



California Currents

NEWSLETTER FOR THE CALIFORNIA CHAPTER OF THE AMERICAN MASSAGE THERAPY ASSOCIATION Summer Issue 2018

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Greetings from Your President



For many members this may be the first time meeting me, but I have served on the AMTA California chapter board for quite some time. I have been the Financial advisor/treasurer for the last few years and have served as vice president previously. I have a very full life. I am a part time teacher at National Holistic Institute. I have a part time practice in Lincoln, California. I also volunteer for the AMTA, now as the Chapter President. I am also the proud parent of 2 teenage sons that work hard, and study hard on a daily basis. They bring me much joy and pride as they learn about life.

I graduated from National Holistic Institute in 2002. I've worked in many areas of massage to include private practice, Franchise environments, Franchise regional training positions, and in health club/personal training environments. Presently I work out of a Pilates studio in a Dell Webb retirement community and I have never been more satisfied working with an active senior community. In reality I work with 70-year-old professional athletes, because I know of no one who trains this hard. My clients ground me, teach me, and fill me with passion to do more.

It is an honor and privilege to represent you in this role as your president. I'm very happy to have many mentors to help me on my way in guiding the chapter at this time. We do have some exciting events on the horizon. We are planning Sports training in the North and the South that will allow Board certified members to achieve the specialty certificate in sports massage. Our annual business meeting and educational conference will happen in March. The location should be booked soon and exciting educational opportunities are being made to make participation worth your while.

This year's conference will be in Northern California. Many chapter board positions will be up for elections and we would love to see these positions actually contested. If you think you have what it takes to make a difference in the chapter now is the time to fill out an application and run for office. The best part of being a chapter volunteer is the people you meet. The friendships and guidance from our peers is immeasurable and that is what keeps me working for this chapter. Thank you for being a member and I look forward to meeting you personally at our conference in March.

John Lambert, CMT #278

WANTED: HEROES—Apply from What's Within

Michael Roberson, CMT



For the last few years, heroes have been a primary focus for blockbuster films, such as: Spiderman, The Avengers, Antman, Wonder Woman, Deadpool, Thor, Guardians of the Galaxy, Justice League, The Incredibles, Batman, Superman, Captain America, Ironman, The Wolverine, X-Men, and Black Panther, just to name a few out there. Some of these people were born into their role of **"Hero"** while others took up the role at some point later in their lives.

Here is my working definition of **"Hero"**: Someone who makes themselves available, uses what skills or talents they have, and do so for the benefit of others. The word is both a noun and a verb (noun: as a title; verb: the title requires action) and is synonymous with **volunteer!**

So how do you qualify as a **hero** – **Be A Volunteer** – and here is how:

Volunteering. For some, the word brings a flood of great memories; for others, it is a word that equates to work without pay when they could be doing something else or nothing at all. So, your personal perspective is really going to tell you what you think of volunteering.

For me, volunteering has been a part of my whole life. As a young kid, we helped our neighbors. I was involved in Boy Scouts of America. I was active within the church I attended. In college, it was a requirement to graduate. As an adult, volunteering has become part of my lifestyle. Much of the volunteering time I give is through massage. I get great joy sharing it with others, being with the public or with colleagues and if that brings more awareness of the benefits of massage, bring relief, or a new client, I am good with that.

How do you start?

1. **Start where you are.** Where are you? How would you describe your present situation, circumstances, and phase of life?
2. **Use what you have.** What do you have? What are your assets, skills, talents, passions, and resources?
3. **Do what you can.** What can you do? Dream about what you could possibly do with what you have in your present situation. Dream big. Have fun imagining what you might accomplish. Where does your passion meet the world's needs?

If you do not think you are able to volunteer or be the hero at the time of a need, do you know someone you could encourage to take on the role?

Also know that being a hero is not a full-time job. If you take notice of that list of super-heroes at the beginning of this article, they all have a secret identity, so they have some down time to recover from their acts of being a hero. Volunteering should never feel like a job or that you dread your participation.

Here are the numbers about us:

100,000+ members nationally belong to the American Massage Therapy Association,

6,500+ of those members belong to the California Chapter (the largest Chapter within the Association!)

What do I get out of volunteering? (It really is okay to ask, "What's in it for me?") It is a pretty common mistake to think of volunteering as just something nice that people can do. Sure, it may make them feel great about helping, but what impact does it really have? **We get things** (Heroes continues on page 3)

Michael Roberson has been a massage therapist for over 35 years. He currently has a private practice in Newport Beach, is an employee with a Chiropractor in Laguna Niguel and absolutely LOVES WHAT HE DOES. He also mentors his approach to massage.

He has served on the local Unit level as Secretary, President, Education Coordinator, and Newsletter Editor. On the Chapter Level, he has served as Vice President, Delegate and Chapter President. He currently volunteers in the roles of Southern Rep, Newsletter Editor and Financial Administrator. You will often find Michael volunteering at some local event (and even a few not so local). Most Community Outreach events are massage based, but he also does some things that are not massage related.

He can be reached at Michael@HandsOnOC.com 949.292.9207.

(Heroes continued from page 2)

done! Volunteers have an enormous impact on the health and well-being of communities worldwide. Think of all the ways that volunteers make a difference in day-to-day life: volunteer firefighters, mentors, tutors, coaches for our kids' sports, those who serve in a community centers, those who help build homes/shelters for those in need, your church, etc. You get the idea...capes are being worn all over the place!

Volunteering can be far more than simply doing a good deed. In fact, volunteering can be a great way to develop skills, learn more about career options, make friends, garner new professional contacts, get exercise, spend time outdoors/with animals/with kids, or even just shake up your routine.

Yet volunteers rarely speak of the benefits of volunteering to themselves. Maybe it feels a bit too self-centered, or too far from the altruistic vision of the selfless volunteer. But who says that doing good and enjoying yourself while meeting your own personal/professional goals can't happen at the same time?

So, what do you get out of volunteering?

How about personal and professional skills.

Learning new skills, modalities, techniques.

How to work within a special group or demographic (such as Seniors, Burn Survivors Athletes, Military Service Men/Women, Pregnancy/Infant/Child, Special Needs, etc.).

Career exploration in a segment you may not have considered before.

By mentoring, fall in love with your profession all over again AND keep the education you received, as well as pass your knowledge to the next generation of therapists.

Networking and meeting people of like mind who speak "massage" and understand what happens within our massage rooms.

Last but not certainly not least, volunteering is one of the best ways we know of to make a difference in your community. Whatever your passion, however you get involved, volunteering offers a way to have a real and lasting impact on the world.

Now that you are considering to volunteer, here are some things you should consider:

Be as specific as you can as to what you can offer in skills and time commitment.

Once you say yes, be committed and follow through with your commitment.

Once you are done, you can step away or continue in the same role or choose something else entirely.

Remember, you can volunteer to do only one event, one meeting, one-time helper, or take on a longer-term role.

One of the great things about volunteering is that you're never too young (get your kids involved alongside you!) or too old to start.

Step One: What do you like to do?

Step Two: What do you care about?

Step Three: What are you good at?

Step Four: What would you like to learn?

Step Five: Find a volunteer opportunity

Step Six: Decide where to volunteer

(Heroes continues on page 4)



Volunteering at Best Buddies Hearst Castle September 2017

Older volunteers can offer significant insight, ideas, and energy to complex social and environmental issues: wealth of experience, professional expertise, been-there-done-that perspective, and an invaluable personal wisdom gained over the course of a lifetime.

Volunteering offers **students** a few benefits: a chance to apply academic knowledge to real-world examples, develop new skills and hone the ones you've already got, connect with new networks in your community and explore various career paths

For our Association, we have specific roles that must be filled for us to be a Chapter. Those who act as our Volunteer Elected Board, serve our members. We must have the following officers: President, Financial Administrator (formally, Treasurer), Secretary and 2 Board members (formally, Vice Presidents), plus Delegates (2 represent California at the National Convention in the Assembly of Delegates)

All other Appointed Positions are appointed positions. These roles include Northern and Southern Regional Representatives, Newsletter Editor, Government Relations Chair, CAMTC Chair, Educational Chairs (Northern, Central and Southern Regions) and Hospitality Committees, Sargent at Arms (conference), Commission on Candidacy (conference), Volunteer Coordinator (conference), Parliamentarian (conference), Talley Committee (conference and cannot be running for an office), Sports Chair, Community Outreach Coordinators (Regional Support) All to help meet the needs of our members and community.

Time to pull out your cape and step up. These roles all have time commitments. Because of this, chances are you'll be asked to make a commitment to your role as a board member for at least a 2-year term. (Our volunteer board members are elected each year, and the term of their roles is usually 2 years.)

So why might you want to consider serving on a board? First and foremost, board service is an excellent way to have a substantial, and ongoing, impact in your community. As a member of a dedicated team of concerned and engaged members, you can identify long-term goals, seek out diverse opportunities for collaboration, and brainstorm—as well as potentially implement—innovative strategies for lasting change. You know, ***save the world from destruction!***

For myself, volunteering within this association, our Chapter and our Units, I have met and interacted with some amazing people, added and honed my skills in massage through our continuing education, serve with a dedicated group of people, got a job that fills my appointment book, being able to mentor a couple of people who have made me fall deeper in love with what I do, and I have learned how to appreciate what every person has to offer.

I love what I do! That includes volunteering. I challenge you to do the same.

Connect with one of the fine volunteer leaders who currently serve on this board and have a conversation with them as to how you can be of service. If you cannot donate your time, please give us your support in attending our workshops, conference, community outreach events and telling others about why you belong to this association. We can always use your encouragement and know what your concerns are. **We can be the difference within our profession.**

So, are you ready to get your cape on? On pages 26-34 you will find the roles of board offices and description, requirements, and expected time commitment. Fill in the Chapter Candidate and Volunteer Form (on page 35) and send it to info@amta-ca.org.



