



amta
american **massage therapy** association®
new york chapter

REUNITED IN

TOUCH

2022 AMTA-NY ANNUAL CONVENTION

April 29 – May 1 | Saratoga Springs, NY

REUNITED IN TOUCH

2022 AMTA-NY ANNUAL CONVENTION

Message from the President

This edition of "Convention at a Glance" is our chapter's first major publication since we had to "pause" many of our association programs due to the global pandemic. We are excited to be at the Saratoga Hilton for our 2022 annual convention, "Reunited in Touch" April 29 - May 1.

Your AMTA-NY volunteers and office administration have created a great lineup of educational opportunities. This year's convention will be held in the "Spa City", Saratoga Springs.

Saratoga has a long history of wellness and serves as a major tourist destination in upstate New York featuring its beautiful race course, Museum of Dance, Racing Museum, Lincoln Baths & Spa, and the natural mineral springs, just to name a few.

Our convention is in the heart of the city, near the rail system, and can be easily accessed after a short Uber/cab ride. While the convention is about educational opportunities, it's also about networking and developing lasting friendships.

I hope that you can join us for this amazing educational opportunity, benefit from our vendors' wares, visit with old friends and make new ones. There will also be the opportunity to enjoy the many restaurants, and retail stores just steps away from the Saratoga Hilton and perhaps experience a night out on the town.

This year's convention will surely be an amazing and memorable experience!

I look forward to meeting and reuniting with all of you soon,



Nicholas Bodkin, LMT
AMTA New York Chapter President

Message from the Convention Committee Chair

In 2022, AMTA-NY's State Convention returns to Saratoga Springs, NY. Growing anticipation has been building as we move forward and celebrate this year's Convention theme: "Reunited in Touch." Saratoga Springs is recognized for its art, culture, shopping, health, and wellness. This will be a great opportunity to learn, become inspired and try new techniques.

This year's list of education includes great course offerings from James Waslaski, Joe Muscolino, and many more great instructors. There will be hands-on learning, networking events and our annual business luncheon held on Friday. On Saturday we will come together and celebrate our outstanding members with an awards banquet and dancing, included with your full convention registration.

This will be an exciting experience as we all come together and are "Reunited In Touch." There will be health guidelines to ensure the safety of our attendees.

Please join us for the education, giveaways, entertainment and in-person social networking.

We look forward to seeing you there,



Shania Sonnevile,
Convention Committee Chair

COVID Precautions and Safety:

To ensure the safety and health of all attendees, masks will be required to be worn at this event throughout the weekend.

Schedule of Events

Thursday, April 28

CEH

1 – 7pm	Convention Registration Open
3 – 7pm	Vendor Marketplace Open
6:30 – 8pm	Board of Directors Meeting

Multi-day Sessions

Friday, April 29 – Sunday, May 1

CEH

Fascial Balancing: Lower Quadrant / IAHE-Ull Kerry D'Ambrogio 20
 April 29: 8am-12pm; 2-6pm | April 30: 8am-12pm; 1:30-5:30pm
 | May 1: 8:30am-12:30pm

Friday, April 29

CEH

7 – 9am	Continental Breakfast
7am – 5pm	Convention Registration Open (Closed during Business Meeting 12-1:45 pm)
All Day Class Sessions 8am-12pm; 2-6pm	The Role of the SI Joint in Low Back Pain / Cynthia Ribeiro 8
	COMT, Regional Approach (Level 1) Neck Assessment and Stretching / Joe Muscolino 8
	Kinetic Chain Patterns for Complicated Knee Conditions / James Waslaski 8
Morning Sessions 8am – 12pm	Touching the Mind: Mental and Mood Disorders for Massage Therapists / Ruth Werner 4
	Stop Worrying, Start Working: How to Massage the Inner Thigh Effectively / David Lobenstine 4
10am – 12pm	Vendor Marketplace Open
12:15 – 1:45pm	Annual Business Meeting Luncheon
Afternoon Sessions 2 – 6pm	Put Science to Work for You; Using Research to Support your Practice / Ruth Werner 4
	The Effortless Exhale: Using the Breath to Massage Better / David Lobenstine 4
6:30 – 9pm	Vendor Marketplace Open
7 – 9pm	Welcome/Vendor Appetizer Reception

