



# hands in motion

AMERICAN MASSAGE THERAPY ASSOCIATION UTAH CHAPTER

## president's message



With all the warm weather that we have been experiencing lately, I hope that all of you are keeping cool. As a gentle reminder, change or clean your furnace filters if you are using a refrigerated air conditioning system in your house.

Midsummer is also a good time to clean out your swamp cooler if you have one and are using it.

In the past few months, I have been focusing on how the face of massage is changing in the country and in Utah. Recently, the amta surveyed consumers and found that close to 63% of people receiving massage are doing so for relief of pain. One of our competing organizations did a similar survey and found the same thing. What does this really mean? Well, in the past, massage has been thought of as a rich man's luxury. Of course, all of us know that is not the case. More and more people are finding that massage can help eliminate or at least ameliorate issues revolving around pain in the body. This bodes well for eventually getting massage accepted as a part of wellness; something that we as LMT's already know about, but the general public does not.

I was recently asked what amta is doing to educate the public. At the National level, amta launched the Consumer Awareness Program. There is literally a van that goes to different parts of the country and offers massage at large events. The program is in its second year. It culminates at the amta National Convention being held in Fort Worth, Texas in September. During the "tour" amta gets a remarkably high level of visibility, both local and national media such as the Wall Street Journal, the American Academy of Sports Science and the Center's for Disease Control in Atlanta, Georgia. How does this affect us locally?

As the national office does more and more education of the public, we receive the direct benefit of having more clients show up

at our door step. This is a long process that is pain stakingly slow at times and can be very frustrating. If you want to see what is going on, login to [www.atmamassage.org](http://www.atmamassage.org) and go to the bottom of the page.

Please look at the new and exciting offering we have for the October education class. I think many of you will be thrilled with a new partnership that we have developed.

Remember, we are looking for some volunteers to host small groups throughout the state. These "Meet-N-Greets" are meant to be local rather than statewide. Contact Ivan Thompson to get involved.

*Roger Olbrot*

## amta benefits worth knowing about

Did you know that your membership in the amta includes a very cool benefit? amta has partnered with Office Depot so that we can get discounts on some of the most common office supplies.

- Save up to 80% on preferred products
- Save 15% off retail on 3,000 of the most commonly used products
- Discounts below retail on 93,000 products
- Next-day delivery with free shipping on orders over \$50 (excludes furniture)

To access your discount card, sign into [www.amtamassage.org](http://www.amtamassage.org). Hit the membership button and select professional. Scroll down to the bottom of the page and select "all benefits." Then go to the Office Depot selection and click on it.

Another way that amta is helping us in the business of massage therapy.

## mission statement

**The mission of the Utah Chapter of the American Massage Therapy Association is to advance the art and science of massage therapy as a visible means of treatment and preventative practice; and to foster the professional practice of massage therapy in a virtuous, prudent, and proficient manner so as to maintain the good health and well-being of the citizens of Utah**

# delegates' report

by Stephanie Jackson and Brenda Swadley

**T**here are three position statements that Delegates will be voting on this year at the National amta Convention in Fort Worth, Texas. Here we have summarized the 20+ page reports for each. Please review these and let us know how you would like us to vote.

## massage and health

(Summarized by Stephanie)

"It is the position of AMTA that massage therapy can improve health through its effects on the physical, mental and social wellbeing of an individual."

Quoted studies supporting this statement analyzed several different massage techniques including myofascial release therapy, Swedish massage, acupressure, traditional Thai massage, shiatsu, and chair massage; and several varied populations including pediatric cerebral palsy and cancer patients, adolescent burn patients, cardiac surgery patients, patients withdrawing from psychoactive drugs, and fibromyalgia patients.

The latter, I found particularly interesting. The summary (lines 215-218) stated,

"Immediately after treatment and at 1 month, anxiety levels, quality of sleep, pain, and quality of life were improved in the experimental group over the placebo group. However, at 6 months post-intervention, there were only significant differences in the quality of sleep index."

Considering that sleep disruption is one of the contributing factors to fibromyalgia, I found this to be not as insignificant as indicated by the summary. According to A Massage Therapist's Guide to Pathology, by Ruth Werner, "Sleep studies of persons with fibromyalgia indicate that they seldom enter the deepest level of sleep... this is a significant issue in this disorder." (page 64).

Another significant study, simply because of its size, was conducted at some VA hospitals in Michigan and Indianapolis. Six hundred five veterans undergoing major surgery during about a two-year period were studied to assess massage as an effective therapy for relief of acute postoperative pain for patients undergoing major operations. (Lines 674-699 of the position statement).

