

Washington *Massage Journal*

A Publication of the American Massage Therapy Association – Washington Chapter

Sports
Massage





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Seattle, WA Class Schedule

Essentials of Intracranial Massage

Aug 8-9 | Christman/Pollshuk | 16 hours

Not Your Typical Ethics Class (satisfies NCBTMB & WA's ethics requirement)

Aug 15 | Kay Rynerson | 4 hours

Clothes-On, Hands-On: Massaging Clients While They're Fully Clothed

Aug 16 | Kay Rynerson | 8 hours

Muscle-Specific Deep Tissue Techniques for the Back

Aug 19 | Brian Utting | 4.5 hours

Injury Treatment: Knee and Thigh

Aug 22 | Pat O'Rourke | 8 hours

Injury Treatment: Shoulder

Aug 23 | Pat O'Rourke | 8 hours

Bindgewebssmassage: Connective Tissue Massage

Aug 26 | Brian Utting | 8 hours

Myofascial Balancing: Balance in the Spine and Ribcage

Sep 12-13 | Pollshuk/Christman | 16 hours

Introduction to Trager: The Art of Oscillatory Compression

Sep 13 | Joe Rodin | 7 hours

Muscle-Specific Deep Tissue Techniques for the Iliopsoas, Diaphragm & QL

Sep 16 | Brian Utting | 4.5 hours

Polarity Therapy Revitalizing Energy Session

Sep 19-20 | Kate Bromley | 8 hours

Boundaries Boot Camp (satisfies NCBTMB & WA's ethics requirement)

Sep 26 | Dawn Schmidt | 8 hours

Advanced Neck: Aligning Cervical Vertebrae with Spinal Mechanics

Sep 26-27 | Marty Morales | 16 hours

Thumbs-Free Massage

Sep 26-27 | Kay Rynerson | 16 hours

Cranio-Sacral Introductory Workshop

Oct 1-4 | Ursula Popp | 28 hours

Relieving Low Back Pain

Oct 3-4 | Marty Morales | 16 hours

The Neuroendocrine System, Stress, and Massage

Oct 10 | Brian Utting | 8 hours

Pediatric Fascial Balancing for Infants & Toddlers

Oct 16-18 | Lauren Christman | 21 hours

Heartspire LomiLomi Heaven and Earth - Head, Hands, and Feet

Oct 17 | Kim Hartley | 8 hours

Abdominal Palpation & Treatment: Fascial Architecture

Oct 17 | Marty Ryan | 6 hours

Therapeutic Communications: What to Do When Emotions Arise

Oct 21-24 | Ursula Popp | 28 hours

Essential Breathwork Weekend

Oct 24-25 | Karen Clay | 15 hours

Passive Stretching, Table Thai & More

Oct 24-25 | Kay Rynerson | 16 hours

The Best of Indian Head Massage

Oct 24 | Debbie DeNardo | 4 hours

Treating the Feet

Oct 24 | Debbie DeNardo | 4 hours

The next Cranio-Sacral Core Series begins Nov 18, 2015. Certification begins Sep 9, Oct 21 and Nov 18, 2015.

Join the Associate Polarity Practitioner (APP) program, enrollment can begin with any Polarity Therapy class.

Post Falls, ID Class Schedule

Diaphragm: Myofascial Connections Beyond Breath

Oct 3 | Dawn Schmidt | 8 hours

Ethics for Washington LMPs (satisfies NCBTMB, WA & ID's ethics requirement)

Oct 4 | Dawn Schmidt | 4 hours

LomiLomi Shoulder & Scapula Dance: A Union of the Sacred Marriage

Oct 31 | Kim Hartley | 8 hours

7 Hawaiian Strokes to Energize Your Full-Body Routine

Nov 1 | Kim Hartley | 8 hours

Table Thai & More

Nov 7 | Kim Rynerson | 8 hours

Thumbs-Free Massage

Nov 8 | Kim Rynerson | 8 hours

Assessment and Treatment of the Ligaments and Deeper Structures of the Neck

Nov 14 | Brian Utting | 8 hours

Evaluation and Treatment of Shoulder Injuries

Nov 15 | Brian Utting | 8 hours

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Summer 2015

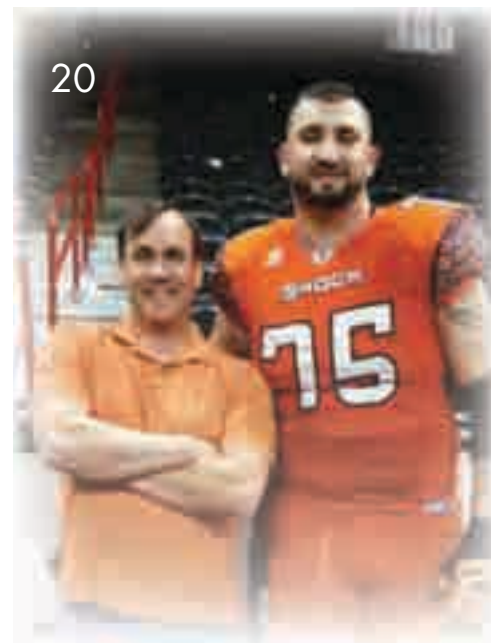
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On the cover: Amy Murry, LMP, owner
of Human Body Works in Lacey, WA.
Photo credit: Sara Levin | slevin11.com



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CONTRIBUTING WRITERS



JoAnn Kovaly, LMP, PMA-CPT

changed careers in 1999 to follow her passion for helping people achieve their health goals utilizing the classical Pilates method. JoAnn is one of the original certified trainers with the Pilates Method Alliance. While working with Pilates clients, she realized that it is necessary to integrate bodywork with the Pilates for good compensation free movement patterns. Learning and using many manual therapy techniques, including Neuromuscular Re-education, Muscle Activation Technique, and Myofascial Length Testing helped her to co-develop and perfect The L.I.F.T. Method: Ligament Influenced Fascial Technique. The L.I.F.T. Method is an evolution of many manual therapy and muscle and fascial function testing systems. JoAnn explains more about the L.I.F.T. Method in her article in this issue.



Amy Murry, LMP

is owner of Human Body Works in Lacey, WA. Amy shares her story about how she began working with top athletes in this issue. Amy is Mom of three athletic young men, Captain of Bike MS team MS 'kateers, finisher of several STP's, one Marathon, many, many half marathons, 5ks, open water swims and triathlons of varied distances. She is a member of the USOC Sports Medicine Volunteer Program, USA Swimming Sports and Science Network, and AMTA-WA's Washington Sports Massage Team.



Gary Schwander, LMP

contributes the article "What is Sports Massage?" in this issue. Gary has been practicing massage therapy for 26 years and teaching massage courses since 1992. He is employed at Wolf Chiropractic Clinic in Spokane Valley, WA.



John Webber, Attorney

became a partner at Graham Lundberg Peschel, PS, Inc. in 2006 and has represented clients on significant injury claims in Washington and New Mexico for more than 20 years. John was honored as a 2015 Super Lawyer and is an Eagle member of the Washington State Association for Justice (WSAJ). In his article, he brings us up to date on recent changes to Washington's Medical Lien Statute.

Washington Massage Journal

AMTA-WA Chapter

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Mission Statement

The mission of the Washington Chapter of the American Massage Therapy Association, a volunteer non-profit professional massage therapy association, is to provide a forum for professional exchange, to actively support the growth of our profession, and to enhance public awareness of massage therapy.

Policies

The *Washington Massage Journal* reserves the right to edit material where appropriate; accept or reject materials; reject copyrighted materials unless consent of copyright holder is obtained in writing; and assumes no responsibility, including any amount of lost revenue, for errors, omissions, corrections, modifications or inaccuracies in the editorial content or advertisements in this publication, as well as production/mailling delays. Information, articles, endorsements and ads contained in the *Washington Massage Journal* do not necessarily reflect the opinions or beliefs of the AMTA-WA, nor those of its parent organization, the American Massage Therapy Association (AMTA). The *Washington Massage Journal* provides advertising services for the convenience of AMTA-WA members, and makes no representations or warranties for the content of the ads, promises made or quality/reliability of offerings.

