



**amta**  
american **massage therapy** association

New Mexico Newsletter  
February 2017  
[www.nm.amtamassage.org](http://www.nm.amtamassage.org)

**Chapter Phone (505) 503-4600**



### **President's Message:**

We are super excited to gather our members from around the state for this year's Annual Conference celebrating fascia, "The Web That Weaves Us Together." committee headed by Christine

Thompson for working hard to make it educational and tons of fun. New this year: Christine has arranged for students from the Massage Therapy Training Institute to provide chair massage at our conference. This conference represents . . . (cont'd pg. 2)

*Our mission is to support members in developing the art, science, and practice of massage therapy in a caring professional and ethical manner in order to promote the health and welfare of humanity.*

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### **Your Chapter Board of Directors**

**President: Amy C. Zampella**  
[amtanm.president@gmail.com](mailto:amtanm.president@gmail.com)

**1st Vice President: JoAnna Dunn**  
[amtanm.1vp@gmail.com](mailto:amtanm.1vp@gmail.com)

**2nd Vice President: Donald F Schiff**  
[amtanm.2vp@gmail.com](mailto:amtanm.2vp@gmail.com)

**3rd Vice President: BreAnne Garcia-McClellan**  
[amtanm.3vp@gmail.com](mailto:amtanm.3vp@gmail.com)

**Secretary: Carolyn Riggs**  
[amtanm.secretary@gmail.com](mailto:amtanm.secretary@gmail.com)

**Treasurer: Patricia Brown-Katz**  
[amtanm.treasurer@gmail.com](mailto:amtanm.treasurer@gmail.com)

### **Upcoming Events**

**March 13-17: Santa Fe: Legislative  
Massage Awareness Week**

**April 8 & 9: Las Cruces: AMTA-NM  
Conference & Annual Meeting**

**July 27-30: Ruidoso: NM Academy of  
Family Physicians Conference**

**September 13-16: Pasadena, CA: AMTA  
National Convention**

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## President's Message *(cont'd from pg. 1)*

. . . two of the most important things we can do as massage therapists - continue to learn and invest in self care. I hate to see therapists leave the profession due to physical injury. I hope you are taking advantage of exercise, stretching, hot/cold therapy, massage and more to keep yourself going for your clients. AMTA has a wealth of information on this topic at [https://www.amtamassage.org/career\\_guidance/type/7](https://www.amtamassage.org/career_guidance/type/7)

I am thrilled again to have represented our chapter at the 2017 AMTA National Convention's leadership training and national board meetings in Milwaukee. AMTA is once again showing they are a leader in the industry - announcing a partnership with Massage Envy® to help train their therapists and a partnership with the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) to assist with their success as an organization. They are also giving free student memberships to all AMTA schools. You can read all about it here: <https://www.amtamassage.org/articles/5/HandsOn/detail/3580> AMTA has also announced the formation of a workgroup to address human trafficking nationwide. We will keep you informed of their progress as we hear about it.

I have to say special thanks to our Government Relations chair, Donald Schiff for working so hard the past few months on a revision to our state massage regulations. We have had a really hard time bringing instructors to New Mexico due to the strict regulations on continuing education. Don and a team of local industry partners have been working hard to change that - making excellent quality education more available to our NM members. The revised bill is currently at the Legislator. (See Don's update on page 4 for details).

Being in a leadership role has improved my confidence, and opened my eyes to good people skills - something that we all need to succeed as small business owners. I hope you'll consider running for a chapter board position or volunteering on a committee this year. "Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort. " – Deborah Day

--Amy C. Zampella, President



### **Coffee Meetups**

ABQ Downtown: 2nd Monday of every other month at 8:30 am at  
(New Location!) The Daily Grind on Cutler in Albuquerque

Roswell: 2nd Wednesday of every month at 8:00 am at Stellars Coffee  
on Main St. in Roswell.

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## **Saying GoodBye to Our Newsletter Editor**



I want to thank Christine Thompson, our newsletter editor for doing such a magnificent job on our chapter newsletter. For the past 3 years, she has created content-rich newsletters for our members, always striving for better layout and interesting articles. Chrissy has been a joy to work with - always positive and quick to pick up on new things. Some of the technical aspects were challenging in the beginning - but Chrissy learned fast and was always smiling during the process. We will miss her in this role! --Amy C. Zampella,



## **"The Web That Weaves Us Together" in Las Cruces**

We are really looking forward to our 2017 Annual Conference on April 8 & 9, 2017.

