



Spring 2015

## **AMTA-CO Spring Educational and Meeting**

**April 11 & 12, 2015**

**Pueblo Community College — 900 West Orman Avenue, Pueblo**



**Nate Cuddihy-Garner, MS, RMT, CPT**, has been practicing massage therapy since 1997, which has included working in Integrated Medical Offices, Physical Therapy Clinics, and Sports Performance Centers. In addition to private practice, Nate currently works in an occupational medical setting, treating patients alongside physical therapists, chiropractors, and acupuncturists. He has been teaching anatomy, orthopedic and sports massage therapy for over 15 years and has been a faculty member at the Boulder College of Massage Therapy, and the Brenneke School of Massage (Cortiva Institute Seattle).

Nate holds a Master's degree in Human Movement Science through the Arizona School of Health Sciences. In addition, he is a Certified Personal Trainer and Corrective Exercise Specialist through the National Academy of Sports Medicine.

### **Multidimensional Approaches to Upper Extremity Pain**

- Learn how to identify potential rib dysfunction through visual observation and palpation.
- Understand the role of scapular dyskinesis in shoulder pain and movement restrictions.
- Evaluate patients using neural compression & tension test, along with several manual muscle tests.
- Deepen your ability to differentiate repetitive strain injuries from nerve compression symptoms and trigger point referrals.
- Learn how and when to apply a variety of highly effective soft tissue techniques.
- Demonstrate appropriate self-care suggestions to your clients/patients.

### **Soft Tissue Approaches to Rib Dysfunction**

- Develop an understanding of the role the ribs play in addressing musculoskeletal pain and movement restrictions
- Deepen your understanding of the ribs & ribcage anatomy
- Enhance your ability to detect potential rib dysfunction through visual observation and palpation.
- Learn effective, integrated, techniques to address multiple levels of rib dysfunction and related soft tissue restrictions.
- Increase your ability to help your clients breathe easier, move better, and feel less pain.

*Continued on page 4*

## AMTA-CO Chapter Board & Committee Chairs

Message Line: 970-208-1610

### President

Deb Hatch, LMT (970) 556-9277  
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### Newsletter Editor

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## AMTA-CO 2014 Delegates

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Seumas Rhea, LMT	(719) 671-5284
Jaime Smith, LMT	(719) 575-9223
Andy Kissick, LMT	(719) 390-1307
Byron Thomas, LMT	(303) 242-6659



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Chapter, please refer to the website  
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and one will be mailed to you.

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Hi friends and colleagues - such a blessing that so many fall into both categories!

Another new year begins and I'm still reveling in the amazing experience of 2014! Over 80 AMTA-CO members came forward with their time and talents to create a memorable experience for 2014 AMTA National Convention attendees! It was one of the best conventions ever, and it was our amazing convention leaders and all the wonderful volunteers that made this convention excel. It truly was a team effort.

As pleasurable as reminiscing is, there is so much ahead in 2015 to share with you. We will continue our local based Meet-n-Greets, amazing education (in Pueblo and Loveland), Massage Therapy Legislative Awareness Day at the Capitol, Community Service Massage Team (CSMT) training and events, Event Sport Massage Team (ESMT) events . . . AND we are open to new ideas! So if you have an idea or suggestion, please share it with me or any of our board members.

Finally, I would like to thank the many members that have continued to gift the Chapter with what they use to pay in "Chapter fee/dues." We are not given any names of contributors so are unable to thank you personally, but please know that your gift is very much appreciated and contributes greatly to the services and programs that our chapter is able to provide.

After seventeen-plus years in this field, I still feel it is the most amazing and rewarding profession in the world. I'm continually inspired by fellow therapists and am so very honored to share this journey with you. I hope to see you in Pueblo!



## **President's Report**

*Deb Hatch, LMT*

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### **Volunteer Opportunity – Massage Therapy Legislative Awareness Day**

We invite you to volunteer for our annual Massage Therapy Legislative Awareness Day, hosted by ABMP and the American Massage Therapy Association (AMTA) - Colorado Chapter. This is an excellent opportunity to advocate for the profession, communicate with legislators, and provide them with an update on how the licensure process is going. We are seeking volunteers to provide complimentary chair massage from 9:00 a.m. - 1:00 p.m. on Wednesday, March 25<sup>th</sup>. Volunteers must have completed school and have current state licensure and liability insurance coverage.

