

New York State Society of
Medical Massage Therapists



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

Spring Issue

March 2010

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Join The Yahoo E-Group

Yahoo e-group participation is a specialized forum which is available to NYSSMMT members only. 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. Email Reneé our Online E-group Administrator at ra2taback@aol.com with any questions.

From Our President, Barbara Joël, LMT

Dear Members and Colleagues,

There is never a dull moment in this neck of the woods called NYSSMMT. In the buzz behind the scenes, here is constant activity regarding legislative bills relating to our profession. We are fortunate to have a group of members who take on the task of keeping our membership informed about current legislative efforts in New York State.



The Senate bills which most of our members feel the most passionate about are bill numbers 01975 and 02356 which would allow our clients to seek reimbursement from insurance companies for their treatments. My sincere thanks to Lisa Mertz, Ellen Kessler, Kathleen Tilley, Larry Knox, President of The Kala Massage Company and Carol S. Kessler for taking time out of their busy schedules and working tirelessly on this project. Go team!

You may notice a change in the 'Who Does What' department. A new infusion of energy has slightly shifted and re-balanced the Board of Directors and offers a good cross section and representation of our members. Rest assured, no matter what your question or issue may be, there is likely a board member you can easily turn to with comfort and confidence.

Welcome to Lisa Mertz who has recently joined our Board of Directors. She brings a combination of experience, objectivity, and critical thinking.

There is one burning question that I feel compelled to ask: Why don't more of you who are paid members, take advantage of one of the coolest benefits of membership by subscribing to the yahoo e-group? I welcome and invite you to communicate in our private forum with other members about anything and everything pertaining to Massage Therapy. It is truly one of the most valuable benefits of membership.

On behalf of the dedicated Society team who serves you with heart and soul, I wish each of you a great year ahead!

Barbara Joël, President, NYSSMMT

Our Path to Success Through Continuing Education

'It's about the work'. With this simple phrase you know my basic premise for success in the field of Massage Therapy. It makes a terrific catch phrase, but of course there are many more practical considerations for establishing a successful practice in massage. But, the one sure thing we can do to burnish our credentials and to attract more clients is to do good work.

When I talk about 'the work', I am essentially speaking about education. Whether referring to formal education, continuing education or even a single massage session, we are 'practicing' how to be better Massage Therapists. Our education never ends. We are said to 'practice' massage because we are constantly shaping, adapting and learning in order to suit the individual needs of our clients. Massage is fast becoming a readily accepted complimentary form of healthcare both in the medical community and in the general population. The general public is experiencing and distinguishing good and effective Massage Therapy and has come to expect it. So in order to be competitive and successful in the field, a Massage Therapist's skills need to be diverse, well-learned and comprehensive.

Continuing education can be as structured and formal as taking a class or as informal as doing an exchange with a colleague. Workshops are the most obvious form of continuing education. The workshop environment is also a huge opportunity for building relationships and networking with other therapists. It's a place for exploring what's happening in the profession, finding practice partners and staying knowledgeable and current. When receiving a massage we should always keep a mind's eye open to how the therapist works. Learning what not to do in a massage can be as valuable as learning a delicious new stroke or technique.

So when I speak about staying focused on 'the work' in order to create a successful practice, I am challenging the therapist to stay open to new ideas and new ways of working in order to expand his breadth of knowledge and scope of practice. This, I think, more than anything, makes us more marketable and ultimately more successful.

Michael Alicia, LMT
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mwalicia@massagespacenyc.com

Board Welcome and Farewell

The New York State Society of Medical Massage Therapist welcomes Ms. Lisa Mertz to the NYSSMMT board for a second term. Lisa Mertz, PhD, LMT is the Program Coordinator of the Massage Therapy Program at Queensborough Community College, City University of New York, where she teaches beginning massage, supervises clinical courses, and teaches oncology massage. After studying bodywork and spiritual healing for many years, she became a New York Licensed Massage Therapist in 1996. Her interests include botanical medicine and aromatherapy.

On behalf of The New York State Society of Medical Massage Therapists, The Board of Directors wishes to express our warmest appreciation for Rip L. Stahura's participation as a Board Member and regrets to inform you of his resignation from the Board of Directors due to personal reasons. We sincerely look forward to his continuing participation as a Member and Contributor. Rip has expressed his best wishes and support in our future endeavors.