Saturday, April 30

CEH

7 – 9am	Continental Breakfast
7am – 1:30pm	Convention Registration

Saturday, April 30

CEH

Morning Sessions 8am – 12pm	Gait Analysis / Cynthia Ribeiro 4
	Assessment and Manual Therapy Treatment of the Psoas Major / Joe Muscolino 4
	Integrated Manual Therapy and Orthopedic Massage for Complicated Shoulder Conditions / James Waslaski 4
	Massage Therapy and Pathology: Reproductive System Conditions / Ruth Werner 4
	The Solution Is the Sides: Approaching the Upper Body from All Angles/ David Lobenstine 4
10am – 3:30pm	Vendor Marketplace Open
12 – 1:30pm	Lunch Break (on own)
12 – 1:30pm	Student Luncheon – “Welcome to the Profession”
Afternoon Sessions 1:30 – 5:30pm	Prevention and Rehabilitation of Shoulder Impingement Syndrome / Cynthia Ribeiro 4
	Piriformis - Assessment and Treatment / Joe Muscolino 4
	Integrated Manual Therapy and Orthopedic Massage for Complicated Cervical Conditions / James Waslaski 4
	Research Recap: The Best Recent Research in Massage Therapy, and How to Make Sense of it / Ruth Werner 4
	The Solution Is the Sides: Approaching the Lower Body from All Angles / David Lobenstine 4
7pm	Dinner Dance – Banquet Dinner & Awards Ceremony

Sunday, May 1

CEH

7:30 – 8:30am	Continental Breakfast
Morning Sessions 8:30am – 12:30pm	Assessing and Treating Common Headache Pain Syndromes / Cynthia Ribeiro 4
	Anatomy and Physiology and How it Affects Assessment and Treatment / Joe Muscolino 4
	Elite Sports Therapy / James Waslaski 4
	Herpes, Hep and Flu, Oh My! Public Health Issues for Massage Therapists / Ruth Werner 4
	Rocking: The Most Useful Technique You Never Do / David Lobenstine 4
10am – 1pm	Vendor Marketplace Open
1pm	Convention Concludes: Submit Convention Evaluations

Class Course Descriptions

Multi-Day Session

April 29: 8am – 12pm, 2 – 6pm

April 30: 8am – 12pm, 1:30 – 5:30pm

May 1: 8:30am – 12:30pm



Fascial Balancing: Lower Quadrant (20 CEH)

Instructor: Kerry D'Ambrogio

Must attend all classes to receive the 20 CEH.

The purpose of this course is to teach you 6 key principles to Fascial Balancing that can be applied through the body. The workshop includes lecture, demonstration and practice for each technique presented. Students will gain a thorough understanding of Fascial Balancing Techniques used for the specific evaluation and treatment of the fascia of the lower quadrant. This workshop will specifically focus on the evaluation and treatment of superficial and deep (muscle, bone, and joint) fascial tension in the posterior torso and lower extremities. The posterior torso includes cervical spine, thoracic spine, posterior rib cage, lumbar spine, pelvis, and sacrum. The lower extremities include pelvis, hip, knee, ankle and foot. This is a hands-on class, please bring your table, sheets and lubricant.

Friday, April 29

All Day Sessions • 8am–12pm and 2-6pm



The Role of the SI joint in Low Back Pain (8 CEH)

Instructor: Cynthia Ribeiro

The SI joint has long been the subject of many studies and debate in the medical field. A very stable point at the base of the spine, the SI joint is a crucial component in lower back pain. In this workshop we will discuss the importance of not only the joint itself, but the many strong structures surrounding it that lend to its stability. We will be including orthopedic assessments and hands-on modalities including but not limited to: NMT, Multi-directional DTF and PNF.