**When:** Wednesday, March 25<sup>th</sup>, 9:00 a.m. – 1:00 p.m.

**Where:** Old Supreme Court Chambers, 2<sup>nd</sup> Floor,  
Colorado State Capitol Building, 200 E. Colfax Avenue, Denver

**Time:** Arrive 8:30/8:45 for 9:00 a.m. start time

**To volunteer:** Contact Christen — 3rd.VP@amtacolorado.org

**BYOC:** Bring Your Own Chair! There will be a couple of chairs available for those who don't have their own. Detailed instructions will be provided to volunteers.



## **Government Relations**

*Christen Cutter, LMT*

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## **Directions & Accommodations**

*Pueblo Community  
College  
900 West Orman Avenue  
Pueblo, CO 81004*

**From South** – Merge onto I-25 N. toward Pueblo. Take Exit 97B toward Abriendo Avenue. In 1.7 miles, turn left onto Lincoln St. In 0.5 miles, turn right onto W. Orman Ave. In 0.2 miles, arrive at PCC.

**From East** – Take Hwy 50 toward Pueblo. Turn right onto CO-47 toward 4<sup>th</sup> Street, University Blvd. In 0.3 miles, turn left onto CO-47. In 4.6 miles, turn right onto W. Orman Ave. In 0.2 miles, arrive at PCC

**From West** – Take Hwy 50 toward Pueblo. Turn right onto N Pueblo Blvd. In 3.9 miles, turn left onto Thatcher Ave. In 1.5 miles, turn left onto W. Orman Ave. In 0.2 miles, arrive at PCC.

**From the North** – Merge onto I-25 S. toward Pueblo. Take exit 99A onto 6<sup>th</sup> Street toward CO-96. In 0.1 miles, Continue onto E. 6<sup>th</sup> St. In 456 ft., continue onto W. 6<sup>th</sup> St. In 0.4 miles; turn left onto N. Elizabeth St. In 0.1 miles, turn right onto W. 4<sup>th</sup> St. In 1.4 miles, turn right onto W. Orman Ave. In 0.2 miles, arrive at PCC.

The Courtyard by Marriott Pueblo  
110 W. 1<sup>st</sup> St.  
719-542-3200

Wingate by Wyndham  
4711 N. Elizabeth St.  
1-888-595-3511

Hampton Inn & Suites Pueblo- Southgate  
3315 Gateway Dr.  
719-564-0490

Springhill Suites by Marriott  
150 S Santa Fe Ave  
719-546-1234

Holiday Inn Express & Suites Pueblo  
4530 Dillon Dr.  
1-800-345-8082



## **Event Sports Massage Team**

*Jessica Narkevitz, LMT*

The event sports massage team saw a year of large growth with new events in 2014! We kicked off our season in May with the Colorado Marathon in Fort Collins providing massage to half marathoners and 5K and 10k runners. A month later we were on familiar ground at the annual Elephant Rock cycling tour working with athletes who had ridden between 30 and 100 miles. A few weeks later we helped out with a 5k Northeast of Denver, running into a huge wind storm that had many running for cover.



The Rocky Mountain State Games had us working with track athletes from ages 5 to 80. Next we headed to Copper Mountain for another cycling event, then finished our season with Cavalia, an acrobatic show with horses (we worked on the riders, not the horses!). We then had the opportunity to watch the Cavalia show.

In September sports therapists from around the country met in Denver to discuss the direction of sports massage for the future. A lot of networking happened, and therapists from around the US connected (and reconnected)!

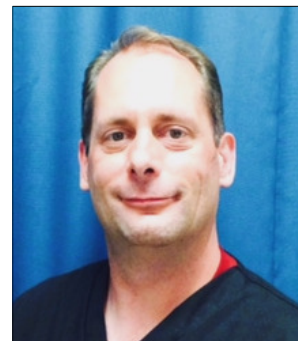
We would love to have you join us this year for another great year! Our two calibrations this year are scheduled for Saturday, April 11 from 4-6 pm at the Spring meeting in Pueblo, and June 7<sup>th</sup> at Elephant Rock. If you would like to attend either of these or would like more information about the team, please contact me at [sports.massage@amtacolorado.org](mailto:sports.massage@amtacolorado.org) or call at 719-569-5876.

