



Hands in Motion

American Massage Therapy Association Utah Chapter

Triannual Newsletter

www.amtautah.org

Spring 2012 Edition

PRESIDENT'S MESSAGE by Roger Olbrot

I am excited to be serving you as the President for the Utah Chapter of AMTA. Being a part of the AMTA has been a high priority of mine from the day I graduated from massage school. I have had the opportunity to see firsthand how the chapter works for you, it's members, in matters of legislation and education.

This year has already proven to be a busy law making year. Most of our legislative activities surround a group of unsavory people claiming to be practicing Reiki. For those of you who are not aware, in January the Massage Therapy Practice Act Rules were updated defining manipulation as the contact with movement, involving touching the clothed or unclothed body. The relevance is that these "Reiki" practitioners were doing more than Reiki.

Then during the legislative session, the Massage Therapy Practice Act was opened to include in the scope of practice that LMT's can "promote the therapeutic health and well-being of a client," and that LMT's are allowed to use words such as "providing, offering, or advertising a paid service using the term massage or a derivative of the word massage, regardless of whether the service includes physical contact." Again, this is aimed at people who are parading as doing massage under different guises. Some say that they are not doing massage according to the definition in our act, while others use terms such as body rubs. I am deeply indebted to Ron Findlay who spear headed these changes in the law. He diligently watched the legislation an a day by day and sometimes hour by hour basis along with Lloyd Selleneit, our lobbyist. Others who played a significant role were Susan DeLegge and Kirk Jorgensen. A big thanks must also include members of the AMTA who volunteered their time to go to the House of Representatives and the Senate to offer chair massage, Edie Sims, and Robyn Ryther. We all owe a debt of thanks to these people who are watching out for our profession.

Not to think that was all the action thus far, but West Valley City is in the process of updating their Massage Ordinance. We got wind of this on the morning of Tuesday February 21 when the city council was to vote on passing the ordinance. Ron Findlay and I spoke at the meeting and asked that the council put off the decision till we could work with the

city attorneys. Ron worked with the attorney who updated the ordinance. He was not well received. To combat this, Ron sent an email to the members of the city council asking them not to pass the ordinance. They listened. On March 6 the council again voted to table the ordinance until such a time as acceptable language is put into it. What this means is that in West Valley City, we can continue to work as a massage therapist without an unyielding dress code and hours of operation, amongst other things. Again, a big thanks to Ron, Kirk, and Susan for their efforts in this matter. Also, there were about ten LMTs who showed up to the meeting in support. I thank you all for that.

On to happier things, this years educational events are proving to be exciting. The Utah chapter has the distinction of being the first chapter in the USA to offer a free class to its members. This year the ever popular Ivan Lach will be presenting on the six most commonly seen injuries that come into our offices. Please see the education section in this publication.

Then following up Ivan Lach is Joe Muscolino. He will be presenting orthopedic assessment and massage techniques for the cervical spine. This is a two day class. His wife, Cimone Cipriani will be offering a free class on the use of Pilates in our practices. All this will be teamed up with a Friday get together with the Delegates (Brenda Swadley and Susan DeLeggee) for a report of what positions that the organization may take on a wide variety of subjects. After this, we hope to share body scrubs under the moon light, around a camp fire. This sounds amazing to me. Look in the education section for specifics.

As a member of AMTA I encourage each of you to "BRING A MEMBER" to an educational class. The Board of Directors and the committee chairs work hard to give you the educational opportunities that you have asked for. Make the education a priority in your year.

Finally, I'd like to tell you about a new member benefit. As an AMTA member, you get a discount on QuickBooks. This is a program that will



Roger Olbrot., President
AMTA Utah Chapter

"Go to our website..."

How many times have you heard that? TV news, entertainment shows, advertisers...they all seem to be touting the Web and their own websites or social media sites as the place to go for information. Whether you like it or not the Web is now the most efficient, cost effective and up-to-date channel for sharing information.