2015 Publication Schedule

Winter	Feb. 5, 2015
Spring	April 15, 2015
Summer	July 15, 2015
Fall	Oct. 15, 2015

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PRESIDENT'S MESSAGE

ANNIE LACROIX, LMP, AMTA-WA PRESIDENT



Five years ago I came to my first AMTA-WA Chapter Convention looking for a way to get involved. Now, I sit here writing my first President's message. In the short time I have been around, so much as changed and yet the heart and soul of why I love this chapter hasn't. I am so grateful to be involved with such a passionate group of Massage Therapists.

For those of you who don't know me, let me introduce myself. I currently live in Wenatchee, Washington where I am the Owner and Director of Columbia River Institute of Massage Therapy. It is a small school that I opened in 2011. Teaching future massage therapists brings me joy every single day and I feel like I am truly living my dream life with this career. My interest in education has been my main motivation for my volunteerism with the Washington Chapter. It is wonderful to know that I am graduating students into this amazing group of professionals representing the largest AMTA chapter in the country!

I am looking forward to the rest of 2015 as your President and seeing what the future brings for this forward-thinking Chapter.

We have some big changes going on that we want everyone to be aware of. First, we no longer have a physical office in Kirkland. This means that future Board Meetings will be held in various places around the greater Seattle area. All locations will be on our website in case you want to attend. Our mailing address has changed as well. The new mailing address is shown on page 7.

Although the phone number has not changed, please be aware that will be only answered by voicemail. We will do our best to call you back quickly but it may take a few days. The office@amta-wa.org email is a great way to get a hold of one of our volunteers who can help answer your questions. You can also email directly at president@amta-wa.org as well.

Most importantly, I want to let you know that as of a couple months ago, we are a 100% volunteer-driven organization. With almost 5,000 members, this is no small feat! Most organizations with this number of people have paid support staff. We were fortunate to have Cathy Olson as our administrator for many years, but now we are relying completely on the hard work of volunteers! The entire volunteer team thanks you for the patience and support you have extended as all take on more tasks.

Speaking of volunteerism, we are always looking for members who have a heart for the profession and a desire to contribute some time to the Chapter. No matter what you love to do, we know we can find a place for you! Contact out Volunteer Support and Development Program Chair, Patty Phillips at volunteer@amta-wa.org. Our volunteer family is a fun and dedicated group of great people and we would love to have you as part of it!

We just recently finished up our 2015 Convention in Tacoma. It was a great success and I would like to say that this year it was 100% volunteer run! Thank you to all the volunteers who made it possible. Next year, we are headed to the east side of the state to offer an educational conference. It will be formatted a bit differently but will still provide the networking and camaraderie we all love about our get togethers. Veronica Hildebrand, our Convention Experience Chair, includes some details about next year's event in her article on page 13.

The Washington Sports Massage Team (WSMT) has been busy as usual with events like the recent Wenatchee Marathon, a Rock Tape Class and Flying Wheels among other things.

Massage Awareness and Involvement Network (MAIN) continues to grow with locally run groups around the state. Look in this issue for more details about how to get involved. You can also email our MAIN Program Chair, Allison Hanelt at main@amta-wa.org for more information.

Our Government and External Affairs Program, as usual, is very busy keeping track of legislative issues that you need to know about. See the Legislative Update in this issue for more details.

In addition to the ones mentioned above, we also have our Community Service Massage Team (CSMT) headed up by Linda Bucher. Linda has done an amazing job developing and growing this program that used to be called MERT. She is looking for therapists who want to get involved. You can reach Linda by emailing mert@amta-wa.org.

All of these programs take resources. There are three resources that keep everything going. First, YOU, the member. Thank you for being an AMTA-WA member. A portion of your renewal goes directly to Washington to support these programs. We are a member-driven organization and we thank you for choosing AMTA-WA year after year. Second, the VOLUNTEERS. We have approximately 85 volunteers who contribute various amounts of time. It would be impossible to measure their hours and our gratitude.

Third, CONTRIBUTIONS. Many of you have elected to support the Chapter through an automatic contribution each month or through a one-time gift. Every single dollar is needed and used to support this advocacy organization. You can contribute online using a credit card at:

<https://amtamassage.org/chapters/contribute.html>

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Remember that AMTA-WA is The Voice of Massage. I am grateful to lead that Voice and use my time to advocate for you!

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Issue

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EDITOR'S NOTE

RINA CLARK, LMP, EDITOR, WASHINGTON MASSAGE JOURNAL



Change is not always easy. As a matter of fact, change can be very difficult but it is necessary for growth. As we have made the transition to a digital format of the *Journal*, we appreciate your patience as we have been working out the bugs. In considering ways to reduce expenses, be environmentally conscious, and find efficient ways to keep you informed, a digital format of the *Journal* seemed like a logical choice. As always, we welcome your feedback on ways we could improve the *Journal* and items you would like to see included. Remember, this is YOUR publication. It exists to serve you.

In this issue, we hope you will find some interesting information on the topic of sports massage. This dynamic and exciting area of bodywork can offer an LMP many different opportunities from working on people at occasional events such as fun runs to working on team athletes in a permanent capacity. It can be exhausting yet rewarding and provide an LMP with diverse settings and venues. It can also provide a tremendous amount of networking and exposure for practitioners working at special events. Another benefit is the camaraderie that comes from working closely with other practitioners when so much of massage is practiced in isolation.

Even if you don't make sports massage your main specialty or focus, there are so many ways to become involved in sports-related massage. The techniques you learn can help expand your assessment and treatment repertoire to incorporate in your day-to-day practice.



Washington Massage Journal Goes Green in 2015!

Did you know the *Washington Massage Journal* is available in digital format to everyone? Even if you are not a member, you can sign up to receive a free digital version of our quarterly magazine. Every issue is filled with information on how to better run your business, interact with clients and keep up on the latest legislation from around the state. It will also keep you updated on all the activities the AMTA-WA is doing on behalf of all Washington State Massage Practitioners. You will also receive information on upcoming events, our convention and ways to get involved.

In order to get the *Journal* delivered to your email box, just go to www.amta-wa.org to subscribe. We also invite you to share your copy of the digital *Journal* with other LMPs and invite them to subscribe for their own copy!

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What is a CEU?

One (1) Continuing Education Unit is equal to 10 hours of continuing education. The state of Washington and AMTA require hours of education, not Units. If a class or workshop states that it offers 5 CEUs, then that class or workshop should be a total of 50 hours. If it is not 50 hours, but only 5 hours, then you would receive .5 CEUs, or 5 hours of continuing education.

Washington State

State License Renewal requires 24 hours every two years. Everyone who is licensed must meet this requirement. For details, visit: www.doh.wa.gov/massage, click on "Licensing Requirements," or call 360.236.4700.

AMTA Professional Membership

requires 48 hours every four years. Anyone who is a Professional AMTA member must meet this requirement. For details, visit: www.amtamassage.org and click on "education" or call 877.905.2700.

NCBTMB

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

is a physical therapist, osteopath, board-certified acupuncture physician,
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AMTA-WA Legislative Update

MELANIE STEWART

Are we any closer to having a biennial budget?

The 2015 regular legislative session ended without the passage of a biennial budget. And the first special session that ended on May 28th didn't get the job done either. As a result, the Governor called the Legislature back for a second special session on May 29th. Like the first one, the second special session is time limited to 30 days, which gives the Legislature just enough time to meet the big budget deadline of June 30th. Remember, that's the date by which the Legislature must have passed a biennial budget, or the government will start to shut down on July 1st. I can't remember a time in recent history where this has happened, so I'm cautiously optimistic that the Legislature will ultimately get the job done.

Biennial budget background.

As you know from my previous update, every two years, the Legislature is directed by the Constitution to pass a balanced biennial budget. The upcoming budget cycle is July 1, 2015 - June 30, 2017. What I thought would be true . . . is true . . . passing a budget this year that both the House and Senate agree upon is extremely difficult. The House and Senate budgets are still very far apart.

A crucial difference between the two budgets is that the House budget raises taxes by \$1.5 billion by increasing the B & O tax in the service category from 1.5% to 1.8% (this impacts massage and other health care practitioners); enacting a capital gains tax; and removing some tax exemptions, such as the sales tax on bottled water. By contrast, the Senate balances its budget without any tax increases through fund transfers and government efficiencies, as well as counting on enhanced revenue due to the uptick in the economy.

