

## In This Issue

- 2 From the President's Desk
- 3 Education Corner
- 4 Is Lymphatic Balancing the Missing Ingredient to Success in Your Practice?
- 6 AMTA Sports Massage Team ROC the Ride
- 6 Scholarship 2016
- 6 Northern New York Update
- 7 AMTA-NY Chapter Convention 2017
- 8 CSMT Corner
- 9 Restoring Cervical Function
- 12 Calendar of Events

## Pharmacology and Massage Therapy

BY SUSAN G. SALVO, MED LMT



**Nothing in life is to be feared, it is only to be understood.**

—Marie Curie

Many of your clients use drugs to reduce pain, to minimize disease complications, as hormone replacement therapy, or to decrease anxiety and depression, just to name a few. Drugs can be administered orally, by injection, inhalation, or through the skin or mucous membranes.

Learning about pharmacology and how it affects massage therapy should be a top priority for practicing therapists. What these medications do, how they are administered, and their side effects may alter your therapeutic approach with a particular client. Additionally, many clients have multiple chronic conditions that are managed by medications. These situations add layers of complexity to treatment planning. For example, your client may be taking oral meds for chronic high cholesterol, use insulin injections regularly to manage diabetes, and recently started using testosterone crème. Do you know what to do?

Initially, you must inquire about medication use during the client intake. This includes information regarding prescription drugs, over-the-counter drugs, and herbal supplements. These agents may have side effects and possible implications for massage therapy. Next, ask why they are taking them. Medications are used for many reasons. For example, a client may take aspirin to reduce fever, to manage shoulder pain, or prevent or reduce the risk of stroke or heart attack. Modifications will vary depending on how the client answers these questions. For example, a client who is taking oxycodone orally to relieve pain from a neck injury sustained five days ago during a car accident may require the use of stimulating techniques at the end of the session to help rouse an overly sedated client or assistance with sitting up and getting off the table.

Next, ask your client about side effects. The client's primary complaint may be related to a drug side effect, meaning that a headache targeted for the relief through massage may quickly return if it is the result of a drug side effect. Be sure your client is informed so appropriate and realistic treatment decisions can be made. Lastly, ask how the meds are administered. For example, a client taking insulin would require avoiding the site of recent injection for 24-hours. Depending on client response, use appropriate treatment modifications.

The field of pharmacology changes quickly so having access to the most current information is essential. Massage therapists are advised to use several reference books in their current editions. Some Internet websites such as the FDA ([www.fda.gov](http://www.fda.gov)), Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)) and National Institutes of Health ([www.nih.gov](http://www.nih.gov)) contain current drug information, as well as information related to specific diseases. Pharmacists are another great source of information. Remember, a little pre-planning and a thorough intake can create the foundation for condition-appropriate and client-centered treatment plans.

REFERENCES: Salvo SG: *Mosby's Pathology for Massage therapists*, ed 4, in press, Elsevier, Saunders.



The mission of the  
**american massage  
therapy association®**  
is to serve AMTA  
members while  
advancing the art,  
science and practice  
of massage therapy.

**SAVE THE DATE | APRIL 7-9, 2017!**  
**Susan Salvo will be presenting several  
classes at the AMTA-NY Convention 2017.**



**Circulation** 4,000

*intouch* is published quarterly by the **American Massage Therapy Association® New York Chapter**, a non-profit professional organization of licensed massage therapists, massage therapy students and member schools. This publication welcomes contributions from readers. Submissions must include the author's name, address, telephone number and photo. Copyrighted material must be accompanied by a release from its holder. Submissions can be emailed to [office@amta-ny.org](mailto:office@amta-ny.org).

AMTA-NY reserves the right to accept or reject materials. Submissions may be edited for length or clarification. We assume no responsibility for errors, omissions, corrections, or modifications in publication. The opinions contained in this newsletter do not necessarily reflect those of the New York Chapter.

## Per Issue Advertising Rates

All ads must be prepaid and submitted in camera-ready or industry standard format (jpg, tif, pdf, eps). Make check payable to AMTA-NY and mail payment to Chapter Office.

## Ad Prices

Full page	\$350	Business Card	\$100
Half page	\$250	Classified Ad	\$50
Quarter page	\$200		

## Deadlines

- Fall: September 1
- Winter/Spring: March 1
- Summer: June 1

## Contact Information

AMTA-NY Chapter Office  
167 Chamberlain Road, Honeoye Falls, NY 14472  
Tel: 585.582.6208 • [www.amtany.org](http://www.amtany.org)  
[office@amta-ny.org](mailto:office@amta-ny.org)

## From the President's Desk

BY EUGENE WOOD

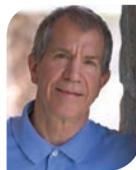
When is the last time you received a massage? All of the therapists that I talk to say that they need a massage but are too busy to take time away from their clients and office. I admit to being guilty of this way of thinking, as well. Isn't it interesting that our clients make the time for self care and come to us, yet we don't take the time to take care of ourselves? I have these conversations with myself all of the time: "My hip hurts and I really need to get a massage", and the days go by and several weeks later I still haven't scheduled a massage. In the beginning of my career, I used to exchange massages with a fellow practitioner. After a while, it never seemed to work out for a variety of reasons.