Many of us like to stay away from the Internet and the World wide web, and in most ways we can. And yet, there are some things about a website that are really, really handy. For example, when an organization, such as AMTA Utah Chapter wants to update its members with information, it is possible to "post" the information on their website

and make it available much easier and less expensive than, say, sending a post card in the mail or even sending out an email to ALL the members. Of course, often it's an email to ALL the members that alerts them to check the information posted on the website. One way to think about these websites is that they are like bulletin boards that can be updated instantly. Anyone can keep informed, all anyone has to do is look.

AMTA Utah Chapter's website is like a bulletin board with information only related to Massage Therapy, especially in Utah, and the Chapter organization. There may be a few ads, which help with costs, but they are relative to massage therapy and unobtrusive. What about the newsletter? It only comes out three times a year, *Cont on pg 3*

AMTA UTAH CHAPTER

Board of Directors

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1st Vice President To Be Appointed	No phone No email
2nd Vice President Ivan Thompson	801.879.0067 atmincijt@yahoo.com
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Kirk Jorgensen(alternate 2013) 801.560.7370
kirk_jorgensen@yahoo.com

AMTA Mission Statement

The mission of the Utah Chapter of the American Massage Therapy Association is to help develop the art and science of massage therapy as a visible means of treatment and preventive medicine; and to practice the profession 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.

AMTA Goals

- To raise public recognition of massage therapy as a health care profession and its benefits
- To substantiate massage therapy as a means of regaining and maintaining good health
- To exhibit high standards in providing massage therapy to the public
- To be reputable healthcare providers in our communities
- To maximize access of quality massage therapy for all individuals
- To strengthen the professional maturation and personal growth of our members
- To be a collective wealth of information in the field of massage therapy and to share our knowledge with fellow therapists and the public (e.g. Licensing, educational requirements, legislation, etc.)
- To befriend massage therapy students and fellow massage therapists
- To promote membership growth and continue the organization's efficacy, visibility and viability In our quest, the Utah Chapter of the American Massage Therapy Association will be guided by the standards of care and accountability.

AMTA Code of Ethics

This Code of Ethics is a summary statement of the standards by which massage therapists agree to conduct their practices and is a declaration of the general principles of acceptable, ethical, professional behavior.

Massage therapists shall:

- Demonstrate commitment to provide the highest quality massage therapy/bodywork to those who seek their professional service.
- Acknowledge the inherent worth and individuality of each person by not discriminating or behaving in any prejudicial manner with clients and/or colleagues.
- Demonstrate professional excellence through regular self-assessment of strengths, limitations, and effectiveness by continued education and training.
- Acknowledge the confidential nature of the professional relationship with clients and respect each client's right to privacy.
- Conduct all business and professional activities within their scope of practice, the law of the land, and project a professional image.
- Refrain from engaging in any sexual conduct or sexual activities involving their clients.
- Accept responsibility to do no harm to the physical, mental and emotional well-being of self, clients, and associates.

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Our Law & Legislation committee has been busy this season with the Utah Legislature, and it appears there will be an active season continuing with municipal jurisdictions updating their massage therapy ordinances.

The state legislature, working with Murray City drafted legislation redefining massage and included some technical changes. The purpose of the legislation was to make it easier for city agencies to administer properly what businesses and commercial practices are allowed to operate within their boundaries.

AMTA Utah Chapter welcomed this intention and spent a great deal of effort to assist the legislature and Murray City to create precise language allowing professional, licensed individuals to work within clear expectations for ethical practice.

West Valley City proposed an updated massage establishment business license ordinance. AMTA Utah Chapter along with other therapists are working with the City Council to draft an ordinance that is reasonable and avoids negative inferences regarding licensed professional massage therapists.

AMTA Utah Chapter continues to work with municipalities in the state to assist them in updating their ordinances to help them ensure that only ethical practices are associated with professional, licensed massage therapy.

The Law & Legislation Committee also continues to work with the Utah State Massage Board and the Department of Professional Licensing (DOPL) help keep massage therapy in Utah practiced ethically as a profession.

The Law & Legislation Committee also continues outreach to the legislature through on-site seated massage at the capitol. Massage Therapy was offered to legislators February 24th and March 2nd this year.

If you would like to volunteer, please contact the Law & Legislation Committee. See Contact Page. These small changes to the law enforce the ethical practice of massage in Utah. The Utah Massage Practice Act is a very strong bill. It governs us as well and better than before.