The main issue driving what would have been an otherwise easy year due to that uptick in state revenues is the McCleary case. As you probably recall, that case requires the Legislature to fully fund K-12 education by 2018. It is a task that is much easier said than done. Further complicating matters was the passage of I-1351 in 2014 that required class size reductions, with no funding source for its \$2 billion price tag.

How much revenue do we have?

Recent revenue forecasts have added about \$400 million to the state's bottom line in the recent month. That's a significant amount of money, and it probably means that the House Democrats proposed idea of a B & O tax increase is off the table. However, Democrats in general are pushing hard for a capital gains tax (now lowered to 5%, with a primary residence exempt), and the Governor still wants a tax on carbon emissions. Another complicating factor is a disagreement over how much tax revenue will be generated by taxing marijuana. And then there is Tim Eyman's latest initiative, I-1366. Tim has raised \$1 million to fund signature gatherers. I-1366 would lower the state portion of the sales tax from 6.5 to 5.5 percent unless the Legislature places a Constitutional amendment on the ballot by next April 15th requiring a 2/3 legislative approval or a majority of voter approval for any tax increases.

What's the bottom line?

All of these factors will combine to make the month of June a very challenging time for legislators. In addition, legislators will face the challenge of finding lodging because the US Open golf tournament being held near Tacoma is expected to impact Olympia hotels.



Legislation of interest to AMTA-WA:

House Bill 1252, an act relating to penalties for allowing or permitting unlicensed practice of massage therapy or reflexology, was signed into law by the Governor and is effective on July 24th. AMTA-WA consistently supported this legislation, and in fact was the main advocacy group. The legislation makes it a misdemeanor for a business owner to allow or permit the unlicensed practice of massage therapy or reflexology. Subsequent convictions are a gross misdemeanor offense.

House Bill 1471, an act relating to mitigating barriers to patient access to care resulting from health insurance contracting practices, was signed into law by the Governor and is effective January 1, 2017. It is a miracle that any portion of this legislation made its way through the process. Opposition from the insurance industry was strong, even though the vote counts in favor were strong. AMTA-WA consistently supported the legislation.

Because of space limitations, I'm focusing on two key provisions of this legislation. First, a health plan may not require prior authorization for an evaluation and management visit or an initial treatment visit with a contracting provider in a new episode of chiropractic, physical therapy, occupational therapy, East Asian medicine, massage therapy, or speech and hearing therapies. However, insurers still have the ability to require a referral or prescription for the therapies listed in this section. Second, health plans must post on their web sites and provide upon the request any prior authorization standards, criteria, or information the health plan uses for medical necessity decisions.

As always, thanks to those of you who participated in Massage Awareness Days. It makes a difference. Finally, thank you for the privilege and pleasure of representing AMTA-WA before the Washington State Legislature.



—Melanie Stewart is the
AMTA-WA Chapter Lobbyist.

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3. We are the only massage organization in WA to have staff available to **answer your questions** and **provide you information** when you need it.
4. We have an **award winning publication**—the *Washington Massage Journal*.
5. We provide **Programs** which **build community** among LMPs, provide **continuing education** and **promote massage** to the public.
6. Members are no longer required to pay a mandatory \$30 Chapter fee with each membership renewal.
7. If you want to see all of these programs continue in this extraordinary way, we need your help.

These are the questions that I ask myself when I am considering an investment or contribution to anyone...*Is it a benefit to me and my family? Is it a benefit to my business? Is it a benefit to the community? Will I be proud of making a contribution to this organization or cause?*

With AMTA-WA: The Voice of Massage, I feel confident that the answer to **ALL** these questions is **YES!**

This organization advocates on behalf of massage therapy in WA. Because of this, I know that my chosen profession of massage therapy will continue to be recognized as a respected part of health care. This is important to me—I like what I do, and it is important that my family, friends, community and society see me as a professional providing a valued and necessary health care service.

This organization keeps me informed. My ability to practice is enhanced by knowing what is going on in the massage profession, politically and legislatively. My business and my clients/patients benefit from the continuing education opportunities that this organization provides me. Being a contributing, informed member of this organization makes me a better, more effective member of the profession. It impresses my clients/patients that I am constantly learning and improving my skills and ability to serve their needs.

This organization gives back to the community. The Government and External Affairs Program sponsors Massage Awareness Days (MAD) at the Capitol each legislative session, where they educate legislators and others about the value and importance of massage as health care. The Community Service Massage Team (CSMT) provides massage to First Responders at events like the Scott Firefighter Stairclimb. There are local, grassroots groups of massage therapists (Massage Awareness and Involvement Network-MAIN) that work events that benefit the

homeless and the elderly. These groups also create community for the LMPs themselves. And the Washington Sports Massage Team (WSMT) works both paid and charity events. I can participate in any of these events as a volunteer; but even when I can't attend, I know that other volunteers are out there doing what I consider to be important work.

Will I be **proud to make a contribution and/or become a member of this organization?** **YES!** It is an investment in my own future as well as the future of the entire profession. I consider it a business expense with huge returns. **I am proud to say that I contribute to AMTA-WA: The Voice of Massage.**

Whether you are an AMTA member or not, whether you are a massage practitioner or a stakeholder in the massage profession, I strongly urge you to invest in your future and the future of the massage profession.

It is only WITH your support that this organization will be able to continue to accomplish its vital and important work. This replaces the former Chapter fee.

Please go to www.amta-wa.org and click on the "donate" button on the home page today.

Thank you,

Annie LaCroix, AMTA-WA President

and the entire AMTA-WA Board of Directors:

Teri Mayo, 1st Vice President

Diana Thompson, 2nd Vice President

Susan Cook, Treasurer

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AMTA-WA Chapter Convention

SHAPING THE FUTURE

A SUCCESS!

VERONICA HILDEBRAND, LMP
AMTA-WA CONVENTION CHAIR

The 2015 AMTA-WA Annual Chapter Convention "Shaping the Future" was held once again at the Tacoma Convention Center, April 23-25, 2015.

It was an amazing three days attended by a total of 420 massage therapists and students from the state of Washington, as well as a few out of state guests.

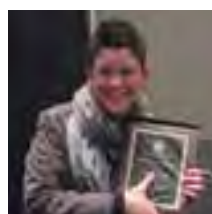
On Thursday April 23, the Kickstart Program for students and first-year LMPs was attended by 115 new attendees and was followed up with our first Career Fair offering job opportunities to new graduates. The Career Fair was a success for the employers and the new massage therapists seeking their first job.

Our Hot Topics in the Massage Profession forum was so well attended it was standing room only. Anyone could attend this event and receive free CE's while getting caught up on the latest information for the Washington State massage profession.

Friday and Saturday offered two full days of continuing education for 305 registered attendees and an exhibit hall with exceptional raffle prizes.

Take a moment to mark your calendar for The Washington Massage Convention, April 23-24, 2016 in Spokane, WA at the Doubletree Hilton near Riverfront Park in downtown Spokane. There will a focus on education and networking as we scale back to what is most important in our industry and get back to the basics.

Congratulations, Award Recipients!



SERVICE TO THE PROFESSION **Glyn Desmond**

Teri Mayo accepts the
award for Glyn Desmond.



SERVICE TO THE CHAPTER **Marybeth Berney**

(l to r): Annie LaCroix
presents Marybeth
Berney with the Service
to the Chapter award.



SERVICE TO THE WASHINGTON SPORTS MASSAGE TEAM (WSMT) **Linda Bucher**

Grant Grubb presents
Linda Bucher with the
WSMT award.

SHAPING THE FUTURE



Thanks to our 2015 Chapter Convention Sponsors!

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Massage Envy
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Breaking into the World of Sports Massage

AMY MURRY, LMP

I have had the opportunity and experience working with so many amazing athletes and I look forward to many more years of work in this field. There are certainly many therapists involved in sports work, and many with more experience than I. My story of breaking into this field is actually a pretty gradual integration. What keeps my attention after 19 years in massage in general is the bio-individuality of clients I work with. I am interested in the uniqueness improving function for each person, restoring circulation to congested tissue and freeing restrictions within the body for ease of movement. Incorporating feedback from my clients, I want to know how regular massage therapy is or isn't working for them. I love to hear that massage therapy has helped their body heal and recover so they can go back to work, or play with their kids at the park or, yes, even win athletic events. Outcome based work has naturally led me to working with a large population of people who speak the language of RESULTS: athletes.

