

In Touch

WITH AMTA-IL CHAPTER

NEWSLETTER OF THE AMERICAN MASSAGE THERAPY ASSOCIATION ILLINOIS CHAPTER



Central Sensitization and the Mystery of Pain

By: Doug Nelson



So many aspects of the experience of pain are confounding and confusing, but none more than the concept of central sensitization. The phenomenon of central sensitization can explain why we hurt in ways seemingly unrelated and also why an intervention can help in rather inexplicable ways. Let's begin with a review of what central sensitization (CS) is and then examine how it affects massage therapy.

The nervous system has two main components- a peripheral system and a central system. Input flowing from the peripheral system up to central processing is called afferent input, and neural messages flowing from the central to the periphery are efferent.

One way to think of this system is to imagine a group of musicians, each of which has a microphone. The microphone picks up input from each individual musician and

that input is sent to a central processing board. The board (appropriately called a mixing board) amasses all the collected input into one cohesive sound. The mixing board also has the ability to regulate each individual microphone.

The neurotransmitters at our periphery are like those microphones, picking up input and sending it to central processing. The regions of our brain involved in pain (there are many, not just one), evaluate the peripheral input and decide how to respond, thus sending efferent messages back to the periphery. When it works appropriately, it's a beautiful thing. When out of control, it's a nightmare. If one microphone is overly sensitive, you get feedback. If the mixing board itself is overly sensitive, all the microphones are negatively affected. So it is with the nervous system.

When the central nervous system is overly excited, neural input streams to the periphery, increasing sensitivity to multiple regions of the body. The peripheral neurotransmitters are now overly sensitive, and thus far more likely to respond to normal input as though it were a threat. The person experiences pain, but with no seemingly logical reason as to why. This is frustrating, as our brains are wired to have clear reasons for whatever we experience.

Conversely, if the central nervous system is quieted, efferent input to the periphery is now lessened. This may make an area in the periphery that was symptomatic suddenly asymptomatic. Although improvement is wonderful, this can be equally confusing.

For therapists like me who do very specific work, it is a reminder as to the importance of general massage for well-being. Even in the world of trigger point therapy, this local/central phenomenon is shown. Locating and deactivating an active trigger point (one that replicates a presenting symptom) is essential to eliminate a specific pain pattern. On the other hand, research has shown that latent trigger points (those that refer but do not replicate

OCTOBER 2013

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The President's Corner

Becky Schwoebel, *President*



I can't believe it is Fall already. This year has passed by so quickly, maybe because I have been too busy to notice. But Fall brings lots to look forward to.

By the time you read this, the AMTA IL Board of Directors along with our five Delegates (Celia Bucci, Lois Hanley, Pat Malone, Beth McNeill, and Mark Odishoo), and the chapter's Meritorius Award winner (Celia Bucci) have attended the AMTA National Convention in Ft. Worth, Texas. Our intent is to learn and share ideas with other chapter leaders to strengthen the Illinois chapter and to have a voice in the future of AMTA through the House of Delegates. Hopefully you were able to share your opinion through your responses to the survey sent to each member with the position statements that were to be brought forward.

October will bring a weekend long educational session, "Addressing Common Complaints of the Desk Worker" with a Student Day session and a chapter business meeting. This time we are going to Lakeland College in Effingham. Please try to attend, we are looking forward to meeting members in the southern part of the state.

Along with cold weather, November will see our third class with Joe Muscolino, "Clinical Orthopedic Manual Therapy for the Lower Extremities". Hwe lis classes in our state have been very successful and enjoyed by all the attendees.

And though is seems it is in the far distant future, the next AMTA IL state conference will be March 21, 22, and 23rd, 2014 at the Hilton Garden Inn, in Des Plaines. There will be three full days of classes with classes presented by Dr. Janet Kahn, Laura Allen, Ann Catlin, Doug Nelson, and many more worthy presenters. So save the date and join us for earning up to 18 CE hours.

Hoping to see all of you at any of the events we put together for you, the members we serve.

Sincerely,

Becky Schwoebel
President

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AMTA-IL Kneads You!

By: Keri Randall, Membership Chair

The Illinois chapter of AMTA works only because of our **AMAZING** members and their desire to volunteer to further our profession. Did you know that there are lots of ways to be involved with your AMTA chapter? Our membership committee is here to help you find your fit within our chapter. We need more members to help with networking, communications, government relations and education. We want to serve our members in the best way possible. **Who would be better than you to make that happen?**

In several areas throughout the state, we have groups that meet regularly to network, share techniques, trade massages or just socialize. If you don't have one of these groups in your area, contact us to find out how to get one started. Our chapter is also working to reach out on a more individual level to its members. Maybe you can help? Is it easy for you to talk to other therapists? Do you like to make people feel welcome or spread awareness of events in your area? Let us know!

Are you interested in what goes on behind the scenes with our state licensing board or local government settings? Then you should consider becoming part of the government relations committee. We need Massage Therapists interested in helping educate our communities.