~Ron Findlay

and it takes about a month to put together, edit, proofread, print and mail out to members. So, it is not the *most* up-to-date publishing tool available. The newsletter informs Chapter members about recently past events and activities that are planned. In some cases only the confirmed details can be printed at the time the newsletter is being edited. When further or updated details do become available, the best and most economical way to get that information out is in some electronic format. And that means email and the website.

Email can be annoying. Duh, right? We've heard from some members that they don't like getting too many emails from the Chapter. That's cool, we don't really like having to send them out too often either. The chapter board of directors decided at one time that we should send out a chapter email no more than once a month. If there isn't anything to share we don't send an email, so we've been working to send out email *on average* once a month. You can always choose to stop receiving email from AMTA Utah Chapter if you like by using the unsubscribe link at the bottom of any email you get from AMTA Utah Chapter.

Here's a tip for how to make use of the emails you get from AMTA Utah Chapter. When an email is sent that has links to the website those links go to pages or "posts" on the website about the specific event, activity or news item. Whenever that information is updated it is updated on the page or "post" that the email is linked to. So, a quick way to check for updates or more complete information about an item is to save the email for future reference in a special folder. This way you can just open up that email in your special folder and click the link to what you're interested in and your email program or browser should take you right to the page or "post" on our website with the latest information! Of course, you can always just go directly to the website too.

How do I find something on the website?

AMTA Utah Chapter's website address is www.amtautah.org. Once you're on the website you will see "tabs" across the top of each page. These are "menus" you can use to browse the site. Each item that shows or appears in the menus is a link to a page related to the item listed. For example the second tab from the left is **Events**. If you click on that item you will go to the **Events** page where the calendar of events is shown. Items in the calendar can be clicked to get more details about the specific event. But, when you put your mouse over **Events** three other items appear below it: **Chapter Board Meetings**, **Convention** and **Education Events**. Clicking on any one of those items will take you to the related page.

In the columns to the right of each page there is a **Search** box as well as some **Quick Links** to commonly used items. Plus a featured Membership Benefit and some disclaimers which make for good bedtime reading for insomniacs.

The column to the left is a list of most recent "posts" or articles. When you click the title, that post will appear in the left column. If you click the link to this post from link in an email it will automatically open without having to go through any other steps. Once the article or post is displayed in the left column you will be able to access any documents or links associated with it.

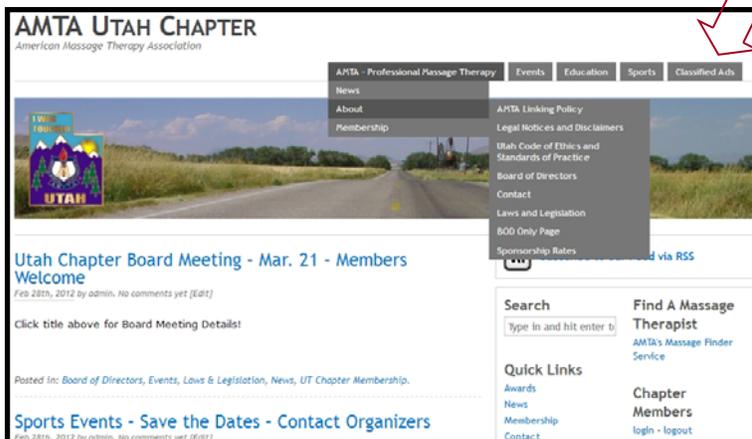
If you're logged in to the website you can make comments about the post. To login to the site click "login" under "Chapter Members" found in the far right column and follow the directions. (Save your username and login somewhere you can find it later in case you forget.) You can always get back to the "home page" by clicking the title "AMTA Utah Chapter."

So when you have a question about what's happening in the AMTA Utah Chapter or if you're curious about an upcoming sports event or wondering when the next continuing education class is being held, "**Go to our website!**" By Kirk Jorgensen

Welcome New Members!