I was a committed, but mediocre athlete growing up. I diligently slogged hours in the pool day after day, meet after meet. While I didn't make a national team or swim in college, I had a blast with friends, maintained fitness and (unconsciously) learned about work ethic and commitment. I grew the skill set from my sport to move into coaching and apply to my work life. I still won!

continued on next page



Amy Murry works on a member of the USA Wrestling Team.
Photo credit: Sara Levin | slevin11.com

I enjoy working with these goal-oriented clients, folks who invest their time and money into their health and performance. I love being an effective cog in the wheel of that machine.



The connection I have as a recreational athlete to my clients who pursue physical challenges wasn't a paper business plan. It took just a few athletic clients benefiting from my work to ignite the spark, for me to purposefully seek out that kind of client more. Who are these people who climb mountains until they can't walk, continue to wrestle while they're bleeding, run 100-mile endurance runs and break down and come back for more? Their drive fascinates me.

I enjoy working with these goal-oriented clients, folks who invest their time and money into their health and performance. I love being an effective cog in the wheel of that machine. I still find it amazing that fundamentally such simple work can so effectively free up some of the most incredible bunches of muscles. Those healthy, reinvigorated muscles carry athletes across finish line after finish line. That's exiting stuff!

Doing a little research, I discovered there were opportunities to do sports massage more often, right in front of me. I was coaching swimming, have been a swimmer, and knew there were groups out there that supported swimmers on deck and at bigger meets. Swimming was a community I was already immersed in. So, I first joined a referral network for practitioners who know swimming. Swimming led to local triathletes. Triathletes led to cyclists and runners. Some of my clients who were runners and cyclists had athletic kids who played fast pitch, volleyball and baseball needing massage. The list of sports I was working with continued to grow over the years. As my own kids got older, I stopped coaching and became involved just as much in sports on the massage table as I had been balancing both coaching and massage. I became more involved with USA Swimming Sports Medicine Network, which led me to also apply to the USOC (United States Olympic Committee) Volunteer Sports Medicine Program. I was accepted into that program and completed a rotation in Colorado Springs Olympic Training Center (OTC). Working with Team USA, while a volunteer, has been extremely rewarding.

Working in a massage clinic, as most of us do, we refer clients to physical therapy (PT) or chiropractic for things outside of our scope and vice versa. At the OTC, we are in an open bay treatment style facility, and athletic trainers (AT), physical therapists, chiropractors and MDs all work in conjunction. The athletic trainers do all the exercises and evaluations and then have massage tag in for the specific soft tissue work. While it isn't direct classroom learning, being in a clinic with some of the best healthcare providers in their field along with the best athletes in their respective sport is quite a broadening career experience. I've always returned with new ideas and inspiration for my work at home. Working in a world class facility with high performance care all around and no insurance companies or financial restriction is a breath of fresh air. How cool would it be to have that kind of care accessible to the average athlete?

In the past year I will have been fortunate enough to be on three World Teams: USA Swimming, Wrestling and Triathlon, traveling a couple times to California, Qatar, and Sweden. I'm not going to lie, traveling with a World Team and representing USA is super exciting every time. But it's also a TON of work. I always laugh when people tell me to "Have FUN!" while traveling. Yes, it is fun, but just because it's fun doesn't mean it's not work! First, it takes a little prep time. I review lists of athletes ahead of the trip, so I can read up on bios of who they are if I don't already know. I study the place we are traveling to have some awareness. I also have to think ahead about covering my bills in the clinic, all the sports medicine folks on these trips are volunteers. We don't make money. I don't get paid when I am not at work. So, I need to make sure I am adding in extra clients ahead or around the travel to make up for the loss of income during these longer team trips. There are also conference calls, and many emails back and forth in preparation.



Amy with the USA Swimming Team at the World Short Course Championships in Doha, Qatar.

Photo credit: Dr. Steve Hartsock.

For the trip I usually I bring my table and make sure to have enough massage lotion. Travel with a table is rough. Travel time is usually long. It's long for the athletes, too. You can bet those athletes are ready to get those airplane kinks out shortly after landing. We get right to work. Sometimes we do get to see a little bit of the touristy stuff on the trips, but for the most part we are working at the hotel or venue.

It is also our job in general to "support"—that can mean microwaving preordered dinners, it can mean carrying athlete bags or lending your warm up jacket to a forgetful athlete who needs to receive a medal on a podium. You are part of the team. If massage therapy is part of the training camp we work on athletes all the week long up to competition. In competition we are doing much shorter pre- and post-event treatments. At this elite level, most athletes know exactly what is going on, what issues they have and will tell you what they need for bodywork. It is very satisfying work when an athlete climbs off your table and returns with a high five and a medal. You have played a tiny, tiny part in supporting that athlete's success. In weighing the work to benefit ratio, I still have the energy to keep this up for some time to come.

Most of the time I work with recreational athletes in my clinic. I love to be on their "team" too. For example, I have a number of clients who are brand-new beginner runners at about the age of 40, just trying to complete a 5k. To me, that is no less heroic than a medal at a world event. That 40-year-old doesn't have the best coach in the world, usually works a full time job and has a spouse and children and family activities to puzzle training and recovery around. Often the recreational athletes are usually taking the reigns in their life and finding empowerment through health and fitness. I couldn't be more proud to support it. I am a fan!

Sports massage isn't just deep tissue work, it's specific work. Every athlete, beginner to pro, uses their body in a specific way at a specific intensity for a specific period of time.

As sports massage therapists we should investigate our client's sport so we can better address the issues unique to their activity. We can all relate to computer neck because we know that one, it's pretty common. We'd ask our clients, how long do they sit at the desk, how many years have they done this, where do they feel the most pain or tension, do they take short breaks? What helps them feel better? ... and so on. It's important to understand your athletes as well. Oh, you run Marathons? How is your training going? Where are you in your training plan? Are you having any problems or areas of tension?

In clinic and in competition you can encounter injury treatment work, trauma, repetitive stress, overuse injury, dehydration, hypernatremia, hypertonicity, cramping and sometimes simple straightforward gentle massage. You will have the opportunity to work with athletic trainers, surgeons, sports chiropractic physicians, dieticians and sports psychologists. You have athletes that just.wont.stop—even for a few days break! It is varied: it can be messy, in the sun or locker room, sweaty and smelly. It is good to keep an open mind, be flexible and learn as much as you can.

I never sat down and said "I will focus on sports massage." My knowledge of athlete commitment, training and coaching just happened to dovetail with my massage therapy practice. I think having a sports background and connecting with outcome-based work is what has really helped solidify my "sports massage" practice. I would look for the connections you already have right in front of you. Look to the people you already know, look for a common denominator among clients you already have and network within the activities you already do. Build a reputation of quality outcome based work, it might lead you to sports massage, but it also might lead you to an entirely different niche. Prenatal, Pediatric, Equine . . . I'd just look for the massage theme that already intertwines with your life and start feeding that some attention, and see what happens!

What is “Sports Massage?”

GARY SCHWANDER, LMP

As I travel around the country teaching classes, I have been fortunate to talk with many people who call themselves “Sports Massage Therapists.” Some have had 15 hours or less of sports massage training, others have had over 1,000 hours. There seems to be a wide range of perception as to what sports massage really is. To some it means attending local sporting events to provide pre- and post-event massage. To some it involves working in a sports massage or rehabilitation clinic. For others it involves working with a collegiate or profession sports team. There are numerous other Sports Massage Therapists practicing in a variety of different settings. I would like to share my experience and how sports massage has evolved over my massage career.

My interest in sports massage began in 1989 while attending the Ocean Massage Institute. My instructor, Art Velleux, passed the AMTA Event Sports Massage Certification Exam while I was in school. After I completed his 16-hour sports massage course, Art asked me to attend the Asbury Park 10K to offer pre- and post-event massages. Most of the runners had never seen this before and were reluctant to try, but after a few brave runners participated we ended up with a whole lot of runners experiencing their first massage ever.

The following year, Art organized the Jersey Shore Sports Massage Team and we continued offering complimentary massages at events along the Jersey Shore. After moving to Pennsylvania, I continued offering complementary massages at various events around Gettysburg. We were perfectly content offering these free massages, believing that we were promoting the profession and that these athletes, who often were experiencing massage for the first time, would see the benefits and effects and then become regular massage clients. It did not matter to us if they became our clients as long as they continued receiving massage somewhere by a qualified therapist.