I bring this up because recently everything lined up correctly and I was able to schedule and receive that overdue massage from an AMTA member. I wonder how many of you let your massage therapist know that you are also a massage therapist? I always fret over that. It's hard for me to let go and not critique the massage, however, that's exactly what I want to do. I want to just "get into the zone" and let go. Anyway, I scheduled my appointment and it was such a learning experience that helped me on every level. On the physical level, my symptoms were relieved and I was out of pain. On the emotional level, I worked on letting go of the pain associated with the symptoms to loosen its grip. On the mental level, I looked at the business model and how the business was run, looking for ways to improve my client's experience. Lastly if felt really good to pay the practitioner for a job well done and support an AMTA member. So, I guess in my own little way, I upheld the mission statement of AMTA, which is "To serve AMTA members while advancing the art, science and practice of massage therapy."

So, go and schedule your long overdue massage and get the care you need to serve your clients.



Eugene Wood  
President, AMTA-NY Chapter



Eugene graduated with a BS in Experimental Psychology in 1974. He has 30 years of business experience. For the past 15 years, he has held several positions in the field of computer training using his instructional design and project management skills, creating learning content and delivery of training. Eugene graduated from the Swedish Institute to realize his dream of becoming a licensed massage therapist. Email: [eugenelmt@verizon.net](mailto:eugenelmt@verizon.net)

# Education Corner

BY MELANIE OLIVIERI

## ARE CEH'S FOR YOU?

We all know that New York State says we must have CEH's to renew our registration. Technically we don't need them until we've been in service for 6 years after graduating from massage school - the end of our second registration period. Six years! Let's think about that for a second. You could have a child and be sending him or her off to first grade in that amount of time. Can you really see yourself doing the same techniques, working the same way every day, for that long?

Beyond the boredom factor why wait until you 'have to' take classes before you do? Would you want to go to a doctor who didn't keep up on the latest techniques? Or what if your tax guy didn't know what was new when April 15th comes along? What we learn in school, as good as your school may have been, is just the basics. And the more you learn, the more you realize just how basic. Don't get me wrong. I loved my school and I think I got a great education. But there is a lot of information to stuff into our brains in a short amount of time. Taking classes that can give you new techniques, more options, "tools in your toolbox," when you are working with your clients is important. All bodies are different. All people react differently to trauma, illness, chronic conditions, and even what can help them to relax.



What classes are for you? Well, what interests you? What kind of clients do you work with? Are they the type of clients you want to be working on? Ah, now there is a question. Have you asked yourself that? What type of clients would you like to be working on? Maybe you have a lot of clients that have migraines, or cancer, or MS. Are you a runner? A dancer? Would you like to help other runners/dancers improve their performance? Do you have a family member who has fibromyalgia? Or a friend who is pregnant? From relaxation massage to cancer to pregnancy there is more that you can be doing.



'But my clients are happy' you say. Ok. But could they be happier? Could they be in less pain? More relaxed? Could your client retention rate be higher? Do your clients have a condition that you need to think about prior to 'just doing their massage'? There is no 'just doing a massage'. Thankfully, we are considered medical professionals in New York State. "Do No Harm" is something we need to think about every day. Do you have oncology patients but no oncology training? Do you know how you could harm them with deep tissue massage? Or with stroke directionality? Could you take your clients migraine pain from a 10/10 down to a 2/10? Imagine seeing the relief on their faces at the end of their massage. These are things you can learn, and so much more.

Beyond helping your current clients, classes can help you to open up your practice to a whole new demographic, which leads to increased income. It gives you opportunities to go out and help in your community. Maybe you want to do some pre-race massages for a charity run. Or volunteer at a local oncology event like Camp Good Days. Events like that are a great way to help in your community and again, can lead to marketing opportunities for you.

Ask yourself – what do you really want to learn? You can take online classes, you can get out and do a hands-on class – we are after all a hands-on profession. AMTA –NY offers classes throughout the year and at convention every April. If you have a class you are really interested in contact your Unit Chair and let them know, we are always open to member feedback and would love to hear from you! Want to volunteer? – Join CSMT –the Community Service Massage Team – through AMTA.