Do you have a talent for marketing through social media? Or are you gifted at organization or writing? Our communications team is always looking for members to help get information out to your fellow massage therapists through the state.

Some people are just good at organizing events. Maybe you can help bring more continuing education opportunities to our state, throughout our state. Let us know what you would like to see happening and help our education committee make it happen!

Each individual member is important to our Illinois AMTA chapter. We are working to make sure you know that! But the best way for us to hear you is for you to get involved.

Call for Award Nominations

Do you want to show your appreciation for your fellow massage therapist? Here is your opportunity! Nominate them for one of the Illinois Chapter Awards.

- Do you know a massage therapist that has given their time volunteering? Nominate them for the **Meritorious Award**.
- How about an individual or group that has been working tirelessly to help grow the community of massage therapists? Nominate them for the **Distinguished Service Award**.
- How about the teacher who has provided leadership and inspiration in your profession? Nominate them for the **Massage Therapy Educator Leadership Award**.
- Do you know a massage therapist who has made a major impact on the profession? **Nominate them for the Pioneer Award**.
- Can you think of a massage therapist that is the "heart" of our profession, who always goes above and beyond for others? **Nominate them for the Humanitarian Award**.

Please send all nominations using the attached link by **No later than Monday, February 24th**.

<http://www.amta-il.org/awards.html>

Thank you,

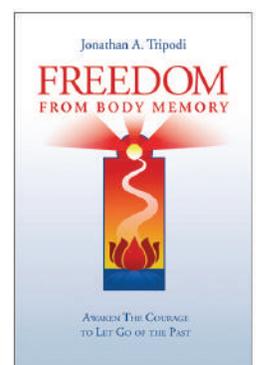
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Update from the Education Committee

By: Dennis Frymire, Education Committee Chair

The AMTA-Illinois chapter is excited to have Dr. Muscolino back in Chicago the weekend of November 9 and 10 to present his workshop, Clinical Orthopedic Manual Therapy for the Hip and Lower Extremity. Dr. Muscolino's classes and workshops are sought out worldwide, and we are fortunate to have him present for us not once, but three times in 2013. He was here previously in June and September. His series of workshops can be taken as stand-alone courses, or build towards a full certification in Clinical Orthopedic Manual Therapy. Whether you have had a chance to take the previous workshops, we hope you can join us in November.

How many of your clients work in a job where they are sitting at a desk for extended periods of time, or constantly on the road, behind the wheel? The answer may likely be, a majority of them. In the last couple of years, study after study has been released showing the adverse effects sitting for 8-10 hours a day has on the body. As massage therapists, what can we do to help alleviate some of our client's pain? Celia Bucci, Licensed Massage Therapist, and author of *Condition-Specific Massage*

Therapy, will be at Lake Land College in Effingham, October 19 and 20, to present her two-day workshop, Common Complaints of the Desk Worker.

"We'll discuss the connection between postural imbalance and conditions like headaches, carpal tunnel syndrome, low back pain and sciatic symptoms," says Bucci. "We'll focus on how to apply the concepts covered in class to plan treatment for your client's unique needs."

Whether you work in a clinical or wellness setting, this workshop can prove invaluable for your practice and your clients. We hope you can join us.

On a final note this month, the Education Committee is hard at work organizing the Illinois Chapter's 2014 Annual Conference, which will take place at the Chicago Hilton Garden Inn, on March 21-23. More details will follow in the coming months.

For more information about these workshops, or for other educational opportunities, please visit our chapter website, www.amta-il.org.

Central Sensitization and the Mystery of Pain

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the presenting symptom) have the *most* potential to increase CS, so deactivating them is highly beneficial for the client's general health.

There is great value in both the specific and the general. Great and effective therapy is a both/and proposition, not either or.

Douglas Nelson began his career in massage therapy in 1977 and maintains a very active clinical practice. He is the President of BodyWork Associates,

a massage therapy clinic in Champaign, IL. His teaching institute, NMT MidWest, Inc. provides about one hundred trainings annually in Precision Neuromuscular Therapy™ across the USA and abroad. His research institute has conducted more than twenty clinical research studies. Doug is a published author and has published articles in numerous journals and is a columnist for *Massage and Bodywork* magazine. His latest book, *The Mystery of Pain* was published in April 2013. Doug has been the recipient of numerous awards in his field, most recently the 2013 Massage Therapy Educator of the Year from the IL Chapter of the American Massage Therapy Association and will be a presenter at the AMTA-IL Chapter Annual Conference in March 2014.

Awards for 2013

Meritorious Award 2013: **Celia Bucci**

Distinguished Service Award 2013: **Heather McCutcheson**

Educator 2013: **Dough Nelson**

Pioneer 2013: **Patricia Benjamin**

Humanitarian 2103: **Heather Lambe Fitzgerald**

Massage Therapy Student 2013: **Vonda VanHooser Laffey**

Update on the Affordable Care Act

By: Natalie Weintraub

January 2014 is just around the corner, which means it's been a busy summer for anyone involved with the upcoming healthcare changes. IHPC, the Integrative Policy Consortium, has been hard at work with outreach on both a state and federal level.