Volunteers taking care of some *real Heroes* at the 10th Annual Camp Pendleton Beach Bash Family Day, August 2017



Community Outreach Events

Please Mark Your Calendars and Commit to at least 1 Day of Service

(Trust me! It will be worth it!)

Here are some of the upcoming Community Outreach Events. Through these events, not only are we promoting to and educating the public, we are also changing the lives we touch. If there are others events that need to be posted, please let us know as soon as possible.

September 8

Camp Pendleton Family Day Massage Event, Del Mar Beach, Camp Pendleton, San Diego

This is the 11th annual event with some 3,000+ Marines and their families from 3rd Track. Arrive on base by 10 am and you will be off base by 5pm. Bring your tables and supplies. You will be working on the beach, on top of platforms, with a great view of the festivities and the ocean. Other community organizations will be participating with free food, fun, games, music, and more. This is a great event celebrating "FAMILY". ****This event requires your contact information ahead of time for access on base. Please commit to Kevin as soon as possible if you are planning to attend.****

Kevin Whitfield is the contact person resettherapyfitness@gmail.com 858.668.9710

September 8

Best Buddies® Challenge, Hearst Castle, San Simeon

This is the 10 year we have participated in this event. We will be providing post massage to the athletes completing 100 miles (or less). Volunteers are guaranteed 1 nights shared room accommodations, car pooling stipend, T-shirt, door prizes, free food and SWAG bag. All of this and a great location near Hearst Castle, on the coastline.

Cynthia Sykes is the coordinator, cynsykes46@gmail.com 781.588.0864 (She lives in MA, 3hrs ahead of CA time, DO NOT CALL AFTER 7PM)

September 16

SuperFrog® IRONMAN®, Imperial Beach, San Diego

This IRONMAN® is one that allow members of the military to qualify for the World's Championship and has about 80% military participation. We will be providing post-event massages to those athletes and service men/women on the Boardwalk of Imperial Beach. Parking is provided to early arrivals. Arrive by 8am - Done by 5pm. Food, T-shirt, music and ocean view are there for all of us to enjoy.

Michael Roberson, Southern Rep is the coordinator southernrep@amta-ca.org 949.292.9207

October 20

MS Bay to Bay Ride, Carlsbad, San Diego

These cyclists will be waiting to see you when they cross the finish line after a ride to promote awareness and funds to the National [MS Society](#) (multiple sclerosis). We will provide post event massage to these well deserved participants/athletes inside the Sheraton Resort & Spa. Parking, T-shirt, food and music are provided.

(Coordinator TBA, please send your interests in this event to Michael Roberson, Southern Rep at southernrep@amta-ca.org 949.292.9207)

Thank you for your service to our communities!

Change Makers

Our Members "Heroes" at Work



Kevin Whitfield at the 2018
Stand Down San Diego Event

Stand Down wrap up

The 3-day (June 29-July 1) event of **Stand Down San Diego**. Kevin Whitfield was the coordinator of this event and lead a great team made up from massage students in training, as well as professional therapists and allied health providers, all giving of their time to serve, and thank, those who served in the military and now make up an estimated 40% of the homeless population of San Diego.

The new dates turned out to be a good time of the year to have the event. It was sunny with a cool breeze throughout the day for all of the three days.

The Alternative Medicine Tent housed massage services along with Chiropractic, acupuncture, Craniosacral Therapy, Hawaiian Power Massage, Healing Touch, and Reiki.

Here are the stats for this year's Stand Down on massage:

Massage services were offered by professionals. Instructor and students from MiraCosta College, Bastyr University, and the Pacific College of Oriental Medicine.

For June 29th 2018 that Friday we had total of 10 Therapist: Kevin Whitfield (AMTA/AMBP), Thomas Nguyen, Tracey Whitney (ABMP), Susi Vine (ABMP), Scott Duran, Joshua Ramay, Gergana Semerdjen, Leah P., Melissa Smith, Jasmine Tinio Aconi,

Clients seen - 64

June 30th: Kevin Whitfield, Alejandro Medellin, Angela Charity Elder, Diane Greene (ABMP), Johanna Carrillo, Mercedes Perez, Sandra Christie (ABMP), Susi Vine, Thomas Nguyen Aconi,

Support Staff - Norja Rodman, Nyah Rodman, Aaron Reilly

Clients seen- 142

July 1st: Kevin Whitfield, Diane Greene, Mercedes Perez, Lydia Rodriguez, Brendana Kyles

Aconi, Gabriel

Support Staff - Nyah Rodman

Clients Seen: 63

We were able to spend time with very appreciative people, both the participants and therapists felt this was a rewarding and beneficial experience.

I would like to thank the therapist for their time. I know time is valuable and I mean it when I say thank you for their commitment.

Pre- & Perinatal Massage Therapy

An Extraordinary 32-Hour Hands-on Workshop

This student-friendly workshop will help you to:

- ✓ Earn the prenatal MT training many hospitals, spas, & others require
- ✓ Become confident & competent in all phases of maternity MT care
- ✓ Expand into clinically tested techniques to meet women's physical & emotional needs
- ✓ Incorporate career-protective body mechanics, positioning, theories & insights from a 41+ year career



Carole Osborne
Course Developer & Author of
Pre- and Perinatal Massage Therapy, 2nd edition
2008 AMTA National Teacher of the Year

San Diego, CA October 25 - 28

Other Locations:

Portland, OR October 4 - 7 Boulder County, CO October 18 - 21
Cranston, RI November 8 - 11

Register at www.bodytherapyeducation.com
or call 858.633.3033



Sports Massage Specialty Certificate Program

Sports massage therapy is a fast-paced and fulfilling career path, with client opportunities ranging from professional sports teams to weekend warrior athletes.

[Research indicates](#) massage therapy can reduce muscle tension, enhance athletic performance, help prevent injuries and more.

Develop Your Sports Massage Skills

In partnership with some of the top sports massage educators, medical doctors and sports science experts in the U.S., AMTA developed a comprehensive series of continuing education courses to enhance your skills, learn new techniques and deepen your understanding of the science of sports massage.

Whether you earn the full sports massage certificate or take individual courses, the **AMTA/NCBTMB Sports Massage Specialty Certificate Program** can help you reach your career goals while earning up to 30 credit hours

About the AMTA/NCBTMB Sports Massage Certificate Program

A specialty certificate symbolizes advanced education and training in a particular massage approach or for working with a specific population. The **AMTA/NCBTMB Sports Massage Specialty Certificate Program** provides a solid foundational overview on the science of sports massage and settings for sports massage through online classes and is enhanced by a workshop featuring techniques and applications. The program culminates in the NCBTMB Sports Massage Specialty Certificate exam.

The program provides newer massage therapy practitioners an overview of sports massage, while still being detailed enough to give veteran massage therapists a refresher on current science. Earn your full sports massage certificate or take individual courses to help you reach your career goals.

1. How the Program Works
2. Costs
3. Prerequisites
4. How to apply for the NCBTMB exam
5. What is a Certificate Program?
6. Scope of Practice

(Sports Specialty continues on page 8)

How the Program Works

To earn the AMTA/NCBTMB Sports Massage Specialty Certificate, you must successfully complete all three components of the 30 credit hour program:

1. Online courses
2. Hands-on workshop
3. Sports Massage Specialty Certificate exam administered by NCBTMB.

You can take the online courses and hands-on workshop in any order. Once you have successfully completed the education component, find out how to apply for the NCBTMB exam. Log in to AMTA's website to track your progress using My Transcript in your profile.

Costs

	AMTA Members	Non-Members
Online Courses		
Sports Massage: Starting Your Career 2.5 Credit Hours	\$37	\$62
Sports Massage: Ethics + Building Trust 2.5 Credit Hours	\$37	\$62
Sports Massage: the Science of Athletics 4 Credit Hours	\$60	\$100
Sports Massage: Injury + Recovery 5 Credit Hours	\$75	\$125
Sports Massage: Event Protocols 4 Credit Hours	\$60	\$100
Sports Massage: Athlete Care + Conditions 3.5 Credit Hours	\$52	\$87
Workshop		
Techniques for Sports Massage Therapists 8 Credit Hours	\$295	\$340
NCBTMB Exam	\$95	\$95
TOTAL COST	\$711	\$971

Prerequisites

To get the most from the AMTA Sports Massage Program, it is recommended that participants have accomplished the following:

(Sports Specialty concludes from page 8)

- Graduation from a minimum 500 in-class hour, entry-level massage therapy school
- Proof of current state or provincial licensure (where applicable), or certification by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)
- Strong understanding of anatomy, physiology and research are recommended

How to Apply for the NCBTMB Exam

- Visit NCBTMB's Sports Massage Specialty Certificate page
- Select "apply today"
- Log in or sign up for a Specialty Exam Account to begin the exam application

What is a Certificate Program?

This program is not intended to be a comprehensive review of all the technique or knowledge associated with sports massage, but rather an illustration of the broad range of information and techniques available for continued study. AMTA encourages anyone seeking more in-depth study of a technique to pursue additional training. Information presented here does not replace your independent judgment.



The certificate program is a collaboration between AMTA and NCBTMB. Each organization is responsible for specific elements of the program. AMTA is solely responsible for the educational content of the program. If you have questions about the educational content of the program, contact AMTA. NCBTMB is solely responsible for the specialty certificate exam. If you have questions about the specialty certificate exam, contact NCBTMB.