This is a chance to get 12 CEUs, hear about the latest chapter happenings, and network with your colleagues from around the state. The conference committee has been hard at work for months putting together a great program celebrating fascia.

We'll have Til Luchau present Advanced Myofascial for Headaches and Migraines, and your choice of Ethics with Trauma Survivors with our own Kamy Shaw or YogaBall Therapy for Massage Therapists with our own Marta Lucas and Deborah Gullo.

At print, the full conference is sold out; let us know if wish to be placed on the cancellation list. If you just need an Ethics class, there is plenty of room. You may register for this class alone. Or, if you just wish to attend our Happy Hour Social on April 8th or the Annual Meeting on April 9th, you may do that as well. Click here for all the details on the education and other events: <http://nm.amtamassage.org/state-convention> We can't wait to see you all again this year!

**Wishing to volunteer during the Conference? Contact Chrissy Thompson ([cassidor.chris@gmail.com](mailto:cassidor.chris@gmail.com)) or any Board member.  
We would love to have your help!**

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## **A Call to Action**

*by Donald Schiff, Government Relations Chair*

### **Dear AMTA-NM members:**

In the past few years the NM Massage Therapy Board has adopted confusing and overly restrictive rules which have interfered with massage therapists' ability to take high quality continuing education classes. The Board has created unnecessary barriers for highly qualified instructors who live out of state to offer CE's in New Mexico. It has taken months to process applications and it has denied NCBTMB-approved CE credits taken in NM. Therefore, AMTA-NM partnered with two massage schools and 10,000 Waves to propose a change in the law to resolve our problems. The result is SB 275, which Sen. Peter Wirth (D-NM) introduced on January 31, 2017. SB 275:

- Makes the law more efficient by removing obsolete and burdensome regulations.
  - Eliminates direct regulation of instructors.
  - Massage Therapy licensure and Massage School registration are UNCHANGED.
  - MT Board maintains oversight of school curricula and instruction.
  - Eliminates over-regulation of continuing education.
  - Helps overburdened MT Board focus on its core regulatory functions.
- Enhances LMT opportunities for high-quality continuing education.
  - Eliminates course approval backlog and frustration.
  - All Instructors vetted by trusted entities (NCBTMB, massage schools, etc.)
  - Removes barriers to out-of-state instructors.
  - Protects LMTs' ability to get CEUs for exempt practices (Polarity, Qi Gong, etc.) which are related to massage.
  - Eliminates unnecessary work and expense for MT Board.
  - Streamlined course approval process for courses given by individuals not associated with approved providers.
- Aligns NM law with the best practices of most other states.
  - Only NY, FL, and TX register instructors, and TX puts schools in charge of out-of-state CE instructors' credentials. FL outsources CE approval altogether.
  - Professional associations control CE approval for most health care and other professions, not governmental regulatory agencies.
- Helps the economy and state budget.
  - Increased economic activity for schools and spas.
  - Increased Gross Receipts taxes from continuing education sold in NM instead of online.
  - Increased tourism from out-of-state instructors and students.

We need your help to make this happen. SB 275 has been referred to the Senate Public Affairs Committee and the Senate Judiciary Committee.

Contact your representative regarding SB 275: [Take Action Now!](#) Review [SB 275](#)  
Our Representatives want to know what you think on important issues. (*cont'd on pg. 5*)

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## **A Call to Action** *(cont'd from pg. 4)*

. . . It helps them do their jobs better. In your letter please feel free to use whatever points seem most important to you, and change the content to reflect your personal message and concerns. This does not need to be a long communication, but reaching out to your legislators and urging their support is critical to passing this bill. If you come to the Roundhouse, I urge you to find your legislators' offices and introduce yourself. They love meeting constituents! I guarantee that it will magnify your influence when you need to be heard on any issue.

Respectfully submitted, *Donald F. Schiff*, LMT #8, RMTI #I-112  
*AMTA-NM Second VP & Government Relations Chair*

## **Leadership Opportunities: 2017 Board Elections**

It's that time of year again - we'll be electing a new Board of Directors on April 9th in Las Cruces. Due to changes in chapter structure to a 5-person board nationwide, we'll be electing the following this year.