Are you wrung out or beat down? Have you ever felt exhausted at the end of the day? I imagine most of us have at some point.

I recently attended the AMTA Education Summit where Kevin Carroll was the keynote speaker. The question was asked “How do you know the difference between feeling wrung out or beat down?” (Before I answer the question, Kevin Carroll is the author and world-renowned speaker on The Red Rubber Ball. In his keynote address he shared his story on how the red rubber ball changed his life. Okay, back to the answer.)

The answer lies in what you are passionate about. I, for example, love teaching and bodywork. When I teach, I exert all of my energy and by the end of the day I have given everything I have, thereby feeling wrung out. I occasionally have students or clients that deplete my energy and by the end of the day I feel beat down. I notice when I feel that way my motivation isn't there; I just go through the motions. Can you relate to either or both situations? One of the keys to ensuring you do not feel beat down is to remain passionate about the work you are doing. Taking care of yourself (receiving regular massage) helps recharge your energy and passion! If you haven't had a massage in the last 30 days, I encourage you to book a massage — for YOU! You deserve it!

Need inspiration? Check out Kevin Carroll's story:  
<http://youtu.be/wSvrOP8xrG4>



**2nd VP /  
Membership**  
*Shane Sale, LMT*

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Hi Everyone!! I hope the end of winter and beginning of spring is treating you all well. The spring event is right around the corner. Remember: if you volunteered at the 2014 National Convention, 1 day of the spring event weekend is FREE to you — and you earned it!!

Everyone is welcome to come the BOD meeting Friday, April 10 from 4-7pm at PCC Massage Therapy Clinic, 700 W. Abriendo Ave. Pueblo, CO 81004. On Saturday night, we will have, for the 1<sup>st</sup> time, a “**Dine About**” with your Colorado AMTA Chapter Board of Directors and Delegates. When you come in to register for classes on Saturday, you will have the opportunity to sign up for the **Dine About**. At that time, I will have several different restaurants picked. At about 6:30, go to the restaurant you signed up for and 2-3 BOD and/or Delegates will join you. Everyone pays for his or her own meals. However, this gives you an opportunity to meet some of your board members without them having tasks or meeting responsibilities.

**You do NOT have to go to classes to join in the Dine About.** Call, text or email me Saturday, April 11 before 5pm for the dining options and I can sign you up.

Call or text: 719-205-7933

Email: [education@amtacolorado.org](mailto:education@amtacolorado.org).

The fall event is set for October 24, 2015 at Medical Center of the Rockies in Loveland. I am currently working on contracting a presenter.



Depending on the day = Stay warm or stay cool!



**Education**  
*Shelly Herberholz, LMT*

## 2015 Colorado Chapter Elections

Call for Candidates!

Colorado AMTA is actively seeking qualified professional members to stand for election to the Chapter Board. Current openings for 2015 include:

- 1st VP/Communications Chair
- 3rd VP/Government Relations Chair
- Treasurer
- Western Unit Chair
- 3 Delegates — all 2 year terms
- 5 Alternate Delegates — for 1 year terms.

Our current candidates appear on pages 6-8. A candidate for any of these positions must be a professional-level member and possess a desire to work for the good of the membership, the profession, and the community. If you've ever thought that you'd like to be more involved with your AMTA chapter, please consider doing so now. Volunteers are the lifeblood of AMTA, and we need you! Position descriptions are on our website: [www.amtacolorado.org/elections](http://www.amtacolorado.org/elections).

**Chapter Awards.** Each year, the Chapter presents special awards to deserving candidates who have demonstrated a commitment to our profession. We rely on our members to provide these nominations, based on their knowledge of the activities of other members or the involvement of non-members in promoting a broader awareness of the benefits of massage therapy. The chapter awards are:

- **State Meritorious** (honors an Active AMTA member for diligent volunteerism done in an altruistic manner; Chapter winner is also eligible to be selected as the National Meritorious Award winner, announced at Convention every year)
- **Humanitarian** (acknowledges a Chapter Member whose actions best represent the "Heart of Massage" in action)
- **Special Recognition** (honors an individual—usually not an AMTA member—whose contributions to the profession of massage therapy have bridged the gap between AMTA and other associations and professions, promoted awareness of the profession of massage therapy, and enriched the lives of others).