Two studies related to dementia patients, and another two studies related to massage as a workplace intervention.

In general, the referenced studies and reports seem well varied and reputable. If any negative thing could be said, a few of the studies had small numbers of participants, as few as thirty. It is my opinion that the studies were well-controlled and appeared relatively bias-free (adequately randomized, etcetera). A few of the referenced reports were actually meta-analyses of previously-conducted studies, rather than themselves studies, which tended to indicate generalized results over a greater sample size (as many as 786 par-

ticipants), while the smaller studies yielded more specific conclusions. It is my opinion that the position statement "...massage therapy can improve health through its effects on the physical, mental and social wellbeing of an individual," has been adequately supported by the provided research.

## anxiety

(Summarized by Stephanie)

"It is the position of the AMTA that massage therapy can assist in reducing the symptoms of anxiety."

The first few quoted studies establish the status quo of anxiety within America particularly, and the standard care. A 2009 statistic from the National Institute of Mental Health indicates that 40 million American adults have anxiety disorders. The references also establish that anxiety, though itself a problem, has further implications on a person's general health. Anxiety is linked to depression, pain perception, mood, quality of sleep, and body concept. These similar psychologic measures were also recorded by some of the studies.

Modalities included in researched were aromatherapy massage, chair massage, hand massage, Swedish massage, and Therapeutic Touch. Participants studied included cancer patients, patients awaiting various surgeries, patients with Generalized Anxiety Disorder, emergency nurses, laboring women, and adults with no particular ailment ("healthy" adults).

The studies appeared to use reputable methods of measurement including VAS (Visual Analog Scale), STAI (State-Trait Anxiety Inventory), HADS (Hospital Anxiety and Depression Scale), Beck Depression Inventory, SAS (Smith Anxiety Scale) and the Perceived Stress Scale.

I was satisfied by the physiologic measures that were observed throughout many of the studies, including epinephrine, norepinephrine, serotonin and dopamine levels, heart rate variability, mean arterial pressure (blood pressure), blood sugar levels, and both urinary and salivary cortisol levels.

One study I consider as having a notable conclusion reads, "Further investigation of ... massage as a potential nonpharmacologic adjunct in the management of withdrawal-related anxiety is warranted." (Lines 968-970).

A second study I found particularly interesting, since I'm pregnant with our second child, was the study about massage during all three phases of labor, with participants who are first-time mothers. "The massage group had lower pain and anxiety state in three phases in comparison with control group... Duration of active phase was lower in the massage group." (Lines 1063-1068). Active labor is the part where you deliver the baby... I think every pregnant woman can agree that a shorter duration is a desirable outcome, and massage doesn't seem a bad way to get there. Personally, once I had transitioned to the second phase with my delivery last time, I didn't want

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anyone touching me, but I imagine in the first and third phases, massage might be relaxing.

I do believe this position statement, "... massage therapy can assist in reducing the symptoms of anxiety," is appropriate to AMTA's purposes and goals, based on current evidence and relevant literature. Some of the quoted studies were pilot programs with inadequate numbers of participants; they simply recommended further research, however, I feel that the proposed position statement is generic enough that further research is not needed to substantiate it. To quote from one of the study's summaries,

"These studies combined suggest the stress-alleviating effects and the activating effects of massage therapy on a variety of medical conditions and stressful experiences." (Lines 798-800) This seems to be an accurate summary of the position statement here addressed.

## massage and quality of life for cancer patients

(Summarized by Brenda)

"It is the position of the American Massage Therapy Association (AMTA) that massage therapy can improve health related quality of life for cancer patients."

Cancer is the second leading cause of death in the United States. The emotional effects of being diagnosed, treated, and living with cancer can greatly impact a patient's quality of life. As well as focusing on the effect of massage on factors such as sleep, fatigue, nausea and pain, the emotional aspects such as hopelessness, anxiety and depression were also researched and addressed. I found it

interesting that the conclusion from the research found that patients receiving massage were "significantly less hopeless."

Modalities included in this research were Swedish massage, aromatherapy, foot reflexology and acupressure. Participants studied included oncology patients with metastatic cancers, women diagnosed with primary breast cancer or ovarian cancer.

Even though it states in the research that "larger randomized controlled trials are needed to substantiate these findings," there appears to be adequate research to support the position that massage therapy can improve health-related quality of life for cancer patients.