On behalf of the Board of Directors, let me extend a warm welcome to all new student, graduate and professional members. Welcome aboard a great association and congratulations on a wise choice to enhance your massage career path. Just a reminder to take advantage of all the membership perks offered by the AMTA National as outlined in your membership packets. would be more than happy to assist you.

Carolyn Redington, Membership Chair



AMTA – UTAH CHAPTER

Educational Event

Free Educational Class for Members

DATE: June 23, 2012, Saturday
CLASS: Six Most Common Injuries Massage Therapists See in Their Office
INSTRUCTOR: Ivan Lach
COST: Free to AMTA members (there will be a \$5 charge for printed materials)
Non-AMTA Members \$75 (plus cost of printed materials)
Non-AMTA Students \$25 (plus cost of printed materials)

REGISTRATION: Register on-line at AMTAUTAH.ORG. This class is limited to 60 people. Register early.

CEU's: 8 continuing education hours provided by Myotherapy College of Utah. (Myotherapy College of Utah is approved by the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider. Provider #450162-06.)

DESCRIPTION: Ivan Lach will discuss the pathology of neck pain/headaches, arm numbness, lower back pain, hip pain/SI joint dysfunction, ankle/foot pain, and elbow dysfunction. He will include assessment protocols for each condition and then demonstrate treatment options for each condition.

TIME: 8:30 am Registration
9:00 am Class Begins
12:00 – 1:00 pm Lunch Break (lunch on your own)
1:00 – 6:00 pm Class Resumes



LOCATION: This class will be held in the Salt Lake Valley. The location is to be determined.

What to Bring: Massage table, sheets, lotion, something to take notes with, water. Please wear comfortable clothing that will allow access to the areas listed above.

Biography

Ivan Lach studied sport science with emphases on physiotherapy at the University of Palacky in former Czechoslovakia. He attended the Therapeutic Massage Training Institute in Charlotte, North Carolina where he graduated in 1994. Ivan specializes in manual therapy treatments addressing orthopedic to postural dysfunctions. The primary goal of his practice is to help people to become pain free. He is currently on the faculty of Myotherapy College of Utah where he has been teaching since 1997. As an educator, Ivan teaches classes and seminars on local and national level.



****Register for both classes online or with a Print & Mail-in Form by going to the website www.amtautah.org!****

AMTA – UTAH CHAPTER

Educational Event

Clinical Orthopedic Massage for the Neck & Delegate's Meeting



DATE: August 17 – 19, Friday, Saturday, Sunday
 CLASS: Clinical Orthopedic Massage for the Neck
 INSTRUCTOR: Joe Muscolino
 COST: \$100 AMTA Professional Member
 \$225 Non-AMTA Members
 \$80 AMTA Student/Graduate Members

There is a text book that is required. *Advanced Treatment Techniques for the Manual Therapist*, Joseph Muscolino, Lippincott Williams & Wilkins, 2013, ISBN 978-58255-850-9. The cost of the book will be \$57 at the time of registration.

REGISTRATION: Register on-line at AMTAUTAH.ORG. This class is limited to 50 people. Register early.

CEU's: **16 NCBTMB approved continuing education hours**

DESCRIPTION: We begin the weekend with a short meeting headed up by our Delegates, Susan DeLegge and Brenda Swadley. They will share the ideas that are being voted on by the House of Delegates at the AMTA National meeting in Raleigh. You will then be whisked away to a relaxing body scrub around the camp fire under the stars. It will be losselyguided. We will have a time of sharing and story-telling and singing.

On Saturday we begin the orthopedic class with Joe Muscolino.

Saturday evening we continue the weekend with a Pilates class offered by SimonaCipriani from Connecticut. In this class she will teach us a few moves that can be utilized in our practices with clients.

Sunday we continue the orthopedic class with Joe completing the first level of the work before departing the facility.

Clinical Orthopedic Massage Therapy (COMT) for the Neck covers the major clinical orthopedic assessment and treatment techniques for the neck. This course is a 2-day hands-on workshop.