As I wrote about previously, the biggest change for CAM providers comes in the form of Section 2706 of the Affordable Care Act, also known as the Non-Discrimination Provision. This section proposes that insurance companies give the same rights and coverage to all licensed healthcare providers, medical doctors and massage therapists alike. Any licensed therapist credentialed with an insurance company and working within his or her scope of practice would be able to treat insurance clients and receive reimbursement.

How has IHPC been helping? Perhaps most importantly, IHPC has been involved with regional meetings with the Department of Health and Human Services. Although so far these meetings have only been in Region 9 (meeting in San Diego) and Region 10 (meeting in Seattle), IHPC is looking to create "regional nodes" made up of representatives of integrative healthcare disciplines to further discussions about Section 2706 with the HHS Regional Directors. Deborah Senn, former WA insurance commissioner and architect of a similar non-discrimination law in that state, presented facts and details about Section 2706 at the Region 10 meeting.

On a state level, there is a lot of confusion as to what Section 2706 means. What does it allow? What does it not allow? Because this will be implemented on a state-by-state basis, education needs to start locally. IHPC is currently creating a list of talking points about Section 2706 to share with AMTA, one of their Partners for Health. From there, AMTA will share it with state chapters in order for it to be used in future meetings with state officials and insurance commissioners.

Unfortunately, there is already a movement afoot to repeal the Non-Discrimination Provision. Introduced to the House of Representatives this summer, HR 2817 acts solely to remove Section 2706 from the Affordable Care Act. This

How would you like to grow as a massage therapist? Not sure where to start?

Turn your job into a career.

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AMTA-IL Communications Committee.*

In a few short months volunteering for the chapter, I've seen my infant massage business increase, met lots of great people, and have grown professionally ten times over.

Initiating communications for the chapter gives you an opportunity to meet massage professionals worldwide. Preparing those communications helps you learn what's happening in the field worldwide.

Tasks on the committee include:

- Assisting with the chapter newsletter 3 times per year
- Participating in social media on behalf of the chapter
- Researching opportunities for professional development to share with members
- Maintaining a fresh and interactive website

Contact me today to tell me how you'd like to help build a strong community of professional Massage Therapists.

Chris Bakker

Communications Liaison
cbakker55@yahoo.com

bill has the support of the AMA, as well as several other medical associations. Although the ultimate future of Section 2706 is uncertain, support on the ground of CAM coverage is growing, and we need to build it even further.

What can you, as an individual provider, do for health care reform? Talk it up. Let people know what's going on. Tell your colleagues, of course - make sure everyone at your clinic or spa knows about Section 2706 and the upcoming changes. Tell your clients - let them know that having insurance cover their massages is just around the corner. Tell friends, family, anyone you meet! It's a great conversation starter. A lot of this comes to just getting the word out.

The more excited people are for these changes, the more power we'll have to implement them. State officials need know that having equal access to a range of healthcare providers is an important part of affordable care.

Calendar of Events

Education

Student Day

Oct. 17
Lake Land College, Effingham

Common Complaints of the Desk Worker With Celia Bucci

Oct. 18-19
Lake Land College, Effingham

Clinical Orthopedic Manual Therapy For Hip and Lower Extremities With Joe Musculino

Nov. 9-10 – Hilton Garden Inn, Desplaines

Meetups

Evanston

Dec. 4 – 6:00-8:00
Contact: Sarah Lashley -
sarah@somavidabodywork.com

Oak Park

Nov. 19 – 7:00-8:30
Contact: Denise Kozel –
denisepmt@aol.com

Organize an AMTA-IL Meetup in your area!

Let us know the dates, times and contact information and we'll help you spread the word.

Contact **Keri Randall** at
Kerirandall1@gmail.com
for more information

Member Profile

By: Beth McNeill

Name: **Dennis Frymire**

AMTA Member since: **2009**

Volunteer position: **Education
Committee Chair**

Location: **Chicago**



Dennis took over for former Education Committee Chair, Ellen Letten, this summer. I felt like it would be good for us to get to know a bit about him as he prepares to head up the annual conference and education sessions.

What brought you to the Massage Therapy profession?

A few years ago, I was working the stereotypical soul-sucking office job. My mom had passed away a few months before from a stroke, and my dad had passed away from heart disease a few years before that. And they were just in their 50s and 60s. I was about to turn 30, and in the worst physical shape of my life. I realized I desperately needed a change. A colleague of mine in the office was in her final months of massage school and often had her textbooks out in the break room during lunch. Massage had been a passing interest here and there, and I decided to look into it more. A few weeks later I enrolled in massage school. At the same time, I started exercising and getting back in shape.

What brought you to volunteering for the AMTA and eventually chairing the education committee?

I recently stepped away from teaching, but was still looking for a way to stay involved in the community. Meanwhile, Ellen Letten, the former Education Committee chair, needed to step away while she got her new massage business started, which can be quite the uphill battle through Chicago's bureaucratic channels. It was good timing.

