

The Society of  
Those Who Touch with  
a Healing Hand



News and Information  
from  
NYSSMMT

## In This Issue

### Letter from Our President

Carol S. Kessler shares her thoughts and greeting as the new president.

### NYS Workers' Compensation Law Change

The new changes are explained in this article along with pointers to government online resources.

Article contributed by NYSSMMT member Susan N. Powers

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### Photos from Recent Workshops

March was a busy month at the Society. We were happy to see many of you to kick off the Spring season. *continued on page 2*



### Looking Forward

- NYSSMMT Elections
- Upcoming Workshops 2011 and 2012

### Save the Date

- Deep Tissue: Neck and Back Techniques
- Reiki 1

*details on page 3*

High quality, informative workshops are always on the drawing board. Visit [www.nysmassage.org](http://www.nysmassage.org) for the most up-to-date event offerings.

Summer  
Issue

June  
2011

## A Welcome Letter from Our President, Carol S. Kessler

*Hello Everyone:*

*We all have been working very hard behind the scenes to give you exceptional workshops at competitive rates. The feedback from the Waslaski Orthopedic Massage workshop has been terrific.*

*We still do not have definitive information about the CEU's and all the specifics. The Massage Board in Albany is working to sort through all the information. I believe they have until July to present it. There is a lot of speculation, but as always when we have all the facts we will present them to you.*

*We have some more incredible workshops coming up, with some of our own local talent so I do recommend that everyone attend to take advantage of their expertise. If you would like us to sponsor a workshop on a technique that interests you, now would be the ideal time for you to let us know.*

*This is also an election year for the Society. As members it is up to all of you to start thinking about who you would like to be on the Board and whom you would like to vote for as Officers of our Society. These are very important positions for our organization, so please take the time to give this some thought so that our Society will be able to thrive and serve the massage community.*

*Respectfully yours,*

*Dr. Carol S. Kessler, PhD, LAc, MS, LMT*



## Blog Talk Radio

New Episode *continued on page 3*

## LMT CEU Update

Lisa Mertz reports on the Massage Board's meeting which took place this past March 28, 2011 in midtown Manhattan. *continued on page 5*

## You Be NYSSMMT's Next Membership Secretary!

Read about this key position and then contact us if you're up for the job. *continued on page 5*

## Bio-Orthonomy and Me

Get an experienced insider's view of this gentle yet very effective massage modality.

Article contributed by NYSSMMT member Michael Miller

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## Display and Classified Advertisements

## Advertising Deadlines

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## NYS Workers' Compensation Passes New Law Affecting Health Professionals Who Treat Injured Workers



As an educator in insurance billing and in my own experience billing workers' compensation carriers when I was in private practice, many workers' compensation carriers have approved/paid LMTs for therapeutic massage when deemed medically necessary by a referring MD/DC. This new law has a significant impact for any LMT who accepts workers' compensation patients as of December 1, 2010.

### Who is Affected

All health care providers who accept worker's compensation cases are affected, therefore if you are a NYS Licensed Massage Therapist who accepts referrals for workers' compensation clients (individuals who are injured on-the-job) you need to know that additional rules went into effect December 1, 2010. From a claimant's point of view, the new law will come into consideration depending on the area of body requiring care.

### Purpose of the Medical Treatment Guidelines

The law includes revised Medical Treatment Guidelines on how a client's progress will be measured. The NYS Workers' Compensation Board emphasized that they want to return claimants back to any kind of work they are able to do as soon as possible. I attended two workshops coordinated by members of the NYS Workers' Compensation Board to explain the changes to the law. The Board stated that the intention of the new law and treatment guidelines are to:

- establish a clear standard of medical care for injured workers
- expedite care for injured workers
- improve the medical outcomes for injured workers
- speed return to work by injured workers whenever possible
- reduce disputes between payers and medical providers over treatment issues
- increase timely payments to medical providers
- reduce overall system costs

*continued on page 4*

## Recent Event Pictures



Pictured directly above: Attendees at Jenn Sommerman's Business Double Header of March 5, 2011. Jenn is in back, 2nd from the right.

James Waslaski demonstrates orthopedic massage techniques on long time NYSSMMT members Rip Stahura (face up on table) and Ian Alban (on floor). You could say Ian is getting a leg up on things!



## Looking Forward

### BIENNIAL ELECTIONS BOARD OF DIRECTORS POSITIONS

Keep your eyes open for election ballots which will be sent via postal mail. Not only may you vote but you are also encouraged to either nominate or run for office.

For information about the nomination process please email [info@nysmassage.org](mailto:info@nysmassage.org)

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### 2012 EVENTS

#### We Heard You Loud and Clear!

Because of your overwhelmingly positive response to the James Waslaski Orthopedic Massage Workshop, we are looking to bring him back in the early part of 2012.