## AMTA-CO Chapter Board Candidate Profiles

### Christen Cutter

Position Sought: Government Relations Chair

#### *Why are you seeking election to this position?*

I stepped into the role of GR Chair about two years ago. Since then I have developed a relationship and rapport with our legislative team, the lobbyist for ABMP, the healthcare branch Program Manager at DORA, and my GR mentors. I now know where to go to get the answers for our members. I have learned so much, and I would like to continue to grow in service to my colleagues and fellow AMTA members by representing CO as our chapter's GR Chair.

#### *What goals would you seek to accomplish if elected?*

I will strengthen my communication with National and deepen that connection. I seek to speak up for the interests of our practitioners and our profession, and to be in the know of legislation that may impact massage therapy so that we are all informed and can make a difference. I would like to become an informed source of information for our members.



*Continued on page 7*

**Christen Cutter**, *continued*

Position Sought: Government Relations Chair



**AMTA-CO Chapter  
Board Candidate  
Profiles,  
*continued***

***How many hours per month would you be able to contribute to fulfill the duties of this position?*** 5-8

***What talents/abilities/experience do you have that qualify you for this position?*** Mostly I have the last couple of years under my belt and I feel like I'm finally getting the hang of this GR position and I'd like the chance to continue forward.

***Please describe your past AMTA service activities.***

The first position I held in the CO chapter of the AMTA was delegate in 2012. In 2013 I stepped in to the GR role as the former Chair resigned.

***Please list your volunteer experience outside AMTA.***

I have mentored 5 or 6 yoga teacher trainings.

***Please describe your VISION for the AMTA-CO Chapter.***

To increase in membership and continue to be a member-driven and supported entity. We will be a leading provider of continuing education, empowering and improving our profession.

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**Seumas Rhea**

Position Sought: Delegate



***Why are you seeking election to this position?***

I've been proud to serve as a Delegate and represent the Colorado Chapter for the past two years and I would like to continue to do so. Serving as a Delegate provides me with the opportunity to be on the front lines of knowing about any proposed changes in AMTA Position Statements and Recommendations. In doing so, it provides me with an opportunity to ensure that all of our members are aware of those changes, what they mean to us, and vote on them according to the wishes of our membership and not just my own personal feelings on them. I've taken to the mic in the House of Delegates forum at the last two National Conventions wherein I spoke about our Chapter's stance on Recommendations and Position Statements and would gladly accept the opportunity to continue to do so.

***What goals would you seek to accomplish if elected?***

- i. Continue to serve our Colorado Chapter members as best as I can and proudly represent them at every opportunity possible
- ii. Work with the other Delegates to get our membership more involved in reviewing and providing feedback on upcoming Recommendations and Position Statements
- iii. Promote the benefits of AMTA membership to the professional massage therapy community  
Increase awareness and knowledge of the AMTA to the general public, and what its members can offer them.

***How many hours per month would you be able to contribute to fulfill duties of this position?***

Over the past two years, I have been able to successfully fulfill my duties as a Delegate. My schedule is very flexible. Therefore, I would expect to be able to continue to assume all the responsibilities of the Delegate role.

*Continued on page 8*

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## AMTA-CO Chapter Board Candidate Profiles *continued*

**Seumas Rhea, *continued***  
Position Sought: Delegate



***What talents/abilities/experience do you have that qualify you for this position?***

- Successfully served as a Delegate and represented the Colorado Chapter for the past two years
- Over 25 years as a successful business professional
- Self-motivated, driven, and passionate about all things I'm vested in
- Previous experience in a variety of offices in other social/professional groups (President, Vice-President, Secretary, Treasurer, Sergeant at Arms)
- Meticulous, fair, and honest
- Proven ability to facilitate positive change
- Over 25 years of demonstrated leadership experience

***Please describe your past AMTA service activities.***

- Active Professional Member for 5 Years
- Served as Delegate for the past 2 Years
- Appointed as Director of the CSMT Community Outreach Team in 2014

***Please list your volunteer experience outside AMTA.***

- PAWS (Pets Are Worth Saving)
- St. Jude Children's Research Hospital
- Big Brothers Big Sisters of America

***Please describe your VISION for the AMTA-CO Chapter.***

A professional organization of like-minded individuals who respect and support one another, continue to grow as individuals and professionals, all while staying on the leading edge of new modalities and therapies that they can all provide to their communities, enriching as many lives as possible.