What would you like to learn more about?

Fascial therapy and release. More and more, I think fascial work has the best chance of creating long-term changes in posture and increased range of motion.

What are your hobbies and passions outside of massage therapy?

My biggest passion is theater and performance, which I'm lucky to get to do quite frequently in Chicago. I'm teaching myself guitar and harmonica, and recently decided to get over my fear of bicycling in Chicago traffic and have started using that as my primary means of getting around (thanks to the new city-sponsored bike share program.)

What is your vision for the future of the profession?

Like most MTs, I want to see the profession recognized as healthcare, as something people make a part of their overall wellness plan. (Small victory: I went to my eye doctor yesterday, and he gave me a twenty percent discount for being a "fellow healthcare practitioner"!) I also recognize that in today's economy, services such as massage and bodywork are often the first things that fall by the wayside. I would love to find a way to make massage more affordable while not having a harmful effect on MTs' individual practices.

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Recent Graduate Perspective: Upon Entering the Field . . .

By: Peggy Kelly, LMT
AMTA Member School: Harper College

Beginning school for massage therapy a year ago was so exciting. I had wanted to pursue massage therapy for many years, and the time had finally come. It was a time of infinite possibilities. I knew nothing about anatomy or physiology; everything would be entirely new. So it was with complete abandon that I threw myself into the program, sponging up every morsel of information and reveling in the moments of both confidence and uncertainty.

My plan had always been to work with seniors and hospice patients. My earlier life experience had taught me that I had an affinity for those populations, so that's what I was going to do. But I was learning so many different modalities that would not lend themselves to those populations that I began to question my plans for the future. I was feeling pulled in many directions at once. There were so many more options than I had imagined. The only thing I knew for certain

was that I didn't want to do only one type treatment for my whole career. What appealed to me was the variety, the potential to help different people with different needs in different ways.

Now, a year later, having graduated and received my license, it's time to decide what I'm going to do. And once again I see infinite possibilities. I feel limited only by my imagination. I am blessed to have clients knocking on my door: friends, neighbors, and (paying!) family members all very supportive and grateful to have an LMT on call. With my family's support, a small home-based business has become a delightful reality. I've also found opportunities to serve both local senior groups and hospice centers. And soon I'll be demonstrating infant massage and teaching the importance of self-care to a group living at a residential women's home. What a privilege to combine my past life as teacher and my current life as massage therapist to help these brave women. I could never have imagined such a wonderful opportunity. Infinite possibilities. Infinite blessings. And I'm just entering the field.



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Kansas City, MO	Jun 5-8, 2014
Columbus, OH	Jun 19-22, 2014

CranioSacral Therapy 2 (CS2)

Madison, WI	Jan 16-19, 2014
Chicago, IL	Jan 16-19, 2014
Indianapolis, IN	May 15-18, 2014

SomatoEmotional Release 1 (SER1)

Chicago, IL	Jun 5-8, 2014
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Advanced 1 CranioSacral (ADV1)

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Illinois Student Awarded AMTA Student Scholarship

By Ron Precht

The American Massage Therapy Association (AMTA) has awarded its first \$5,000 Massage Therapy Student Scholarship to Tamra Gallo of Illinois. Tamra is a recent graduate of the massage therapy program at Elgin Community College and received the scholarship because of the quality and content of the essay she submitted for the award.

AMTA congratulates Tamra and the Elgin Community College for their commitment to quality massage therapy education and practice. She was presented with her scholarship check by AMTA Executive Director Bill Brown today in the company of her teachers.

AMTA will open the entry period for its next \$5,000 student scholarship at its national convention in Ft. Worth, Texas between September 25 and 28. These scholarships are intended to reward massage therapy students who demonstrate a commitment to excellence in the massage therapy profession.

Share your healing touch and promote the benefit of massage therapy throughout Illinois

Join the Community Outreach Team

AMTA-IL arranges outreach events for a wide variety of not-for-profit organizations. Help us serve your community by volunteering as a regional organizer.

Volunteer activities include:

- Connecting with organizations in need
- Planning outreach events
- Representing AMTA-IL at outreach events
- Recruiting and training volunteers
- Developing and implementing policies and procedures

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tony@karoumimassage.com



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Help Needed for Research Study – Recruiting Partners

By: Heidi Berthoud, Project Manager

Our study team is testing a new research survey to help provide a much-needed understanding of patients’ beliefs about the effectiveness of the treatments they receive. This is important because of conflicting evidence showing patients’ beliefs and expectations may significantly affect treatment outcomes.

The new survey measures patient’s expectations of four Complementary and Alternative Medicine (CAM) practices; acupuncture, chiropractic care, massage, and yoga to treat chronic low back pain. To ensure the survey is valid, we need to test it scientifically with patients who have chronic low back pain and are just starting a CAM treatment.