Please come dressed in comfortable clothing preferably spandex pants or shorts. This is a hands-on class, please bring your table, sheets and lubricant.



COMT, Regional Approach (Level 1) Neck Assessment and Stretching (8 CEH)

Instructor: Joe Muscolino

This class is a hands-on workshop covering both orthopedic assessment and stretching of the neck. General and special orthopedic assessment tests will be demonstrated and workshopped. These tests will include active and passive range of motion, as well as tests designed to assess

space-occupying lesions (pinched nerves), and vertebral artery competency test. Stretching will be thoroughly explained, described, explored, and workshopped. We will begin with general cardinal plane stretching for all six functional groups of muscles of the neck, and then explore how to preferentially stretch specific muscles with multiplane stretching. We will then cover pin and stretch technique as well as more advanced neural inhibitions techniques (i.e., Contract Relax/CR, Agonist Contract/AC, [Proprioceptive Neuromuscular Facilitation/PNF]). This is a hands-on class, please bring your table, sheets and lubricant.



Kinetic Chain Patterns for Complicated Knee Conditions (8 CEH)

Instructor: James Waslaski

Manual Therapists will understand why over 90% of knee pain comes from the foot and hip and include thorough gait analysis, functional movement screening, and orthopedic assessment and will show therapists how a high arch or flat foot will cause the loss of the normal stirrup spring system. Therapists will understand the biomechanics of both open and closed chain kinetic foot strike. This ascending syndrome can cause multiple variations in tibial and sacral torsion patterns, and can ascend into roto-scoliosis of the lumbar spine and compensatory scoliosis and kyphosis of the thoracic spine, locking down the OA joint in the neck. Therapists will assess and treat the following complicated knee conditions: tibial torsions; ACL, PCL, MCL and LCL injuries; meniscus tears; IT band pain; patellar tendinosis; pes anserinus tendinosis; bursitis; patellar tracking; stuck fibular head pain; fibular and tibial nerve pain; excess supination and over-pronation of the foot; compensatory OA joint fixations and sacral torsions; distal hamstring and plantaris strains; and popliteal pain. Therapists will also learn to assess for total body joint and muscle lesions. Based on new research, therapists will know why vacu-therapies (cupping) must replace foam rollers for IT band release, rectus femoris release, and releasing the retinaculum of the knee. This is a hands-on class, please bring your table, sheets and lubricant.

Morning Sessions • 8am – 12pm



Touching the Mind: Mental and Mood Disorders for Massage Therapists (4 CEH)

Instructor: Ruth Werner

The research about the positive effects of massage for mood disorders is strong and consistent. This class addresses some of the most common mental health and mood disorders seen in our culture today.

In addition to reviewing some of the pathophysiology and contributing factors to mental health and mood-related conditions, we will discuss common conventional treatment options, and what we know about how massage therapy can have the most positive impact for clients who live with these challenges.

In alignment with the newest edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-V), this class will examine various types of depression, bipolar disease, anxiety disorders, PTSD, obsessive-compulsive disorder, and others as time allows. This is a lecture class.



Stop Worrying, Start Working: How to Massage the Inner Thigh Effectively (4 CEH)

Instructor: David Lobenstine

Let's be honest: how often do you massage the inner thigh?

The medial leg is probably the part of our clients that we neglect the most and work on the least. Yet it is also one of the most therapeutically valuable, crucial for resolving pain in the pelvis and lower back, as well as for addressing more general muscle holding and promoting full-body ease. Overcome your hesitation! Today you will learn how to communicate effectively with your clients about this vital area, navigate the emotional and sexual complexities of the inner thigh, and drape the area with precision. And you'll learn and practice simple but effective techniques for massaging the adductors and the related pelvic musculature. This is a hands-on class, please bring your table, sheets and lubricant.

Afternoon Sessions • 2 – 6pm



Put Science to Work for you: Using Research to Support Your Practice (4 CEH)

Instructor: Ruth Werner

What is the best, most relevant, most important massage therapy research from the past few years? And – more importantly – how can you use it to build relationships with potential clients and other care providers?