Scope of Practice

Please check with your massage therapy regulatory body(s) to ensure you are in compliance with the defined scope of practice in your jurisdiction before considering studying or practicing any new technique. View AMTA's list of state regulatory boards.

Your California Chapter will host 2 workshops this year, one in Northern California and one in Southern California (anticipating October, but dates and locations will be confirmed and posted to the Chapter website). These workshops will meet the hands-on requirements for this specialty certificate.

This and more information about NCBTMB's specialty certificates can be found at www.ncbtmb.org

Breathing & Back Pain

Erik Dalton, Ph.D.



The famed Czech researcher Dr. Karel Lewit states: "Respiration is our primary and most important movement pattern... and also the most dysfunctional." Yet, when most therapists think of breathing, they picture the physical process of inhaling and exhaling air in and out of the lungs and not the neuromyoskeletal system that drives the mechanics and coordination of human respiration.

While most of us are aware of how breathing affects posture and performance, there is much confusion about its relationship to thoracic and lumbar spine pain. This article presents an overview of breathing anatomy and treatment strategies to help our clients perform better by breathing in a more functional and authentic way.

During inhalation efforts, the ribcage has the unique ability to increase its anterior/posterior and lateral dimensions at the same time. The structure most responsible for the generation of negative intra-thoracic pressure is the diaphragm (**Fig. 1**). Inhalation causes the diaphragm to contract and move inferiorly. This action flattens the dome-shaped muscle causing a decrease of pressure in the thorax and an increase in air taken into the lungs. As we exhale, the diaphragm relaxes, the dome shape is restored, and air space in the lungs decreases causing us to push air out (**Fig. 2**). Additionally, any increase in abdominal pressure via inhalation flattens spinal curves causing an increase in thoracic spine (t-spine) and ribcage stiffness and stability. Test on your own body.

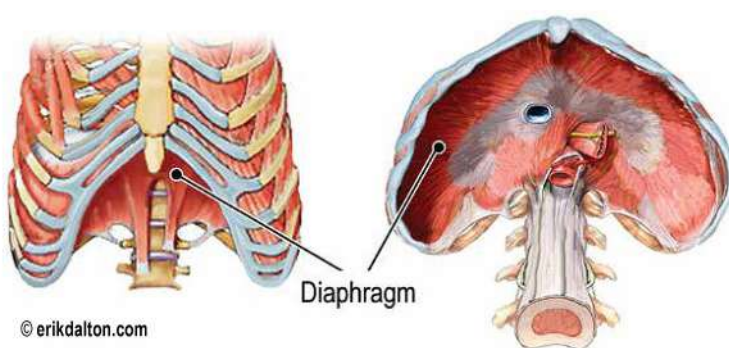


Fig 1. Diaphragm and fascial attachments

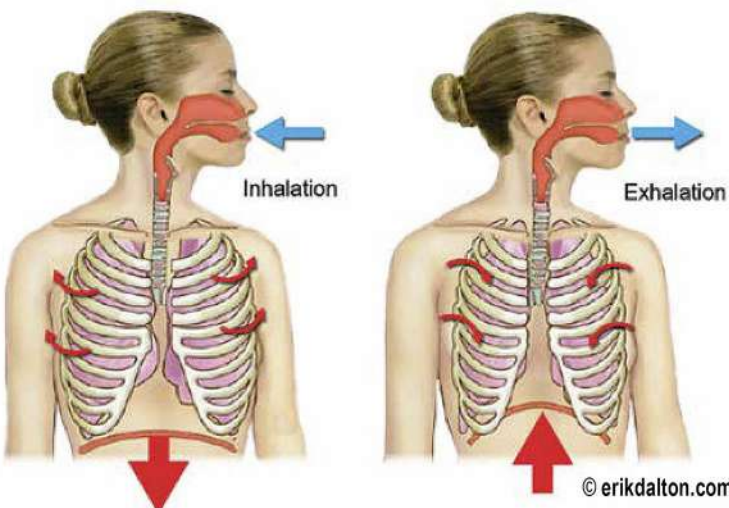


Fig 2. Anatomy of inspiration and expiration

Erik Dalton serves as Executive Director of the Freedom From Pain Institute, a school committed to the research and treatment of chronic pain conditions. Dr. Dalton shares his wide therapeutic background in massage, Rolfing®, and osteopathy in his entertaining continuing education (CE) workshops, home study courses, books, and videos.

With over thirty years educating massage therapists around the world, Erik Dalton is among the best teachers a professional bodyworker could ever study with. He has worked tirelessly to develop a system of manual therapy that addresses and heals pain patterns at their very core. Armed with a comprehensive understanding of the intricate interplay between mind and body, structure and function, massage therapists who've studied Myoskeletal Alignment Techniques with Erik Dalton are changing the face of chronic pain the world over. For more information on Erik Dalton and his Myoskeletal Alignment Technique, please go to:

www.erikdalton.com

This involuntary respiratory action works in close coordination with other structures we loosely call the "core." Because of the intimate relationship between breathing and bony structures, anything that weakens the diaphragm also adversely affects t-spine and ribcage (*Breathing & Back Pain continues on page 11*)

(Breathing & Back Pain continued from page 10)

function. And when the body's joints stiffen, normal breathing patterns suffer. It matters little if you are engaged in a competitive sporting activity, or simply lifting an infant from a car seat, the core muscles must be properly engaged. Dysfunction in any respiratory-related structure makes us more susceptible to pain and injury.

T-spine Hypomobility

T-spine hypomobility has become so commonly accepted in our society that people rarely notice they have a problem. Nearly everyone slumps when sitting, and few perform the types of exercises that require a full range of spinal motion. Those who spend hours at computers sacrifice t-spine mobility for stability, as joint and ligament proprioceptors designed to inform the brain where it is in space become lazy. Conversation between body and brain grows difficult and unreliable. Eventually, coordination, balance, and movement become limited and painful.

During gait evaluation, it's easy to visualize how lack of ankle mobility may affect knee function, or how an adhesive hip capsule could cause pelvic bowl compensations that destabilize a sacroiliac joint or the low back. However, confusion often arises when one observes the t-spine and ribcage. Although the t-spine has twice the rotational capacity of the lumbar spine, it is sometimes hard to imagine this sturdy-looking structure being very flexible.

When you shoot a rubber band, it will be propelled a greater distance the farther back it is pulled. Similarly, the greater your t-spine mobility, the greater your range of motion, and the more tension, and therefore (breathing) power you'll be able to generate. This particularly applies to competitive athletes. Strength without the ability to move freely is pointless. Any compound movement requiring precision and communication between connective tissue, joints, and the brain will be more difficult, and the risk of injury—or reinjury—that much higher. Power, output, and speed are all compromised by reduced joint mobility.

Restoring function reduces the metabolic cost of movement

When tension, trauma and poor posture alter biomechanics and undermine smooth integrated core movement, it is usually easily detectable during gait and palpation examination. Because clumsy uncoordinated movement is less efficient, it alters the body's loading and muscle activation patterns. Oddly, many chronic pain clients develop 'movement amnesia' and are unable to describe or feel alterations in their movement patterns. But, you'll find the following conditions often go hand-in-hand with a weakened core and loss of proper diaphragmatic breathing:

- Chronic low back pain
- Frequent tension-type headaches
- Emotional system overload, high stress and persistent anxiety
- Chronic postural strain from desk-occupied postures
- Repetitive and painful rib fixations

The ribcage and core work as a unit and coordinated movement is essential. Pain manifests if a rib loses the ability to properly coordinate movement with the rest of the ribs and spine as part of a functional unit. This would be similar to a rowing team where one oarsman uses his ore out of sequence with the group. Altered rib function can cause difficulty breathing, restricted shoulder movement, referred pain to other areas, and reactive muscle guarding. Additionally, fixated and rigid ribs can pinch intercostal nerves, sending excruciating pain through the length of the rib and, occasionally, the chest wall (the ole heart attack scare).

It's virtually impossible to overstate the influence of breathing on t-spine and rib mobility and postural stability. The diaphragm, abdominals, and accessory respiratory muscles produce upward of 21,000 breaths a day. With a strong,

(Breathing & Back Pain continues on page 12)

(Breathing & Back Pain continued from page 11)

freely moving diaphragm serving as the primary muscle for respiration, auxiliary muscles are able to remain soft and relaxed. However, many clients with upper t-spine restrictions (such as a dowager's hump) breathe primarily with the scalenes and upper scapular fixators.

A weakened diaphragm may also cause increased **resting** tone in upper ribcage muscles such as the scalenes, upper trapezius, levator scapula, and pectorals. While the latissimus dorsi, pectoralis major and minor are not typically thought of as accessory muscles of breathing, they are often recruited in those with faulty respiratory patterns such as paradoxical breathing, where the abdomen moves in on inspiration and out on expiration. This common muscle imbalance pattern visually manifests as shoulder girdle protraction, forward head carriage, and decreased lumbar lordosis. Those with forward head postures may experience suboccipital and cervicogenic pain, as these areas are now asked to bear excessive loads to compensate for the hyperkyphotic t-spine.

An often-overlooked way of relieving nagging neck, shoulder, and/or low-back pain, is to improve ribcage mobility. In **Fig. 3**, Paul Kelly and I demonstrate a decompressive rib lifting technique that can be also be performed by a single therapist. This powerful Myoskeletal Alignment Technique helps create much needed space between the rib cage and pelvic girdle. In **Fig. 4**, I activate an inhibited diaphragm while mobilizing the ribcage. Upon deep exhalation, my webbed hand works all tissues binding the client's diaphragm. To enhance the stretch, my left hand tugs on the client's leg while my right webbed hand pumps the tissue under the costal ribcage. The client is asked to reach her left arm above her head and begin slow internal and external rotation. This diagonal arm enhancer combined with slow pelvic tilting gets everything moving and really stimulates sensory awareness in the cerebellum, the brain area governing coordination.