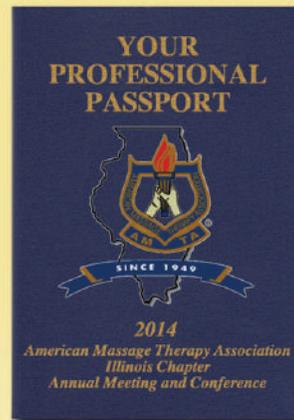
Our study team is comprised of researchers from Group Health Research Institute in Seattle, WA, the University of Washington, and the University of Arizona. We received funding from the National Institutes of Health, National Center for Complementary and Alternative Medicine (NCCAM).

We would really like to include you among our “recruiting partners.” What we are asking you to do is simple: We will send you our study recruitment materials to post in your waiting area and/or at your front desk so that your new patients with lower back pain will see this information and know how to find out more about the study. Our materials direct the patients to our website - ExpectStudy.org which has a link to the survey.

If you are interested, we will send you a packet of recruitment materials. Once you’ve received these materials we’d like to set up a brief phone call or in-person meeting to discuss our study and answer any questions you might have. Contact me at 206-442-5240

Save the Date

AMTA - Illinois Chapter Annual Meeting and Conference
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Hilton Garden Inn, Des Plaines



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- Pete Whitridge
Teacher Training:
Core Competencies for
Massage Educators
- Douglas Nelson
The Mystery of Pain
- Kelli Wise
Ethics and the Internet
- Lauren Nilsen
Massage for the Military
- Heather McCutcheon
Evaluate your Chakras
- Kathleen Gramzay
Kinnesage® Self Care
- Terri Visovatti
Eastern to Western
Passive Stretching
- David Fluecke
Psychosocial Factors in
Massage Therapy
- Student Day
- more to come...

AMTA Elections are Open

Apply for the following positions:

- President
- 2nd Vice President
- Secretary
- Member-At-Large.

Deadline:

Applications will be accepted until March 18, 2014
Obtain an application by emailing the chapter
at: info@amtail.org or by going to the AMTA-IL
website at: www.amtail.org.

Qualifications:

Applicant needs to be a member in good standing.

Research Matters

Compiled by Celia Bucci

Each of the titles below is a live link. Titles in blue are live links to free, open access articles.

Fatigue mitigation through the optimization of ergonomic positional parameters in massage therapy using virtual instrumentation

S Murali, S. V Shanmugam, G. Arun Prasaad, M. Sarath Kumar, C. Manoharan, S. R. Devadasan, R. Muruges
The International Journal of Advanced Manufacturing Technology

Effects of Swedish Massage Therapy on Blood Pressure, Heart Rate, and Inflammatory Markers in Hypertensive Women

Izreen Supa'at,¹ Zaiton Zakaria,² Oteh Maskon,³ Amilia Aminuddin,² and Nor Anita Megat Mohd Nordin²
Evidence-Based Complementary and Alternative Medicine

Comparing the Antiswelling and Analgesic Effects of Three Different Ice Pack Therapy Durations: A Randomized Controlled Trial on Cases With Soft Tissue Injuries

CC Kuo, CC Lin, WJ Lee, WT Huang
Journal of Nursing Research

The use of functional and traditional mobilization interventions in a patient with chronic thoracic pain: a case report

DL Aiken, D Vaughn
Journal of Manual & Manipulative Therapy

Health psychology as a context for massage therapy: A conceptual model with CAM as mediator

Glenn M. Hymel, Grant J. Rich
Journal of Bodywork and Movement Therapies

Myofascial Trigger Points of the Pelvic Floor: Associations with Urological Pain Syndromes and Treatment Strategies Including Injection Therapy

Robert M. Moldwin, Jennifer Yonaitis Fariello
Current Urology Reports

The effect of the Slow-Stroke back massage on fatigue of dialyzed patients

Hadi Hasankhani, Fariba Ghaderi, Sima Lakdizaji, Mina Nahamin
International Research Journal of Applied and Basic Sciences

The efficacy of massage on short and long term outcomes in preterm infants

B Abdallah, LK Badr, M Hawwari
Infant Behavior and Development, 2013

The effect of aromatherapy and massage administered in different ways to women with breast cancer on their symptoms and quality of life

Ö Ovayolu, Ü Seviğ, N Ovayolu, A Sevinç
International Journal of Nursing Practice

Chronic Refractory Myofascial Pain: Characteristics of Patients who Self-select Long-term Management with Electrical Twitch-Obtaining Intramuscular Stimulation

Jennifer Chu, I Schwartz, S Schwartz
International Journal of Physical Medicine & Rehabilitation

Mathematical Analysis of the Flow of Hyaluronic Acid Around Fascia During Manual Therapy Motions

M Roman, PhD, H Chaudhry, PhD, B Bukiet, PhD, A Stecco, MD, T W. Findley, MD, PhD
The Journal of the American Osteopathic Association

Comparison of Massage Based on the Tensegrity Principle and Classic Massage in Treating Chronic Shoulder Pain

K Kassolik, PT, PhD, W Andrzejewski, PT, PhD, M Brzozowski, PT, MSc, I Wilk, PT, MSc, L Górecka-Midura, PT, MSc, B Ostrowska, PT, PhD, D Krzyżanowski, PT, MSc, D Kurpas, MD, PhD
Journal of Manipulative and Physiological Therapeutics