After attending a 32-hour Event Sports Massage class at the Potomac Institute in Washington DC, I was encouraged to become a member of the National Capital Area Sports Massage Team. I was amazed to learn that these therapists would often actually get paid to provide pre and post event massages. What a concept! We also got to work at some high level competitions with some real world class and Olympic athletes.

Top Photo: Gary Schwander with Patrick Afif after the game at Spokane Arena.

Photo credit: Christine Schwander.

Bottom Photo: Gary provides pin and stretch to the pectoralis major.

Photo credit: Laura Biern, EAMP.





Spokane Shock Arena Football game.

Photo credit: Christine Schwander.



Patrick Afif (left) and Gary at Wolf Chiropractic Clinic.

Photo credit: Laura Biern, EAMP.

I continued working events, passed the AMTA ESMCE in 1992, became an examiner and then began leading the examiner training as a member of the AMTA National Sports Massage Education Council. Through this examiner training I was fortunate to meet some of the most incredible sports massage educators and therapists from around the country. Too numerous to name everyone here, these amazing volunteers would come together twice a year to offer their experience and expertise in administering this exam. I am forever grateful for their kindness, patience, understanding and direction as I learned my way through this process.

All this time, to me, the only sports massage I knew and practiced was event sports massage. It wasn't until I was selected to provide sports massage at the 1996 Olympics in Atlanta that I learned what "sports massage" really entailed. I was stationed at the Olympic Tennis Stadium. I quickly learned that besides providing a few pre and post event massages, most of the professional tennis players competing there had specific injuries that needed to be addressed. Some wanted specific information about what caused the problem, how are we going to treat it and how can we prevent it from happening again. Others wanted us to "just fix it." Luckily there were experienced Athletic Trainers and Physical Therapists available to address these issues and help advise us of the proper treatment. This was a very eye opening experience for me and made me realize that if I wanted to consider myself to be a "sports massage therapist" I had a lot of work to do.

After attending numerous classes on orthopedic assessment and treatment, getting certified in structural integration, reading as many books and articles that I could find and working in pain management and rehabilitation clinics for several years I finally felt competent to say that I was a "Sports Massage Therapist."

Another key component as a sports massage therapist is being able to communicate with other health professionals who may be treating the athletes that we are working with and staying within the range of our scope of practice.

When the opportunity came to work in the NY Mets Rehabilitation Clinic in Florida, I was communicating directly with their head athletic trainer as to what issues were to be addressed with each athlete. When I began my private practice in Georgia, I was dealing directly with the athletes

and sometimes talking with their team trainer and doctors, but more often coordinating treatments with the athlete's own personal trainers, chiropractors, surgeons, acupuncturists and whoever else they were seeking treatment from.

Currently, I have been working with several members of the Spokane Shock Arena Football Team. Arena football is a very intense, high impact sport. The Shock are currently in week ten of the season with eight more games to play. Every week there are new issues and injuries to deal with. A typical day could start with a 6 foot tall, 290-pound defensive lineman with an ankle injury. Next may be a 5'10" 185-pound wide receiver with a rib injury. Then a 6'2" 190-pound defensive back with a hip issue. The circumstances are constantly changing hour to hour and week to week. It's important to be able to assess each situation and be able to treat the specific ailment.

For the past 3 years I've been working with a 6'7" 315-pound offensive lineman, Patrick Afif. He has been playing competitive football for 18 years, through high school, at WSU, in the CFL and the past 6 years in the Arena Football League. His injuries have included a meniscus replacement, spiral fracture of the index finger, tibial plateau fracture, elbow surgery, bruised ribs, low back and hip injuries and he presently has adductor and Achilles' tendon issues.

He states that the main reason that he utilizes sports massage goes beyond just to feel good. Patrick says, "It's important that the therapist understands how the body works and not just treat the injured area but also understands how the problem relates to movement and which other muscles and structures are involved. Too often massage therapists just focus on treating the injury. A good sports massage therapist will treat the injury and also treat the related areas that are affected by the injury." It is also important that the treatments coordinate with the work being done by the team athletic trainer, physical therapist and chiropractor.

To summarize sports massage and being a Sports Massage Therapist means different things to different people. I feel that as long as we stay within the range of our scope of practice, communicate with the athlete and other health professionals, know when to refer to other health professionals, "do no harm", provide the professional service that we are trained and capable of doing and meet our client's goals everyone can experience and enjoy the benefits of sports massage.

Washington Adopts Changes to the Medical Lien Statute

JOHN WEBBER, ATTORNEY
GRAHAM LUNDBERG PESCHEL, PS, INC.

House Bill 1503 was proposed by a bipartisan group of State Legislators, and introduced on Jan. 21, 2015. This bill modifies Washington's Medical Lien Statute. Specifically, 1503 modified RCW 60.44.020 (defining who can file a lien for medical services), 60.44.060 (the enforcement section), and RCW 19.16.100 (concerning collection agencies). The changes proposed stemmed from large medical providers, notably some hospitals, contracting with out-of-state companies to collect in third-party claims by using the medical lien statute, and not billing to health insurers, Medicare, or Medicaid where available. The intent of the authors was to protect consumers from these practices and abuse of the lien statute.

Graham Lundberg Peschel (GLP) opposed the bill as originally written, knowing that the chiropractors, physical therapists, massage therapists, naturopaths, acupuncturists and other health care providers they work with on personal injury cases rely on the lien statute to treat patients without insurance that have been injured as a result of a third party. They knew that the lien statute was of benefit to the small business owners they work with, and is certainly not abused by them. They knew the proposed changes might prevent some personal injury victims from getting medical care.

As originally written, HB 1503 would change the law so that any provider who wished to file a medical lien would be required to first register as a collection agency. It would have also set in place penalties for not filing a Satisfaction of Lien once payment was received. GLP's team reviewed the proposed bill and paralegal Michael Maddux connected with a co-sponsor of the bill to discuss concerns on the impact this would have on injured patients and small business health care providers.

On the advice of the co-sponsor, Michael continued this conversation with a member of the judiciary committee, and was invited to submit proposed changes to the bill that would protect small business health care providers, and ensure that the intent—protecting patients from companies that are ultimately collection agencies—remained intact. The legal team at GLP collaborated on some amendments that ensured injured persons and small businesses health care providers were protected, and submitted these proposed amendments. GLP is excited to report that amendments made to the bill accomplished the firm's objectives.

As amended, HB 1503 continues to allow medical liens filed by medical providers directly, and only requires a company be licensed as a collection agency if they are filing the lien on behalf of the provider. This is further codified in the collection agency section, with language specifically excluding "the person or entity originally entitled to the lien" from having to be a licensed collection agency. Also as amended, a health care provider now must provide the patient with a Satisfaction of Lien once payment has been received (which the patient can then file with the auditor), versus making it mandatory for the health care provider to directly file the Satisfaction of Lien with the auditor.

GLP was proud to lobby on behalf of consumers, and with clear information on the potential adverse impact on small business health care providers of the original bill, support a final bill that met the needs of all involved.

What this means for health care providers:

The applicable changes take place 90 days after the end of session, or July 23, 2015. By that date, health care providers that use medical liens will need to:

- 1 Disclose the use of medical liens as part of your billing and collection practices.
- 2 Within thirty days after payment or settlement of the balance held against the lien, prepare, sign, and deliver a Satisfaction of Lien to your patient.

If your practice prepares and files liens in-house, then there are no other changes. Review your billing practices statements, and make sure that they clearly state that your office may file a medical lien, and what that means for your patient. It is good practice to prepare both a Notice of Lien and a Satisfaction of Lien at the same time, and upon receipt of payment for outstanding balances, date and sign the Satisfaction of Lien and mail to your patient with instructions on filing with the County Auditor.

A copy of the final HB 1503 that was submitted to Governor Inslee and signed into law is available on www.glpattorneys.com.

Piriformis

SUSAN BARRETT, DC



The piriformis is a muscle located deep in the posterior hip region. It is triangular shaped muscle that lies deep to the gluteus maximus. It originates at the anterior border of the sacrum between the S1 and S4 anterior sacral foramina. Insertion is on the upper posterior portion of the greater trochanter. Together with other deep posterior hip muscles, it functions primarily to externally rotate the hip. If the hip is flexed past 90 degrees, its function changes to internal rotation and abduction of the hip joint.