Day one begins with body mechanics for deep pressure. With proper body mechanics, you will learn how the neck can be worked deeply with little effort. Stretching is covered next. We begin with basic stretching for the functional muscle groups of the neck and then learn how to target each specific neck muscle with multiplane stretching. Day two covers advanced neural inhibition stretching techniques, including Contract Relax (PNF/PIR), Agonist Contract (the basis for AIS), and Contract Relax Agonist Contract stretching techniques. Day two concludes with joint mobilization (including traction) for the cervical spine. Joint mobilization is the only effective means of stretching specific hypomobilities of the neck.

Clinical assessment as well as precautions and contraindications are also covered. These massage/manual therapy skills will empower you to do effective clinical orthopedic work. Throughout this hands-on workshop, Dr. Joe Muscolino reinforces the underlying mechanisms for each of the assessment and treatment techniques, encouraging critical reasoning skills.

Clinical Orthopedic Massage Therapy for the Neck is part of larger Clinical Orthopedic Massage Therapy (COMT) Certification. The other hands-on workshops in this series cover the low back / pelvis, upper extremity, and lower extremity.

TIME: Friday

6:00 pm Registration
 7:00 pm Gather round the camp fire for the Delegates Information
 8:00 pm First group body scrub
 9:00 pm Second group body scrub

Sunday

8:30 am Class begins
 12:00-1:00 pm Lunch Break (lunch on your own)
 1:00–5:30 pm Class Resumes

Saturday

8:30 am Class begins
 12:00-1:00 pm Lunch Break (lunch on your own)

own)

1:00–5:30 pm Class Resumes
 5:30–7:30 pm Dinner Break
 8:00- 10:00 pm Pilates Instruction with SimonaCipriani

LOCATION: This class will be held in the Salt Lake Valley. The location is to be determined.

What to Bring: Massage table, sheets, lotion, something to take notes with, water. Please wear comfortable clothing that will allow access to the neck and shoulders. For Friday evening, you will want your massage table, a set of sheets, a bathrobe, towels, and some plastic bags to protect your table legs out of doors. For more information, visit his website at www.learnmuscles.com. Follow him on his facebook page: The Art and Science of Kinesiology.

Cont. on page 6

Dr. Joe Muscolino Biography:



Dr. Joe Muscolino has been a massage therapy educator for 25 years. He is presently an adjunct professor of anatomy and physiology at Purchase College, State University of New York. He is the author of the book: *Advanced Treatment Techniques for the Manual Therapist: Neck*, Lippincott Williams Wilkins publisher. He is also the author of eight major publications with Mosby of Elsevier, including *The Muscle and Bone Palpation Manual*, with Trigger Points, Referral Patterns, and Stretching, *Kinesiology: The Skeletal System and Muscle Function, 2ed.*, and *The Muscular system Manual: The Skeletal Muscles of the Human Body, 3ed.* His books have been translated into eight foreign languages. He is the author of two DVDs on motion palpation assessment and joint mobilization treatment techniques, one for the neck and one for the low back and pelvis.

And he is the author of body mechanics, a column article in mtj (massage therapy journal). He has also written for numerous other journals around the world.

He runs continuing education workshops for massage/manual therapists and instructors, including a Certification series on Clinical Orthopedic Massage Therapy (COMT), as well as Anatomy in Clay™ (A creation of Zahourek Systems) and cadaver lab workshops. And he has a private chiropractic practice in Stamford, CT, where he utilizes soft tissue massage for all of his patients.

For more information, visit his website at www.learnmuscles.com. Follow him on his facebook page: The Art and Science of Kinesiology.

Sports Events – Save the Dates – Contact Organizers Feb 28th, 2012

Mark your calendars and save the dates for Post Event Sports Massage!

Here's a list of the events in which AMTA Utah Chapter are officially participating:

Salt Lake City Marathon, April 21
St. George Ironman Triathlon, May 5
St. George Marathon, October 6

If anyone is interested in participating in the Sports Massage Team and/or if they are interested in a sports training class to contact:

Ivan Thompson
801-589-7291
atmincjt@yahoo.com

Also AMTA Utah Chapter member Jennifer Hanna is requesting volunteers to work post event sports massage at several events coming up this season:

March 24 – Buffalo Run, Antelope Island
May 19 – Women of Steel Triathlon
July 14 – Echo Triathlon
August 18 – Jordanelle Triathlon
September 15 – Ogden Triathlon
September 29 – Women of Steel Relay

Contact Jennifer for more details

Jennifer Hanna
801.573.7382
www.zenergymassage.net

by admin.



