

New York State Society of
Medical Massage Therapists



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

Summer Issue

June 2010

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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 René our Online E-group Administrator at ra2taback@aol.com with any questions.

From Our President, Barbara Joël, LMT

Greetings dear LMTs and Students.

In spite of your busy schedule I hope you find the time to look through this newsletter and find items of personal interest and useful to your practice. Of course we always look forward to your feedback.

This year has been busy with activity in Albany not only with their state budget but also with our efforts to pass the bill S2356 which has been strongly supported by our members for many years. It is important that you keep yourself up to date with the various massage bills so that you are part of the solution of our profession's future. If you feel confused by the bills, you are certainly not alone. That is why the NYSSMMT legislative committee is here for you. It not only keeps in constant contact with Albany but also serves you by explaining various bills in easy to understand language. Remember, final decisions about bills do not belong in the hands of self serving interests but yours!

Speaking of self serving, I do want to mention that we have several positions open on the Board. Since technology mandates changes, we are constantly in the process of modernization. Presently we are seeking to fill the positions of Recording Secretary, Advertising, PR and additional Board Members. If you'd like to share your talent we would love to hear from you.

*Warmest Regards,
Barbara Joël, President, NYSSMMT*



What's on Your Mind?

What message or message related topics would you like to see covered in this newsletter? Do you have words of wisdom to share? Would you like to suggest a General Meeting agenda point for discussion or workshop topic?

Kindly share your thoughts with the News Editor at editor@nysmassage.org

Our General Meeting and Antigravitational Mini-Workshop

The general meeting of April 28, 2010 was quite instructive. The meeting kicked off with a welcome and report from board members (Barbara Joël, Denise Williams, Lisa Mertz). Two of the topics under discussion were the issue of illegal massage, the pending bills in the New York Senate regarding massage. An interesting comment was made about the power of a written letter and influencing legislators. It appears that an old-fashioned written (especially hand written) letter carries much more weight than a comparable email.

After our discussions we had the time and pleasure of networking and chowing down. If you weren't there not only did you miss out on the splendid company and conversation, you missed Barbara Joël's delicious coffee cake!

We certainly look forward to seeing you at our next General Meeting and you can always look forward to taking your massage related skills to the next level at the workshops.

Antigravitational / Deep Tissue Workshop with Barbara Joël

Barbara (right) explains how gravity and poor postural habits create stress in our upper body. Denise Williams simulates typical postural habits of people who work at computers for long periods of time. Notice the forward head position (FHP), rounded shoulders and back which are main ingredients for creating stress and pain in the upper body. Pictured below, Ms. Joël demonstrates supported hyperflexion of the client's neck as one way of bringing relief to the person with chronic FHP. As with many stretches, this technique is only used where the receiver is known to be flexible enough and trusting enough to perform this maneuver.



This was just one example and of many tips and techniques demonstrated during the 75-minute workshop. Thank you Barbara Joël for giving us food for thought and skills for action.



For upcoming workshop, take a look at the *Save the Date* and *Looking Forward* sections in this Newsletter.

The New York State Society Of Medical Massage Therapists Website Home Page - What's In It For You?

NYSMESSAGE.ORG Home Page

- Stay on top of NYSSMMT events and massage related news - subscribe to the email Newsletter
- You can connect with other massage therapists by clicking the Facebook link
- Membership is only a push of the button away - Join Online
- For Members only: consumers can find you with the *Find a Massage Therapist* search feature

Put www.nysmassage.org in your browser's *Favorite* list today!

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 find you through the Massage Therapist search.
- Receive affordable liability coverage through the American Massage Council.
- Students qualify for a preferred rate. \$50.00 instead of \$100*.
- Build your business savvy and learn practical hands-on skills at the free or low-cost 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

A Black Belt's "Secret" Weapons

Even as a 24 year veteran of karate training, the nature of my martial art is stop and go (feels more like go-go-go-go ...oh yeah stop) often results in sore muscles. This is where my massage training comes to the rescue. A hot shower combined with lymphatic self-massage goes a long way toward helping me recover from strenuous workout sessions. The way I see it, this translates into keeping me in the fight for yet another day!