The piriformis is often implicated in patients presenting with deep posterior hip or buttock pain. Often patients will complain of pain with sitting for even short periods of time and will often lean to the opposite side to take pressure off the piriformis.

The sciatic nerve travels just under the piriformis, and in some cases it may travel right through the piriformis, and can get irritated and create sciatic like symptoms. These symptoms can include pain, numbness and tingling along the back of the thigh and lower leg and into the foot. It is important to distinguish if the sciatic symptoms are caused by the piriformis, or a more complicated problem like herniated lumbar disc.

Treatment of the piriformis is best done in a sidelying position, although it may be treated in the prone position as well. With the affected side up, place a thumb contact on the distal portion of the muscle at the attachment to the greater trochanter. With a lateral to medial tension, move the hip into flexion and external rotation. It will take several passes to address the muscle in its entirety.



—Susan Barrett, DC is a chiropractor in private practice at Pearson and Weary Clinics in Spokane, WA.

An Interview with Mel Cash of London School of Sports Massage

Sports Massage and Salad Dressing

Mel Cash first discovered his passion for massage as a marathon runner and triathlete looking for relief after an intense training session. "I took some salad dressing out of the kitchen cupboard and did some basic strokes on my legs. I was astonished at how much better they felt afterwards." Regularly integrating this practice as part of his post-training ritual allowed him to radically reduce soreness and recover more quickly. Now a practicing massage therapist and instructor for nearly 30 years, this "a-ha" moment changed the course of Mel's life. Who knew salad dressing could make such an impact?

What is "Sports Massage" Really?

The best thing about massage is the way it speeds up the recovery process. Because many sports injuries are caused by an athlete continuing to train before fully recovering, regular use of massage helps athletes train better and reduce risks of injury.

But, an athlete's life includes a lot more than just the sport. Many sports clients talk about their extensive training regimen, but we have to remember that they may also spend 40 hours a week working at a desk. Quite often, what appears to be a 'sports injury' has far more to do with occupational and postural factors that have been exasperated by the intense training.

Learning with Mel Cash

Having just completed five CE courses with MedBridge Massage, a new online education provider for the massage community, you now have the opportunity to learn from one of the top instructors on the other side of the world.

Learn with Mel as he covers advanced clinical skills to effectively treat soft tissue problems. Sports massage can be a relatively small market, but many people suffer musculoskeletal problems and all are potential clients. These same skill sets can be just as effective at treating athletes as any other type of physical stress and even symptoms associated with many medical conditions. Check out www.medbridgемassage.com to see Mel's courses on Musculoskeletal Assessment, Advanced Soft Tissue, Deep Massage, and many more courses from top instructors in the massage profession.

AMTA WA members receive a \$50 discount on annual subscriptions (Promo Code AMTAwa). Click [here](#) to learn more!



Pre-event celebration before the cycling race.

WASHINGTON SPORTS MASSAGE TEAM (WSMT)

JOSEPH MAJOR, LMP

Special Olympics Washington 2015

The Special Olympics of Washington (SOWA) event this year was another awesome experience for everyone involved. Special Olympic athletes competed in summer events including swimming, soccer, track/field, power lifting and cycling. The event was held at Fort Lewis, WA on June 30-31.

The WSMT had the pleasure of incorporating student volunteers from the Renton Technical College (RTC) massage program on both days at the South Fort location. The first group of LMP volunteers on Day One included the outstanding North Fort crew which included Mary Lou Nelson, Steven Schulfer and his wife Doreen (they have been doing this forever and love it) who were set up in a comfortable Military Camo Tent for the Cycle Event both days. The South Fort Crew consisting of RTC Students Ruth Njenga, Leslie Gordon, Zola Pancake and WSMT members Tara Roberge, Fran Donahue, Moon Saulsbury, Lora Smith and volunteer practitioner Richelle Gardner.

Both North and South Fort positions were bustling with excitement and team effort from all participants. You could feel the energy in the air. The smiles on the faces of the athletes; along with their unadulterated conversation was truly refreshing.

Day Two started at approximately the same time as the previous, at 8:15 in the morning. The next group of LMPs were

able to enjoy the process of connecting, up-lifting and sharing with all those involved. The WSMT members this day were Patty and David Phillips, Randy Furukawa and Lora Smith. We were joined by volunteer practitioner Rebecca Geordadis and RTC Instructor Holly Jackson. Both days started with a handful of pre-event athletes to start the day and then it was non-stop after that. The energy and emotionally-charged spirit permeated the air; almost to the point of exhaustion.

The final and most important group of course, was the Special Olympic Athletes. Their drive, commitment and unwavering dedication truly emphasize the heart of a champion. It is humbling and life altering to be able to interact with such strong and driven individuals.

A few days after the event, one of the student practitioners commented, "I did not realize how exciting this would be. I found out a lot about myself and I would like to be more involved in volunteer events, especially this one." We all have a "special person" inside. We just need to get plugged in and find it.



—Joseph Major is a WSMT member and was Event Director for SOWA 2015. He also serves as AMTA-WA Membership Director.



- A. Standing, (l to r): Ruth Njenga, Zola Pancake, Leslie Gordon, Lora Smith and Richelle Gardner. Front row, (l to r): Tara Roberge and Fran Donahue.
- B. Richelle Gardner massages an athlete.
- C. Starting line for the North Fort cycling event.
- D. Joseph Major and Mary Lou Nelson.
- E. North Fort LMPs (l to r): Mary Lou Nelson, Steven Schulfer and wife Doreen.
- F. Lora Smith and a SOWA athlete.

Photo credit: Brian K. Williams of BK Photographics, www.bkphotographics.com

- G. RTC student Leslie Gordon provides massage to an athlete.

Photo credit: all photos except F: Joseph Major, LMP.

2015 WSMT Event Calendar

This is not a complete listing of events for 2015. It is what was in place at press time. Please check future issues of the *Washington Massage Journal* and the website at www.amta-wa.org for updates. To sign up for events, visit the website or contact Scott Lesieur, 360.513.3210 or wsmt@amta-wa.org

JULY

- 11 Skills Calibration
Centralia
- 11 Seattle to Portland (STP)
Bicycle Classic
Centralia
- 30 RAMROD
Enumclaw

AUGUST

- TBD Lacamas Lake Half Marathon
Camas
- 14 RSVP
Bellingham
- 15 RSVP II
Bellingham
- 22 Seattle Marathon 10K
Seattle
- TBD Gigantic Bike Festival

SEPTEMBER

- 5 Bumbershoot
Seattle
- 6 Bumbershoot
Seattle
- 7 Bumbershoot
Seattle
- 12 Bike MS 150
Mount Vernon
- 13 High Pass Challenge
Packwood

OCTOBER

- 3 Oktoberfest Marathon
Leavenworth
- 17 End of Season
Meeting & Dinner
Federal Way
- 25 Tri-Cities Marathon

NOVEMBER

- 27-28 Seattle Marathon Expo
Seattle
- 29 Seattle Marathon
Seattle

2015 Skills Calibrations

Team members must renew the Skills Calibration every two years. New team members must take this course prior to working their first event. These courses are free to WSMT members. Cost is \$45 for non-WSMT members.

Completion of course earns three Continuing Education hours. To register, go to amta-wa.org/events.

Create Fascial Change and Increase Performance in Your Athletic Client

JOANN KOVALY, LMP, PMA-CPT

An athlete, competitive or weekend warrior, walks into your office with an acute, sub-acute or chronic repetitive strain injury. How do you treat this highly specialized client and get them back to performing their sport quickly, with more agility and power than before their injury? Our goal, as massage therapists, is to three dimensionally balance the client's muscular and fascial systems getting them back to their sport with increased performance and minus the pain.

In dealing with musculoskeletal issues, manual therapists are constantly faced with the dilemma of approach and how to get the best results. What is the best approach? Therapies utilizing the muscle belly will get some short-term results. Addressing the tendons will usually have better results than work utilizing the just the muscle belly. Approaching musculoskeletal issues through the fascia system, at it most proprioceptive locations, the ligaments, provides the quickest and longest lasting results. Our job as manual therapists, is to increase the proprioceptive awareness and restore differentiation; the ability of the muscles to slide and glide against each other. This allows greater joint range of motion. The ligament system is richly enervated with free nerve endings and multiple other mechanoreceptors allowing the practitioner to restore tensegrity back within the fascial structures.