Financial Administrator - 2 year term  
Board Member - 2 year term  
Delegate - 2 year term  
Alternate Delegates 1 year term, 2 will be elected

Read more detail about these positions on our website here:  
<http://nm.amtamassage.org/state-convention#elections>

Current President Amy Zampella, Secretary Carolyn Riggs, and Delegate Dee Dee Anders have one more year in their terms. 2nd Vice President, Donald Schiff will transition to Board Member on April 9th for his remaining year of the term.

We would love to have some members from around the state run for the open positions this year. This is a fantastic opportunity to give back to your profession, share your ideas, enhance your leadership skills, and make a difference! I know we have some really knowledgeable members that have some great ideas brewing to advance our profession in this state. Put them in action by joining the AMTA-NM Board! **Submit your intent to run and a resume to our Commissioner on Candidacy, Rita Jackson at [soma\\_touch@hotmail.com](mailto:soma_touch@hotmail.com) or call her at (575) 640-1782 by April 3, 2017.** You may like to hear this interview with past Kentucky chapter president Collette Wilson - "How Has AMTA Impacted My Career" at:  
[https://www.amtamassage.org/articles/5/HandsOn/detail3628?utm\\_campaign=mtf&utm\\_source=facebook&utm\\_medium=soical&utm\\_content=where-do-you-work](https://www.amtamassage.org/articles/5/HandsOn/detail3628?utm_campaign=mtf&utm_source=facebook&utm_medium=soical&utm_content=where-do-you-work)



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## **What is a Delegate You Ask?**

The elected chapter Delegates represent the opinions of the members and vote on AMTA governance issues. Read the following to learn more:

<https://www.amtamassage.org/chapters/House-of-Delegates.html>

As a Delegate, you will be required to attend the AMTA National Convention in Pasadena in 2017 and Washington, DC in 2018. Compensation for travel is available. One of the alternate Delegates will also attend the convention. The majority of the Delegate's work takes place in the months leading up to the convention: review of proposed Position statements and Recommendations. This is a great opportunity to represent your peers, meet other therapists from around the country and stay abreast of what is important in our profession and what will move us forward.

Contact current Delegates Dee Dee Anders at [amtanm.delegate2@gmail.com](mailto:amtanm.delegate2@gmail.com) or Cat Tally at [amtanm.delegate1@gmail.com](mailto:amtanm.delegate1@gmail.com) for more information.

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## **Are you ready for the 2017 NM Chapter Conference and Annual Meeting?**

Don't forget to bring your party attitude to our fabulous Social Hour on Saturday April 8, 2017 from 6:30 – 8:30 PM in the Atrium of the Ramada Palms hotel. We will have delicious appetizers, music, games, a cash bar and most importantly networking and socializing with your colleagues from across the state. There may even be a few surprises. Once class is over meet us at Happy Hour and party like a Massage Therapist!

Want to bring your spouse, significant other or a friend? Additional tickets for the Social event will be available at the door. Please visit [www.nm.amtamassage.org](http://www.nm.amtamassage.org) for pricing details. We look forward to seeing you there!



## **KOB Health & Wellness Fair 2017**

We touched over 150 people at our booth this year, and took in \$329.00 in contributions that will go towards education and other member benefits. A huge thanks to our volunteers for providing chair massage (in some cases for the first time) to the public.

Genny O'Herron  
BreAnne Garcia McClellan  
Cat Tally    Amy Zampella

Jeanette Moore  
Pam Soule  
Antoinette Moore

Don Schiff  
Kirk Sugars  
Katina Lowe



### **More Photos in Photo Gallery!**

Special thanks to Cat Tally, Nicole Chamberlain, BreAnne Garcia-McClellan and Amy Zampella for making telephone calls to members!

# Follow Your Pathway to Success

## Discover Upledger CranioSacral Therapy...

### Upcoming Classes:

CRANIOSACRAL THERAPY 1 (CS1)  
 Houston, TX Mar 9 - 12, 2017  
 Phoenix, AZ Jun 22 - 25, 2017  
 Austin, TX Aug 10 - 13, 2017  
 Albuquerque, NM Sep 14 - 17, 2017

CRANIOSACRAL THERAPY 2 (CS2)  
 Austin, TX Aug 10 - 13, 2017  
 Denver, CO Oct 26 - 29, 2017

SOMATOEMOTIONAL RELEASE 1 (SER1)  
 Denver, CO Oct 26 - 29, 2017

SOMATOEMOTIONAL RELEASE 2 (SER2)  
 Denver, CO Aug 24 - 27, 2017

CST APPLICATIONS FOR CONCEPTION,  
 PREGNANCY & DELIVERY 1 (CCPB1)  
 College Station, TX May 18 - 21, 2017

CST & THE IMMUNE RESPONSE (CSIR)  
 Denver, CO Jul 27 - 30, 2017

"Great experience. As a massage instructor and having been the director of a massage school, I appreciated how well all aspects of this workshop came together - admin and curriculum."