Board of Directors

Barbara Joël, LMT
President

Carol S. Kessler, PhD, LAc, LMT
Vice President

Barbara Lorenzen, LMT
Treasurer

Ellen Neiman, LMT
Website Administrator/
Board Member

Sherrin Bernstein, BA, LMT
Membership Secretary/Board Member

Patti Cadolino, LMT
Medical Massage Director/Board
Member

Denise Williams, LMT
Editor/Board Member

Susan Gelbman, BA, LMT
Board Member

Gayle Loftis-Malcolm, BA, LMT
Board Member

Lisa Mertz, PhD, LMT
Board Member

Contributors:

Linda Savodnik
Administrative Assistant

Reneé Amico-Taback
Online E-group Administrator/
Moderator

Stay Tuned

*Informative workshops are on
the drawing board for 2010.*

*These workshops are free
or low cost for members of
NYSSMMT.*

*Visit www.nysmassage.org
for the most up-to-date event
offerings.*

Elevate Your Practice

**Using Kinesio® Tex Tape, Bio-freeze®,
Prossage® and Massage to Enhance
Therapeutic Effectiveness**



*Workshop to Benefit the Massage Therapy Foundation. Sponsored by NYSSMMT,
The Kinesio® Taping Association and Performance Health Incorporated.*

Date: Saturday, April 17, 2010

Time: 8:30 am Registration (bagels, coffee and tea served)
9 am - 4 pm Workshop (6 hours)
1 hour lunch break (Bring lunch or cash for concession stand)

Location: Hyatt Regency Long Island, 1717 Motor Parkway, Hauppauge, NY 11788

Instructors: Mike McGillicuddy, LMT, NCTMB, CKTI

Cost: \$55/Person

Learn and Earn: 6 NCBTMB CE Credits

Learn how to use the Kinesio® Taping Method, Prossage® Heat and Bio-freeze® in soft tissue treatments to enhance therapeutic effectiveness and elevate your practice. Be a part of our fund raising goal to raise \$40,000 to benefit the Massage Therapy Foundation. Samples of Kinesio® Tex Tape, Biofreeze® Spray, Prossage® Heat will be provided. Earn 6 NCBTMB CE Credits.

3 Ways To Register

Online: Visit www.nysmassage.org Go to the **Event** tab, use the paypal button to register online

Mail: Visit www.nysmassage.org/news.cfm, print the registration form then mail completed application to

NYSSMMT, Inc. PO Box 442, Bellmore, NY 11710

On site: cash, check, credit card (mastercard, visa, discover, amex) payments will be accepted



Tap in to Your Organic Learning Process The Feldenkrais Method®

We humans go through a natural process of learning how to do the movements that make up our daily routines. We learn to crawl, then walk, throw a ball and perform massage strokes without really examining the quality of what we've learned. Some movements we learn to do well, others not so well and sometimes we even learn bio-mechanically harmful "bad" habits.

The Feldenkrais Method (the Method) taps into and expands on our organic learning process allowing us to playfully explore new ways of moving and sensing and helping the brain and body to communicate better. It is like having a map to your body that shows you in detail your normal routes of movement and then gives you alternate routes to avoid accidents (i.e. Repetitive Stress Injuries). The results are easier posture, smoother, freer and more functionally coordinated movements and a greater sense of wellbeing.

For Massage Therapists, who are continually at risk of injuries and burnout, the Method can be an invaluable tool. It can ground you, reconnect your upper and lower body and assist you in distributing the effort of giving a massage so that each part of you is taking on only the share it was designed for. The more you can work with increasing awareness of your self, the more sensitive, adjustable and valuable you become to your client's needs.

Feldenkrais® can be conducted in group and private environments. In "Awareness Through Movement®" group classes, the teacher verbally leads students through a sequence of easy movements, each addressing a functional movement skill. As you progress through classes, you develop your movement skills while improving strength, flexibility, balance and coordination. In "Functional Integration®" private sessions, the focus is on your specific issues. Using gentle, relaxing touch, the practitioner guides you learn to sense and improve your movement patterns.

I've had wonderful results with my clients, many of whom are bodyworkers who use Feldenkrais on a regular basis. So feel free to tap in to your organic learning process and explore your self with the Feldenkrais method.

Kira Charles, Guild Certified Feldenkrais Practitioner

Physical Therapy Arts
594 Broadway #1207
New York, NY 10012
1(646)337-0798
www.feldenkraisassociates.com

An Issue of Reimbursement

by Vivian Madison-Mahoney, LMT

The excerpt is from an article which first appeared in the October, 2009, Vol. 9, Issue 10 issue of *Massage Today* at www.massagetoday.com.

Most patients and Massage Therapists are not aware of the fact that "Massage Therapy" and/or "manual therapy techniques/myofascial release" is a covered service by most insurers, including Medicare and self-insured employer plans which fall under the Federal guidelines of ERISA (Employee Retirement Income Security Act). ...