Ligament Influenced Fascial Technique - L.I.F.T - is a new approach to treating all levels of athletes, as well as, car and desk jockeys. Muscle and fascial imbalance along with overuse and compensation is a leading cause of injury. By utilizing specialized manual therapy and movement repatterning, ligament techniques address and change fascial imbalances and increases muscle function. You can help maximize your athlete clients' performance and make them feel incredibly good in their bodies.

Fascia makes every movement a whole body experience. It is an organ of form; forever changing and supporting and reporting every movement to all of the other systems of the body. Every movement decides what the fascia becomes; how it evolves. We are constantly, in our game with gravity, loading and unloading it and, therefore, changing it. Since our fascial system is responsible for the communication of load transference, if we don't use it, it deteriorates. When it deteriorates, it mats together and dehydrates. It becomes somewhat "stuck" restricting optimal range of motion.

The LIFT Method scored excellent results single in a blind test study conducted at Seattle Pacific University in February, 2014. The blind study, organized by Andrea Sonk, was used to determine range of motion change between static stretching, The LIFT Method and a control group in the left hip measuring the hamstrings and rectus femoris. Pre and post testing was conducted using Myofascial Length Testing, which allows the tester, using a goniometer, to record exact measurements. A modified sit and reach test was also used.

All participants were instructed to do a ten-minute warm-up on a stationary bicycle and then were tested for the ability for both the left hamstring and rectus femoris to lengthen. The pre-determined treatment of anterior and posterior hip modality (static stretching, The LIFT Method or control group participant sit and chat) was randomly chosen. The treatment was performed out of sight of the testers. The testers did not know what treatment modality was used.



Photo credit: Andrea Sonk.

The study had 28 participants between the ages of 18 and 27. There were 4 males and 24 females. The mean change in ROM of the LIFT participants was 23.43%; for the static stretching the mean was 10.42% and the mean for the control (no treatment) group was 3.22%. The range of motion change for the static stretch and control group was not considered significant. The LIFT group change of range of motion was considered significant. The range of motion change and change in the fascial tension was immediately discernible to the testers.

The muscular system is deeply laced and innervated with fascia. Research shows that the old thought of "loading" through the muscular system may not be so much through the muscles as through the fascial that is within each of the muscles. If a muscle were to be denuded of the fascia within, it could be pulled easily apart. With the fascia intact in the muscle, a much higher force must be generated to pull the muscle tissue apart. Newer research brings to question, how much control the muscles' fibers actually have. They now seem to be more of the workhorse but not the intelligence behind the movement.

Also, fascinating, is the fascial system's ability to borrow from itself. A good example of this is watching someone with a hypertonic superficial back line bend over to do a simple hamstring stretch. During the stretch, their head will pop back into cervical extension. To get the stretch in the hamstrings, the body has borrowed from itself to allow elongation in the hamstrings.

In manual therapy, when you affect the tensegrity of the fascia and balance the system three dimensionally, you affect the "gamma go" signal making all of the muscles function better. This translates into taking seconds off of an athletes race performance times; making the quarterback run faster and throw with more power and precision; making the hockey player more agile and quick; making the ballet dancer's balance on pointe stronger; making the martial artist stronger and centered; the golfer has increased power in their drive; the musician's finger dexterity increase allowing them to play the same rifts at increased lightening speed. Utilizing the LIFT techniques, we have watched athletes increase their competency in their game.

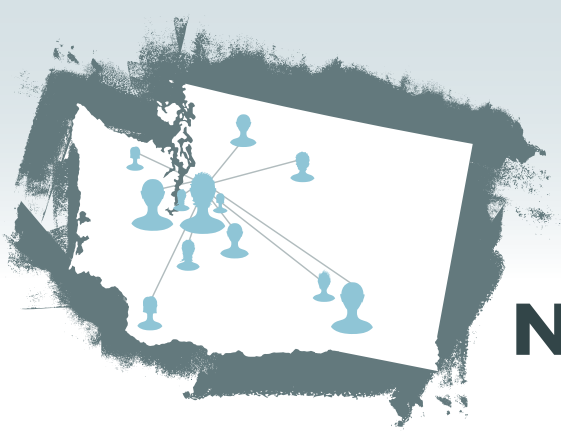
The L.I.F.T. Method utilizes diagnostic pre- and post- treatment for the muscles / fascia pinpointing where the issue exists and treats quickly and painlessly resolving most common pathologies. Often, one well chosen protocol will "unwind" an entire fascial line. LIFT is easy on the therapist and gentle and lasting on the client. With the ability to accurately test for myofascial restrictions and treat the areas of highest restriction, it is very rewarding to retest and find substantial range of motion increases even in areas yet to be treated.

Athletes are very kinesthetic beings. It is not unusual to have them comment that they can feel fascial change happening in a different area of the body than where you are working.

Using gentle static cross pressure on specific ligaments with isometric, concentric, eccentric and circular movement patterns stimulates the Golgi tendon organs, free nerve endings and other mechanoreceptors. This resets the resting length tone between the agonist and antagonist muscles creating efficient movement for our athletes. They are able to immediately perform their sport with more power, speed and precision.

This is the power of treating the ligaments and watching the fascial tensegrity change bringing the body back to homeostasis.





MAIN (Message Awareness & Involvement Network)

Networking Around the State

BELLINGHAM

North Cascade Massage Connection

Contact: Erica Garat
360.739.9185
ericaofamerica@me.com
www.NCmassageconnection.org

Meets: 3rd Tuesday of the month
Sept - May

Time: 5:45 - 8:45 pm
2.5 CEs

Place: Garden St. Methodist
Church Annex Room B
1326 N. Garden
Bellingham

Summer break, see you next September!

Announcements:

Our NCMC website provides you with information on CE classes, including Ethics and CPR/FA, classifieds and CE meeting presenters. \$10 each meeting or \$65 per year (paid in Sept. and Oct.) For details and to receive our monthly "eNews and Updates," visit www.NCmassageconnection.org

BREMERTON

Massage Network Solutions

Contact: Lesley Bush
360.377.2900
massagenetworksolutions@q.com
massagenetworksolutions.com

Meets: Second Tuesday of the month.
We meet 11 months out of the year, and take a break in December.

Time: 12:30-1:30 for business
1:30-2:30 for guest speakers

Place: Bremerton First United
Methodist Church
1150 Marine Drive
Bremerton 98312

EVERETT

Snohomish County Massage Therapists Network

Contact: Stephen Wooding, LMP
425.776.1307
stevelmp@comcast.net

Meets: 2nd Monday of the month
Sept - May

Time: 6:15 - 9:15 pm

Place: PUD Building
2320 California Street
Everett

Announcements:

To join our mailing list, email:
stevelmp@comcast.net

OLYMPIA

South Sound Massage Therapists

Contact: Allison Hanelt
360.280.0098
ahanelt@gmail.com

Meets: Monthly, alternating continuing ed. workshops and social meet-ups

Time/Place: Meeting day, time and location varies so check www.atma-wa.org/Olympia or [Facebook.com/SSMTolympia](https://www.facebook.com/SSMTolympia) for meeting details. We also have a new E-newsletter delivered to your email monthly.

Upcoming Meetings:

July 14 Summer Social at
Tugboat Annie's

Sept 10 Ethics Round Table

Oct 13 "Determining Visceral Components
of Musculo-Skeletal Problems"
Dagmar Growe

Announcements:

Workshops are an excellent way to receive local, low-cost continuing education. Meet-ups are a fun way to connect with other LMPs and stay updated on massage news. Sign up for our new monthly E-newsletter! Find more information on our website: www.atma-wa.org/Olympia or [Facebook.com/SSMTolympia](https://www.facebook.com/SSMTolympia)

PORT ANGELES

The Olympic Massage Community

Contact: Pat Carter
360.457.0333
cpat@olypen.com
Darla Workman
darlaw@willowmt.com

Meets: Second Tuesday of the month from
6 - 8:30 pm in Sept., Nov., Jan.,
March, and May.

Time: May: 6:30 pm social and
business 7 - 8:30 pm program

Place: Presbyterian Church
138 W. 7th Street
Port Angeles
Unless otherwise indicated

Classes:

Sept 8 "Working with Scar Tissue"

Nov 10 "Introduction to Bowen Work"

Jan 12 "Energy Work"

March 8 "Hospice Massage"

May 10 Roundtable Ethics Discussion

Announcements:

The Olympic Massage Community celebrated its 10th anniversary in 2013. We schedule at least two Saturday workshops during the year. We enjoy the opportunity to get to know and support one another, as well as increase our professional knowledge. We welcome all LMPs!