— Natalie K., LMT



John Matthew Upledger, CEO & John E. Upledger, DO, OMM, developer of CranioSacral Therapy

Additional dates and locations:

**CALL**

**800-233-5880**  
 PRIORITY CODE NM AMTA 2-17

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## **Tax Season Will Be Upon Us Soon: Time to Be Prepared**

### **Helpful IRS Publications For Massage Therapists**

*by Dee Dee Anders*

**Pub 17 Income Tax Information**

**Pub 334 Tax Guide for Small Business**

**Pub 463 Travel, Entertainment & Gift; Business Use of Car**

**Pub 505 Tax Withholding & Estimated Taxes**

**Pub 534 Depreciation**

**Pub 535 Business Expense**

**Pub 583 Starting a Business & Keeping Records**

**Pub 587 Business Use of Home**

**Pub 1518 IRS Tax Calendar for the Small Business & Self-Employed**

Above is only a partial listing of publications available from the IRS to help with the financial management of your business. Visit [www.irs.gov](http://www.irs.gov) for these publications and more information; in the upper right use the search box to enter what you are looking for example: "mileage rate."

Traveling for business? Check out city Per Diem rates at [www.gsa.gov](http://www.gsa.gov) and click on "Travel" for Per Diem Rate Search tool.

Other helpful free resources for business owners seeking one-on-one or group mentorship as well as information on running a small business are:

Small Business Association: [www.sba.gov](http://www.sba.gov)

SCORE: [www.score.org](http://www.score.org)

AMTA Mentorship Program: [https://www.amtamassage.org/mentor/index.html?utm\\_source=%2fmentor&utm\\_medium=web&utm\\_campaign=redirect](https://www.amtamassage.org/mentor/index.html?utm_source=%2fmentor&utm_medium=web&utm_campaign=redirect)

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## **Reports from Delegates and Board Members on the 2016 National AMTA Convention:**

### **National Convention: Milwaukee, WI, 2016**

*by Nicole Chamberlain, Alternate Delegate*

I enjoyed the classes I attended: Pathology, Hospital Massage, Reimbursement and Sports Massage. The keynote speech by Robin Roberts was excellent. I also enjoyed our chapter get togethers as well as meeting other people from around the country. The exhibit hall was awesome. Never enough time! The whole experience was outstanding and I feel fortunate to have been able to attend. As an Alternate, I was able to attend the National Meeting. There were no position statements for the delegates to vote on so the alternates formed groups and discussed possible functions of the House of Delegates (HOD). My group felt there needs to be a *representative voice of the members* to hear major AMTA plans prior to substantial decisions being finalized. This would include decisions about aligning in partnerships with other groups (such as Massage Envy®, NCBTMB) and other major decisions.

### **Advanced Sports Massage**

I also attended a full day “hands on” class with Steve Jurch, MA, ATC, LMT. Steve has an excellent background working with professional tennis players and other athletes. NCBTMB/AMTA is offering a sports medicine certification; this class is required for certification. Our class focused on the shoulder. Here are just a few tips on Adhesive Capsulitis/Frozen Shoulder (a catch-all term for a variety of clinical conditions including subacromial bursitis, calcifying tendonitis and rotator cuff tears):

#### **Frozen Shoulder Characteristics:**

- Slow onset
- Pain near deltoid insertion
- Inability to sleep on the affected side
- Painful and incomplete elevation and external rotation
- Both spasmodic and adherent restrictions
- Atrophy of the rotator cuff
- Local tenderness

#### **Predisposing factors that may increase the occurrence:**

- 10-20% increase in diabetic patients or 36% incidence with insulin-dependent diabetics
- Dupuytren suggests a fibrosing condition of the palmar fascia. These patients have a 25% rate of also having frozen shoulder
- Greater in women than in men from ages 40-70 with the non-dominant side more often involved
- Other conditions which have a higher rate of frozen shoulder include; thyroid disease, stroke, Myocardial infarction, autoimmune diseases, cervical disk disease, hormonal changes, long periods of immobility

*(cont'd on pg. 11)*

**Stages:**

1. Pain is described as achy at rest and sharp at the end ranges of motion, similar to impingement. Symptoms have been present for fewer than three months.
2. Pain is a result of inflammation of synovium and a reduction in capsular volume. Symptoms present for 3-9 months.
3. Pain is diminished but shoulder is still stiff due to capsular adhesions at 9-14 months.
4. Thawing phase: slow progressive improvement of the ROM, occurs 15-24 months after symptoms first present.