Of course I don't really keep the benefits of lymphatic massage a secret. I gladly share the following simple techniques with my sports minded massage clients and other martial artists emphasizing to them that the most important general rule is to perform lymphatic strokes towards the heart. For example, let's say my client is a runner or cyclist, more than likely their lower limbs can become quite sore after a grueling workout or competition. In this case the following instructions are for the legs, but the same principles would apply for the arms. Use light sweeping massage strokes, first working the uppermost portion of the thighs (from mid-thigh toward groin), next perform the same types of strokes on the area from the knee toward the upper thigh, then from the calf to upper thigh and finally the ankle and foot - all towards the upper thigh. Having the limb, in this case the leg, elevated makes the process that much more efficient. These simple techniques flush out the pain producing metabolic waste products while infusing the area with fresh nutrient-rich blood.

I use essential oils in conjunction with pain relieving therapeutic massage. Valerie Ann Worwood's book *The Complete Book of Essential Oils and Aromatherapy* is one of my personal favorites. Medical Aromatherapy: Healing with Essential Oils by Kurt Schnaubelt goes into greater depth about the science behind essential oils and the applications to health. These two books are my principle sources whenever I need to create an essential oil sports blend to tame the flame of aching muscles or to give me a little extra heat pre-event.

So there you have it - two of my secrets for giving the one-two punch to exercise induced pain.

Staying Alive and Kickin'
 Denise Williams, LMT
 Certified Shotokan Karate Instructor

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

Member Call to Action - Keep the Pressure On

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.

This bill, should it become insurance law, would prevent insurance from discriminating against Licensed Massage Therapists. Currently insurers readily reimburse other professionals such as chiropractors and physical therapist for massage therapy yet deny direct reimbursement to Licensed Massage Therapists for the same service.

Make Your Voice Heard - How to Contact Insurance Committee Members

The NYSSMMT Legislative Committee, asks all Society members who are in favor of seeing insurance reimbursement for Massage Therapy to contact the New York State Senate Insurance Committee to request passage of the bill #2356.

The name of each insurance committee member can be found on the following web page WWW.NYSENATE.GOV/COMMITTEE/INSURANCE. First select an insurance committee member's name, then click "CONTACT" to view the member's contact information. Send an email and better still send a good old-fashioned letter via the post office urging the committee member to support passage of bill #2356. Make it as personal an appeal as possible.

Get the word out about the benefits of New York Senate bill 2356

- Recruit other Licensed Massage Therapists, especially non-NYSSMMT massage therapists.
- Let your clients/patients know how they could get direct benefit from passage of this bill.
- Enlist the support of other licensed health professions (doctors, acupuncturists, physical therapists etcetera)
- Students can create a buzz in your massage school. Passage of bill 2356 could open up more work opportunities such as paid positions in hospitals.
- Social media mavens can use your Facebook page, Twitter accounts, and blogs to get the word out.

Passings

It is with great sadness that NYSSMMT informs you, our healing community, that Margaret Ann Case, BA, Reiki Master, RPP passed away peacefully on Thursday February 18, 2010 at 11pm with her family by her side. After careers in the business world and as an opera singer, Ms. Case began her third career as a healing arts practitioner and teacher. Ms. Case became a recognized leader and innovator in the teaching of Reiki, as well as an esteemed spiritual healing practitioner. Besides being a Reiki Master, Ms. Case was a Polarity Therapy Practitioner, intuitive-spiritual counselor, mentor and coach. She was also a life-long student of holistic and wisdom traditions. Ms. Case was founder and director of Reiki Arts Continuum, director of the Reiki professional training programs at the NY Open Center, on the Continuing Education faculty of the Swedish Institute College of Health Sciences, as well as the Advisory Board of TheHolisticOption.com. Please see a letter from her family on her website at ReikiArtsContinuum.com.