## overview

As the position statements are all authored by the same primary contact, it is not surprising that some references are common between them (same studies quoted in more than one position statement). However, all the statements stand on their own, and seem to support the AMTA's vision for the future, including, "evidence-informed massage therapy education and practice" as a part of our professionalism. As your delegates, we will keep an open mind when receiving your calls or emails. We want to be informed by your experiences and your opinions when we attend the House of Delegates in Fort Worth, Texas this year.

*Thank you,  
Stephanie Jackson, LMT  
Brenda Swadley, LMT*

# government relations

several things up on the government relations radar screen this year.

## sunset

**T**he **Massage Therapy Practice Act** is set to automatically repeal in 2014 under what is commonly known as a "sunset" provision. Some licensing laws have this provision which requires the legislature to revisit laws, usually every 10 years.

amta-ut Chapter Board believes it is appropriate and in the best interest of the public to secure a legally defined and regulated Massage Therapy profession. And that it is appropriate for massage therapy professionals to assist the legislature in setting the parameters of our own profession. We know our profession better than anyone, and in collaboration with government officials we can secure laws that protect our work and our clients.

AMTA Utah Chapter is working to assure the law (Massage Therapy Practice Act) is not automatically repealed.

## continuing education

**T**he amta - Utah Chapter Board of Directors also supports Continuing Education for Massage Therapy licensing in Utah. Why? Continuing Education (CE) helps us take responsibility for our profession. Exposure to changes in the theory and practice of massage therapy and to changes in laws, business climate and to other massage therapists helps us to be engaged and to know how to participate in creating the future we want for the massage therapy profession. CE supports creating more uniform county and municipal regulations that don't hamper the practice of massage therapy. By demonstrating responsibility within our own profession we have and can make a better case with municipalities, counties and the state when they mistakenly seek to impose restrictions upon our profession as if we were illegitimate. It is upon us to continually demonstrate our legitimacy as well as our

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competence. CE provides expanded opportunity for transfer of a massage practice from Utah to other states, since most states with regulation require CE. CE further develops our knowledge and skills, and it fosters connections in critical thinking and enhances relationship building. As we know from our practices, no single part of the body is healthy or unhealthy on its own, isolated from the rest of the body. Body parts are always connected and engaged with the rest of the body. Why should the "body" of the massage therapy profession be any different? CE affords an opportunity to stay connected with other therapists and their successes and cautions. And CE helps us keep current with the latest research, legislation, news and theories and that helps us to keep clients safe and facilitate better health. CE elevates both the practice and perception of massage therapy.

Questions have surfaced in the discussion around continuing education and the state law. How many hours would be required? What courses would be acceptable? Who would be the authority in making decisions? What if I move out of state temporarily? How much will it cost? What if I take modality classes that are not specific to "massage therapy" but fit within the scope of practice? FSBT, the Federation of State Massage Therapy Boards suggests a minimum of 6 hours per year with 3 hours per year of ethics and/or law updates and 3 hours of practice skills. The average and most common state requirement for Massage Therapy CE is 24 hours every 2 years. Some states require more, as much as 18 hours per year (36 every 2 years). A suggested recommendation has been made for a minimum CE requirement of 6 hours per renewal cycle (every 2 years) including 3 hours from ethics and/or law updates, plus 3 hours of public safety content. The public safety content could include topics such as, communicable diseases, contraindications, HIV awareness, medical error prevention, pathology, pharmacology and sanitation.

It has also been suggested that the state adopt one of two approaches for hourly requirements. Either set a number of hours, such as 12 hours per renewal cycle in the law (Massage Therapy Practice Act), or set a range of hours in the law with the required amount within that range to be determined by the State Massage Therapy Board. The Massage Therapy Board is made up of 4 massage therapists and one member of the community. The rationale behind the board deciding the number of hours and content would be that the board would monitor the effectiveness and value of the continuing education requirements and make adjustments, altering or deleting requirements as needed, still with public oversight. This could be accomplished without the political wrangling that happens in the legislative process. The argument against having the board make this determination is that they could change the requirements too often, probably increasing the requirements, and that licensees wouldn't know about them when/if they are changed. However, the board is made up of practicing massage therapists keen to the issues surrounding massage therapy practice and they take their jobs of administering the rules of the profession very seriously. They are also not influenced by other pending legislation or party politics.