**Cause?** Lots of debate but research suggests that it's due initially to synovial inflammation then later becomes capsular fibrosis.

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**2VP/GR Chair's 2016 AMTA Convention Report**

*by Donald F. Schiff, AMTA-NM 2VP/GR Chair*

The 2016 AMTA Convention in Milwaukee was a blast! I got to see old friends, make new friends, and rub shoulders with some of the most influential people in our industry. I was happy to spend a few days taking some dynamite continuing education courses, including a Pathology course with Susan Salvo, who is one of my favorite teachers. The new volunteer hub looks like a great tool for volunteers from various chapters to collaborate and communicate more effectively. I'm particularly excited that a dedicated Government Relations node will be ready soon, which National Board of Directors Member Chris Deery said was part of Dan Barrow's original concept. I expect that the GR node will help us share strategies with other chapters, a task seven of us started at lunch on Thursday.

Along with a wealth of other knowledge, Susan Salvo shared new research information which many of us found challenging to accommodate:

- Multiple studies show that excessive application of ice can actually inhibit healing. The new recommendation for ice application is 10 minutes or less, and not past the first 24 hours after injury. One study had good results alternating ice and heat in a 2/5/2/5/2 minute ice/heat/ice pattern.
- Serious precautions for anterior neck massage. A systematic review of massage safety (Podzadsky & Ernst) published in 2013 concluded that massage to the anterior neck or throat is commonly associated with serious adverse effects, including stroke. Susan recommended that any work anterior to the carotid sheath be indirect or very gentle, possibly energy-based, to avoid *(cont'd on pg. 12)*

. . . blood vessels, nerves, and other structures. Don't pinch and pull at the belly of the SCM!

- Serious precautions for deep abdominal massage, including the belly and vertebral attachments of the psoas. Deep, vigorous massage has been associated with cases of organ damage, and deep, prolonged pressure may damage blood vessels. Since most Abdominal Aortic Aneurysms are asymptomatic, therapists can't rely on a prior diagnosis before exercising caution. The recommendation is to lighten up, work the more accessible parts of the psoas, and dust off your stretches, like the assisted psoas stretches David Lang taught in his "Stretch for Rehab" class at the 2015 AMTA-NM conference.
- Go to Susan Salvo's "Massage Passport" blog to stay current on the latest trends in the industry: <https://massagepassport.wordpress.com/> or just Google "massage passport Salvo."

The most important thing I did at the Convention was to discuss ways of solving our current problem with the NM Massage Board's over-regulation of Continuing Education. I had face-to-face conversations with other chapter GR leaders, National Board members, AMTA's Government Relations staff, and other massage industry leaders. We have great resources to call on, and they are ready to help us. (See my update on page 4).

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### **My 2016 experience volunteering and attending the National Convention** by Carolyn Riggs, Chapter Secretary and 2nd Alternate Delegate

This past year has offered me many opportunities as a volunteer in our local AMTA New Mexico chapter. I was elected to a two year position as Secretary at our annual meeting during our State Conference in Santa Fe, New Mexico. I was also elected as your Second Alternate Delegate to the House of Delegates (HOD) which meets during the National Convention. Additionally, this year I had the great opportunity to attend the Chapter Volunteer Orientation Program (CVOP) just prior to the National Convention. All three of these opportunities have been rewarding.

Arriving in Milwaukee, WI, I was excited to attend CVOP and learn more about AMTA. It also provided me the opportunity to meet other attendees from almost every other state. We did activities in small groups and shared our experiences of being involved with our local AMTA chapters. We also met volunteers who work at the national level and some members of the AMTA staff. We were given lots of . . . (cont'd on pg. 13)



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## **My 2016 experience volunteering and attending the National Convention** *(cont'd from pg. 12)*

. . . information about AMTA and heard about what an important role it plays in our profession. This was a good experience and I thank our chapter president Amy Zampella for selecting me to attend.