Hydrotherapy as a recovery strategy after exercise: a pragmatic controlled trial

Cuesta-Vargas AI, Travé-Mesa A, Vera-Cabrera A, Cruz-Terrón D, Castro-Sánchez AM, Fernández-de-las-Peñas C, Arroyo-Morales M
BMC Complementary and Alternative Medicine

Effect of massage therapy on menopausal symptoms: a randomized clinical trial study

S Taavoni, F Darsareh, H Haghani
European Psychiatry

A randomised controlled trial of the use of aromatherapy and hand massage to reduce disruptive behaviour in people with dementia

CY Fu, W Moyle, M Cooke
BMC Complementary and Alternative Medicine

Manual Treatment for Cervicogenic Headache and Active Trigger Point in the Sternocleidomastoid Muscle: A Pilot Randomized Clinical Trial

G Bodes-Pardo, D Pecos-Martín, T Gallego-Izquierdo, J Salom-Moreno, C Fernández-de-las-Peñas, R Ortega-Santiago
Journal of Manipulative and Physiological Therapeutics

Short term effects of kinesiotaping on acromiohumeral distance in asymptomatic subjects: A randomised controlled trial
 A. Luque-Suarez, S. Navarro-Ledesma, P. Petocz, M.J. Hancock, J. Hush
Manual Therapy

Massage therapy and exercise therapy in patients with multiple sclerosis: a randomized controlled pilot study
 H Negahban, S Rezaie, S Goharpey
Clinical Rehabilitation

Effects of Shiatsu in the Management of Fibromyalgia Symptoms: A Controlled Pilot Study
 SLK Yuan, AA Berssaneti, AP Marques
Journal of Manipulative and Physiological Therapeutics

A randomized trial investigating the efficacy of Manual Lymphatic Drainage to improve early outcome following Total Knee Arthroplasty
 JR Ebert, B Joss, B Jardine, DJ Wood
Archives of Physical Medicine and Rehabilitation

Clinical Implication of Latent Myofascial Trigger Point
 D Celik, EK Mutlu
Current Pain and Headache Reports

NTOS symptoms and mobility: A case study on neurogenic thoracic outlet syndrome involving massage therapy
 Robin S. Streit
Journal of Bodywork and Movement Therapies

The Effectiveness of Massage in Therapy for Obturator Nerve Dysfunction as Complication of Hip Joint Alloplasty—Case Report
 K Kassolik, D Kurpas, I Wilk, I Uchmanowicz, J Hyzy
Rehabilitation Nursing

Massage and stretching reduce spinal reflex excitability without affecting twitch contractile properties
 DG Behm, A Peach, M Maddigan, SJ Aboodarda
Journal of Electromyography and Kinesiology

Short- and Medium-Term Effects of Manual Therapy on Cervical Active Range of Motion and Pressure Pain Sensitivity in Latent Myofascial Pain of the Upper Trapezius Muscle: A Randomized Controlled Trial
 Natália M. Oliveira-Campelo, Cristina A. de Melo, Francisco Alburquerque-Sendín, Jorge P. Machado
Journal of Manipulative and Physiological Therapeutics

Myofascial trigger points and innervation zone locations in upper trapezius muscles
 Barbero M, Cescon C, Tettamanti A, Leggero V, Macmillan F, Coutts F, Gatti R
BMC Musculoskeletal Disorders

Positive Effects of Massage Therapy on a Patient with Narcolepsy
 R Hill, A Baskwill
International Journal of Therapeutic Massage & Bodywork

Massage Efficacy Beliefs for Muscle Recovery from a Running Race
 A Moraska
International Journal of Therapeutic Massage & Bodywork

Facilitating Case Studies in Massage Therapy Clinical Education
 A Baskwill
International Journal of Therapeutic Massage & Bodywork

Effect of combining tuina with balance training on balance functions of stroke patients
 J Wu, X Cui, J Wang, J Shi, W Ye
Journal of Acupuncture and Tuina Science

Intra-oral myofascial therapy versus education and self-care in the treatment of chronic, myogenous temporomandibular disorder: a randomised, clinical trial
 Kalamir A, Graham PL, Vitiello AL, Bonello R, Pollard H
Chiropractic & Manual Therapies

For more information on research literacy, training, and grant information, visit:

Massage Therapy Foundation
 National Center for Complementary and Medicine – Training
 National Center for Complementary and Medicine - Grants

Have Something to Say? Tell me about it!

**Students and veterans!
Business owners and instructors!**

From fiction to research, we want to hear from you. Send a single submission or suggest a recurring column.

**SUBMISSION DEADLINE FOR NEXT ISSUE:
January 15, 2014**

Contact Beth McNeill at mcneill.beth@gmail.com for details

The AMTA-IL welcomes articles and photographs for publication. We reserve the right to edit for space and clarification.