While insurance companies do pay for the services we perform, they do not directly reimburse us for our services. Instead insurers will pay PTs, MDs or DCs who have Massage Therapists on staff.

Read Ms. Madison-Mahoney's complete article on the web at tinyurl.com/ReimburseMassage.

Looking Forward

Future Event Dates

GENERAL MEETING

Date: Tuesday, June 8th, 2010

Location: Cross Roads Church

610 Carmans Road

Farmingdale, Long Island 11735

Time: 5 - 9 pm

GENERAL MEETING AND WORKSHOP

Date: August, 2010

Location: Upstate New York - exact location and time to be announced

Workshop: Cupping with Dr. Carol Kessler, LAc, LMT

Save The Date

You are invited to the next

NYSSMMT General Meeting and Workshop

Date: Wednesday, April 28, 2010

Time: 3 - 7 pm

3:00-4:00 pm Meet & Greet the Board, Q & A, Updates

4:00-5:15 pm Our committee will speak about Albany... hear questions, feedback and input.

5:15-5:45 pm Break, refreshments, socializing

5:45-7:00 pm Workshop Antigravitational Deep Tissue Massage for neck and upper shoulders.

Location: TRS Professional Suites

44 East 32nd Street (between 5 - 6th Avenues)

11th Floor Room #2

New York, NY 10016

212 685-2848

Free Mini-Workshop: presented by Barbara Joël, LMT, NYSSMMT President
Explore the benefits of working against gravity to find the path of least resistance.

Members as well as interested non-members are welcome to attend.

Is Something Missing From Your Email Box?

Being part of the NYSSMMT Online E-group is just one of the great 'benefits' of society membership! The society's E-group is closed to outsiders, only current society members may be part of this special online group of people.

This is the place to keep in touch with your peers! Through it you can.... exchange ideas, look for help, offer educational information, ask technique questions, look for or offer massage job positions and inform members about upcoming massage workshops. Within this E-group, you get the ability to share and network with other society members, on any subject pertaining to massage. The E-group also allows the board to contact the members quickly....to give legislation updates, share important information in a timely manner and notify everyone about special meetings or workshops.

As of Feb. 1, 2010, all non-renewals and questionable email addresses were removed. If you have not been receiving postings / messages from the NYSSMMT Online E-Group recently, you were probably removed from the list. If you feel you were removed in error, please email me directly at: ra2taback@aol.com to reinstate your email address.

In Health,
Reneé Amico-Taback
NYSSMMT Online E-group Administrator / Moderator
ra2taback@aol.com
(516) 997-5172



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

Newsletter Submissions

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

Submission Deadlines:

May 10, 2010 for Summer

August 10, 2010 for Fall

November 10, 2010 for Winter

February 10, 2010 for Spring

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

Stay Informed - Member Call to Action

Dear Members:

This is a correspondence to let you know about events related to Massage Therapy in regards to insurance reimbursement bills which are currently under consideration in the New York State Senate Assembly.

In response to our members' survey, which indicated that our members are in favor of insurance reimbursement for Massage Therapy, we have formed a Legislative Committee to review the insurance bills concerning Massage Therapy that are currently before the state legislature. Our Legislative Committee seeks the passage of Senate bill S02356 which will provide for insurance reimbursement to Licensed Massage Therapists. The committee members, appointed by President Barbara Joel, include Carol Kessler, Kathleen Tilley, Ellen Kessler, Larry Knox, and Lisa Mertz. Committee members have been speaking with our state senators and plan to meet with Senator Stachowski, the author of the bills.

Here is where you can make a difference. The Committee asks all Society members who are in favor of seeing insurance reimbursement for Massage Therapy to voice your opinions to the Senate Insurance Committee, either by phone, letter, or email. Their contact information can be found on the following web page www.nysenate.gov/committee/insurance.

Sincerely,

Lisa Mertz, PhD, LMT
NYSSMMT Board Member

About Fungal Infections

Tinea Pedis or Athlete's Foot, is one of many tinea fungal infections and is one of the most common skin infections that I see in my office. It usually presents as peeling skin on the feet or between the toes, but it can also take a moccasin distribution pattern on the sole, which may get red and inflamed. For some, it is asymptomatic, for others it is very itchy and it may thicken or corrode one or more nails, making them shred and peel and often affects nail growth.

If the skin alone is affected, a topical cream can be applied to treat the area. Remember to treat beyond the area of skin that is involved and finish the course of treatment completely. There are over the counter creams such as Lotrimin and prescription preparations that can be more effective. Keep up-to-date on the latest anti-fungal creams, as the organism's resistance increases. If the toenails are involved, a topical prescription nail polish or even a pill may be necessary; antibiotics may be indicated for secondary infections from scratching.