Looking Forward

Future Event Dates

GENERAL MEETING AND 3-Hour CUPPING WORKSHOP

Date: Saturday August 7th, 2010

Time: 10:00 - 4:00 pm

Location:

Columbia Greene Community College

4400 Route 23

Hudson, NY 12534

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

Cost: \$20

WORKSHOP

Date: Sunday October 10, 2010

Time: 12pm - 7pm

Location: Bayside, Queens, NY

2 Workshops: with Mr. Harold Packman

- Geriatric Massage
- Massage for Stroke

You may take one or both workshops

Save The Date

You are invited to the next

NYSSMMT General Meeting and Workshop

Date: Tuesday, June 8th 2010

Time: 5 - 9 pm

5:00 - 6:00 pm Meet & Greet the Board, Q & A, Updates

6:30 - 7:15 pm Snacks and network

7:15 - 9:00 pm Mini-WorkShop

Location: Cross Roads Church

610 Carmans Road

Farmingdale, Long Island, NY 11735

Mini-Workshop: Renew Yourself and Your Practice - relaxation techniques for Massage Therapists and their clients presented by Susan Gelbman, LMT.

Experience simple and fun methods of relaxation and de-stressing. You will learn easy-to-do breathing, meditation, stretching and self-massage techniques that promote relaxation and induce self-healing. Perfect to use at home, work, throughout the day and before bedtime. LMTs and their clients can easily include and adapt techniques to suit their needs and comfort level.

Info/Questions: Susan Gelbman 516 906-5880

Directions on the internet at bit.ly/CrossroadsChurch

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

Invite your clients to the Free Mini-Workshop.

Directions to the Cupping Workshop

Columbia Green Community College located in Hudson, NY
Saturday August 7th 10AM - 4pm

The college can be reached most easily from the New York State Thruway (toll highway) or the Taconic Parkway.

New York State Thruway:

From points north or south, follow the New York State Thruway to Exit 21 (Catskill). Exit left onto Route 23B and follow for 1/2 mile, then turn left onto Route 23 East. Follow Route 23 East over the Rip Van Winkle Bridge (toll: \$1.00) and continue one mile further to reach the campus on the right.

Taconic Parkway:

From points north or south, follow the Taconic Parkway to the Hudson exit (Route 82). Exit right onto Route 82 and follow Route 82 west until it becomes Route 23 West. Continue on Route 23 West to the college campus on the left.

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.

No-Fault Insurance Reimbursement Demystified (Part 1)

The purpose of this article is to demystify the No-Fault reimbursement process for treatments performed by New York State Licensed Massage Therapists. Currently No-fault insurance is the only method for receiving direct reimbursement to New York State Licensed Massage Therapists for massage treatment. This first article covers calculating reimbursable amounts. The follow up article, in the Fall Newsletter, will show you how to fill out the Health Insurance Claim Form.

Laying the ground work for filing reimbursement claims - Fee Calculation

As the provider, the first element to be determined is your region code which is usually the massage therapist's business location. Your New York State provider's zipcode is assigned to one of four regions (I, II, III, IV).

(Use this link bit.ly/RegionZipCodeNY to find your Region code by zipcode. Look under the heading "Numerical List of Postal Zip Codes")

Next is a table that will tell you the rate No-Fault insurance will pay for each 15 minute increment of treatment by region. This is known as Regional Conversion Factor. More on that later when we get to the calculation.

Section	Region I	Region II	Region III	Region IV
Physical Medicine by a Therapist	\$5.91 max 8 units= \$47.28	\$6.20 max 8 units= \$49.60	\$7.09 max 8 units = \$56.70	\$7.70 max 8 units = \$61.60

Now that we have laid the groundwork, the next chart shows some codes that LMT's can use and the relative value assigned to the CPT code. For No-fault insurance purposes, the amount of therapy allowed in one day is 8 Total Units for all types of medical treatment. Amounts above 8 are not reimbursable. Make sure your client or patient is not going for any other therapy on the day they come to you as one of the therapies will likely not be reimbursed.