Come to this highly interactive class to find out. We will discuss four recent, useful articles, including their place in the research hierarchy, their strengths and weaknesses, their findings and conclusions.

Then we will get to work, creating a variety of messages about that research for our practices. We will practice verbal communications about these findings, and we will brainstorm marketing ideas, possible blog posts, and other options for putting the science to work for you.

Links for participants to download the chosen articles will be shared ahead of time; all articles will be available subscription-free. Guidance for accessing this kind of information will also be shared. This is a lecture class.



The Effortless Exhale: Using the Breath to Massage Better (4 CEH)

Instructor: David Lobenstine

We all must breathe. So why not use the breath to your advantage? In this course you will discover how the breath is a powerful, and too-often ignored, tool. Most of us are oblivious to how our clients are breathing, or not breathing—even though these fixed habits of respiration contribute to a cascade of aches and pains, including a lot of upper body tension that cause so many of our clients to come for massage in the first place! Here you will learn how to assess what muscles your client is using—and often, overusing—in their habitual breathing. Then you will learn ways in both prone and supine, to encourage a breath that is slow and easy, and that prompts the parasympathetic nervous system activation so crucial for your clients' health. This is a hands-on class, please bring your table, sheets and lubricant.

Saturday, April 30

Morning Sessions • 8am–12pm



Gait Analysis (4 CEH)

Instructor: Cynthia Ribeiro

A study of the influence of gait in lower-extremity chronic and overuse injuries related to activities of daily living and sports participation must include some understanding of the biomechanics of the foot, especially in the act of walking and running. Manual Therapists must realize, when considering foot, ankle, and leg injuries, that these segments are joined together to form a functional kinetic chain. Each movement of a body segment has a direct effect on proximal and distal body segments. A number of biomechanical factors may be related to injuries of the lower-leg region. You will learn how excessive pronation and supination foot structures can influence chronic pain and lower leg injuries and pathologies.

Please wear or bring appropriate length shorts and a pair of shoes you wear often as well as appropriate footwear for bodywork.



Assessment and Manual Therapy Treatment of the Psoas Major (4 CEH)

Instructor: Joe Muscolino

After a brief review of the structure and function of the psoas major, this course is a hands-on experience with techniques for assessment (palpation) and treatment (manual therapy and stretching) of the psoas major. Palpation and manual therapy treatment of the psoas major will be shown in supine, seated, side-lying, 3/4 side-lying, and prone positions. Multiple stretch protocols will also be demonstrated and practiced. This is a hands-on class, please bring your table, sheets and lubricant.



Integrated Manual Therapy and Orthopedic Massage for Complicated Shoulder Conditions (4 CEH)

Instructor: James Waslaski

Participants will learn new techniques that will forever change the way they approach myofascial, trigger point, and tendon pain. These innovative structurally oriented routines offer pain-free multi-modality methods for achieving immediate and permanent results for Rotator Cuff Injuries, Shoulder Impingement, Bursitis, Pectoralis Minor Tendinosis, Bicipital Tendinosis, Rhomboid Pain, and Thoracic Outlet. Participants will also take a detailed look at "Multiple Crush Phenomenon": The role that cervical conditions play on weakness, numbness and tingling into the shoulder, arms and hands. Groundbreaking Frozen Shoulder corrections will highlight this dynamic interactive workshop. James will incorporate dazzling 3-D functional anatomy and human dissection models to support his multi-disciplinary approach for assessment, treatment and self-care of each condition. This dynamic multimedia presentation entails theory, real case studies, and 70% hands-on training. This is a hands-on class, please bring your table, sheets and lubricant.



Lecture Class



Hands-on session—please bring a massage table, sheets, and lubricant.