Fungal infections are contagious so take the necessary precautions to prevent spreading. Have clients with active infections wear socks, if you opt to massage the feet, do it through the draping, launder affected linens and blankets in hot water and detergent. Wash your oil bottles with soap and warm water and spray your pens, counters, buttons and handles with alcohol. Refrain from working barefoot. Immediately wash your hands and anywhere else you may have come in contact with an affected area. Choose a soap that retains the natural oils (protective barrier) of your skin. If you suspect a client has a fungal infection, ask if they are under treatment. If not, refer them to a specialist. Keep numbers of dermatologists you trust handy.

Debra Jaliman, MD

Board Certified Dermatologist
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1(212) 517-8855
www.drjaliman.com
Drjaliman.com/blog



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 FOR STUDENTS

As a student, you are about to go out into the real world. Why not let experience guide you? You have gained a formal education and now, as a member, you will be able to draw on the actual life experiences of other practicing therapists. Here are just a few reasons for joining NYSSMMT:

- NYSSMMT provides liability coverage through the American Massage Council, discounted for our members, at a very competitive rate.
- NYSSMMT provides students with a break in the membership rate that is 1/2 that of a Licensed Massage Therapist. (\$50.00)
- NYSSMMT will help you stay informed of what goes on in legislation, across the country and in your own state and local community.
- NYSSMMT provides a chance to meet and learn from seasoned LMTs.
- NYSSMMT is the only professional Massage Therapy organization which provides an opportunity to chat with other LMTs in our e-mail chat room.
- NYSSMMT provides educational workshops at little or no cost.

BE A PART OF HISTORY

We are working to get legislation passed and protected that will support our ability to provide our clients with insurance coverage for our work. To find out more about the many opportunities that await you by joining NYSSMMT, please log onto our website:

www.nysmassage.org

NYSSMMT And You Make A Great Team

The following positions are open:

Sports Massage Director/Board Member

The Sports Massage Director shall be responsible for:

- directing sports massage events at which the Society is represented.
- approving and editing sports massage articles for the Bulletin.
- coordinating sports massage speakers for General Meetings.
- coordinating at least one sports massage workshop annually.
- answering correspondence pertaining to sports massage.

Recording Secretary/Board Member

Duties of the Recording Secretary:

- shall be responsible for taking minutes at every meeting of the Board of Directors and General Meetings of the Society.
- shall be responsible for printing and distributing the minutes to all Board members within two weeks of the meeting.
- shall be responsible for review at the following meeting, corrections will be made and revised copies distributed to Board members.
- a permanent file of all minutes will be kept with the records of the Society.
- may be called upon to help with special mailings or other duties as assigned by the Board of Directors.

Must be a Licensed Massage Therapist and an active NYSSMMT member in good standing for the above positions.

Other Important Open Positions

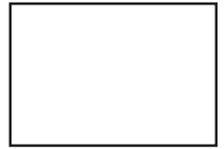
- Director of Advertising and Sales
- Marketing and Promotion Implementer
- School Liaison

Please email info@nysmassage.org for consideration.. For further details please visit www.nysmassage.org.

Follow us on Twitter at: <http://twitter.com/NYSSMMT>



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

The New York State Society of Medical Massage Therapists Newsletter

Spring Issue — March 2010 Vol. 2 Issue 1



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.

The NYSSMMT is comprised of approximately 350 members, living and working in New York, New Jersey and Connecticut. We offer quarterly newsletters, meetings and workshops to educate and inform members and Massage Therapy students throughout the region.

Our Objectives

1. To educate its members and to further a high standard for the profession of Massage Therapy.
2. To seek enactment of laws to promote a high standard for the profession of Massage Therapy.
3. To uphold the ethical standards for the profession of Massage Therapy and for its members.
4. To prevent abuses by illegal and unethical practitioners.
5. To educate other health care providers and the public at large about Massage Therapy.
6. To promote professional recognition of Massage Therapy by other health and medical care providers.

Our Code of Ethics

A Licensed Massage Therapist, becoming duly elected into membership of the New

York State Society of Medical Massage Therapists, Inc., pledges to uphold the Bylaws and the following Code of Ethics:

1. To conduct her/his practice in an ethical manner.
2. To abide by the Medical Practice Act.
3. Not to diagnose, nor to prescribe to any person or patient any form of medication.
4. Not to disclose confidential information in the course of treatment of a patient to anyone other than the patient's caregivers, legal guardian, and recommending physician, and to respect all confidences. This obligation shall extend beyond the period of professional services.
5. He/she shall assume the foregoing obligations with a free will, in full appreciation of the privilege and opportunity to place the practice of this profession in a position of honor and distinction.