Melanie R. Olivieri RN, LMT  
AMTA WNY Unit Chair

# Is Lymphatic Balancing the Missing Ingredient to Success in Your Practice?

BY KERRY D'AMBROGIO, DOM, AP, PT, DO-MTP AND TRACEY CLARK DO (MP), DCMOEB

Many manual practitioners think of **lymphatic drainage techniques** as an area of specialty that may not factor into their practice and is only for patients with lymphedema. The belief that working with the lymphatic system will require taping techniques or complicated draping may have prevented practitioners from incorporating specific lymphatic work into their treatment. In fact, adding a **principle based approach** to lymphatic system support and balancing may be easier than thought and may be the answer to getting lasting results for some difficult cases that don't seem to respond to current treatment protocols. The ability to incorporate **lymphatic balancing** into treatment will also promote healing from the inside out by helping to create an internal environment that is conducive to healing.

Within the hierarchy of healing, the principle that the movement of fluids is essential to the maintenance of health is one of the basic tenets of osteopathic medicine. Perhaps even more important is the concept that **drainage must precede supply**. This could be understood to be referencing the drainage of venous blood as a preparation for the delivery of arterial blood flow but we must not forget the incredibly important role that the lymphatic system plays in the purification of tissues, fluid balance, immunity and digestion. Dr. Andrew Taylor Still, the father of Osteopathy, emphasized that the treatment of the lymphatic system was vital for the treatment of disease and the maintenance of health and homeostasis. He stated "We strike at the source of life and death when we go to the lymphatics".

**Lymphatic Balancing helps reduce swelling in the cranium, spine, rib cage, visceral system, and the upper (shoulder, elbow, wrist and hand) and lower extremities (hip, knee, ankle and foot).**

## The Lymphatic System

On a daily basis approximately **30 liters** of fluid filters out of the capillaries with **oxygen** and **nutrition** into the interstitial spaces. Of that only **27 liters** will return to circulation. The remaining **3 liters** drains into the lymphatic system. The lymphatic system is made up of a network of thin tubes that run throughout the body called lymph vessels and oval-shaped organs called lymph nodes, which collect and filter lymph. Before passing into the capillaries of the lymphatic system, the fluid cleans the extracellular spaces of particulate matter, exudates and bacteria. Lymph vessels collect and filter this fluid in lymph nodes before directing it toward blood vessels near the heart. It is here that lymph re-enters blood circulation.

Returning lymph to the blood helps to maintain normal blood volume and pressure. It also prevents edema, the excess accumulation of fluid around tissues. The proper functioning of the lymphatic system is critical to our body's ability to detoxify and regenerate tissues. The lymphatic



system filters out toxins and foreign substances, recovers crucial substances that have escaped from the blood, and helps maintain a healthy immune system.

If the lymph circulation stagnates due to injury or infection, toxins accumulate, and cellular metabolism is significantly compromised. The result is an increase in acid and toxins within the tissues causing pain, tension, and edema. These substances, along with the edema, need to be removed quickly from the interstitial fluid, in order to promote proper tissue healing and restore proper pain-free movement.

### History and Development of Lymphatic Balancing

The history of lymphatic drainage techniques dates back to the late 1800's when the faculty at the first osteopathic college in Kirksville, Illinois began research on distribution within the vascular and lymphatic systems. Frederic Millard, DO, one of Still's students, published Applied

Anatomy of the Lymphatics in 1922, which led the way for further research and development of specific techniques aimed at treating the lymphatic system. J. Gordon Zink, DO, FAAO, inspired by the work of Millard, expanded the concepts to include the Respiratory-Circulatory model placing a special emphasis on the influence of fascial restrictions on the flow of venous and lymphatic return and the importance of creating pressure differentials in the cavities of the body to encourage the ease of flow.

**Lymphatic Balancing** was designed by Dr. Kerry D'Ambrogio to treat excess fluid or swelling, fluid stagnation or lymphedema in the cranium, spine, rib cage, visceral system, and the upper (shoulder, elbow, wrist and hand) and lower extremities (hip, knee, ankle and foot). **Lymphatic Balancing** expands on the work and teachings of Dr. Emil Vodder (Vodder Method), Bruno Chikly MD (Lymphatic Drainage Technique), Dr. Albert Leduc PT, PhD (Leduc method) and osteopathic lymphatic pumping techniques. These techniques can be applied to a wide range of clientele within the orthopedic community.

**Lymphatic Balancing** builds on the principle-based concepts of Dr. Still while incorporating the use of gentle, rhythmical pumping techniques, both long and short levers, to encourage the healthy flow of lymph. First developed by Earl Miller DO, the lymphatic pump is a manual technique that makes the use of both long and short levers to re-establish the rhythmical flow of lymph. Pumping techniques can be easily integrated into a multitude of manual treatment approaches without the need for special draping or taping. It is a non-invasive approach in which the risk to benefit ratio is exceptional.