Saturday, April 30 *continued*



Massage Therapy and Pathology: Reproductive System Condition (4 CEH)

Instructor: Ruth Werner

Massage therapists are often short-changed in their education about reproductive system conditions, but many of our clients have these issues that interfere with their quality of life. This class addresses some common situations, including prostate enlargement, prostate cancer, endometriosis, dysmenorrhea, and perimenopause, as well as chronic pelvic pain for both sexes. Your clients live with these conditions: come find out what's really happening, and how bodywork might play a role in their coping skills. This is a lecture class.



The Solution Is the Sides: Approaching the Upper Body from All Angles (4 CEH)

Instructor: David Lobenstine

Your client's body is stuck in its usual spots – that's no surprise. But is your work stuck in a rut, too? Learn new ways to resolve those all-too-familiar client complaints, and invigorate your routine, by approaching the body from unfamiliar angles. We will address the crucial, but often ignored, lateral musculature—from the QL to the pecs, from the rotator cuff to the scalenes. You will expand your technique toolbox and envision your clients' body anew.

Afternoon Sessions • 1:30-5:30 pm



Prevention and Rehabilitation of Shoulder Impingement Syndrome (4 CEH)

Instructor: Cynthia Ribeiro

Have you ever had a client experience shoulder pain? This workshop will address repetitive motion, myofascial pain and dysfunction, and muscles involved with shoulder pain, more specifically Shoulder Girdle Impingement Syndrome. You will learn to differentiate between rotator cuff tendinosis, bursitis, and bicipital tenosynovitis.

You will learn how to re-educate the neuromuscular pattern due to myofascial pain and dysfunction by utilizing orthopedic assessment, neuromuscular therapy, trigger point therapy, PNF techniques, and multi-directional deep transverse friction.

For assessment purposes wear a sports bra and/or a tank top. This is a hands-on class, please bring your table, sheets and lubricant.



Piriformis- Assessment and Treatment (4 CEH)

Instructor: Joe Muscolino

After a review of the structure and function of the piriformis, this course is a hands-on experience with techniques for assessment (palpation) and treatment (manual therapy and stretching) of the piriformis. Palpation and manual therapy treatment of the piriformis will be shown. Multiple stretch protocols (beginner, intermediate, and advanced) will also be demonstrated and practiced. This is a hands-on class, please bring your table, sheets and lubricant.



Integrated Manual Therapy and Orthopedic Massage for Complicated Cervical Conditions (4 CEH)

Instructor: James Waslaski

Imagine if you could restore normal muscle resting lengths to the major muscle groups in the cervical area of the body, and facilitate perfect alignment of the cervical spine. This dynamic multimedia presentation will give you a user friendly approach to evaluate, treat and custom design a client self care program that can eliminate complicated cervical conditions forever. You will learn functional assessment and special tests, myofascial and neuromuscular techniques, myoskeletal alignment techniques, scar tissue mobilization protocols, and specific stretches and therapeutic exercises to eliminate both the underlying cause, and clinical symptoms of the cervical pain and associated upper extremity numbness. We will specifically cover Atlas/ Axis mobilization, whiplash, cervical sprains and strains, facet joint dysfunction, spinal stenosis, cervical shearing forces, joint capsule adhesions, degenerative disc conditions, bulging discs, spinal stenosis, and joint arthritis. Cutting edge clinical research will be shared throughout this workshop, to support our unique approach to myofascial pain, and muscle-tendon strain pain. 70% Hands on training . This is a hands-on class, please bring your table, sheets and lubricant.



Research Recap: The Best Recent Research in Massage Therapy, and How to Make Sense of it (4 CEH)

Instructor: Ruth Werner

The search for alternatives to opioids for pain management has become an American healthcare priority. This field has some opportunities for massage therapists, if we are prepared to accept them. This class covers basic principles of pain science, a brief history of opioid use in the U.S., and some principles of research literacy. We will conclude by dissecting and discussing a relevant scientific study that could be useful in our communications with other healthcare providers. This is a lecture class.