After CVOP, while still in Milwaukee, I attended the National Convention. The convention offers chapter volunteers support, education, and resources. This year's chapter leadership sessions included lots of information regarding changes in chapter board structure and the new format for resources and communication (HUB) for AMTA volunteers. This information and opportunity was very helpful to me as your chapter secretary. Attending the House of Delegates (HOD) this year as your second alternate delegate offered me the unique and special opportunity of going onto the floor of the HOD to sit with delegates and discuss questions about the structure and responsibilities of delegates and the HOD. This year there were no position statements and recommendations so the HOD's leadership organized this opportunity for delegates and alternate delegates to share ideas and thoughts about the role of HOD within AMTA. It will be exciting to see how this process unfolds and I hope to have the opportunity to be a part of the HOD as a delegate in the future.

My belief in the importance of AMTA here in New Mexico as well as across the country has been increased by my experiences as a chapter volunteer. It is wonderful to hear from members how much they appreciate the education (CEU's) we offer at our annual conference. It is rewarding to attend the National Convention and collaborate with other massage therapists and attend great classes. AMTA supports the advancement and integrity of our profession. There are lots of opportunities for each member and I encourage you to volunteer.

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### **1<sup>st</sup> Delegate account of the AMTA 2016 National Convention in Milwaukee** by Christine "Cat" Tally

This year at the House of Delegates (HOD) meeting in Milwaukee, we did not get the opportunity to talk about Position Statements and Recommendations as in previous years due to none being presented. This year the focus was about how the HOD can be transformed in order to better serve the members and to give new life to HOD functions. Many of the states' Delegates had great ideas about how the HOD could be renewed and transformed. Many people were hoping HOD could vote on important issues regarding big changes in the organization, some thought we could work as a check and balance to National at the State level, while others thought we should focus more on education, volunteerism, and supporting these topics with members. Many ideas were presented and the Delegates' suggestions will be . . . *(cont'd on pg. 14)*

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## **1<sup>st</sup> Delegate account of the AMTA 2016 National Convention in Milwaukee** *(cont'd from pg. 13)*

. . . at by National.

At opening session, three things caught my attention:

- 1) AMTA will be providing all student memberships for free when schools sign up for AMTA School Membership.
- 2) AMTA will be collaborating with Massage Envy to create an educational OSHA training for Massage Envy that will also be available to all massage therapists about self care and injury prevention.
- 3) NCBTMB approached AMTA Board of Directors about providing operational and logistical support and AMTA agreed it would help safeguard Board Certification.

These three topics are important developments for all NM members.

At the National Convention, I got the opportunity to take many great classes and meet new people in our field. Of all the classes I attended, my favorite was Doug Nelson's "Mystery of Pain" course. A favorite quote from Doug, "Massage is uniquely positioned to provide relief for people who are in pain." Doug reminded the class that pain is both physiological and psychological and as clinicians we can help bring awareness to clients about their bodies and how their pain is changing over time. He gave a gentle reminder to be careful of the language we use when speaking with clients because if we say "this is the worst I've seen," it is possible the client may walk away in worse shape than when they came in, just from one simple statement!

He reminded us to ask questions about common functional movements, such as doing dishes or folding laundry. Gains can easily be noticed in these areas and they can transform the client's perspective on their pain. Clients can begin to see they are making progress and are able to do more, even if the gains are small. Doug gave me a renewed way to look at pain and a better understanding of the areas of the brain involved in the mysterious puzzle of pain.

Overall, I got the opportunity to represent my chapter and network within my profession which I encourage all of our NM members to do. Whether you attend a local NM or National Conference, you will leave with a renewed sense of energy and lots of ideas to take back to your practice.

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## **Cheese Curds, Brats and Sports Massage Hands-On Class**

*by BreAnne Garcia-McClellan, 3<sup>rd</sup> VP*

This year AMTA National announced a partnership with NCBTMB to create the Sports Massage Specialty Certificate program. This program includes six online classes varying from 2.5 – 5 credit hours available through the AMTA National website and one 8 credit hour Hands-On Workshop. Once all courses are completed you then apply to take the NCBTMB Specialty Exam. As part of that program at the 2016 National Convention the Hands-On Workshop “Techniques for Sports Massage Therapists” was offered. The workshop was so popular that 2 classes were offered and both were completely sold out. Steve Jurch taught one of the classes and Allison Griffith-Sims the other. Both were fantastic classes, covering the same course work.