**Lymphatic Balancing helps to restore proper joint biomechanics, functional range of motion, and postural alignment.**

**Lymphatic Balancing is appropriate with the following patient populations: pediatrics, adolescents, young adults, adults, and geriatrics.**

### Benefits of Lymphatic Balancing

The outcomes of a **Lymphatic Balancing** include the restoration of proper joint biomechanics, functional range of motion and optimal postural alignment. This gentle, hands-on approach is efficacious in the treatment of back pain, sciatica, neck pain, headaches, rib pain, upper and lower extremity orthopedic dysfunctions, swelling, and postural asymmetry.

The Lymphatic Balancing courses at the D'Ambrogio Institute topics include:

- How to first decide if lymphatic balancing is a priority.
- The history, principles, and neuromuscular basis of **Lymphatic Balancing** and the significant anatomy of the lymphatic system and supporting structures.
- How to conduct a thorough specific orthopedic evaluation using ARTS (Asymmetry, Range of Motion, Tension Tests and Special Tests) of the cranium, spine, thorax, abdomen (viscera), and upper and lower extremity.
- Charting results of the evaluation and formulating a treatment plan
- How to determine the proper sequence of treating the Total Body Lesion
- Performing **Lymphatic Balancing** on the nodes, vessels, and tissues of the cranium, spine, thorax, abdomen, and upper and lower extremity.
- The clinical importance of **Lymphatic Balancing** for the treatment of excess fluid, swelling, or lymphatic stagnation in relation to muscular skeletal dysfunctions.
- Integrating **Lymphatic Balancing** with other treatment modalities taught at the D'Ambrogio Institute.

Lymphatic Balancing is taught as three courses (Total Body Approach and a Local Approach for the Upper & Lower Quadrant). The courses can be taken in any order.

**SAVE THE DATE | APRIL 7-9, 2017!**

**Lymphatic Balancing Total Body Approach will be presented at AMTA-NY Convention 2017.**



Sports Team for Bike MS Rochester: Michele Ruggiero, Katy Heneghan, Shania Sonnevile

## AMTA Sports Massage Team *ROC the Ride*

BY SHANIA SONNEVILLE, SPORTS MASSAGE CHAIR

On Saturday August 27, 2016 The Bike MS tour rode through Genesee Valley Park in Rochester, NY. The Rochester Bike MS is also known as *ROC the Ride*. The Bike MS Tour goes through Keuka Park in July and Evengola State Park near Buffalo in early August and finishes up with the Rochester location in late August. The AMTA-NY Sports Massage Team was present at just two out of the three events this year due to too few volunteers to cover the third. Christine Kiebzak, the Bike MS manager was very hopeful that we will be back next year with the same level of enthusiasm for the athletes as they do so much appreciate what we do.

For those diagnosed with Multiple Sclerosis, the symptoms can range from numbing and tingling sensations, to paralysis and blindness. The progression of MS is unpredictable and defined as the interruption of information exchanged within the nervous system and brain. There are some cyclists that have been diagnosed with MS who are still able to ride. For those who are unable to ride, the loving support of their friends and family is clearly present.

Bike MS is a fundraising cycling series that rides throughout the country in different cities. The rides vary from 15-150 miles and can be covered in one or several days. The efforts of Bike MS have raised over \$1 billion dollars for the National MS Society.

The AMTA-NY Sports Massage Team began working on athletes at 1pm under a tent provided by the MS Bike Tour. Christine, the tour manager,

did a great job setting up a wellness village for athletes that allowed them to get a sports massage, take a yoga class and get an assessment by a chiropractor. Yoga classes were provided every 30 minutes by *Cycle Swami Yoga*. Assessments were also given to athletes by *Dawn's Acupuncture and Focused Health Chiropractic*.

The AMTA-NY Sports Massage Team had two tables set up to give complimentary sports massage to cyclists that participated in the 18-100 mile ride. There were 156 riders at the *ROC the Ride* event, 30 of whom rode one hundred miles. The youngest 100-miler was 14 years old and the oldest was 74. The athletic level of each rider varies but at the end of the ride the participants feel tired and appreciative of even a little bodywork. Katy Heneghan, LMT from Rochester is a member of the AMTA-NY Sports Massage Team and participated in this event last year. Michele Ruggiero, LMT drove from Syracuse to volunteer. This was her second event in 2016 as a member of the AMTA-NY Sports Massage Team.

This was the team's second year participating in this high energy and fun event. The weather was beautiful with sun, and a light breeze cooled us while we worked and listened to live music. Complimentary food was provided by Carraba's to cyclists and volunteers. Other vendors included Nedloh Brewing, Blue Toad Hard Cider and Honeyoye Falls Distillery.