In **Figure 5**, my goal is to create space between ribcage and pelvic girdle. As the client's right hand isometrically pulls on the therapy table, I slowly sink the soft blades of my hands under her ribcage. The client is then asked to perform slow pelvic tilts to enhance the release.

(Breathing & Back Pain continues on page 13)



Fig 3. To create space between the shoulder and pelvic girdles, one therapist webs the client's hip and the other lifts the ribcage. Client is asked to gently pull her elbow toward her hip to a count of five and relax, and the therapists open her lateral line by gently pulling from both ends.

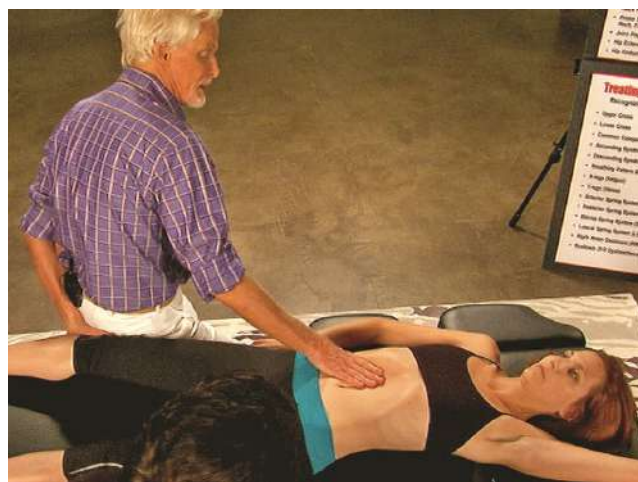


Fig 4. To lift and activate an inhibited diaphragm, the client forcefully exhales as the therapist's webbed hand works all tissues binding the diaphragm. To enhance the stretch, the therapist tugs on client's leg with his left hand while pumping under the costal cage with his right. The client can also perform overhead arm movements and slow pelvic tilts to further activate the diaphragm via the psoas.

Breathing Homework

Every client with breathing problems must be given exercise advice. A basic routine I've found effective is to have the client place one hand over the lower abdomen and the other on the upper chest wall just below the throat. Instruct them to push the abdomen out as they take a slow, relaxed, full breath in through their nose, and forcefully pull the belly in as they exhale through their mouth (Fig. 6).

Summary

As we age and the thoracic spine stiffens, breathing compensations begin. Because it is so seemingly basic and automatic, we tend to take breathing for granted. But, breathing is one of the most essential innate movement patterns in the treatment of not only spinal stability and myoskeletal pain, but chronic fatigue and anxiety as well. There are numerous modalities that teach breathing maneuvers including yoga, meditation and various forms functional rehab. Treating the dysfunctions and teaching your clients proper ways to breathe are essential for optimal health and athletic performance.

Note: Paul Kelly will be teaching these and many other Myoskeletal Techniques in his October 6-7 San Diego workshop.... don't miss it! For more information on this workshop and other upcoming workshops, go to www.erikdalton.com/workshop



Fig 5. To create space between the ribcage and pelvic girdles, the client's right hand isometrically pulls on the therapy table while the blades of the therapist's hands sink under the ribcage. The client is asked to perform slow pelvic tilts to enhance the technique.

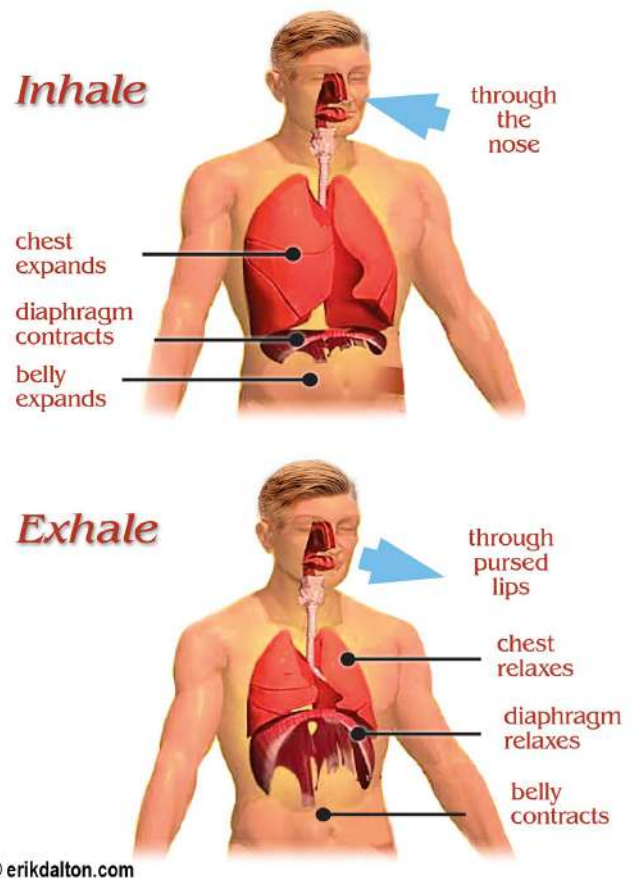


Fig 6. Diaphragmatic home retraining exercise



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THE LONG AND WINDING NERVE

by **Whitney Lowe** on June 26, 2018 in **Clinical Massage, Massage Continuing Education**
Online, Orthopedic Massage, Uncategorized

Introduction

Do you ever recall sitting in a classroom in school and thinking that one or two students were getting the lion's share of attention when others had things to contribute as well? It seems the world of soft-tissue pain and injury problems shares this metaphor. Take nerve entrapment for example. As soon as you say the phrase upper extremity nerve entrapment, most people's mind immediately turns toward carpal tunnel syndrome. But there are numerous other nerve compression syndromes that also cause significant pain or dysfunction in the upper extremity.

Anatomical Background:

The long thoracic nerve (LTN) originates from nerve roots at the lower cervical vertebra, usually between C5 and C7. Once the nerve root fibers exit the cervical vertebra, they blend together to form the main trunk of the LTN. The nerve then passes between the anterior and middle scalene muscles immediately adjacent to the other major fibers of the brachial plexus (Image 1).

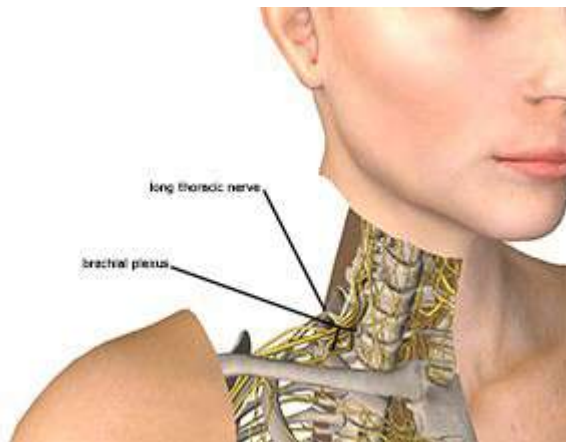


Image 1: Long thoracic nerve in relation to brachial plexus. Image is from 3D4Medical's Essential Anatomy 5 application

After passing between the scalene muscles the nerve courses between the clavicle and first rib. It then continues down the lateral aspect of the rib cage to its termination at multiple points along the serratus anterior muscle. The pathway of this nerve is quite long, and consequently there are multiple locations along its path where it is susceptible to compression or traction injury.

The primary function of the LTN is to provide motor innervation to the serratus anterior muscle. The serratus anterior muscle has several key functions. Its major function is to hold the scapula firmly against the thoracic rib cage. Consequently, when there is an interruption of motor stimulus to the serratus anterior, the common pattern of scapular "winging" is present.

The serratus anterior also has another important role and that is upward rotation of the scapula. The movement of upward rotation is a key component of proper scapulothoracic mechanics. Later in this article I will highlight why this role of the serratus anterior is so important and what happens when muscle weakness from nerve impingement affects shoulder biomechanics.

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Whitney Lowe, directs the Academy of Clinical Massage, offering certification and advanced training to therapists worldwide. His career spans two decades and includes extensive clinical work, research, publication and teaching in advanced and orthopedic massage. He is the author of Orthopedic Assessment in Massage Therapy. His Academy of Clinical Massage can be found at:

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Pathology:

Damage or dysfunction can occur with the LTN from either excessive compression or tension although compression injuries are the most common. There are several locations where compression injuries are likely to occur. Compression could affect LTN roots at the cervical spine from herniated discs, bone spurs, tumors or other obstructions. Moving distally from the nerve root, the next location of potential compression is between the anterior and middle scalene muscles.

The brachial plexus courses between the anterior and middle scalene muscles as this large nerve bundle exits the neck region. The LTN is directly adjacent to the major nerve bundles that comprise the brachial plexus. Often when there is a compression of the brachial plexus, the LTN may also be compressed but symptoms from other nerves of the brachial plexus likely dominate so LTN compression may go undetected.

Other causes of nerve compression in this region include falls or blows directly on top of the shoulder, especially those that may include clavicular fracture.¹ Heavy straps such as those in backpacks, knapsacks, shoulder bags, or even bra straps can also compress the nerve. If you are a massage therapist that carries your table around with a strap over your shoulder, this is something to consider.

Rapid tensile loading on the nerve can also cause damage and dysfunction. The rapid stretch of the nerve is most common in sudden lateral flexion movements of the cervical region, such as those that happen in contact sports or in lateral whiplash injuries from automobile accidents.² There are also some associations of LTN injury with sports activities that have a strong single arm dominance such as bowling, tennis, or golf.