## Proposed Standing Rule Change

We will be voting on a potential change in our Standing Rules at our Spring Meeting. The change would incorporate online elections, instead of holding the election at our annual meeting. If voted in, this would become effective for the 2016 election.

This is a very interesting topic and there are pro and cons to both sides of this topic. So we need your help and collective wisdom to make the best decision for our Chapter.

### **Pro to making the change:**

1. All members will be able to vote – currently only those in attendance at the Spring meeting are able to cast their vote for our Chapter Leaders.
2. The Chapter will not incur any cost for this -- National will finance this program.
3. Reduced business at our annual meeting – the election would take place just prior to the meeting and the new officers would be announced and sworn in at the meeting, potentially shortening the meeting.

### **Cons to the change:**

1. Election would be completed prior to the annual meeting, not allowing an opportunity to speak with the candidate in person prior to the vote.
2. Often people are motivated to run for an office during the meeting, this change would reduce or eliminate nominations from the floor

Please plan to attend our Annual Member Meeting, Saturday, April 11<sup>th</sup> in Pueblo, and let your voice be heard.



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Austin, TX	Mar 26-29, 2015
Atlanta, GA	May 7-10, 2015
Indianapolis, IN	May 14-17, 2015
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Boston, MA	Aug 6-9, 2015
Denver, CO	Aug 20-23, 2015

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Edmonton, AB	Sep 17-20, 2015
Chicago, IL	Nov 5-8, 2015

### Joint Balancing:

#### Upper Quadrant (JBUQ)

Palm Beach, FL	Sep 4-6, 2015
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### Muscle Balancing:

#### Lower Quadrant (MBLQ)

Portland, OR	Oct 23-25, 2015
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### Fascial Balancing:

#### Lower Quadrant (FBLQ)

Chicago, IL	Jun 5-7, 2015
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Kerry D'Ambrogio, DOM, AP, PT, DO-MTP is a physical therapist, osteopath, board-certified acupuncture physician, and author of the textbook "Postural Release." Leveraging his expertise, Dr. D'Ambrogio partners thorough evaluation with integrated Eastern and Western techniques to unlock perplexing pain issues for patients.



The D'Ambrogio Institute is endorsed by the International Alliance of Healthcare Educators.



## Community Service Massage Team

Seumas Rhea, LMT

Would you like to become more involved in your local community or even in other communities across Colorado? Then join us as the CSMT gears up again this year! For those of you who are not familiar with us, we are a volunteer team with two divisions. Community Outreach provides massage at events to raise money for non-profits and other organizations. Emergency Response provides massage during emergencies for first and second responders.

**Community Outreach Division.** The Community Outreach Division participated in an event on December 17, 2014 where they provided much needed massage services to the staff of the Larimer Long Term Recovery Group.

The Long Term Recovery Fund is administered by the Long Term Recovery Group of Northern Colorado (LTRG-NoCO), which is made up of more than 50 nonprofit agencies, government organizations, faith-based groups and concerned citizens. The Fund will be used specifically for long-term recovery needs of Larimer County residents affected by the 2013 Colorado floods. United Way of Larimer County is serving as the fiscal agent for the Fund.

We are working on additional engagements for the Community Outreach Division, so be sure to check the CSMT page on our Chapter's web site frequently for updates.

***Do You Have Ideas for Events?*** If you have an idea for an event that the Community Outreach Division might be able to help, please let Seumas know (contact info below). It could be a local run for a charity, an appreciation day for teachers or firefighters, a fund-raising bike ride for a non-profit, or any other deserving group.

**Emergency Response Division.** We are saddened to announce that our Board of Directors has accepted the resignation of one of our Emergency Response Division Directors, Val Webb. Val was instrumental in getting our CSMT off the ground and we wouldn't be where we are with both of our CSMT Divisions without her contributions. While Val will no longer be serving in the Director capacity of the Emergency Response Division, we will still look forward to seeing her inspiring face at upcoming events. We will miss your leadership, Val, and wish you all the best in your future endeavors!