*Further details about this and other events will be posted as it becomes available, so stay tuned!*



#### NEW EPISODE

NYSSMMT's most recent show features Barbara Joël, our immediate past president. Barbara shares her thoughts about deep tissue massage and let's us know what we can look forward to learning in her Deep Tissue: Neck and Back workshop which will take place Wednesday September 21, 2011. See details - this page.

Listen to this and other archived shows by going to: [blogtalkradio.com](http://blogtalkradio.com) then key **nyssmmt** in the search box located near the upper right side of the page. Click the magnifying glass icon. A new window will open displaying the available shows and their description.

## Save the Date

### Deep Tissue Neck and Back Techniques

The New York State Society of Medical Massage Therapists is proud to sponsor this Hands-on Workshop

By **Barbara Joël, LMT, Past NYSSMMT President**



**Wednesday September 21, 2011**

**Time:** 10:00 AM - 4:00 PM

10 AM General Meeting and Election Nomination

11:00 AM to 4:00 PM - Hands-on Workshop including break

**Location:** TRS Professional Suites

44 East 32nd Street (Madison & Park Aves) - 11th Floor  
NY, NY 10016

TRS Number (212) 685-2848

*A limited number of massage tables will be supplied,  
register early to assure your space*

#### Register Online at:

[www.NYSmassage.org/news.cfm](http://www.NYSmassage.org/news.cfm)

Student / NYSSMMT member / non-member

\$25 / 50 / 75

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*Discover upcoming events, meetings and seminars at [www.NYSmassage.org](http://www.NYSmassage.org)*

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### LOOKING FORWARD

#### Reiki 1

**Saturday November 19, 2011**

Dr. Lisa Mertz, PhD, LMT

**Time:** 10:00 AM to 6:00 PM

**Location:** Adria Hotel & Conference Center

221-17 Northern Blvd. Bayside, NY 11361

Hotel number 718 631-5900

Student and NYSSMMT Members \$125 Non-Member \$150

## **NYS Workers' Compensation Change** *(continued from page 2)*

### **What has Changed?**

The following are the most important aspects of the new law for healthcare providers, including LMTs, who accept Worker's Compensation referrals:

- The Medical Treatment Guidelines address the following four areas of the body only: mid/low back, neck, shoulders, and knees. These four areas represent 40% of worker's compensation claims and incur 60% of medical costs paid out by workers' compensation carriers.
- A major tenet of this law provides 8 weeks of acute care to an injured worker for the four body areas. Before this law passed, there was no defined time period for treating an injured worker. Patients could expect to be called in for periodic Independent Medical Exams and care would be continued or denied. It was significantly easier to appeal denials for care.
- After 8 weeks of acute care treatment a health professional can then apply for a "variance" or a formal appeal in order to continue care for the patient. During the time the appeal is being reviewed, a provider will not be paid nor will the provider be paid retroactively for treatment which occurred between the time of filing a variance and approval or denial of that variance.
- The new law requires ancillary providers, such as LMTs, to have a prescription of medical necessity from a referring MD/DC

### **Potential Issues for Providers and Patients**

While the purpose of the new medical treatment guidelines is to provide information regarding how a patient's progress is to be measured, this may necessitate writing treatment notes differently than before the law went into effect. Medical treatment deemed outside the guidelines will not be paid for.

This law paints all NYS workers' compensation clients with the same brush, including individuals who may have negotiated 'lifetime medical benefits' for the ongoing treatment of their injury before this law went into effect. There is currently no provision in this law for the ongoing treatment for individuals who are in chronic pain as a result of a work injury. This law affects the way health professionals will work with workers' compensation clients/patients.

According to one source at The New York State Chiropractic Council, 90% of all variances that have been submitted by chiropractors on behalf of workers' compensation patients have been denied. A broad cross section of health professionals who attended these seminars commented during the sessions that they do not believe this new law will do much of what is listed here and felt it will compromise the level of care injured workers receive.

In my opinion, there appears to be a stronger emphasis on expediting referrals to pain management specialists for symptomatic care as opposed to identifying and treating the root cause of the injury.

### **NYS No-Fault**

The NYS No-Fault Law was addressed only briefly during these information sessions. NYS No Fault system adopted the same fee schedule and many of the same guidelines approximately 15 years ago. There is no evidence to date, that No Fault clients/patients will be held to the provisions of this new Workers' Compensation Law.