LTN injuries are most frequently associated with some activity. However, nerve compression can also occur from inactivity if the body is in a position that compresses the nerve for long periods. This could happen from awkward sleeping positions or postural strain from a challenging workstation or occupational activity.

There are also reports of LTN injury resulting from surgeries where the patient was placed in a position on the surgical table for hours at a time that caused nerve damage.³ Surgery can also be implicated in LTN damage from direct trauma of the nerve during the surgical procedure. There are reports of LTN injury from mastectomy, first rib resection to treat thoracic outlet syndrome, cardiac surgery, and even spinal fusion surgery to treat scoliosis.⁴

In addition to the more common causes of nerve injury described above, some anatomical variations can also contribute to LTN pathology. One author described an anatomical anomaly where there was a connecting branch between the dorsal scapular nerve and the long thoracic nerve (Image 2). This connecting branch made each of those nerves less mobile and more likely to cause excess tension throughout the nerve as it is tethered to another structure and not as mobile.⁵

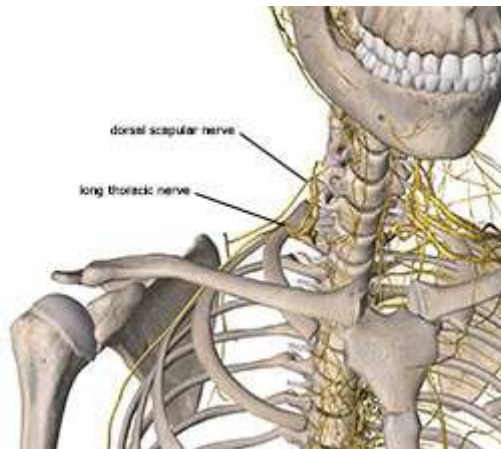


Image 2:

Proximity of long thoracic nerve to dorsal scapular nerve.

Image is from 3D4Medical's Essential Anatomy 5 application

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(Long and Winding continued from page 16)



Image 3: Treatment of scalene muscles to reduce LTN compression

After holding that position, very slowly and gradually let go of the pulling force. By letting go of this force very slowly, it lets the brain adapt to a different sensation coming from the muscles and is more likely to have a longer lasting effect. After pressure is released, take the client's head and just very slowly and gently move it back and forth in slight flexion and lateral flexion toward the affected side trying to keep from overstretching the muscles that have just been treated. These gentle and easy movement patterns help retrain the neuromuscular pattern perceived by the brain. If you're not forcibly stretching the muscle, the brain does not have to perceive any potential tissue damage and will not cause as much reactive resistance to the movement.

A similar technique can be applied to the muscles on the top of the shoulder along the path of the long thoracic nerve. Place one hand near the base of the neck and the other hand near the distal end of the clavicle. Slightly laterally flex the client's head toward the affected side. Apply a traction force to your hands gently pulling them apart and hold this for about two minutes (Image 4). At the end of that period very slowly and gently let go and once again move the neck and shoulder slowly and easily within a comfortable range of motion to help re-encourage safe and pain-free movement.



Image 4: Treatment of shoulder muscles to reduce LTN compression

Sometimes there may be bind and restriction in the lower portions of the long thoracic nerve. These restrictions can be addressed with the client in a side-lying position. Have the client hold one arm across the front of the body and use the other hand to keep the drape in place so the lateral aspect of the rib cage is accessible.

With one or both hands push the surface layer of skin across the lateral rib cage and hold this position for a few moments (Image 5). After holding for a few moments slowly let go and now push in a slightly different direction (more superior or inferior). Pushing and pulling the skin perpendicular to the direction of the nerve will help to mobilize the nerve and make sure it is not being entrapped, bound or restricted by adjacent tissues (Image 6).

(Long and Winding continues on page 18)

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Dysfunctional Biomechanics

As noted earlier, the LTN is the motor supply nerve for the serratus anterior muscle. The serratus anterior's function was described as holding the scapula firmly against the thoracic rib cage and also contributing to upward rotation of the scapula. However this function of the serratus anterior should not be oversimplified because it plays a key role in scapulothoracic mechanics.

When the shoulder is moved in abduction there is a coordinated movement between the scapula and humerus called the scapulo-humeral rhythm. This coordinated pattern is described so that for every 3 degrees of abduction, two of them occur at the glenohumeral joint and one at the scapulothoracic articulation. This coordinated movement allows the shoulder to abduct as fully as possible. The upward rotation of the scapula helps make a greater range of motion than would be possible with just glenohumeral abduction alone.

In a situation of LTN compression, weakness of the serratus anterior means that full upward rotation of the scapula does not occur during abduction. Consequently, range of motion in abduction is diminished. However, when the scapula does not move in full upward rotation, the lateral edge of the humeral head is more likely to contact the underside of the acromion process during abduction, leading to shoulder impingement and potential damage to soft tissues in the subacromial region, including the bursa, supraspinatus, or joint capsule.

Symptoms of LTN Pathology:

Because the LTN is primarily a motor nerve, there are not many sensory fibers in the nerve. Consequently, the usual indicators of nerve compression such as sharp pain or paresthesia are not always present, or maybe diminished. Those with LTN injury may report weakness in the shoulder along with pain sensations. Keep in mind that shoulder pain could result from impingement problems that are directly caused by the biomechanical dysfunction. Attempting to address the shoulder impingement and not recognizing the contribution of the LTN involvement could lead to poor results and continual problems.

Sometimes people describe weakness with various shoulder motions. The weakness might be accompanied with pain but could also occur without any pain or sensory deficit. The person may also describe some difficulty performing activities overhead as these motions usually involve a significant degree of scapular upward rotation to complete.

Treatment Strategies

As with any nerve compression or tension injury, the key factor for success is reducing the mechanical load. That means getting pressure off the nerve if it is a compression problem or relieving the excess tensile stress if it is a nerve traction injury. A thorough client history is extremely important in identifying the primary causative factors that may have led to nerve compression or tension injury.

Keep in mind that especially with compression injuries, the longer the force has been applied to the nerve, the slower and longer will be the healing time. Nerve tissue heals very slowly, so it is not unusual for symptom relief to take many months or even a year or longer.⁶ During the healing process the person should avoid aggravating activities such as carrying heavy loads or continuing to have pressure on the shoulder from heavy straps.

When compression has occurred from external forces such as heavy shoulder straps, removing the offending activity may be sufficient to reduce compression on the nerve. However, in many cases there still may be some soft tissue involvement which can benefit from massage in addressing the primary nerve compression or tension problems. There are a few key areas that are important to address to make sure the nerve has the greatest potential for proper healing.

If LTN compression is occurring between the anterior and middle scalene muscles, it is often hypertonicity or taut bands within these muscles that are compressing the nerve. In those cases the key treatment goal is to reduce muscle tightness so that they do not further compress the nerve. However diving in with deep pressure on these muscles when they may already be tight can be counter-productive and cause more irritation to the nervous system. In many cases a light and gentle pressure on these muscles can be even more effective in helping restore proper tone.

Begin with the client in a supine position. Turn the client's head slightly to the opposite side and if possible laterally flex their head toward the affected side. This position will slightly shorten the scalene muscles so that there is not as much stretch tension perceived by the muscle. Place the fingertips of one hand near the superior portion of the muscle and the fingertips of the other hand near the inferior ends near the clavicle and first rib (Image 3). Apply a gentle pulling force separating your two hands and hold it for about two minutes.

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(Long and Winding concludes from page 18)



Image 5: Serratus anterior treatment (direction 1)



Image 6: Serratus anterior treatment (direction 2)

Conclusion

When you begin to explore the anatomy of the nervous system it is clear that there are many more locations where nerves are vulnerable to excessive compression or tension than most of us realize. While stories of carpal tunnel, thoracic outlet or nerve root compression dominate most of the focus of nerve compression problems, there is a whole host of other disorders involving other nerve tissues throughout the body. We will explore more of these in future posts.

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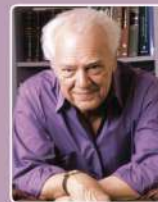
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Jene Dietz, San Clemente	Penporn Rachchusiri, Camarillo	Carly Torres, Laguna Beach	Josanne Vanderkerkhove, Los Angeles	Richard Warner, Oakland
Jenny Luong, Rosemead	Rachel Griffes, Davis	Chatsamom King, Redondo Beach		

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 San Francisco, CA Sep 13-16, 2018
 Sacramento, CA Oct 11-14, 2018
 Orange County, CA Nov 29-2, 2018

CRANIOSACRAL THERAPY 2 (CS2)

Big Sur, CA Oct 21-26, 2018
 Orange County, CA Nov 15-18, 2018

SOMATOEMOTIONAL RELEASE 1 (SER1)

San Francisco, CA Sep 13-16, 2018

SOMATOEMOTIONAL RELEASE 2 (SER2)

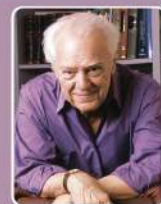
San Francisco, CA Jan 11-14, 2019

ADV CANIOSACRAL THERAPY 1 (CS1)

Big Sur, CA Aug 26-31, 2018

CRANIOSACRAL DISSECTION (CSD)