PULLMAN

Palouse Massage Therapy Network New Group!

Contact: Mandi Denning, LMP
509.432.9593
PalouseMTN@gmail.com

Meets: Second Tuesday of odd numbered months (Jan., March, etc.)

Time: 6:30 pm

Place: Alternates between Pullman, WA and Moscow, ID. Check our Facebook or AMTA-WA MAIN page.

Announcements:

We began our meetings in July of 2014 and already we have created strong interpersonal connections, taken part in a community Massage Awareness event, and are working on bringing CE opportunities local in 2015! Stay tuned via our Facebook and AMTA-WA MAIN page for details of CE offerings and meetings. In 2015 we will continue our momentum. In addition to CE classes we can look forward to a visit from our AMTA-WA Chapter President, Marybeth Berney and Vice-President, Annie LaCroix. We invite you to bring your individual skills and add to a collective force for forward progression of massage in our communities . . . and have some fun!

SEATTLE

Seattle LMP Network

Contact: Jay Davidson, chair
davidsonwj13@gmail.com
SeattleLMPnetwork@gmail.com
www.facebook.com/seattle.lmp.network
You may also join our group on the Chapter website at www.amta-wa.org.

Meets: 4th Sunday of each month (with possible exceptions near holidays).

Time: 1 pm Sign-in & brief meeting
1:15 pm CE Presentation followed by networking

Place: New location for our meetings is Massage Envy in Shoreline, at 20124 Ballinger Way NE, Shoreline, WA 98155

Announcements:

Our monthly meetings & 2 CE presentations are open to ALL licensed massage practitioners, without regard to AMTA membership. We just welcome the opportunity to network, share, and learn together. Also, currently-enrolled massage students may join us at our meetings for free. Every meeting is \$10 with a presenter to earn 2 CEs.

Please RSVP to help us know how many people to plan for—thank you!

SPOKANE

Spokane Regional LMPs Starting up again!

Contact: Mariah Neeson
509.389.2474
MariahNeeson@me.com

Meets: Monthly on the 4th Sunday

Time: 11 am - 1 pm

Place: The Space
201 W. Riverside Ave. #302
Spokane, WA 99201
On the corner of Riverside & Browne, Entrance is on Browne

Announcements:

Open to all LMPs. We met in March to get acquainted with one another and discuss our expectations and hopes for building a strong MAIN group here in Spokane. We've already been speaking to several talented professionals willing to provide CEs for us. Sign up for the mailing list below to receive updates as they become available. We look forward to meeting you and serving the Spokane area.

We have started a mailing list to help better organize all of us as well as to keep you up to date with any schedule changes or upcoming events that do not get listed here. Please take a moment to subscribe here >> <http://bit.ly/MAINSpokane>



Find These Groups on Facebook:

AMTA-WA Chapter of Massage

Greater Wenatchee Area
Massage Alliance

LATs (LMPs Around Tacoma)

North Cascades Massage
Connection NCMC

Palouse Massage Therapy Network

SCMTN (Snohomish County
Massage Therapists Network)

South Sound LMPs

TRI-CITIES

Tri-Cities Touch

Contact: Jan Cozens
509.781.1411
djcozens@clearwire.net
www.facebook.com/groups/TriCitiesTouch

Meets: Every odd month, 3rd Sunday.
If date changes, a notice will be blasted to group members by Ann Mateo our webmaster.

Time: 2 - 4 pm

Place: Touch Education Therapy Place
636 Jadwin, Ste. D
Richland, WA 99352

Upcoming Meetings:

July 19 "Keeping your Energy Positive"
Patricia Fincher, LMP, Rolf
Structural Integrator

Sept 20 "High Touch Therapy"
Ethel Knopp, LMP

Nov 15 Holiday Social

Announcements:

TCT meeting are averaging 20 LMPs at the Touch Education Therapy venue in Richland. There is no charge for attending and meeting are open to the public. However, if you want CEs, there is a \$20 fee paid to the presenter for 2 hours of education. We have discovered many talented instructors capable of sharing their modalities. We are gradually linking our LMPs in a personal way. Phone calls are still appreciated by attendees. A letter was mailed to area massage schools inviting students.

VANCOUVER

Vancouver Massage Society

Contact: Scott Lesieur
scottsrunninghands@gmail.com

Meets: We meet during even months on the second Monday. Contact Scott for more information.

Time: 7 - 9 pm

Upcoming Meetings:

Aug 10 at 171 W Main St, Suite 218,
Battle Ground

Oct 12 at Shorewood 5555, E. Evergreen
Blvd., Banquet Room, Vancouver

WENATCHEE

Greater Wenatchee Area Massage Alliance

Contact: Dena Halle
509.860.1409
denahalle@charter.net
Facebook - Greater Wenatchee Area
Massage Alliance (GWAMA)

Meets: 2nd Tuesday of the month, except for
June, July and August

Time: 7 - 8:30 pm

Wenatchee MAIN Group Provides Massage Outreach Opportunities

ALLISON HANELT, LMP

AMTA-WA MESSAGE AWARENESS & INVOLVEMENT NETWORK (MAIN) DEVELOPMENT COORDINATOR

Providing massage at local sporting events, health fairs, charity events, or other community events is an outstanding way to introduce massage to the public. Event massage is usually clothed and for shortened sessions providing a non-threatening environment to experience massage for a nervous first-timer. It gives future clients and patients a chance to see licensed massage practitioners in action and can help educate the public on what massage can do for them.

The Greater Wenatchee Area Massage Alliance (GWAMA) coordinates multiple massage outreach events throughout the year. Members volunteer each year at the Special Olympics by providing massage to athletes and coaches. They have also participated in the Walk MS event benefiting the National Multiple Sclerosis Society, Wenatchee Valley Mall Health Fair and Relay for Life. In addition to those volunteer events, they work with Run Wenatchee to provide paid pre and post event massage at various running events including the Lake Chelan Shore to Shore Marathon.

GWAMA goals are to "offer education to our local LMPs, promote the profession of massage therapy to the community as a vital tool for health care and to educate what REAL massage is." If you are interested in getting involved in GWAMA events "like" the Greater Wenatchee Area Massage Alliance Facebook page and plan to attend meetings on the 2nd Tuesday of the month starting at 7pm.

Many MAIN Groups around the state participate in massage outreach events in their communities. Find a group near you at amta-wa.org under the "Regional Groups" menu. Halle's advice about starting a massage outreach event in your community; "Do it. Chances are that other LMPs want the same thing." It's great exposure for LMPs who participate and a fun way to share what you love with your community. Most of all it's a chance to meet new people, and maybe teach someone how massage can improve their health.



—Allison Hanelt is the Executive Chair of the South Sound Massage Therapists MAIN group and also serves as the MAIN Development Coordinator for the AMTA-WA Chapter. She is the lead LMP at Sutton Chiropractic and Massage in Tumwater, Wash. She can be reached at 360.280.0098.



Greater Wenatchee Area Massage Alliance (GWAMA) volunteer LMPs at a Special Olympics event.



Calendar of Events

August

19-22 AMTA National Convention
Pittsburg, PA

September

13 Chapter Board Meeting
9 am - 3 pm
TBD – please see Chapter website

October

16 Chapter Leadership Retreat
6 - 9 pm
Dumas Bay Center in Federal Way

17 Chapter Leadership Retreat
8 am - 6 pm
Dumas Bay Center in Federal Way

18 Chapter Leadership Retreat
8 am - 12 pm
Dumas Bay Center in Federal Way

18 Chapter Board Meeting
1 - 4 pm
Federal Way

25-31 National Massage Therapy
Awareness Week

December

2 Chapter Board Meeting
Conference Call
7 - 8:30 pm

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www.twitter.com

Why I love what I do.

*Personal stories from
Massage Envy Spa
team members.*



**"I feel cared for as an
employee and a friend."**

- Dolley L.

Massage Envy Spa therapist for 5 years



**"I'm making more money now
than when I had my own business."**

- Larry M.

Massage Envy Spa therapist for 6 years

**Read the rest of our stories at
MassageEnvyCareers.com/stories.**

Join our team!

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