Adding an allowance for voluntary suspension of a license, by designating it as "inactive" is also suggested as an option for when a licensee needs to move out of state temporarily or is unable to practice for a period of time. This would allow the suspension of CE requirements for the "inactive" period. This is allowed with some other licenses in Utah.

The cost of CE is estimated by a number of sources to be about \$18 per hour. This includes live, hands-on classes, online courses, and correspondence courses. Interestingly "webinars" seem to be even more expensive in some cases. If one were to assume the cost to be higher, up to \$20 per hour, then a 12-hour requirement every 2 years would probably cost about \$240, or \$120 per year. For many massage therapists, that is equivalent to 2 one-hour sessions per year. There is also a possibility that more "national" types of courses would be offered right here in Utah, reducing the cost of such classes that now require expensive travel, meals and lodging.

While the details of language still need to be worked out, the suggestion is that technique or modality classes that relate directly to the type of work a massage therapist does in their practice or is planning to add to their practice should all be acceptable in fulfilling the CE requirements.

## also in the discussion, some key points have emerged:

- Massage Therapy is primarily practiced to achieve therapeutic results for clients, most commonly to reduce pain.
- Massage Therapy does produce results and to be safe must be practiced ethically and properly.
- Minimally, CE should enhance (reinforce) Knowledge, Skills and Abilities necessary to protect the public.
- Massage Therapy is a broad practice and CE Requirements should be flexible and accommodating of the diversity within the profession.

Emerging in the discussion was the idea of two tiers of massage therapy licensing. Something like a massage "technician" and a massage "therapist". Of massage "therapists" and "master" massage therapist. With a two-tier system, each classification of massage practitioner would carry different requirements for CE. For example, the "technician" tier may have a lower requirement than the "master" or "therapist" tier. Currently there is only one state with something close to this. A problem with this proposal is that any massage therapy school who's curriculum is impacted would be required to go through a lengthy and expensive re-accreditation process. Many of the reasons for and against CE in Utah that have been put forward in the CE discussion are based upon assumptions about massage therapy in Utah. How, why, by whom and for what reasons, is massage therapy practiced? How much time is spent in the profession, how much money is involved? What types of modalities are practiced, what income and expectations for the future there are? All the current information about massage therapy that we have available to us is gathered and tabulated at the national level. We want the chapter and the laws to reflect the needs of the people of Utah and the massage therapy practitioners of Utah.

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## survey

For this reason an email survey is being conducted this month which is being sent only to Utah licensed massage therapists. The purpose is to gather information specific to Utah massage therapy and Utah massage therapists. The survey is lengthy because it covers the broad scope of issues involved in whether or not and if so how CE should be required for massage therapists in Utah.

Please look for the invitation to take the survey in the email address you registered with the state or with AMTA. We have sent a sample/test survey to several randomly selected individuals to help refine the questions and gauge how long it takes to complete the survey. The results of those tests will be reflected in the survey you are invited to take.

Please take the time to complete the survey honestly. There is no connection between the answers and the respondents. Answers are treated anonymously. The results may show that Utah is unique, compared to the rest of the country, or that Utah is similar, or some combination. The information will be valuable in guiding decision makers going forward.

## display of license

Another possible change to the law would be in requiring a display of the practitioner license. This would help the public to be aware of licensing for massage therapy, and it would help assure the public that the services being rendered are being done so legally and professionally. The main point of licensing massage therapy is to protect the public and displaying the license is a small part of the communication of that protection.

## lending of license

Currently it is unlawful to pretend to be a massage therapist with special penalties for using the license of another person. It has also come to the attention of law enforcement that some massage therapists have allowed their license to be used by another person. It may be time to include a penalty for knowingly allowing another person to use a massage therapy license fraudulently.

*Kirk Jorgensen, 801-560-7370*



## CVOP - Chapter Volunteer Orientation Program

is held yearly in Evanston, IL, one hour north of Chicago where AMTA National headquarters are located.

The CVOP experience was a total gain for me. The focus and desire is for all attendees to connect through experiencing, engaging and sharing and then bring that knowledge back to our chapters to pass on to our members. There were daily opportunities to practice this and participate in small and big group settings.

All of the sessions were helpful, insightful and fun to participate in. My favorite sessions were presented by Bridget and Jill. Jill taught the SOAR method to assist strategic planning meetings stay uplifting and positive while tackling chapter challenges and Bridget presented Feed the Need - ways to reduce conflict and multiply joy through recognition of core needs and implementation of boundaries.