New AMTA-IL Members

June New Members

Jamie Altenberger
Thoams Anstead
Lekisha Archibals
Jose Avila
Sharon Bertrand
Alina Boca
Sarah Bunker
La Toshia Burrell
Yesenia Delgado
Corey Dillow
Lauren Elleman
Rachel Eng
Dawn Ervin
Colleen Fairbrother
Laddavan Kai Falcon
Katherine Finke
Sara Firnhaber
Yvette Fuiava
Elizaebeth Guerrero
Amy Hadley
Amber Hane
Nargis Harris
Jennifer Hartmann
Amanda Herlo
Kathleen Hurr
Jennifer Kautz
Nina Kennedy
Marcia Klima
Jennah Koppie
Rebecca Lewkowicz
Kim McClure
Kimberly Morgan
Theresa Moulton
Tricia Mulgrew
Carol Nerge
Meggan Payne
Bethany Petri
Katie Pop
Senon Ray Posadas
Kayla Reese
Valerie Rix
Jessica Roling
Wenwei Rosselli
Maria Salgado
Carol Schultz
Amy Scott
Shanata Smith
Vincente Soto
Shirley Stables
Amy Taylor
Rita Vargas
Dale Walker
Koltyn Watts
Brook Wehrenberg
Margaret Wians

July New Members

Jennifer Bahm
Marvin Bowen
Brandy Brown
Rachel Brown

Michael Bruno
Paige Burnett
Maria Delgado
Keith DeStefano
Jeffery Downing
Andrea Garrity
Shavon Glover
Joe Goga
William Tim Haddad
Puja Halvadia
Rachelle Hasty
Caitlin Hines
Dominique Holley
Stephen Jacobs
Candace Mallin
Jill Meyerhoff
Erik Mitchell
Nicole Mitzelfelt
John Nickelson
Jessica Perez
Rachel Poplawski
Traci Quick
Frances Russell
Jarred Schaufel
Jigme Sherpa
Tiffany Simpson
Ashley Spada
Melissa Stahl
Thomas Stewart
Kristin Tseu
Evelin Valles
Samantha Voigtsberger
Elizabeth Wafe

August New Members

Nancy Antoni
Kevin Banks
Ryan Belgon
Michele Benz
Paloma Bernal
Latrice Bradford
Tiffanie Brill
Angela Brooks
Raven Brown
Lisa Campbell
Michael Cassese
Amanda Chiarenza
Jason Cox
Michael Davis
Alexis Dee
Stephanie Diaz
Christina Dillion
Autum Doolin
Amy Durbin
Mariacruz Escatel
Helauda Fernando
Bridget Fisher
Amanda Flores
Caitlin Ford
Patty Foster
Annette Gallagher
Daniel Gauger

Celeste Graham
Daniel Gray
Sherri Hamby
Caitlin Hancock
Ashley Hart
Steven Herrejo
Hannah Huisenga
Dominique Jacobs
Adriana Johnson
Rachel Katzman
Andrea Kinder
Sarah Langthorne
Zachary Leming
Anna Magee
Ashley Makarowski
Gloria Maldonado
Jesus Martinez
Melissa Martinez
Ramon Mascarenas
Roxanne Maugeri
Paul Mayhew
Rachel Mchan
Lindsay McMullen
Terron Mollet
Stephanie Morgan
Monica Newton
Chris O'Brien
Sarao Orosco
Vicki Ortega
Fernando Palacios
Salvatore Palazzolo
Charity Prater
Skyler Quinn
Linda Raffaelli
Lorena Ramirez
Mario Rentas
Kassandra Rivera
Cesar Romo
Danielle Rupert
Christine Salas
Lee Saunders
Ananony Savaliere
Heidi Schaedel
Tom Schaeffges
Stacie Scheiner
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Alvin Summers
Danielle Swaboski
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Kelly Taylor
Nicole Thomas
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Sara Turk
Justine Turner
Sabas Uriostegui
Danny Vaughn
Kristina Veltri
Shayna Vialdores
Jeffery Wheeler
Cyril Willemin
Adaku Zerhouni



AMTA-ILLINOIS Fall Student Day

Friday October 18, 2013 10:30 - 2:30 PM

**Lake Land College Kluthe Center, Effingham, IL
1204 Network Center Blvd, Effingham, 62401**

**Enjoy an Empowering Day of Unity & Growth
with Fellow Illinois Students & Massage Therapy
Educators!!!**

Registration Fee \$10

- Meet current IL Licensed Massage Therapists
- Industry Representatives
- **FREE SACK LUNCH**
- Ask questions, receive feedback
- Engage your educators
- Most of all have fun!!
- If interested, let your teacher know they can contact Keri Randall of the AMTA IL Chapter to register at 847-905-1427.