Participants will be able to:

- Identify well-accepted definitions of pain and nociception
- Apply clinical principles of the biopsychosocial model of pain and pain treatment
- Appreciate the impact of opioid use and misuse in American healthcare
- List and demonstrate the components of research literacy
- Describe the IMRaD components of at least one recent research paper relevant to the discussion of massage therapy in the context of opioid use
- Find and interpret other research papers on their own



The Solution Is the Sides: Approaching the Lower Body from All Angles (4 CEH)

Instructor: David Lobenstine

Do you rush through the clients' legs to get to their "real" problems (which always seem to be in the upper body)? Come learn a new way to structure your sessions and refresh your lower body skills. We will work all the major muscle groups of the legs and hips, but from unfamiliar angles and by using unfamiliar techniques – sinking and lifting and rocking. By focusing on the medial and lateral structures of the lower body, You will expand your technique toolbox and envision your client's whole body anew.

Sunday, May 1

Class Sessions 8:30am-12:30pm



Assessing and Treating Common Headache Pain Syndromes (4 CEH)

Instructor: Cynthia Ribeiro

Since headaches constitute a serious health problem, there has been an increasing interest in the pathogenic mechanisms of these pain disorders. Among all the described headaches, attention from clinicians has focused on those four most prevalent: TTH, cervicogenic headache, migraine without aura, and myogenic. Myofascial pain resulting from trigger points (TrPs) usually refers symptoms to both muscular and non-muscular structures. The intensity of myofascial pain due to TrPs should not be underestimated because it has been rated by patients as equal to or greater than pain from other causes. In this class we will focus on the four common types of headaches and the importance to distinguish between TrP origins and other pain syndromes in the head and neck.

For assessment and bodywork purposes, please wear an appropriate sports bra and/or tank top. This is a hands-on class, please bring your table, sheets and lubricant.



Anatomy and Physiology and How it Affects Assessment and Treatment (4 CEH)

Instructor: Joe Muscolino

This class will be a thorough review of musculoskeletal (neuro-myofascio-skeletal) anatomy and physiology for massage therapists. As we work our way from kinesiology terminology, to planes and axes, bones, joints, fascia, and muscle function, we will consistently be applying the concepts covered to massage therapy. Marrying together the underlying fundamental anatomy of physiology with hands-on techniques empowers the therapist to think critically and creatively apply their manual therapy assessment and treatment techniques to become an extremely effective clinical orthopedic manual therapist! This is a lecture class.



Elite Sports Therapy (4 CEH)

Instructor: James Waslaski

This unique course takes you far beyond the traditional event sports massage training. We will look at on site sporting event work, injury prevention, injury rehabilitation, and performance enhancement techniques. How do you customize your techniques to compliment the work of the athletic trainer, sport medicine physician, physiotherapist, or chiropractor? Are you familiar with the biomechanics and common injuries of the various different athletes? What about proper muscle firing orders for optimal performance? You will know which techniques can have a negative effect on performance, if applied too close to competition. You will look at protocols to enhance transitions in endurance events like triathlons. You will analyze movements of multiple sports, and eliminate overactive and underactive muscle activity to prevent sports injuries and enhance performance potential. This incredible course looks at Elite Sports Therapies that will set your work apart from the average sports massage therapist. This is a hands-on class, please bring your table, sheets and lubricant.



Herpes, Hep and Flu, Oh My! Public Health Issues for Massage Therapists (4 CEH)

Instructor: Ruth Werner

Massage therapists work more closely with their clients than almost any other health care professional, and that can create some risks for communicable diseases. Come learn about the latest research and guidelines for bodywork in the context of clients who may have contagious conditions. Updates on HIV/AIDS, hepatitis A, B, and C, tuberculosis, flu, MRSA infections and other conditions will be explored in the context of how bodywork can influence these processes. In addition, we will look at emerging and re-emerging diseases. Arm yourself with the best protection: information! This is a lecture class.