To download a printable brochure of the Medical Treatment guidelines, go to: <http://www.wcb.state.ny.us/content/main/workers/mtgfacts.pdf>

For answers to frequently asked questions (FAQs) about the Medical Treatment Guidelines, go to: <http://www.wcb.state.ny.us/content/main/hcpp/MedicalTreatmentGuidelines/FAQs.jsp#notCovered>  
I am happy to take your emails directly should you want to talk more with me about this new law.

Susan N. Powers, B.S., LMT, CPC  
[sphands@aol.com](mailto:sphands@aol.com)

Editor's Note: Because LMTs are not included in NYS Insurance law, it is advisable to get written pre-approval for your services prior to treating the patient.

## Board of Directors

Carol S. Kessler, PhD (OM), LAc, LMT  
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## Contributors

Barbara Lorenzen  
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Linda Savodnick  
Administrative Assistant

## Volunteer!

This Society welcome your valuable skills and energy.

Here are a few ways to get involved:

[Sports Massage Director/Team  
Membership Secretary](#)  
[Conference Planning Committee](#)  
[ILLegal Massage Task Force](#)

Get more information about any of the above open positions or to find out about the rewards of volunteering. Call our toll free number: 1-877-NYSSMMT or email us at: [members@NYSmassage.org](mailto:members@NYSmassage.org)

We look forward to hearing from you.

## LMT CEU Update

At the March 28<sup>th</sup> meeting of the State Board for Massage Therapy on the implementation of the new continuing education law, the Board Members discussed acceptable and unacceptable content. The following will not be accepted: computer training, billing, risk management related to insurance, also, Alexander Technique, Feldenkrais, and Reiki, which are not considered massage therapy. The Core Knowledge Areas described on the licensing exam blueprint could become the subject matter of continuing ed: 1) assessment and evaluation; 2) development of treatment plan; 3) application of treatment skills; 4) professional responsibilities, business, and ethics. It is most likely that hours of ethics will not become a requirement, but will be accepted.

Thirty-six hours of continuing education will be required for every 3-year registration period. Twelve of the 36 may be from self-study. Self study was defined as taking online courses from accepted sponsors, teaching courses, publishing articles and textbooks, and presenting at conferences, also research, which must be documented by a principle investigator or published.

Dr. Kathleen Doyle, the Executive Secretary of the Massage Board, is creating a draft regulation, which will be placed in the state register and presented to the Board of Regents who will make the final determination. The Regents will have 45 or 60 days, depending on the length of the draft regulation, to gather comment from the public. The Regents will not act until September, so it is possible that all NY LMTs can look forward to receiving the call for comment on the draft regulation in the summer.

Dr. Doyle said that if the current state budget makes it impossible, the legislature could postpone implementation of the law, but she also pointed out that this is unlikely since legislation includes raising the registration fee, and also includes a \$900 fee for each continuing education sponsor, to be paid every three years.

Submitted by  
Lisa Mertz, PhD, LMT  
NYSSMMT Board Member and Legislative Board Chair



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## NYSSMMT Membership Secretary Position

We are seeking to fill this vital position for the Society. The ideal person would possess good organizational, communication, and basic computer skills. Your input would also be welcome regarding the growth of our membership.

You will be an important link between NYSSMMT's members and convey the membership's needs to the Board of Directors. To read further information about this important position go to: <http://nysmassage.org/membershipsecpop.cfm>

If you are interested, contact the Society by email at: [info@nysmassage.org](mailto:info@nysmassage.org). Let's get the conversation started.

## Ortho-Bionomy and Me

My name is Michael Miller, massage therapist and NYSMMT member. Like you, the reason I chose to become a massage therapist was to help people who were injured and in pain feel better. Over the years I have taken many different types of classes. I have been a massage therapist since 1993 and I have studied Ortho-Bionomy extensively since 2000. I was amazed at how gentle and effective the work was.

### Ortho-Bionomy – An Overview

I know you are probably saying “Ortho-What?”. Ortho-Bionomy was developed by the late Dr. Arthur Lincoln Pauls, a British Osteopath and judo instructor. Dr. Pauls started teaching this work in the United States in 1976. He created the term Ortho-Bionomy which means the correct application of the natural laws of life. Ortho-Bionomy is a system of bodywork that works with the nervous system and the innate reflexes of the body to bring about a better sense of postural balance, increased range of motion, relief from pain, and a sense of well-being. The bodywork is safe, gentle, non-forceful for both the recipient as well as the practitioner. It works with the natural healing instincts of the person’s body. Ortho-Bionomy addresses both acute and chronic conditions including whiplash, back pain, tendonitis, carpal tunnel syndrome, and many other conditions.