## Scholarship 2016

BY DEB HASTINGS

Attention massage students! Be on the look out for AMTA-NY scholarship flyer in your school in September! The flyer contains guidelines on how to submit an essay for a complimentary AMTA-NY student membership and a chance to win one of three scholarships!

## Northern New York Update

BY CLAIRE SANTERRE

It's Fall already and there is a wonderful class coming to the Northern NY Unit in Lake Placid on November 1-3. ACE Massage Cupping Level 1 with William F. Burton Jr. LMT, CMCE the offers 22 Continuing Education Credit Hours.

James Waslaski is also returning to Lake Placid to teach Integrated Manual Therapy & Orthopedic Massage for Lower Body Conditions. Register soon for this Jan 8-10th class that offers 18 Continuing Education Credit Hours

# AMTA-NY Chapter Convention 2017

BY LINDA TOOMEY

**APRIL 7 - APRIL 9, 2017**

After celebrating the success of the AMTA-NY Convention 2016 that was held in Albany, NY, the Convention Committee was right back on the job planning the next Convention for 2017. The Committee is an amazing team that works together all year round to produce a quality annual convention for you, the massage therapist. We are excited to announce that the 2017 annual convention will be held in Tarrytown, New York, at the DoubleTree Hilton on Friday, April 7 through Sunday, April 9. A variety of classes and instructors are being scheduled with the purpose of creating a focus on learning and expanding your practice; thus, the Convention's theme:

## **"Stretch ... Grow ... Thrive"**

Among the instructors are Susan Salvo who will be teaching on a variety of topics, such as *Pharmacology and Massage; Pathology: Cardiovascular & Neurological Diseases; Business & Marketing: Gain the Edge; Massage and Research: The New Frontier; and Ethics: The Heart of Massage Therapy*. Popular at the AMTA-NY Conventions are courses offered by the International Alliance of Healthcare Educators (IAHE). The IAHE - 2017 line-up includes *Healing From the Core*, taught by Lori Chinitz as well as *Lymphatic Balancing Total Balance* with Kerry D'Ambrogio. Kelly Lott will present several classes including *Facial Massage, Miracle Migraine, Pregnancy Massage, and Postpartum/Labor*. Stay tuned - there are more class announcements yet to come. Meanwhile, mark your calendars for the April 2017 Convention today!

## **Craniosacral Therapy Alliance** *CST Education and Training*

### **In New York City This Fall: "CST Exploration Days"**

**Instructor: Gina Flores, LMT, CSTA-CP**

**6 CEUs • NCBTMB NY • \$125**

**September 24, 2016**

**October 8, 2016**

*Encourage the body's  
natural ability to heal  
itself with CST!*

## **EXPAND Your Practice With CST!**

*Begin bringing CST into your  
practice in just three days!*

*The CST Alliance offers a complete curriculum of  
world-class CST education and training nationally  
and internationally. Certification is available.*

**Register or learn more at  
CSTAlliance.com**

**f Facebook "CSTAlliance"**

**NCBTMB #451232-10 • 603-948-2820**

# CSMT Corner

BY SAMANTHA PAIGE-GRAEBER, LMT, CSMT CHAIR

I am excited to announce AMTA-NY CSMT's Emergency Response Team is now a member of the New York State Voluntary Organizations Active in Disaster (NYS VOAD)! NYS VOAD is the forum in which organizations share knowledge and resources through preparation, response and recovery to help disaster survivors and their communities. Members of the NYS VOAD form a coalition of nonprofit organizations that respond to disasters as part of their overall mission. The Emergency Response Team will be providing massage to first and second responders and emergency staff members during training drills and disasters. They will not be working with the public.

Here are the benefits of our being a member of the NYS VOAD:

- ✓ It gives AMTA-NY and CSMT a presence in the Emergency Management communities.
- ✓ It will provide training and mock drills for the CSMT Emergency Response Team.
- ✓ It provides the Chapter and CSMT with a perfect forum with which to educate those organizations involved in emergency response in the role and value of massage therapy during a deployment.
- ✓ It would open doors for the Chapter to network with personnel from key emergency response organizations.
- ✓ When a disaster happens, AMTA-NY CSMT Emergency Response Team would have information as to who is providing services when and where.

At the present time, there are 25 CSMT members of Emergency Response Team. The majority of them are in the NY/LI and Hudson Valley Unit. The upper regions of NY are in need of Emergency Responders. The requirements to be on the Emergency Responders Team are:

- Be a Professional AMTA member in good standing and carry AMTA insurance.
- Sign the AMTA Volunteer Code of Conduct
- Hold a current New York State Massage Therapist license.
- Successfully complete a CSMT training program provided by AMTA-NY.
- Serve as a volunteer for at least one AMTA-NY CSMT event per year; two if you are a member of the Emergency Response Team
- Sign an agreement to abide by the designated dress code, standards of conduct, and established procedures while representing the AMTA-NY at community events.