Sacramento, CA Aug 17-19, 2018



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Cheryl Xolla

Christina Reynolds

Christopher Barnes

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Douglas Pienaar

Elizabeth Anderson

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Maureen Vanderkooij

Melodie Knight

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Michael Gonzalez

Miranda Nevin

Natasha Henriques

Oleg Osadchuk

Pete Valerio

Priscella Rodriguez

Rebecca Kurdziolek

Shannon Behan

Shujing Zhao

Susan Hart

Tabarak Ulla Khan

Tag Alberding

10 Year Anniversary

Alan Whitsett

Deidre Zimmer

Diahann Chappell

Eugenie Pacopac

Hans Piwenitzky

Jacob Warren

Jacqueline Turner

Kathy Camp

Mary Ascension Saulnier

Michelle Draper

15 Year Anniversary

Anthony Siacotos

Deanna Gardner

Jill Panaro

Kelly Amstadt

LaGail Beeks

Marian Bernstein

Nancy Kunst

Rebecca Fuchs

Samantha Falconer

Stephanie Fernandez

Susan Anson

20 Year Anniversary

David Razo

Elizabeth Oakes

Kim Wells

Regina Nathan

Steve Phan

25 Year Anniversary

Coleen Lee-Wheat

Janine Moniot

Marcia McGettrick-West

Patricia Cardozo

30 Year Anniversary

Lani Green

Leslie Ann Ross

Robert Bakewell

Sandra Marak

Susan Silsdorf

35 Year Anniversary

Jenniver Lamb

Kenneth Niehoff



2018-2019 CALIFORNIA CURRENTS PUBLICATION INFORMATION

The American Massage Therapy Association, California Chapter newsletter, *California Currents*, is scheduled to have 4 issues a year. Currently, the *California Currents* has a circulation of over 6,500, reaching our members and massage schools. **All issues will be sent green, via email, posted to our Chapter website (www.ca.amtamassage.org) and to our Chapter Facebook page.**

Issue	Last Date for Submissions	Date to be Published
Fall	October 15, 2018	October 29, 2018
Winter	January 21, 2019	February 4, 2019
Spring	April 29, 2019	May 13, 2019
Summer	August 5, 2019	August 19, 2019
Fall	November 4, 2019	November 18, 2019

***dates are subject to change.*

Submissions of articles, pictures and advertising should be sent in .jpg format and/or word document. Submissions should be sent to Michael Roberson, Chapter Newsletter Editor, at editor@amta-ca.org

The following are Board-mandated policies regarding submission & rates.

1. First-Come, First-Served: Paid advertising in the newsletter is limited to no more than 25% of total content for each issue. Therefore, advertising will be accepted on a first-come, first-served basis based on the receipt of payment date by the Newsletter Editor.
2. One Full Page is the maximum amount of advertising that will be accepted from each advertiser for each issue.
3. Bulk Discount: Advertising rates shall be discounted by 20% when paid in advance for four advertisement placements within five sequential issues. If canceled prior to all four placements, the refund will reflect the standard single-issue rate less a service fee of 10% of the unused balance.
4. Specific Page locations: Add a 20% surcharge to the rates quoted below.
5. Only Camera Ready advertisements will be accepted ~ meaning ready for digital or print publications. Ads should be submitted in color as .jpg files.

Advertising space is available at:

Ad Size	Dimensions	Rate
Full Page	8x10	\$300
Half Page	8x5	\$175
Half Page	4x10	\$175
Quarter Page	4x5	\$100
Eighth Page	4x2.5	\$75
Business Card	4x1	\$50

Ad Copy Requests and Article Submissions should be submitted to Michael Roberson, Chapter Newsletter Editor at editor@amta-ca.org and payments (in the form of checks) should be made out to **American Massage Therapy Association, California Chapter** and sent to **Michael Roberson, c/o AMTA-CA, 1924 Wallace Avenue, B101, Costa Mesa, CA 92627**. Ads will not be published until payment has been received. Your support to AMTA-CA is very much appreciated.

Position Title: **Chapter President**

Purpose The Chapter President sets the direction and pace of the Chapter's activities based on the vision that has been determined by the Chapter membership, Chapter Board, and other Chapter Officers. The Chapter President serves as a leader, planner, mentor, mediator, and facilitator.

Eligibility In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:

Completed one term year as a Chapter Board member within the last three years.

Completed one term year as a Chapter committee chair or member within the last two years.

Completed one term year as a National Board member, National Standing Committee Chair, or National Standing Committee member within the last two years.

Authority The authority of the Chapter President is conferred by the Chapter membership through election and as specified in National AMTA Bylaws and Policy.

Accountability The Chapter President is accountable to the Chapter Board, Chapter members and AMTA National Board of Directors by virtue of election. The Chapter President agrees to uphold and abide by the Chapter Volunteer Code of Conduct.

Term of Office The Chapter President shall be elected every even year for a term of two (2) years, not to exceed two (2) consecutive elective terms. In the event that no eligible candidate steps forward to run for the office of Chapter President, the current Chapter President remains in office until a successor is elected.

Relationship The Chapter President works most closely with Chapter Board members and appointees, and National AMTA staff. The Chapter President also communicates with Chapter members, other Chapter Presidents, the Chapter Relations Committee, and/or other National volunteers, as appropriate.

Responsibilities

1. Is a voting member of the Chapter Board and is familiar with Robert's Rules of Order.
2. Prepares the agenda for Chapter membership and Board meetings, and provides the agenda and all supporting documentation to Board members and appropriate appointees at least one week prior to the Board meeting.
3. Attends and presides over, or delegates authority, maintains order, and expediently conducts business at all Chapter meetings and Board meetings.
4. Delegates authority to any Chapter Board member when scheduled to be unavailable for more than one week.
5. Shall not be the Chair of any committee, sub-committee, special committee, or workgroup.
6. Serves as ex-officio (non-voting) member of all Chapter committees.
7. May temporarily assume/delegate the responsibilities of vacant volunteer positions while working with the Chapter Board, Chapter Relations Committee and National staff to fill the vacancy.
8. Attends (or delegates attendance) national meetings of the Association, at the Chapter Board's direction, as per policy, and/or as budgeted.
9. Identifies, recruits, cultivates, and mentors future Chapter leaders.
10. Appoints standing committee, subcommittee, special committee, and workgroup chairs (except the nominations committee), with the approval of the Chapter Board.
11. Approves appointments of committee members made by committee chairs.
12. Supervises the affairs of the Chapter.
13. Prepares and submits appropriate information for Chapter communications.

14. Reviews documents and records produced by the Chapter, including:

- a) Minutes from Chapter Board of Directors meetings.
- b) All contracts.
- c) Legislative activities.
- d) Financial Reports.
- e) Committee Reports.
- f) Newsletter or other communications such as e-mail announcements, social media, etc.

15. Oversees Chapter's budgeting and financial activities.

16. Is available to receive direct feedback from members and answer their questions about actions of the Chapter Board.

17. Directs and refers members to volunteer and staff contacts as appropriate.

18. Reports to the membership at the Chapter meetings.

19. Ensures Chapter operations are consistent with the AMTA Strategic Plan.

20. Fulfills the fiduciary, due diligence, and other responsibilities of Chapter Board members as described in the Chapter Volunteer Code of Conduct.

21. Maintains orderly records of issues and actions taken during her/his term and supplies the incoming President with those records.

22. Facilitates the efficient, positive, and productive activities of the Chapter through consultation with other Chapter officers, National volunteers, and/or National staff.

23. Once a Chapter President has served two consecutive terms, in the event that no eligible candidate steps forward to run for the office of Chapter President, the current Chapter President remains in office until a successor is elected.

Time Commitment The time commitment is approximately 5 - 15 hours per week, depending on Chapter activities. The time commitment may be higher before and/or during certain National or chapter events or activities.

Vacancy A vacancy in the President's position will be filled according to AMTA Bylaws and Policy. Removal from Office An officer may be removed from office for failure to: 1. Fulfill her/his duties and responsibilities (dereliction of duties). 2. Abide by the Chapter Volunteer Code of Conduct. 3. Keep AMTA membership dues current. Removal shall occur upon recommendation from a Chapter Board member with a two-thirds vote of the entire Chapter Board. The National Office must be contacted prior to Chapter Board voting on removal of a volunteer.

Send us your feedback about this and the past issues of the California Currents and let us know what you would like to see in future issues. After all, this newsletter is for YOU!

**We want your
FEEDBACK!**

Send your comments to editor@amta-ca.org

Position Title: Chapter Financial Administrator

Purpose The Chapter Financial Administrator supports the financial operations of the Chapter. .

Eligibility In addition to being a Professional member in good standing, and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:

Completed one term year as a Chapter Board member within the last three years.

Completed one term year as a Chapter committee chair or member, within the last two years.

Completed one term year as a National Board member, National Standing Committee Chair or National Standing Committee member within the last two years.

Authority The authority of the Chapter Financial Administrator is conferred by the Chapter membership through election and as specified in National AMTA Bylaws and Policy.

Accountability The Chapter Financial Administrator is accountable to the Chapter Board, Chapter members and AMTA National Board by virtue of election. The Chapter Financial Administrator agrees to uphold and abide by the Chapter Volunteer Code of Conduct.

Term of Office The Chapter Financial Administrator is elected every odd year for a term of two (2) years or until a successor is elected.

Relationships The Chapter Financial Administrator works most closely with Chapter Board members and appointees, and National AMTA staff. The Chapter Financial Administrator also communicates with Chapter members, the Chapter Relations Committee, and Finance staff, and/or other National volunteers, as appropriate.