Relative value for 15 minutes of Current Procedural Terminology (CPT) codes

Relative Value	CPT code	Description
2.62	97124	Massage Therapy including effleurage, petrissage and/or tapotement.
4.23	97140	Lymphatic drainage, Manual therapy
3.97	97110	Therapeutic procedure, including therapeutic exercises and range of motion

Now we have all the numbers

In the following examples we will assume the provider's zipcode to be 10001. According to the chart Zipcode 10001 is associated with Region IV which has regional conversion factor value of \$7.70 for Physical Medicine by a Therapist. The following are basic billing scenarios. Note: more than one CPT code can be applied in a given day's treatment.

Number of 15 *Increments* times the CPT's *Relative Value* equals *Total Units*. Then *Total Units* times *Regional Conversion Factor* equals the *Reimbursable Amount*.

1) Patient A receives three 15 minute increments of Massage therapy cpt 97124 (Relative Value is 2.62)

$3 \times 2.62 = 7.86$ total units then $7.86 \times 7.70 = \$60.52$ is the reimbursable amount for this 45 minute session.

2) Patient B is treated for four 15 minute increments of Massage therapy cpt 97124

$4 \times 2.62 = 10.48$ total units. Since the maximum Total Units billable to No-Fault Total is 8 you will not be paid for a portion of the treatment time therefore you must use 8 as Total Units times regional conversion factor.

$8 \times 7.70 = \$ 61.60$ is the maximum reimbursable amount for this one hour session.

Dr. Carol S. Kessler, PhD, LAc, LMT
Vice President - NYSSMMT Board Member

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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.*

Cupping (Article originally printed NYSSMMT Newsletter Dec 2009)

In the early 1990's I learned to do a technique called cupping. I was taught to use a small glass jar, put some alcohol on a piece of gauze, light it, put it inside the glass jar and quickly pull it out (creating a vacuum), then put the jar on the patient's back. Today I have a set of glass jars which have valves attached to the top, which allow me to control how much suction I use. When the skin has a lot of *sha* or redness, suction with cupping will get it very red, even purple! This is the bringing up of stagnant blood (in Chinese Medicine) and helps the body process it through the lymphatic system. The amount of redness also tells how much stagnation is in a particular area. An example of this is that I have a patient that always complained of pain in her shoulder.

Her MRI was negative but she was still hurting. We did some cupping in the area and noticed that the most redness was in the exact area of her pain. After we did a treatment she did not have any more pain in that area! It usually takes 2-5 days after treatment for the redness to fade. So it is important to inform the patient that they will have red discoloration for a few days and that they will want to plan the treatment at a time when they are not planning to attend any event where their back will be exposed. As in the case described above the pain disappears soon after the treatment, but the client should avoid any wind or cold in the area directly after treatment. You can use this technique for many symptoms including chronic cough; they used to use cupping for pneumonia. This aids in the release of blood and Qi, which is attached to phlegm and makes the patients feel better immediately.

It is best to watch someone do it and learn before experimenting on your own. If you are interested and would like more information about this technique, please feel free to contact either myself or the Society.

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

A workshop is scheduled for August 7, 2010. See details in the Looking Forward Section

IMA Liability Insurance Are You Affected?

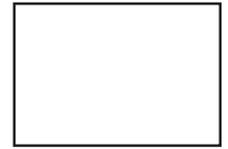
The International Massage Association (IMA) will not continue to offer a comprehensive massage liability insurance package for its members. If you are already a current member, your policy is still valid, but they cannot issue any new policies at this time.

If you are affected, consider purchasing affordable malpractice/liability policy through NYSSMMT's association with the American Massage Council (AMC). The cost for coverage is only \$99 per year. Not a NYSSMMT member? Now would be a great time to join.

**Join NYSSMMT online at <http://bit.ly/JoinNYSSMessage>
The AMC Application form is available at <http://bit.ly/AMCInsurance>**



New York State Society of
Medical Massage Therapists, Inc.
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– The Society of Those Who Touch with a Healing Hand –

The New York State Society of Medical Massage Therapists Newsletter

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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.