**General Information.** *Save the Date - Next Team Training Session Saturday March 21<sup>st</sup>.* To volunteer with us, you need to go through our Basic Training which will then give you the option of being in either or both divisions. This training session will be held at CIMT in Colorado Springs. We plan to hold Basic Team Training in the morning (9:00 am – 1:00 pm) and optional Leader Training in the afternoon (1:30 pm – 4:00 pm). Existing team members are most welcome to come back for a refresher.

*Watch your inbox and Facebook for more details soon!*

We are still actively encouraging existing CSMT members to register with us on the Colorado Volunteer Mobilizer (<https://covolunteers.state.co.us>). The CVM system is an online database of eligible, credentialed medical and health professionals who can be activated as volunteers at emergency/disaster sites within our state. Working to get the CSMT recognized as an official group on the CVM has given us greater credibility and accessibility with responder groups, and will increase the likelihood of us being activated, especially via one of the local Medical Reserve Corps (MRC).

Let us know if you have any questions and thank you for your support in making a difference in our Colorado communities!

**Community Outreach:** Seumas Rhea ([seumas@saratogabodyshoppe.com](mailto:seumas@saratogabodyshoppe.com))

**Emergency Response:** Michelle Kinkead ([mimmiktravel@yahoo.com](mailto:mimmiktravel@yahoo.com))

# AMTA-CO Chapter Spring Education and Meeting

April 11-12, 2015

Pueblo Community College (Fortino Ballroom) • 900 West Orman Ave. • Pueblo, CO 81004

## SCHEDULE AND REGISTRATION FORM

### Saturday, April 11, 2015

7:30a - 8:00a Registration  
8:00a - 11:00a Multidimensional Approaches to Upper Extremity Pain  
11:00a - 1:00p Lunch (included in registration) and Chapter meeting with Elections  
1:00p - 4:00p Multidimensional Approaches to Upper Extremity Pain-continued  
4:00p - 6:00p ESMT Calibration  
6:30pm - "Dine about Pueblo" with Chapter Board of Directors

### Sunday, April 12, 2015

8:30a - 9:00a Registration  
9:00a - 12:00p Soft Tissue Approaches to Rib Dysfunction  
12:00p - 1:00p Lunch \$15.00  
1:00p - 5:00p Soft Tissue Approaches to Rib Dysfunction-continued

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To register, complete the bottom part and send it with your check to:

Tami Schumacher, AMTA-CO Chapter Treasurer,  
14221 E Evans Ave #208, Aurora, CO 80014

Note: Online registration also available at [www.amtacolorado.org](http://www.amtacolorado.org).

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Each class cost	\$60 Members	Before 3-28-2015	\$_____ x _____ classes
	\$90 Non-members	Before 3-28-2015	\$_____ x _____ classes
	\$70 Members	After 3-28-2015	\$_____ x _____ classes
	\$100 Non-members	After 3-28-2015	\$_____ x _____ classes
	\$15 Sunday lunch		\$_____
	<b>Total</b>		<b>\$_____</b>

For planning purposes, please indicate

\_\_\_\_\_ I am not attending classes, but will attend the lunch and meeting on Saturday, April 11.  
\_\_\_\_\_ I will be attending the ESMT Calibration on Saturday from 4-6 pm.

Name: \_\_\_\_\_ Membership # \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

*\*Note: Membership number must be used to receive member rate.*

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## AMTA Colorado Chapter

Tami Schumacher  
14221 E Evans Ave #208  
Aurora, CO 80014



To advertise in The Massage Therapist, newsletter of the  
AMTA Colorado Chapter, please refer to the website  
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or call 970-208-1610.

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and one will be  
mailed to you.

## 2015 CALENDAR

March 25

April 6

April 11

April 11—12

October 24

CSMT Training - Colorado Springs

Chapter Election Nominations Close

Annual Chapter Meeting & Election

Spring Education - Pueblo

Fall Education - Loveland

1st Tuesday of the Month

2nd Wednesday of the Month

NW Denver Meet & Greet

Colorado Springs Meet & Greet

*The mission of the American Massage Therapy Association is to serve AMTA members  
while advancing the art, science and practice of massage therapy.*