Applications may be completed online at [amtany.org](http://amtany.org), click on Volunteer and click on Application. Please consider joining our team!

## Here is what CSMT Outreach has been up to...

**EVENT:** ACS Relay for Life of Southern Saratoga

**LOCATION:** Shenedehowa High School – Clifton Park

**DATE:** Saturday, June 18th, 2016

**TEAM LEADER:** Larry Rockwell

**EVENT:** NYC Brain Tumor Walk

**LOCATION:** Randall's Island

**DATE:** Saturday, June 25th, 2016

**TEAM LEADER:** Donna Webb

**TEAM:** David DeLucia, Nayda Maymi, Patricia Wilcox, Lle-Anne McKenzie

**EVENT:** Camp Good Days' Supportive Spouse and Friends Weekend

**LOCATION:** Branchport

**DATE:** Saturday, August 20th, 2016

**TEAM LEADER:** Christine Bailor – Goodlander, RN, LMT, CSI

**TEAM:** Melanie Olivieri, RN, LMT, Beth Bergmann, LMT, Phil Wackerfuss, LMT

A list of events can be found on our website and in the news blasts. We can always use volunteers for these events. Not only do you get to spend time with your fellow therapist, you get to give to your community. Please consider giving your time, energy and wonderful hands to some very worthy events.

## Online CEH's

**Did you know you can complete all of your NYS required CEH's through online approved providers?** AMTA is an approved provider of NYS and offers more than 50 online classes. Classes are in a variety of subjects and are as low as \$15 per credit hour.

For more information visit: [www.amtamassage.org/courses](http://www.amtamassage.org/courses)



ACS Relay For Life in Saratoga: Larry Rockwell



Brain Tumor Walk Randalls Island:  
Donna Webb, Lle-Anne McKenzie, Nayda Maymi, Patricia Wilcox, David DeLucia



Camp Good Days Supportive Spouse Friends Weekend:  
Christine Bailor-Goodlander, Beth Bergmann, Phil Wackerfuss, Melanie Olivieri

## Restoring Cervical Function

BY CHELSIE CRONELL, LMT

How many massage therapists haven't had clients with neck pain and loss of motion due to postural inadequacies and/or injuries? I'm excited to share that the Southern Tier Unit of AMTA-NY is hosting Tess Contos to teach a structural integration class. *Restore Cervical Function: Treating Structural, Fascial & Muscular Restrictions* will be held in Johnson City on November 12th & 13th.

Tess explains how exciting it's been teaching these new techniques and the "wow factor" results. She says that with these techniques, we help guide our clients through structural pattern dysfunctions with very little impact on our own bodies. The class will cover care strategies, assessments, self-care techniques, cervical anatomy review, tweaking technique and body mechanics.

Now that we've shared the "what" we'd like to share the "why" our cervical curve is important and the significance of keeping our clients and ourselves in a full range of motion. The nervous system in the neck controls functions such as breathing, reflex control for coughing, swallowing, gagging, balance, digestion, state of wakefulness, muscle control, sensation & blood supply to the head, neck, shoulder, arms and hands. In the *Restore Cervical Function* class, you will learn how the systems of the body (nervous, muscular, fascial and structural,) interact within the cervical spine. You'll learn how to translate an assessment into a treatment plan to help restore motion as well as to recognize imbalances for future prevention of injury.

I hope to see you there! Don't forget, early registration saves \$\$\$\$. Register before October 14th to save \$160. If you are travelling further than an hour away, contact Chelsie Cronell for information on ride share and room share.

Register Now!! November 12th and 13th. Restoring Cervical Function with Tess Contos at the Johnson City Senior Center, 30 Brocton Street, Johnson City. Contact Chelsie Cronell, Southern Tier Unit Chair (607) 287-6389 with any questions.

# SAVE THE DATE

## 2017 AMTA NY CONVENTION April 7-9, 2017

Doubletree Hilton  
455 South Broadway  
Tarrytown, New York, 10591

Work *easy* with

corestones 

THE ORIGINAL SOAPSTONE MASSAGE TOOL

- Naturally ergonomic •
- Stays hot or cold longer • Reduces Hand Strain • Easy to use Custom Stones & Sets •



Learn More online  
and ORDER today!  
[corestonemassage.com](http://corestonemassage.com)  
877-614-2727

## Keep Track of all CE Credits in One Place

The AMTA National website has a great tool to allow you to "self-report" all courses you take anywhere! To do so, simply log in to [www.amta.org](http://www.amta.org) click on "Update Education Credentials". This tool allows you to put all credits that you have taken anywhere all in one place!