Rocking: The Most Useful Technique You Never Do (4 CEH)

Instructor: David Lobenstine

Stuck in a rut? Bored? Just working too hard? Try rocking – a technique that's as good for you as it is for your client. You'll learn how to create powerful undulating movements – fast or slow, light or deep – with a simple mobilization of your knees and hips. Rocking soothes the autonomic nervous system, making deeper work easier and lighter work more satisfying, while reducing your strain. Rock your way towards more effective and more gratifying sessions! This is a hands-on class, please bring your table, sheets and lubricant.



Lecture Class



Hands-on session-please bring a massage table, sheets, and lubricant.

Instructor Bios



Cynthia Ribeiro, LMT

Cynthia hails from Brazil, where she had attained a degree in Physical Education and studied Surgical Nursing. In the U.S., she graduated from two massage schools, and now specializes

in Neuromuscular Therapy and Orthopedic Massage. A highly dynamic teacher, she has taught advanced anatomy and injury rehabilitation skills and Advanced Neuromuscular Therapy workshops. Her highly effective therapeutic bodywork material has been brought to the NHI for the 400 hour program in Advanced Neuromuscular Therapy. She is Honorary Clinical Professor at the University of California Irvine Medical School, past National President for the American Massage Therapy Association (AMTA) and in 2017 she was selected for the Jerome Perlinski, Teacher of the Year Award. A continual inspiration to her students, she nevertheless says, "I am always a student myself, and I strongly believe in lifelong learning".



David M. Lobenstine, LMT

David M. Lobenstine has been a massage therapist, teacher, and writer since 2004. He is a graduate of the Swedish Institute and Vassar College. He has worked in a variety of settings, from luxury spas to

the US Open Tennis Tournament to a hospice and now, exclusively his private practice: Full Breath Massage. His aim is to enhance self-awareness, so that clients and students alike, can do the things they love with efficiency and ease. David has presented for AMTA regionally and nationally, for physical therapy conferences, schools and universities, and has written a number of articles that have been published by Massage Magazine and the AMTA Journals.

"My goal is to offer high quality in-depth education to therapists and bodyworkers that are looking to raise their bar and to enhance the level of the bodywork profession."



Ruth Werner, BCTMB

Ms. Werner is an educator, writer, and retired massage therapist with a passionate interest in massage therapy research and the role of bodywork for people who live with health challenges.

Her groundbreaking textbook, *A Massage Therapist's Guide to Pathology* was first published in 1998, and is preparing for its 7th edition. Ruth is a columnist for *Massage and Bodywork* magazine and *Massage New Zealand*. She serves on several national and international volunteer committees, and teaches continuing education workshops in research and pathology all over the world. Ruth was honored with the AMTA Council of Schools Teacher of the Year Award for 2005. She was proud to serve the Massage Therapy Foundation as a Trustee from 2007 to 2017, and as President of the Foundation from 2010-2014.



Kerry D'Ambrogio, DOM, AP, PT, DO-MTP

Kerry D'Ambrogio is a physical therapist, osteopath, and board-certified acupuncture physician, a recognized leader in the field of manual therapy and has been featured regularly on radio and

television talk shows. He is the author of *Positional Release Therapy* (Mosby) and his published articles have been featured in physical, occupational, and massage therapy magazines. Dr. D'Ambrogio graduated from the physical therapy program at the University of Toronto, Canada; the osteopathic program at the Canadian Academy of Osteopathy; The John Wernham College of Classical Osteopathy in Maidstone, England; and the acupuncture program at the Academy of Chinese Healing Arts in Sarasota, Florida, USA. Dr. D'Ambrogio has taught in over 20 countries. He founded the D'Ambrogio Institute with the vision of providing a comprehensive osteopathic manual therapy curriculum to train clinicians to make better decisions regarding patient care.



James Waslaski, LMT

James is an Author & International Lecturer who teaches approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed

8 Orthopedic Massage and Sports Injury DVDs, and authored manuals on Advanced Orthopedic Massage and Client Self-Care. His new book: *Clinical Massage Therapy: A Structural Approach to Pain Management*, was published by Pearson Education in 2011. James is a Certified Personal Trainer with NASM. He received the 1999 FSMTA International Achievement Award, and was inducted into the 2008 Massage Therapy Hall of Fame. James was awarded Massage Therapist of The Year in 2012 at the Canadian Massage Conference. He was also nominated and awarded by his peers and colleagues the designation of Teacher of The Year 2015 at the World Massage Festival.