What I believe AMTA hopes for at CVOP is exactly what I received: Knowledge, Opportunity, Growth, Connection - a truly wonderful experience to remember! —Gerri Allen



# lower extremity

## cadaver lab and positional release

The Utah Chapter amta is excited to offer a new opportunity of education to it's members. We are beginning a series of educational offerings that includes a cadaver lab through the Institute of Human Anatomy.

This October's Class focus is Lower Extremities and we will review the muscles, tendons and ligaments location in the lower extremity. Jonathan will help class participants understand and explore the area associated with the techniques to be taught later in the day.

**Date:** October 18-19, 2013 - Friday & Saturday

**Class:** Lower Extremity - Cadaver Lab and Positional Release

**Instructors:** Jonathan Bennion - Institute of Human Anatomy & Tim Speicher - Positional Release Therapy Institute

**Cost:** \$250 Members / \$300 Non-Members / \$175 Students

**Registration:** Register Online at AMTAUTAH.org. This class is limited to 20 people.

CEU's: 16 NCBTMB approved continuing education hours

### Description:

Cadaver Lab: Positional Release - Lower Quarter

In this session, lower quarter PRT techniques and clinical approaches to specific pathological conditions are addressed, such as plantar fasciitis, iliotibial band friction syndrome and others. Course attendees also receive a comprehensive overview of surface anatomy coupled with one-to-one instruction on how to appropriately palpate tender points and trigger points to enable the treatment of them with positional release therapy as well as instruction on how to perform a myofascial scanning evaluation. Course attendees also receive basic instruction on lower extremity biomechanical influences that can serve as myofascial restriction triggers.

### Time:

8:30-9:00 Registration

9:00-12:30 Classroom Instruction - Cadaver Lab

12:30-2:00 Lunch Break

2:00- 6:00 Classroom Instruction - Positional Release

**Location:** Institute of Human Anatomy/Granite Technical Institute  
2500 South State Street, 4th Floor, Salt Lake City

What to wear: Lab attire - Preferably sport type shorts, clothing easily movable from waist down for lower extremity techniques

### What to Bring:

1. Massage Table & fitted sheet
2. Water bottle
3. Notepad & pencil/pen or anything you may use to take notes
4. Also, please bring your favorite anatomy/palpation text  
Presenter Biographies



### Jonathan Bennion: Co-Founder/Director of Education/Master Dissector

Jonathan found his love for teaching 5 years ago while attaining his degree in Health Promotion and Education at the University of Utah. During his pre-medical coursework he took an anatomy course from Professor Mark Nielsen. He was asked to be one of Professor Nielsen's teaching assistants and immediately fell in love with teaching

and learning about the human body. During his time at the University of Utah, Jonathan spent many hours in the cadaver lab receiving training in teaching and dissection. For the last 4 years he has been a full time instructor at the Utah College of Massage Therapy where he teaches Anatomy and Physiology, Kinesiology, and Pathology.

Jonathan is recently married and enjoys rock climbing and playing basketball.



### Dr. Timothy Speicher, PhD, ATC, LAT, CSCS, PRT

Dr. Speicher is an Athletic Trainer (AT), Strength and Conditioning Specialist (CSCS) and Positional Release Therapist (PRT). He completed his B.S. at Towson University in 1995 and received his graduate training from Marshall University in 1998, where he served as Clinical Supervisor and AT to the undergraduate Athletic Training

Program and Strength and Conditioning Coach to the Men's Soccer team. He completed his doctoral degree in Adult Learning from the University of Connecticut.

Dr. Speicher's clinical expertise and research is in positional release therapy, therapeutic modalities, biomechanical analysis, orthotic prescription and fabrication and transfer of learning. Dr. Speicher's research has been presented and published nationally and internationally. His teaching assignments have included, preventative measures in athletic training, problem-based learning, emergency medicine, orthopedic assessment, prevention of injury and illness, therapeutic modalities, general medicine, and rehabilitation. He has worked in a variety of clinical environments with various populations and age groups. These have included the collegiate, high school, in and outpatient rehabilitation, industrial and Olympic settings. Most notably, he served as a Medical Supervisor for the 2002 Winter Olympic Games for Long Track Speed Skating. He is founder and owner of the Positional Release Therapy Institute, a company that provides PRT for patients and for clinicians, instruction, training and certification in the therapy.