For any questions about this, or to access log-in information, please contact AMTA National at 1.877.905.0577.





Valerie Graham  
Essentials™

**Aromatherapy**

Since 1999

**Certified Aromatherapist & Licensed Esthetician**

**100% Pure & Natural  
Therapeutic Aromatics**



**Organic or  
Wildcrafted**

- Pure Essential Oils
- No Synthetics
- No Fragrance Oils
- Aromatherapeutics
- Proprietary Blends
- Natural Ingredients

**Sourced from around the world. A trusted name  
in Aromatherapy, Essential Oils and Natural Care.**

**Valerie@vgessent.com  
krystalblue.com  
(516) 384-9289**

**Wholesale  
Inquiries Welcome!**



**amta**  
american massage therapy association®  
**New York Chapter**

**Officers**

- President** Eugene Wood  
Wantagh, NY • 917.952.8052  
eugenelmt@verizon.net
- Immediate Past President** Pat Collins  
Johnson City, NY • 607.765.5624  
collinspd@yahoo.com
- 1st Vice President** Nick Bodkin  
Glens Falls, NY • 518.260.0432  
nbodkin@hotmail.com
- 2nd Vice President** Christine Bailor-Goodlander  
Williamsville, NY • 716.432.8312  
cbgrnltm@roadrunner.com
- 3rd Vice President** Linda Toomey  
Elmira, NY • 607.732.3066  
l.toomey5@icloud.com
- Secretary** Kyle Hierholzer  
Baldwinsville, NY • 315.569.4549  
kylelmt@icloud.com
- Treasurer** Amy Battiliana-Meyer  
Syracuse, NY • 315.420.1267  
amybattiliana-meyer@hotmail.com

**Committee Chairs**

- Awards Committee**  
Deb Reifenrath
- Community Service  
Massage Team Chair**  
Samantha Paige-Graeber
- Sports Massage Therapy  
Team Chair**  
Shania Sonnevill
- Education Committee**  
Pat Collins
- Government  
Relations Committee**  
Nick Bodkin
- Membership Committee**  
Nick Bodkin
- Communication Committee**  
Pat Collins
- Convention Committee**  
Linda Toomey
- Scholarship Committee**  
Deb Hastings
- Unit Operations**  
Kyle Hierholzer

**Unit Chairs**

- Capital District** Larry Rockwell  
Warnerville, NY • 518.657.9923  
larry-rockwell@nycap.rr.com
- Central New York** Kyle Hierholzer  
Baldwinsville, NY • 315.569.4549  
kylelmt@icloud.com
- Hudson Valley**  
Vacant
- New York City / Long Island**  
Vacant
- Northern New York** Claire Santerre  
Tupper Lake, NY • 518.359.8776  
clairetherapeuticmassage@roadrunner.com
- Southern Tier** Chelsie Cronell  
West Davenport, NY • 607.287.6389  
ablemovementmassage@yahoo.com
- Western Finger Lakes** Deb Reifenrath  
Conesus, NY • 585.944.5838  
debrath@yahoo.com
- Western New York** Melanie Olivieri  
Cheektowaga, NY • 716.713.5087  
melanieraernlmt@aol.com

**New York State  
Delegates, AMTA  
National Convention**

- Frank Casucci (2015 - 2016)  
Kyle Hierholzer (2015 - 2016)  
Jasmine Pitter (2016 - 2017)  
Donald Goodale (2016 - 2017)  
Melanie Olivieri, Serving  
Delegate Alternate, 2016

**AMTA New York presents . . . Kelly Lott**

**Face Toning Massage**

**October 22, 9-5** 7 Hours CEU's

**Until Sept. 25th:** \$105 AMTA Members, \$84 Student Members, \$175 Non-Members  
**After Sept. 25th:** \$175 AMTA Members, \$154 Student Members, \$245 Non-Members

Learn how to perform a 1 hour and a 30 minute hydrotherapy face toning massage treatment while sitting down the entire time. Entire class time is devoted to learning, practicing and receiving a sequential series of massage strokes that affects the facial muscles, along with tightening and toning of the neck and upper chest. This treatment has helped Bells Palsy, strokes and facial nerve damage. Clients will see a tonal difference in their skin and muscles after the very first treatment! Great method for massage therapists to relax and give tired hands a break. Students will receive extensive how-to hand outs, 12 facial towels and sample facial massage crème.

**Student Requirements:**

Please do not wear base makeup or perfume/cologne to class.