Responsibilities

1. Is a voting member of the Chapter Board.
2. Attends Chapter Board, Chapter membership, and any Chapter committee meetings for which the Chapter Financial Administrator has responsibility (i.e. Chapter budget meeting).
3. Accepts responsibilities for Chapter/Association assignments as delegated by the Chapter President.
4. May temporarily assume the responsibilities of vacant positions while working with the President, the Chapter Relations Committee and staff to fill the vacancy.
5. Shall not be the Chair of more than two (2) committees, sub-committees, special committees or workgroups.
6. In cooperation with the President, conducts the regular day-to-day financial business Approved via motion #1006:82 2 Revised November 2006/ Revised March 2008 Updated: Motion #1016:44 affairs of the Chapter.
7. Adopts, uses, and complies with the Chapter Internal Controls detailed in AMTA Policy.
8. Manages and oversees the Chapter Budget.
 - a. In collaboration with Chapter Board members and/or Chapter Finance Committee, prepares the annual Chapter budget, for presentation to the Chapter Board and the Chapter membership for approval.
 - b. Submits approved budget to national office finance department by deadline in accordance with AMTA Policy.
 - c. Ensures that Chapter records are maintained according to the record retention guidelines, and submits required reports to the National Office.
 - d. Ensures that expenses are budgeted and allowable.
 - e. Provides information to the Chapter Board regarding budgetary restrictions and alerts the Chapter Board when projects, programs, or units are in danger of going over budget.

Position Title: **Chapter Financial Administrator** (continued)

- f. Brings all unapproved and/or unbudgeted requests for funds and payment to the Chapter Board.
 - g. Proposes cost cutting measures and budget adjustments.
 - h. Reports line item financial status of the Chapter, actual vs. budgets, to the Chapter Board quarterly and to the Chapter members annually.
9. Keeps the Chapter Board current regarding status of investments, when applicable.
10. Approves reimbursement to members, appointees, or other volunteers, for budgeted or approved expenditures made on behalf of the Chapter.
- a. Submits required documentation to the national office to support each payment in order to allow proper recording in the chapter financial records.
11. Signs and submits certification letter to national office finance department by deadline in accordance with AMTA Policy.
12. Submits checks and cash received as payments for chapter events and other income to the national office finance department within 5 business days of receipt.
13. Reviews Chapter expenditures and financial status on a regular basis to ensure overall fiscal responsibility.
14. Reconciles total credit card statement monthly, ensuring all receipts are received and in order.
15. Annually updates Chapter Board on changes to National financial policies.
16. Communicates with Chapter membership, through regular reports, the financial status of the Chapter, including income and expenses to date and account balances.
17. Identifies, recruits, cultivates, and mentors future Chapter leaders.
18. Makes recommendations to the Chapter President for committee appointments.
19. Directs and refers members to appropriate volunteer and staff contacts as appropriate.
20. Is available to receive direct feedback from members for input to the Chapter Board and to communicate appropriate information regarding actions of the Chapter Board.
21. Ensures Chapter financial operations are consistent with AMTA National Bylaws and Policy.
22. Fulfills fiduciary, due diligence, and other responsibilities of Chapter Board members as described in the Chapter Volunteer Code of Conduct.
23. Maintains orderly records of activities and timelines relevant to his/her position during their term and supplies the incoming Chapter Financial Administrator with those records to ensure a smooth transition.

Time Commitment The time commitment is approximately 5 hours per week. Time commitment may be considerably greater for short durations during preparation of budget, annual reports, etc.

Vacancy A vacancy in the Financial Administrator position will be filled according to AMTA Bylaws and Policy.

Removal from Office An officer may be removed from office for failure to:

- 1. Fulfill her/his duties and responsibilities (dereliction of duties).
- 2. Abide by the Chapter Volunteer Code of Conduct.
- 3. Keep AMTA membership dues current. Removal shall occur upon recommendation from a Chapter Board member with a two-thirds vote of the entire Chapter Board. The National Office must be contacted prior to Chapter Board voting on removal of a volunteer

Position Title: Chapter Secretary

Purpose The Chapter Secretary is the official keeper of the Chapter records and is responsible for recording, maintaining and updating Chapter records during her/his term of office.

Eligibility In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirement:

Completed one year of AMTA membership.

Authority The authority of the Chapter Secretary is conferred by the Chapter membership through election, as specified in National AMTA Bylaws and Policy.

Accountability The Chapter Secretary is accountable to the Chapter Board, Chapter Members and AMTA National Board of Directors by virtue of election. The Chapter Secretary agrees to uphold and abide by Chapter Volunteer Code of Conduct.

Term of Office The Chapter Secretary shall be elected every even year for a term of two (2) years or until a successor is elected. Relationship The Chapter Secretary works most closely with Chapter Board members and appointees and National AMTA staff. The Chapter Secretary also communicates with Chapter members, other Chapter Secretaries, the Chapter Relations Committee, and/or other National volunteers, as appropriate.

Responsibilities

1. Is a voting member of the Chapter Board and is familiar with Robert's Rules of Order.
2. Distributes announcements of Chapter Board meetings and Chapter membership meetings.
3. Attends Chapter Board and membership meetings and ensures that attendance, votes and the proceedings of the meetings are recorded, maintained and retained according to the National record retention guidelines.
4. Submits required reports and volunteer rosters to the National Office.
5. Distributes minutes of Chapter Board meetings to Board members. Provides access to minutes from Chapter meetings to the Chapter membership upon request.
6. Accepts responsibilities for Chapter/Association assignments as delegated by the Chapter President.
7. May temporarily assume the responsibilities of vacant volunteer positions while working with the President, the Chapter Relations Committee and staff to fill the vacancy.
8. Shall not be the Chair of more than two (2) committees, sub-committees, special committees or workgroups.
9. Identifies, cultivates and recruits future Chapter leaders.
10. Makes recommendations to the President for committee appointments.
11. Directs and refers members to appropriate volunteer and National AMTA staff contacts as applicable.
12. Is available to receive direct feedback from members for input to the Chapter Board and to communicate appropriate information regarding actions of the Chapter Board.
13. Fulfills the fiduciary, due diligence and other responsibilities of Chapter Board members as described in the Chapter Volunteer Code of Conduct.
14. Maintains orderly records of activities and timelines relevant to her/his position during their term and supplies the incoming Secretary with those records to ensure a smooth transition.

Time Commitment The time commitment is approximately 2 – 4 hours per week, depending on Chapter activities.

Vacancy A vacancy in the Chapter Secretary position will be filled according to AMTA Bylaws and Policy.

Removal from Office An officer may be removed from office for failure to: 1. Fulfill her/his duties and responsibilities (dereliction of duties). 2. Abide by Chapter Volunteer Code of Conduct. 3. Keep AMTA membership dues current. Removal shall occur upon recommendation from a Chapter Board member with a two-thirds vote of the entire Chapter Board. The National Office must be contacted prior to Chapter Board voting on removal of a volunteer.



Did you miss this year's

National Convention in Washington, D.C.?

Look for a review and pictures from what you missed.

You know, we are Celebrating 75 Years as an Association?



Position Title: Chapter Board Member

Purpose Chapter Board Member will assist the Chapter President in achieving Chapter goals and implementing decisions made by the Chapter Board.

Eligibility In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirement:

Completed one year of AMTA membership.

Authority The authority of a Chapter Board Member is conferred by the Chapter membership through election, and as specified in National AMTA Bylaws and Policy.

Accountability Chapter Board Member is accountable to the Chapter Board, Chapter members and AMTA National Board of Directors by virtue of election. Chapter Board Member agrees to uphold and abide by the Chapter Volunteer Code of Conduct.

Term of Office One Chapter Board Member shall be elected every odd year for a term of two years or until a successor is elected. One Chapter Board member shall be elected every even year for a term of two years or until a successor is elected.

Relationship Chapter Board Member work most closely with Chapter Board members and appointees, and National AMTA staff. Chapter Board Member also communicates with Chapter members, the Chapter Relations Committee, and/or other National volunteers, as appropriate.

Responsibilities

1. Is a voting member of the Chapter Board and is familiar with Robert's Rules of Order.
2. Accepts responsibilities for Chapter/Association assignments as delegated by the Chapter President.
3. May temporarily assume the responsibilities of vacant volunteer positions while working with the President, the Chapter Relations Committee and staff to fill the vacancy.
4. Shall not be the Chair of more than two (2) committees, sub-committees, special committees or workgroups.
5. Attends Chapter Board, Chapter membership, and any Chapter committee meetings for which the Chapter Board Member has responsibility.
6. Identifies, cultivates and recruits future Chapter leaders.
7. Makes recommendations to the Chapter President for committee appointments.
8. Directs and refers members to appropriate volunteer and staff contacts as applicable.
9. Is available to receive direct feedback from members for input to the Chapter Board, and to communicate appropriate information regarding actions of the Chapter Board.
10. Maintains communication with Chapter membership through regular reports, and reports at Chapter membership and Chapter Board meetings.
11. Fulfills the fiduciary, due diligence, and other responsibilities of Chapter Board members as described in Chapter Volunteer Code of Conduct.
12. Maintains orderly records of activities and timelines relevant to her/his position during their term and supplies the incoming Chapter Board Member with those records to ensure a smooth transition.

Time Commitment The time commitment averages approximately 5 - 8 hours per week, depending on Chapter activities. The time commitment may be higher before and/or during certain Chapter events or actions.

Vacancy A vacancy in the Chapter Board Member position will be filled according to AMTA Bylaws and Policy.

Removal from Office An officer may be removed from office for failure to: 1. Fulfill her/his duties and responsibilities (dereliction of duties). 2. Abide by Chapter Volunteer Code of Conduct. 3. Keep AMTA membership dues current.

Removal shall occur upon recommendation from a Chapter Board member with a two-thirds vote of the entire Chapter Board. The National Office must be contacted prior to Chapter Board voting on removal of a volunteer.

Position Title: **Delegate to the Assembly of Delegates (AOD)**

While not an eligibility requirement, the Delegate position should not be considered as an “entry level” volunteer position. Applicants for the position of Delegate should be encouraged to consider the following questions when choosing to become a candidate for the position.