#### Testimonials:

*"My experience at the Institute of Human Anatomy was exceptional!"*

*The instructor was incredibly knowledgeable and offered some insightful information as part of the didactics portion of the course.*

*Naturally, the most fascinating part of the course was the cadavers, and seeing the tissues, organs, muscles and bones first-hand. As a licensed, medical aesthetician, the experience was invaluable! Thank you Institute of Human Anatomy!"*

- CARLY - LICENSED MASTER AESTHETICIAN - NIMA

*"This technique is evidence based and we were able to see results. The most valuable aspect was the hands on because actually performing the technique helps us to retain the info."*

- ARNOLD L. CSCS - CBU LOWER QUARTER SESSION 2012

# nmtaw

## what is it and what does it mean to you and the utah chapter?

As part of amta's ongoing consumer awareness program, the amta National office has promoted NATIONAL MASSAGE THERAPY AWARENESS WEEK (NMTAW) annually for seventeen years.

This is an opportunity to talk to your community about the health benefits of massage and to promote your profession and practice.

This year's event will be held October 20- 26, 2013 in conjunction with our area 'Meet and Greet' coordinators and local fire stations. The plan is for each coordinator to contact their local fire station and local LMT's to provide massage for a few hours for the public and firefighters. The public will be invited to bring canned goods for their local food bank in exchange for a chair or table massage.

We hope to have a good turnout and the Utah Chapter would be happy to submit an article and pictures of our local activities for publication in the Massage Therapy Journal.

#### The area coordinators are:

##### Cache County:

Jill Bowen 435-770-5830 jbowenlmt@Gmail.com

##### Davis County:

Ivan Thompson 801 589-7291 amtincij@yahoo

##### Salt Lake City (Avenues):

Jan Candese 801 359-8104 jan@theawarenessoption.com

##### Utah County:

Brenda Swadley 801 879-0070 master\_touch\_massage@hotmail.com

What a great opportunity for all involved to promote massage, your profession, and the food bank.

—Ivan Thompson, 2nd Vice President

# Why Position Statements Matter

by Greg Hurd of the AMTA Massachusetts Chapter

**D**oes massage actually help low back pain? What about anxiety? Can it improve quality of life for cancer patients? If you feel strongly that massage does help, how do you know? Do you sometimes get frustrated with the seeming lack of credible studies done on massage?

We know it can be quite time consuming to find answers and studies to back up your feelings and experience. Anecdotal research – you telling your stories of success – can be powerful and help to prove the benefits of massage to your clients, your family and friends, and even to yourself. But what if there was more?

## There is more.

Each year the National amta arranges for massage therapists from every state and Washington DC to meet at their National Convention. (This year in Fort Worth, TX) As part of the Convention, a “House of Delegates” (HOD) is created. The number of Delegates elected by Chapter members from each state is determined by the number of amta members in that state. At the HOD, the Delegates review Recommendations and Position Statements. If the HOD passes the Position Statements, those Statements become Statements of the amta and can therefore be used by members, for publicity, and for people going to the National amta website, [www.amtamassage.org](http://www.amtamassage.org), looking for what massage does. You can see the 2013 Proposed Position Statements here <http://www.amtamassage.org/positionintro.html>.

amta members who want to write a Position Statement have to follow strict procedures in order to bring the Statement to the HOD. Once they are set up, they are emailed to the Delegates who review them and post them for their Chapter members.

Let's get back to a question. For an example we'll use a proposed position statement in 2012. (Spoiler Alert: the statement passed)

Can massage be effective in reducing low back pain? In your experience, you may have found this to be true. Wouldn't it be great to have a resource that shows a number of studies that have shown that massage does, indeed, help reduce low back pain? This statement does just that.

[http://www.amtamassage.org/uploads/cms/documents/ps12-01\\_message\\_and\\_low\\_back\\_pain.pdf](http://www.amtamassage.org/uploads/cms/documents/ps12-01_message_and_low_back_pain.pdf) It had a series of references clearly showing that many people have benefited from massage for

their low back pain. The references are clearly cited and described. It was posted on the National website, discussed by delegates with their chapter members, then debated in the HOD.

When a position statement is passed and used by the amta, then you can use that information on your website. It can be more powerful than some of the common, and often, misguided so-called “benefits of massage” that are simply listed because you've seen them listed somewhere else and maybe your school said in a handbook somewhere that massage has such benefits. Doesn't it feel great to know that you can post something like “Massage can be effective in reducing low back pain” then have a reference cited?

I think that is so much stronger than a list of boring benefits that may or may not be accurate.

A list of previously accepted Statements can be found on the National website here.

