back to the drawing board for revisions. When the regulations are finalized, which is projected for no later than June, 2011, processes will be created for audits, error, fraud, and disciplinary hearings in the Office of Professional Discipline. For the first 3 year registration period following graduation from massage school, it will be assumed that the new graduates are practicing what they learned in school so continuing education will not be required. If an LMT's registration comes due in 2012, a prorated scale will be used of 1 hour per month, so if your registration is due in February, 2012, you will be required to submit 1 hour of continuing education, in March, 2 hours, April 3 hours, and so on. When asked if insurance reimbursement workshops would be approved for continuing education, the massage board's Executive Director Dr. Kathleen Doyle replied that no, insurance reimbursement and billing courses would not be part of continuing education as they are not in most professions.

The NYSSMMT aims to provide you with high-quality professional workshops and seminars at a reasonable cost so you can meet these new requirements.

Massage Therapist's Insurance Bill SB2356: In the last session of the state legislature, we lost on SB2356, the bill that would "prohibit limitations in health insurance contracts or policies with respect to massage therapy performed by a licensed massage therapist." Physical therapists, occupational therapists, nurses, and chiropractors can perform and bill for massage therapy, but massage therapists can't. LMTs who work in hospitals and other facilities are dependent on grants, sometimes only short-term grants, to pay their salaries, or else work as volunteers while other professionals get paid for delivering massage therapy. This bill would allow us to be full-fledged members of the healthcare profession in the state of New York, where we are the only healthcare profession that is not listed in New York insurance law.

We would not be required to work with insurance in our private practices, but we could choose to if we wish to bring in a new revenue stream. An insurance law would open a great many new positions for LMTs in facilities and hospitals. Many New York schools train students in hospital-based massage and geriatric massage, and yet after graduation, jobs are scarce.

The sponsoring senator, William Stachowski, of Buffalo, lost his seat in the New York Senate so we need to find a new sponsor for this bill. Interested members may contact me, lisamertz@roadrunner.com, to begin to make plans regarding this bill for the coming year.

Respectfully submitted,
Lisa Mertz, PhD, LMT
Legislative Committee Chair

Welcome to the Student Lounge Question and Answer Forum

Q: What is the easiest way to get into the work force after graduation?

A: As in every business, good contacts is the first place to go. Register! This on a Tuesday and was referred to a physical years until I became self employed. Another Make sure to register with your association's online "Find a therapist" as potential clients and employers turn to reputable organizations in search of trained massage therapists.



are imperative. If your school assists with employment, this writer, upon graduation, registered with the Swedish Institute therapy group the very next day. I worked there for several excellent resource is your professional massage association.

*Dear Student email your questions to editor@NYSmassage.org.
NYSSMMT (nis-mit) - Helping the hands that heal.*

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Lovely windowed office to share near Grand Central Station.
Contact Denise Williams
917 612-8492
for details and pictures.

YOUR CLASSIFIED AD COULD BE HERE AND ONLINE

Reach over 300 interested massage professionals.
Email us at
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Favorable rates are available for NYSSMMT members

ADVERTISING DEADLINES

Ad Submission Date - Publication Date

May 5, 2011 - Summer - Jun. 6
Aug. 5, 2011 - Fall - Dec. 5
Nov. 5, 2010 - Winter Dec. 7
Feb. 5, 2011 - Spring Mar. 7

DISPLAY ADS - per issue

1/8th / business card	\$ 75.00
Quarter page ad	\$ 125.00
Half page ad	\$ 175.00
Full page ad	\$ 250.00

Discount for 3 or more issue display ad insertions. Members receive an additional 20% off all display ad rates

CLASSIFIED ADS

Up to 25 words \$ 50.00 (\$25.00 Member)
26 to 50 words \$ 75.00 (\$50.00 Member)
Abbreviations and telephone numbers count as words.

Editorial Policy

The New York State Society of Medical Massage Therapists reserves the right to edit and/or refuse any submitted article or advertisement and assumes no responsibility for errors, omissions or corrections.

Inclusion in The New York State Society of Medical Massage Therapists' Newsletter does not constitute an endorsement or guarantee of any product, service or advertised herein, nor do they express any opinion in regard to the legality of the use of any product advertised herein in connection with the practice of massage therapy.

November 7th Cupping with Dr. Carol S. Kessler, PhD, LAc, LMT

The November 7th Cupping workshop was attended by an energetic and enthusiastic group of massage therapists from as far away as the island of Trinidad!

Carol Kessler's audio visual presentation gave us an overview of the ancient Chinese art of cupping. Under Carol's watchful eyes and skilled hands participants spent most of the workshop time engaged in both delivering and receiving cupping and guasha (scrapping) techniques.

Many thanks to NYSSMMT's very own Dr. Carol Kessler for giving attendees the knowledge and confidence to put these incredibly effective workshop skills into immediate practice.

Carol performs cupping technique on Lisa Garrett



Lisa Garrett applies cupping on the leg



Example of traditional cupping



Are You a NYSSMMT Member? Let Clients and Employers find you on online.

Here's how to find out if you are listed on this NYSSMMT service

- Go to www.NYSmassage.org (see example below)
- Type your last name in the "name:" search box
- Click the "search" button.

If you receive the message "no results found" either you mistyped your name or you are not on the database.

To print a form, type this into your web browser
bit.ly/NYSSMMTreferral

or go to NYSmassage.org home page and click the "Download Forms" link.

** The bit.ly link is case sensitive, capitalize letters exactly as shown above.*

find a therapist

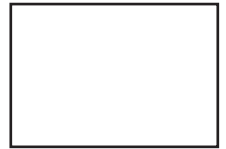
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location:

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

The New York State Society of Medical Massage Therapists Newsletter

Winter Issue — Dec. 2010 Vol. 2 Issue 4



Why Join NYSSMMT?

BE A PART OF SOMETHING MEANINGFUL

The NYSSMMT is a not-for-profit organization, whose sole purpose is the education and advancement of the Massage Therapy profession. The Society was incorporated under the laws of the state of New York in 1927. As such, it is the longest running established massage organization for our profession in the country.

BENEFITS OF MEMBERSHIP

Whether you are a student or a seasoned professional, as a member you will be able to share career enhancing information and ideas with your colleagues. Here are a few more ways that you reasons for joining NYSSMMT:

- Potential clients or employers can easily find you through the “Find a Therapist” search feature.
- Receive affordable liability coverage through the American Massage Council.
- Students qualify for a preferred rate. \$50.00 instead of \$100*.
- Build your business savvy while learning practical hands-on skills at affordable workshops.

- Stay informed about legislation related to massage that affects you and your clients.
- Exchange valuable information and make connections with others in the field of massage therapy.
- NYSSMMT is the only professional Massage Therapy organization which provides an opportunity to chat with other LMTs in our e-mail chat room.

* Subject to change without prior notice

Online applications are available
at
www.NYSmassage.org
under the Join Now! link