1. What is the context of health and wellness in my state?
2. What are the things that are impacting massage therapy in my state? (including but not limited to):
 - a. Education requirements
 - b. Regulation
 - c. Continuing education
 - d. Cultural issues
 - e. Socio-economics
 - f. Diversity
 - g. Employment practices

Eligibility

Must be a professional member in good standing for at least 1 year

Must be assigned to the Chapter they are elected to serve

Must have a basic understanding of technology (e.g. email, online discussion boards, mobile applications)

Must sign the AMTA Chapter Volunteer Code of Conduct and AOD Code of Conduct.

Shall not be an AMTA National Board member, National Standing Committee Chair, National Commission Chair, or the Moderator of the Assembly of Delegates.

Authority Delegate is given authority by National Bylaws and Policies and through election by the Chapter membership.

Accountability Delegate is accountable to fulfill their duties through reporting the activities of the Assembly as well as the meeting outcomes.

Term of Office The Delegate shall serve a term of office of two years, beginning at the same time as chapter officers’ terms and shall be elected in alternating years. The delegate shall serve no more than three consecutive elected terms.

Purpose Delegate represents the massage therapy profession in the AOD and related activities as they pertain to the profession in their state.

Relationship Delegate works with her/his Chapter members and fellow Chapter Delegates, as well as Delegates from other Chapters and Assembly of Delegates Operations Committee (AODOC), to follow timelines and carry out the assignments and charges applicable to the AOD function.

Responsibilities

1. Responds to applicable chapter communications on a regular and timely basis via phone, e-mail, or other appropriate means.
2. Provides written reports to the Chapter Board as requested.
3. Participates in discussions on the volunteer HUB as they pertain to AOD agenda items, discussion items and AOD duties.
4. Attends chapter meetings as requested by the Chapter Board to address agenda items pertaining to the work of the Delegates.
5. Maintains a working knowledge of materials provided for the AOD meeting.
6. Prepares and reviews all necessary materials prior to all AOD meetings.

Position Title: **Delegate to the Assembly of Delegates (AOD)** (continued)

7. Attends and participates in the AOD meeting at National Convention.
8. At least annually, Delegate reports the actions of the AOD to the Chapter membership.
9. Participates in the selection of the AMTA position statement ideas to be sent to the writing group per policy.
10. Provides input to the AOD think tank through the lens of the massage therapy profession in their specific state. Input may be provided at the annual AOD meeting and the Volunteer HUB during their term of service.

Time Commitment The time commitment averages about 2-4 hours per month; time commitment will be considerably higher during the lead up to National Convention, Annual Convention and AOD meeting.

Vacancy and Succession If a delegate is unable to attend the AoD meeting at National Convention due to unexpected circumstances the Chapter Board shall appoint an eligible volunteer to assume the Delegate position for that meeting. Upon submittal of sufficient documentation, the AoDOC may determine a Delegate absence as excusable, and reinstate the original Delegate after the AOD meeting to resume their role and fulfill their term. In the event of a vacancy, the chapter board of directors shall appoint an eligible volunteer to assume the Delegate position for the remainder of the unexpired term.

Removal from Office A Delegate may be removed from office for failure to: 1. Fulfill her/his duties and responsibilities (dereliction of duties). 2. Abide by the AMTA Articles of Incorporation, Bylaws, Policy, Code of Conduct, Rules of Engagement, or Position Description. 3. Keep AMTA membership dues current. Removal shall occur upon recommendation from a Chapter Board member with a two-thirds vote of the entire Chapter Board. The National Office must be contacted prior to Chapter Board voting on removal of a volunteer.



AMTA-CA CHAPTER
Candidate and Volunteer Resume Form

Please print or type Yr joined _____
Name _____ AMTA I.D. # _____
Home Address _____
Phone (w) _____ (h) _____
Email _____
Years in massage _____ CAMTC # _____ Massage license? _____ City/County _____
Massage school attended/# of hours _____
Date of completion _____ Other related schooling _____

I am interested in volunteering in the following areas: (details can be found on the Chapter website)

Board of Directors: ☐ **President** ☐ **Secretary** ☐ **Financial Administrator** ☐ **Board Member**
☐ **National Convention Delegate**

Appointees/Chairs: ☐ **Awards** ☐ **Exhibitors** ☐ **Parliamentarian** ☐ **Budget (Member At Large)** ☐ **Government Relations**
☐ **Public Relations** ☐ **Bylaws & Standing Rules** ☐ **Sergeant at Arms** ☐ **Committee on Candidacy** ☐ **Newsletter Editor**
☐ **Social Media** ☐ **Conferences/Workshops** ☐ **Sports Massage** ☐ **Education Chair (Region: ☐ N ☐ C ☐ S)** ☐ **Website**
☐ **Northern Rep** ☐ **Southern Rep** ☐ **Other** _____

Relevant community or professional experience _____

List AMTA Chapter (C) and Unit (U) Offices held with dates (include committees): _____

Other Qualifications _____

FOR THOSE SEEKING A BOARD OF DIRECTOR POSITION How many hours a week do you estimate will be required to perform the duties of this office? _____ Are you currently able to commit the appropriate time for the performance of your duties? YES NO

What are your reasons and objectives for seeking this office? _____

At Board meetings, I understand that I must be present, focused and courteous; that I must put aside my private life for the duration of the function; that I will refrain from introducing distracting influences to other Board Members and that I will be prepared to transact the business of the Association.

Signature _____

Date _____

Please submit Candidate and Volunteer Resume Form to **info@amta-ca.org**. If you have any questions about the position, please ask any of the current board members. Additional information on all roles can be found on the chapter website, **www.ca.amtamassage.org**. Thank you for your submission.

California Currents Contacts

Chapter Board

President

John Lambert
president@amta-ca.org



Secretary

Patricia Rusert Gillette
secretary@amta-ca.org



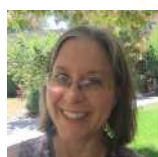
Financial Administrator

Michael Roberson
treasurer@amta-ca.org



Board Member

Liz DiGiulio
lstvp@amta-ca.org



Board Member

Bonni Kelley
2ndvp@amta-ca.org



Chapter Website

www.ca.amtamassage.org

NOTE

California Chapter's

Phone Number

916-382-8542

and EMAIL ADDRESS

info@amta-ca.org

Appointees

Northern Representative

Patricia Rusert Gillette
northernrep@amta-ca.org

Southern Representative

Michael Roberson
southernrep@amta-ca.org
949.292.9207

Government Relations Chair

Open
gr@amta-ca.org

Newsletter Editor

Michael Roberson
editor@amta-ca.org

Appointee to CAMTC

Mark Dixon
mdixon@camtc.org

Educational Coordinators

Northern: Ryia Suising
Central: Megan Martin
Southern: Sarah Berkke

Elected Delegates

- 1) Rio Safford
- 2) Patricia Rusert Gillette

Northern Regions

East Bay Unit
Golden Gate Unit
Redwood Empire Unit
Silicon Valley Unit
Far North Region
Greater Sacramento Area
Monterey Bay Region
Napa Valley Region

Southern Regions

Orange County Unit
Los Angeles-South Bay Unit
San Diego Unit
Desert Resorts Region
Gold Coast Region
Inland Empire Unit
Mid State Region

Chapter Administrator

Jeff Milde

Calma Association Management, LLC



2018 AMTA California Chapter Calendar

January 2018

Sunday, 25, Chapter Board Meeting, Novato
Sunday, 28, SVU, Meeting/Workshop with
Carole Osbrne

February 2018

Friday, 2, Unit Service Awards are Due
Tuesday, 13, Chapter Board Meeting, Call In
Sunday, 25, SDU Meeting/Workshop with
Brian Utting, 8CE
Saturday, 28, SVU, Workshop, Cadaver Lab

March 2018

Friday, 16, Chapter Board Meeting, Irvine
17-18, AMTA CA Chapter's Annual Massage &
Bodywork Educational Conference, Irvine

April 2018

Saturday, 7, California IRONMAN®, Oceanside
Tuesday, 10, Board Meeting, Conference Call
Saturday, 21, Sea Otter Classic, Monterey

May 2018

Sunday, 6, OCU Meeting/Workshop with
Cynthia Ribeiro, 6CE
Sunday, 20, SDU Meeting/Workshop with
Nicola McGill, 8 CE

June 2017

Sunday, 3, Board Meeting, Novato
Friday, June 29-July 1, Stand Down San Diego
(Kevin Whitfield, resettherapyfitness@gmail.com)

July 2018

Tuesday, 21, Board Meeting, Conference Call

August 2018

**8-11, American Massage Therapy Association
National Convention, Washington, DC**

September 2018

Tuesday, 4, Board Meeting, Conference Call
Saturday, 8 Camp Pendleton Family Day,
Del Mar Beach, San Diego
(Kevin Whitfield resettherapyfitness@gmail.com)
Saturday, 8, Best Buddies Challenge, Hearst Castle,
San Simeon
(Cynthia Sykes, cysykes46@gmail.com)
Sunday, 16, SuperFrog® IRONMAN®,
Imperial Beach, San Diego
(Michael Roberson, southernrep@amta-ca.org)

October 2018

Saturday, 20, MS Bay to Bay Ride, Carlsbad
21-27 National Massage Therapy Awareness Week
Sunday, 28, Board Meeting, Location, TBA

November 2018

Sunday, 25, Board Meeting, Location, TBA

December 2018

Sunday, 31, Chapter Scholarships Awards Due
It's the holidays!
Enjoy the time with your family, loved ones and friends.

January 2019

Tuesday, 8, Board Meeting, Conference Call

February 2019

Tuesday, 12, Board Meeting, Conference Call

**Keep Current with our Education Opportunities and
Community Outreach Events by checking often the
Chapter Website www.ca.amta-ca.org**