I was fortunate to be able to take the class taught by Allison Griffith-Sims, she was assisted by the amazing Lee Stang and John Combe. The depth of knowledge in professional Sports Massage in the room was amazing. The ability to ask questions of instructors who have worked with the USA Track & Field Team, US Women’s Tennis and US Soccer was invaluable. The class not only taught techniques for approaching a Sports Massage session but how to customize each session and treatment plan based on the individual athlete and sport forcing the therapist to think beyond the table and right out on to the field, baseball diamond, track and more. But even if you are treating two athletes from the same sport you would not treat them both the same, each athlete has different individual needs and as such while techniques may be similar the session and treatment plan must be customized.

The class also addressed the need to identify the needs of the athlete based on where they are in their season, training program and when their next event is. For instance, you may not want to perform deep tissue or Active Isolated Stretching on an athlete who has an event that day or the next. While these guidelines are important to know and be aware of, you always want to follow the lead of your client. They know their body, an elite athlete, even a weekend warrior is going to be acutely aware of how their body should feel in order to perform at its best.

Overall the class was outstanding. It was the perfect balance of technique, real world application and lecture. Having Sports Massage Therapists of the caliber of Lee Stang and John Combe available to show students technique, answer questions and assist with the class made this class truly top notch. Allison Griffith-Sims was a fantastic lead instructor and the coursework created by Steve Jurch was superb.

I hope that AMTA National will continue to offer this workshop at future National Conventions and I would recommend it to anyone interested in the Sports Massage Specialty Certificate or in taking a high quality class that will add to their practice.

## New & Transfer Members & Milestone Anniversaries October 2016 - January 2017

### New Members

Name	Join Date
Etta Cavalier	October 2016
Alicia Clare	
Nancy Dunlavy	
Tabitha Johnston	
Andrea Madden	
Cindy Molina	
Ocelotl Mora	
Elizabeth Morris	
Sara Pacheco	
Jennette D. Sanders	
Shawna Sharp	
Isa van Shaik	
David Claes	November 2016
Jennifer Kimble	
Antoinette Moore	
James Ahearn	December 2016
David Barela	
Jennifer Berger	
Cheryl S. Bradford	
Carina Carmona	
Nichole Carnevale	
Michelle Coyle	
Jennifer D'Aquino	
Ricardo De La O	
Johnny Dennis	
Marie Jordan	
Lila Kingfisher	
Rose Leduc	
Ingrid Love	
Terra McKeown	
Alex Menchaca	
Felipe Molina	



## New & Transfer Members & Milestone Anniversaries October 2016 - January 2017

Monica Ornelas-Cardona	December 2016 (cont'd)
Jesilyn Peterson	
Jaiver Reyes	
Tobias Rhine	
Melanie Samaniego	
Charlotte Sierra	
Jonathan Stelzer	
Zerod Underwood	
Tiffany Ward	
Michelle Bennett	January 2017
Xyacery Bryant	
Elizabeth Carrasco	
Lorene Craft	
Debbie Garcia	
Elenya Grafals	
Layla Hinojos	
Angeline Klima	
Melissa Mason	
Margaret Monteith	
Jayne Murphy	
Marissa Romero	
Tess Rudat-Yamini	
Sarah Sidelko	
Eric Williams	

### Transfer Members

Name	Join Date
Benito Concha	October 2016
Colleen Flores	
Christine Lenehan	
Lisa Stevens	
Kristen Ogden	December 2016
Meghan Butler	January 2017

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**New & Transfer Members & Milestone Anniversaries  
October 2016 - January 2017**

**Milestone Anniversaries**

**5 Years**

Name	Anniversary Date
Mona Magee	October 2016
Theresa Gritt	
James Swaagman	November 2016
Jackie Martin	

**10 Years**

Name	Anniversary Date
Tami Proctor	October 2016
Ina Rucker	
Jack Loer	November 2016

**20 Years**

Name	Anniversary Date
Denise M. Flores	December 2016
Jean E. Manger	January 2017

**25 Years**

Name	Anniversary Date
Roy Yinger	October 2016
Kyoko M. Hummel	November 2016
Christopher Slate	
Russell R. Shimahara	January 2017

# PHOTO GALLERY



**MORE FUN AT KOB4  
HEALTH FAIR**



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