- 2 sets of sheets
- 3 bath towels
- 2 hand towels
- 1 blanket
- 1 medium size metal bowl



**Location:**  
Conesus Golf Club  
1 Pine Alley  
Conesus, NY 14435

**To register go to:**  
AMTANY.org

**For inquiries contact:**  
Debra Reifenrath, LMT  
debrath@yahoo.com  
585-944-5838



**KELLY LOTT**  
LMT, MTL, NCBTMB  
Provider #055516-00, CIMI

Recently voted into the Hall of Fame for the World Massage Festival, and a nationwide certified massage instructor through The National Certification Board for Therapeutic Massage and Bodywork. Kelly Lott graduated from the Chicago School of Massage in 1991, and has over 24 years of experience in her professional practice.

Kelly has an extensive background teaching all over the country with her proprietary product, Migraine Miracle® - Cold Stone Therapy for Migraine Headaches. She has invaluable experience with Pregnancy Massage, Infant Massage, Face Toning and Spa treatments.

**Migraine Miracle® - Cold Stone Therapy**

**October 23, 9-4** 6 Hours CEU's

**Until Sept. 25th - Early Bird Pricing:**  
\$90 AMTA Members, \$72 Student Members, \$150 Non-Members  
**After Sept. 25th:** \$150 AMTA Members, \$132 Student Members, \$210 Non-Members

Kelly Lott created this innovative treatment designed specifically for massage therapists who want to offer their clients an alternative and dramatic relief treatment for all kinds of headaches. 50 million people a year suffer from headaches and an increasing number want a more natural yet powerful way to get relief. The heart of Migraine Miracle® is the Holistic Fusion of custom designed cold marble stones that contour along key headache sites comfortably to decrease the pressure of dilated blood vessels, specially blended essential oils with combinations developed specifically to counteract the top four headache causes and headache point release techniques. Workshop includes lecture on migraines and symptoms with hands on practice. Tuition includes how-to handouts, two spa foot towels and certificate of attendance.

*Professional migraine kit will be available at a student discount rate.*

**Student Requirements:**

Please do not wear base makeup or perfume/cologne to class.

- 1 set of sheets
- 2 bath towels
- 1 hand towel
- 2 dark color washcloths
- 1 blanket
- Metal bowl or square metal baking pan



**Location:**  
Emerson Education Annex  
5225 Sheridan Dr.  
Georgetown Square Plaza  
Williamsville, NY 14221

**To register go to:**  
AMTANY.org  
866-777-9655  
office@amta-ny.org

**For inquiries contact:**  
Melanie Olivieri, LMT  
716-713-5087





## AMTA-NY Calendar of Events

### AMTA NATIONAL CONVENTIONS

2016 Milwaukee, WI

2017 Pasadena, CA

2018 Washington, DC

### VOLUNTEER OPPORTUNITIES

Community Service Massage Team (CSMT) and the Sports Massage Team are always looking for volunteers for events. Be sure to check our website [www.amtany.org](http://www.amtany.org) under calendar of events to see what is coming up in your area!

You can also contact the Team Chairs:

Shania Sonnevile , Sports Massage Team Chair  
[shania.lmt@gmail.com](mailto:shania.lmt@gmail.com) • 315.576.3321

Samantha Paige-Graeber, CSMT Chair  
[ladystar44@icloud.com](mailto:ladystar44@icloud.com) • 845.355.8015

**SAVE  
THE  
DATE**

## 2017 AMTA-NY Convention

April 7-9, 2017 | Tarrytown, New York  
Doubletree Hilton | 455 South Broadway

### Useful Links

#### AMTA NATIONAL OFFICE

[www.amtamassage.org](http://www.amtamassage.org)

#### NYS EDUCATION DEPARTMENT OFFICE OF THE PROFESSIONS

[www.op.nysed.gov/prof/mt](http://www.op.nysed.gov/prof/mt)

#### MASSAGE THERAPY JOURNAL

[www.amtamassage.org/journal/home.html](http://www.amtamassage.org/journal/home.html)

#### MASSAGE & BODYWORK MAGAZINE

[www.massagemag.com](http://www.massagemag.com)

#### MASSAGE TODAY

[www.massagetoday.com](http://www.massagetoday.com)

#### MASSAGE THERAPY FOUNDATION

[www.massagetherapyfoundation.org](http://www.massagetherapyfoundation.org)

### Social Networking

To network online with AMTA, visit [www.amtamassage.org](http://www.amtamassage.org) and click on the corresponding social media icons at the bottom of the page, or follow these links:

 **FACEBOOK**  
[www.facebook.com/amtanychapter](http://www.facebook.com/amtanychapter)

 **TWITTER**  
[www.twitter.com/AMTANY](http://www.twitter.com/AMTANY)

 **LINKEDIN**  
[www.linkedin.com](http://www.linkedin.com)  
Search Groups: American Massage Therapy Association (AMTA)

 **YOUTUBE**  
[www.youtube.com/amtamassage](http://www.youtube.com/amtamassage)

\*Facebook and Twitter pages are linked so that information from Facebook will automatically be posted to Twitter.