[http://www.amtamassage.org/approved\\_position\\_statements.html](http://www.amtamassage.org/approved_position_statements.html)

Isn't it great to know that you can carry the weight of this research to other health professionals and referral partners?

## You have a say in this process. We want to know what you think.

There are 3 positions statements for the 2013 HOD. In three (or maybe more!) separate blog posts, we'll tell you about each statement, discuss the research, and add our own thoughts, too. We welcome your comments and opinions.

Yes, your own stories are powerful. The testimonials you get from your successes are excellent. Your own word of mouth will get you clients. The Position Statements with their references add additional validity to your stories and to your testimonials. The Statements give you more information for your clients while giving you more confidence in massage therapy.

We look forward to your comments!

*Editors Comment: After Position Statements are received, they go through a rigorous process before released to Chapter Delegates, including the Position Statement Review Work Group, the amta legal department, and the Massage Therapy Foundation.*



## american massage therapy association utah chapter **leadership roster**

February 20, 2013

### board of directors

**President**

801-916-8752

**Roger Olbrot**

rmolbrot@usa.net

**Past President**

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**1st Vice President**

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**Jennifer Hanna**

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**2nd Vice President**

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**Ivan Thompson**

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**3rd Vice President**

Vacant

**Treasurer**

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**Robyn Ryther**

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**Secretary**

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**Kirk Jorgensen**

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**2012-2013**

801-879-0070

**Brenda Swadley**

master\_touch\_massage@hotmail.com

**2013-2014**

801-566-1422

**Stephanie Jackson**

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**2013 Alternate 2**

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**Roger Olbrot**

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**2013 Alternate 3**

801-589-7291

**Ivan Thompson**

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### appointed positions

**Chapter Convention Chair**

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**Gerri Allen**

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**Education Chair**

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**Gerri Allen**

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**Finance Chair**

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**Brenda Swadley**

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**Government Relations Chair**

801-560-7370

**Kirk Jorgensen**

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**Membership Chair**

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**Carolyn Redington**

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**Office Assistant**

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**Carolyn Redington**

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**Standing Rules / Policy Chair**

801-485-7887

**Susan DeLegge**

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**Website Coordinator**

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**Kirk Jorgensen**

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\*Required Appointments as per Utah Chapter Standing Rules

## Utah Chapter amta State Convention 2014

engage.  
connect.  
thrive.

**Mark your calendar now  
for the next convention set for  
February 7-8, 2014.**

Place: TBA, but rumored to be held in Utah County.

amta Utah Chapter is thrilled to continue our cadaver series at the 2014 State Convention! We will be offering Upper Extremity/cadaver lab presented by Institute of Human Anatomy and complimentary modalities by Ivan Lach.

We also are offering the Myokinesthetic System taught by Michael Uriarte D.C.

Go to <http://myokinesthetic.com> for details.

### **What is the MyoKinesthetic System? (MYK)**

Myo = muscle

Kinesthetic = movement

This is the muscle movement technique that corrects and balances the nervous system.

One of the main things MYK addresses is posture because "Posture is the outward expression of the nervous system."

### **How is MYK different?**

You don't get undressed

No oils or creams

Only work on specific muscles along one nerve pathway  
3-15 minute sessions (or put whatever time frame you want here)  
Addresses specific complaints

# welcome new members

## February 2013

Jennifer Averett, Graduate  
Kelley Berry, Graduate  
Diane Erickson, Graduate  
Edita Hrnčić, Student  
Jessica Hutchinson, Student  
Sydney Kresser, Graduate  
Kristopher Leyer, Graduate  
Maegan McMaster, Graduate  
Michelle Spencer,  
Professional Active

## March 2013

Sean Bowser, Graduate  
Susan Christensen,  
Professional Active  
Alison Lundell, Professional Active  
Betty Thorson, Graduate  
Rachel White, Graduate  
Fernando Zuniga, Graduate

## April 2013

Burrell Garrison, Graduate  
Mikaela Byrd, Graduate  
James Clapier, Graduate  
Brian Dunbar, Graduate  
Travis Greenhalgh,  
Professional Active  
April Hopkins, Graduate  
Annette LaFontaine, Graduate  
Karen McGavin, Graduate  
Sarah O'Keef, Graduate  
Dayna Stoddard, Professional Active

## May 2013

Graham Davis, Graduate  
Jesse Kruger, Graduate  
Linsey Mitchell, Graduate  
Melisa Perschon, Graduate  
Jodi Plocher, Graduate  
Kristy Powell, Professional Active