Other events the weekend of October 18-20

AMTA-IL Business Meeting, 9am Saturday Oct 19th
Lake Land College Kluthe Center

"Dressing Common Complaints of the Desk Worker" by Celia Bucci
Upper body - Saturday October 19, 2013 10-5 (6 CEs)
Lower body - Sunday October 20, 2013 9-4 (6 CEs)
Tables provided, bring linens

Connect with us:

IL Chapter Office info@amta-il.org or 847.905.1427

www.amta-il.org or our Facebook Page: AMTA Illinois Chapter

PRILUTSKY`S METHOD OF FASCIA RELEASE, SKIN AND MUSCLE MOBILIZATION USING SILICONE JARS

This method was developed by the internationally renowned expert in Medical and Sports massage Boris Prilutsky.

After spending more than 40 years in the treatment room, the discovery of silicone jar potentials, changed the way Boris practices massage therapy.

Silicone jars uncovered a much greater potential than the traditional glass jars. Its application allows achieving faster and more sustained results than those Boris used to achieve previously using medical massage techniques.



Not only that they provide suction by squeeze action rather than by fire.

More importantly silicone jars are both firm and pliable allowing movement along various body surfaces including, bony structures.



In his development, carefully evaluating all these features of silicone jars, Boris has adopted them to the existing protocols of Medical Massage, thus developing a very new methodology for treatment of multiple upper and lower back disorders.

This method is especially effective in fascia release, skin and muscle mobilization, elimination of adhesions and in addressing trigger points.



Thoracic Outlet Syndrome



Rotator cuff / Frozen shoulder



Tennis/ Golf Elbow



Carpal Tunnel



Upper Back Disorders



**Lumbalgia
Sciatic Nerve Neuralgia**



Hamstring



Planter Fasciitis



Calf



Knee



Shin Splints

Despite its tremendous clinical power this method is very simple to perform and, once learned, could be used even by novice massage therapists.

To gain a better familiarity with this method please visit our website at:

<http://medicalmassage-edu.com>

Ortho-Bionomy®

Osteopathic Principles ~ Proprioceptive Self-Correction

Clients and therapists agree, results are "amazing."

Developed by Dr. Arthur Pauls, British Osteopath and Martial Arts Instructor, Ortho-Bionomy engages THE BODY's wholistic, self-corrective and SELF-HEALING NATURE. By working with the nervous system in specific ways, Ortho-Bionomy resolves the underlying cause of structural and muscular pain and tension and restores alignment, from the inside-out. It is a complete system that ibridges physical work with energy work and lymphatic drainage for the endocrine system. **ACHIEVE EXCEPTIONAL RESULTS** with more ease, immediacy and lasting effectiveness than you might have thought possible.

INNATE HEALING POWER ~ DEEP LASTING RESULTS

- Melt muscular tension.
- Mobilize joints.
- Restore alignment. Improve function.
- Increase range of motion.
- Enhance bodymind connection.
- Release tender points in 10-90 seconds.
- Relieve pain, without causing pain.
- Receive 3 hrs of bodywork each day!
- Put new skills to work immediately.
- Approved for NCTMB and IL License CE Hrs

WOULD YOU LIKE TO WORK SMARTER ~ NOT HARDER?

"I held her leg in a comfortable position for about a minute and the pain was gone! Incredible!"

"I didn't know this work was so powerful. . . ." "I can do so much more with Ortho-Bionomy."

"The workshop exceeded expectations...! Excellent dynamics, instruction, energy and focus...."

Fall 2013 - Winter 2014 ~ CE Hours ~ Certification Available.

Take one workshop. Take a SERIES and get great savings.

CORE CURRICULUM Series (Associate Training-115 hours) – More info is online.

Essential Elements, 4 CE Hrs.	November 15
The Art of Positional Release ~ Extremities, 16 CE Hrs.	November 16-17
Essential Elements, 4 CE Hrs (repeat).	February 21
Craniosacral and Cranial Energy Work 16 CE Hrs.....	February 22-23
TBD ~ 16 or 20 CE Hrs.	April 11-13

Small class size ~10 max. ~ optimal learning. Early registration savings.



Advanced Instructor, Ann Hoeffel, LMT, CST, CHt, BS-Edu
~ 28 years experience. Over 4500 hours training ~

"Ann Hoeffel is a superb educator and a natural. Clarity, pacing, content--truly superb." -- Dale Alexander, PhD

Register: 312-280-1070 or
suncenter@wholisticlifecenter.com.
More info: www.wholisticlifecenter.com

JOIN AMTA! GET ALL THE BENEFITS OF AMTA AND AMTA-IL MEMBERSHIP!

All of the following highly valuable benefits are included with your AMTA membership:

- *Research support – building credibility for massage*
- *Advancement of the awareness of massage – to consumers and healthcare professionals*
- *Development and support of ethics and standards – for AMTA members and the profession*
- *Legislative advocacy – for fair and equitable regulation at state and local levels*
- *Continuing education – high-quality, low-cost opportunities at members-only rates*
- *Liability insurance – broad and high-limit coverage for financial protection*
- *Local and national on-line resources at amtamassage.org and amta-il.org*
- *Members-only savings – on professional products, and optional insurance plans. Discounts on office supplies, hotels, car rentals and real estate available.*

Renew your membership or join as a new member today!

For more information on these and other benefits of your AMTA membership, visit amtamassage.org.

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