Dr. Joe Muscolino

Dr. Muscolino, in practice since 1985, is a licensed soft-tissue oriented chiropractic physician with a private practice in Stamford, CT. He taught anatomy and physiology at Purchase College, and taught

kinesiology and musculoskeletal and visceral anatomy, physiology, and pathology courses at the Connecticut Center for Massage Therapy (CCMT). Dr. Muscolino is also an approved provider by NCBTMB and offers multiple levels of Certification in Clinical Orthopedic Manual Therapy (COMT) around the US and the world. He served as a subject matter expert on the Exam and Continuing Education committees of the NCBTMB and is the author of eight major publications. He writes a regular feature article for *Massage & Bodywork Magazine* and has written articles for the *Massage Therapy Journal (mtj)*, the *Journal of Bodywork and Movement Therapies (jbmt)*, *Massage Magazine*, *Massage Today*, and other massage related publications world-wide.

Thank
you

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Institute
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SARATOGA
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100% Pure Essential Oils

Lodging Information



To secure lodging, contact:

The Saratoga Hilton

534 Broadway
Saratoga Springs, NY 12866
518.693.1002

RESERVE YOUR ROOM:

Dates:

Thursday, April 28 – Sunday, May 1

Online:

<https://book.passkey.com/go/AMTANY2022>
and enter the group code **ARBA**.

Phone:

888.866.3596 and mentioning the group code is **ARBA**, or **American Massage Therapy Assn, NY Chapter**.

ROOM RATES:

\$172.00/per night
(2 night minimum is required)
This rate will be honored until March 27

PARKING:

Parking: Self-parking for overnight guests will be complimentary. Day attendees pay normal pricing (\$5 for up to four hours, and then \$10 after that per day,) in the Hotel lot. There is also a City Center Parking lot complimentary for the 1st hour, then \$1 per hour, max \$15 per 24 hour period). On-street/ city parking options are also available but have a two-hour limit before ticketing may occur.

Carpooling is strongly advised and early arrival, if you are driving in daily, may help ensure ease of parking.



AMTA-NY offers rigorously vetted continuing education to grow your practice and your skill set. Practice new techniques in a hands-on course, or broaden your knowledge with courses on business, research, and ethics.

Continuing Education Credit

NYS Continuing Education Law requires 36 hours of continuing education every 3 years beginning with your first re-registration. (Same as NY registration period.) AMTA is a NYS Approved Continuing Education provider. All classes you take from us will count toward your recertification. You are responsible to keep a record of your own CE credits. AMTA-NY does not submit your credits to NYS.

AMTA-NY

2021-2022

Executive Board

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Volunteers Needed!

If you are interested in donating your time, skills and expertise, there are a variety of volunteer opportunities available at Convention 2022. We appreciate your help!

If interested, please contact:
585-582-6208 or
e-mail: office@amta-ny.org



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Look for the link
on the home page
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2022 AMTA-NY ANNUAL CONVENTION

April 29 – May 1 | Saratoga Springs, NY

Awards & Scholarships

Scholarship Essay Contest

AMTA-NY runs a Scholarship Essay competition every year!

Your school has the information and/or you can visit our website for information www.amtanewyork.org.

The recipients of the 2021 Scholarships went to students from CUNY Queensborough Community College and Pacific College of Health and Science.

Be one of our 2022 winners. Good luck!

Chapter Award Nominations

AMTA-NY is proud to honor those that go above and beyond for the profession.

You, as a member, can nominate or be nominated for a chapter award.

All information on how to download forms to your computer and submit your nomination can be found on our website www.amtanewyork.org under the tab *Awards and Scholarship*.

GET YOUR VOTE IN!

The deadline for nominations is
March 1, 2022.