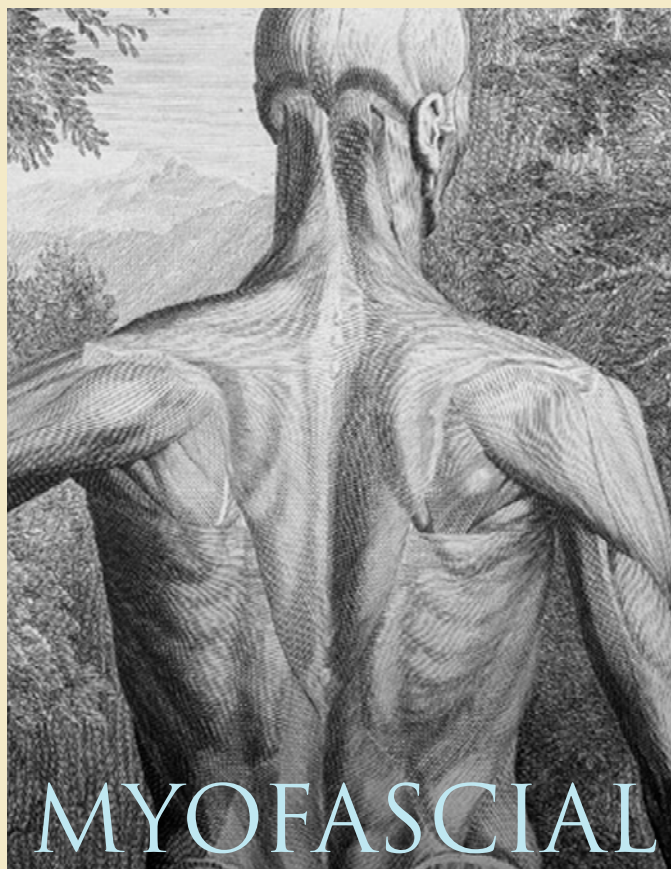
## June 2013

Heather Bailey, Student  
Kaycia Barben, Student  
Monica Birth, Graduate  
Kathy Boyer, Graduate  
Dakota Bradshaw, Student  
Tanya Branch, Graduate  
David Brisco, Student  
Brian Burtenshaw, Student  
Shawn Carolan, Graduate  
Holly Cartee, Student  
Kassi Chase, Graduate  
Brianne Clark, Graduate  
Kaylee Covington, Student  
Yvonne Dick, Student  
Julie Ficken, Student  
Kyla Fullmer, Graduate  
Ian Guthrie, Graduate  
Maureen Hansen, Student

Ryan Heninger, Graduate  
Amy Howes, Graduate  
Rutilio Johnson, Student  
Annelise Keck, Graduate  
Cheryl Kvilvang, Student  
Stephen Mann, Graduate  
Krista Miles, Graduate  
Annie Palmer, Graduate  
Breanne Porter, Student  
Kyle Rhode, Graduate  
Brandon Roskelley, Student  
Andrea Snow, Professional Active  
Artell Swapp, Student  
Johanne Tuttle, Student  
StudentHollyWall

**On behalf of the Board of Directors,** welcome to the Utah Chapter of the amta. Feel free to contact any Board Member if you have any questions or concerns regarding your membership. In your welcome packet, you will find helpful information regarding your membership and the Chapter. Use your gift certificate toward any upcoming education class. Happy to have you aboard.

Carolyn Redington, Membership Chair. 801-661-7602. Bodybasics2@msn.com



## Upper Body Workshop 2 Day Workshop with Anna Gammal and Roger Olbrot

**October 26-27, 2013**  
**Myotherapy College of Utah**  
**336 West Bugatti Drive • Salt Lake City, UT**

You are invited to join Anna Gammal and Roger Olbrot in delving into the space within. Discover the world of fascia including its structure, its properties, and how you can move it, stretch it, and help create a better sense of wellness in your clients.

For information, email [annagammal@comcast.net](mailto:annagammal@comcast.net)  
or call 508-435-5656 with any questions  
or visit <http://www.bodynbeyond.com/Workshops.html>

THE COURSE IS NCBTMB APPROVED (16 CEU CREDITS)

Myotherapy College of Utah is approved by the National Certification Board  
for Therapeutic Massage and Bodywork (NCBTMB)  
as a continuing education Approved Provider. Provider #450162-06

# MYOFASCIAL

# TECHNIQUES