### What is a Session Like?

During my early days of studying Ortho-Bionomy, I received a session from an instructor. I noticed this person’s ability to assess and work with long standing problems, which I had. Even more amazing to me was how quickly beneficial changes occurred in my body. I also noticed the ease and fluidness of the work and how it lulled me into a sense of peace and relaxation. While I recognized several techniques I had learned previously, these techniques were applied in a whole new way; that is, according to the principles of Ortho-Bionomy. The work is usually done fully clothed but can be easily incorporated into a Swedish-type massage.

As a practitioner of Ortho-Bionomy, we are taught to find a tight or tender point and then move the body in a way that will soften the point. We then add gentle compression which stimulates the proprioceptors which send a message to the brain. The brain recognizes the tension and sends a reply back causing the point to soften. We also move body parts (arms, legs, neck) in linear movements (flexion, extension, etc.) looking for a position of ease and comfort, then add gentle compression, after which you typically see an increase in range of motion.

### Key Principles

The first and most important one is that we never cause any pain or discomfort when we work with clients. Another principle is to reposition the body toward the opposite direction of the painful posture to see if the new position eases the pain. An additional strategy is to exaggerate a preferred posture. For example, if a shoulder is high we move it a little higher which allows the body to recognize it and offers an opportunity to change. In other words, we facilitate the recognition and re-education of what is happening in our client’s body. “Less is more” is also a guiding precept of Ortho-Bionomy. We only work with a point or movement twice and always within a comfortable range of motion. There are no protocols for using Ortho-Bionomy. There are almost no contraindications as long as you follow the principles. Many of my peers in the Ortho-Bionomy community have taken the principles and applied them to other modalities enhancing what they already do. It is a great compliment to all the other modalities.

### What Ortho-Bionomy Has Meant To Me and My Clients?

During the time that I have trained in Ortho-Bionomy, I have watched myself grow personally and as a massage therapist. My level of sensitivity has increased dramatically. The skills I have learned have prepared me to handle any condition in my practice. This work has impressed upon me that the human body has an innate wisdom and an unbelievable ability to heal when it is given the opportunity.

I have had the pleasure of seeing my clients change for the better as well. We work together and they recognize that they are helping to create the beneficial changes in their bodies. This excites them and gives them a sense of empowerment. Together we have witnessed events that neither of us would have thought possible. I am truly amazed and honored to help facilitate improvement in my client’s quality of life. It has inspired me to learn more and to understand that virtually anything is possible!

Michael Miller, LMT  
Instructor and Advanced Practitioner of Ortho-Bionomy  
mikeandcheck@netzero.com



*Ortho-Bionomy is a system of working with innate reflexes of the person to bring a better sense of postural balance, increase range of motion, relief from pain, and a sense of well being. The bodywork techniques are gentle, non forceful safe techniques which use the natural healing instincts of the person.*

**Sunday Sept. 25 and Oct. 2 Fundamentals of Ortho-Bionomy:** In this foundation class we will look at the philosophy and concepts of Ortho-Bionomy and provide an overview of the basic release techniques for each major joint in the body. Movements and positions of comfort are demonstrated to facilitate the release of muscular tension and overall stress. Areas to be covered are the spine and pelvis.

**Friday - Saturday November 4-5 Exploration of Movement:** This class focuses on the observation and exploration of joint and muscle movement patterns. The participants will learn how to follow the body's movement preferences to enhance the fluid motion between the joints and muscles of the body. The techniques of Ortho-Bionomy will allow you to facilitate the release of acute and chronic holding patterns which create pain. Releasing these patterns will create a greater range of motion.

Classes will be held at the Executive Inn at Woodbury on Long Island at 8030 Jericho Turnpike, Woodbury, New York. Classes run from 10AM to 6PM.

Early bird rate is \$235.00 for NYSSMMT members and \$250.00 non-members if received 30 days before the class. After that it is \$260.00 for NYSSMMT members and \$275.00 for non-members.

For more information contact Michael Miller at [mikeandcheck@netzero.com](mailto:mikeandcheck@netzero.com) or call (516) 974-3882

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Aug. 5, 2011 - Fall - Sep. 6      Nov. 5, 2011 - Winter Dec. 5  
Feb. 5, 2012 - Spring Mar. 7      May 5, 2012 - Summer - Jun. 6

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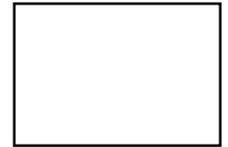
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– The Society of Those Who Touch with a Healing Hand –

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## About NYSSMMT



The New York State Society of Medical Massage Therapists 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 reasons for joining NYSSMMT:

- Potential clients or employers can easily find you through the “Find a

Therapist” search feature.

- Optionally 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.

\* Subject to change without prior notice

For fast and easy online registration or renewal go to

[www.NYSmassage.org](http://www.NYSmassage.org)  
Click the **Join Now!** Link

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