EXPLORING THE SPACE WITHIN

AMTA SALT LAKE 2012

2012 Convention Report

Exploring the Space Within - 2012 AMTA Utah Chapter Convention held

Thursday – Saturday
February 2-4, 2012

Salt Lake City Airport Hilton

Many thanks to the volunteers, vendors, donors and contributors to this year's Convention. Attendees had a great opportunity to expand their skills and understanding as well as network with each other and profession leaders.

World Class Education – The classes, Kinesiology, Five Elements & Myofascial Techniques were well received! Much gratitude to the fabulous instructors and their assistants!

Registrants received goodie bags with samples and information for the donors and contributors. Plus the bag itself is a reusable tote/grocery bag printed with the Convention Logo.

Annual Meeting

The Chapter's Annual Meeting was also at the Convention Hotel Friday night and included a full sit-down Dinner. Silent Auction winners were announced with proceeds going to the Benevolence Fund. There were Reports from Board Officers, a Budget vote of approval by the membership, President's Address and our very special Keynote Speaker, Mark Steinagle, the Director of DOPL (Utah State Department of Professional Licensing). Mr. Steinagle spoke about his interest in helping protect the professionalism of Massage in Utah and the ways his department in state government has been working with local law enforcement and the legislature to keep massage therapy legitimate and enforce compliance with the laws. Members listening were encouraged that there is much happening behind the scenes to protect our profession.

And, of course, Elections were held.

Elections Results:

President: Roger Olbrot
2nd VP: Ivan Thompson
Secretary: Kirk Jorgensen
Delegate 2012-2013: Brenda Swadley
Alternate Delegate 2013: Kirk Jorgensen
Chapter Meritorious Award: Ron Findlay

Congratulations to all candidates and thanks to the voting membership for your support. Looking forward to a great year and working with a great Board of Directors.

It was great to see members whom we haven't seen in a while and some who were at their first Convention! And thank you all for your feedback!

Friday Silent Auction, Expo & Student Reflexology Sessions Earlier in the day, during breaks and lunch Local vendors were on hand to demonstrate and sell their massage-related products and services. Myotherapy College of Utah graciously lent some of their students to do Reflexology Sessions for a donation to the Benevolence Fund. (Amount Donated will be posted here later!)

A Silent Auction was held with all proceeds going to the Roger Whiting Benevolence Fund. There were some really nice things that bidders were able to get a great prices! Again, a BIG THANK YOU to the contributors and donors of the items for the auction. (A list of donors & contributors will be posted here soon!)

Door Prizes were awarded at the Annual Meeting. (The definition of a "Door Prize" is that anyone passing through the door has one chance to win a prize.) In the past we have held raffles, in which everyone had the opportunity to purchase tickets, each of which represented another chance to win a prize. The state of Utah has ruled that this type of "buying a chance" is gambling and is therefore illegal – and that's why we have chosen to do Door Prizes instead.

Donors

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AMTA Utah Chapter
Soulfood Music
Hygenic Corporation
Hugger Mugger
Ron Findlay

Volunteers

Susan DeLegge
Robyn Ryther
Roger Olbrot
Lori Churchill
Kirk Jorgensen

Contributors

Myotherapy College of Utah

by admin.

CEU Class Report

I do love myofascial work! There is so much new research every year. It just makes common sense to my brain when it comes to assisting a body heal itself and function as it should.

It started with a video about the fuzz - a loss in flexibility of the fascia when it has been at rest for a while and the importance of stretching like a cat before starting movement, to the very thick fascial adhesions that he cuts through with a knife. Fascial threads are super thin and strong like spider webs. If memory serves me correctly there are 11 different kinds of fascia identified at this time, more to come.

-Heat and energy makes fascia pliable and with stress or sedentary behavior, it wants to dehydrate.

-The clients body will give you great tactile feedback as you work through each layer.

-Langers lines are currently very useful when practicing myofascial work in that they are easy to follow.

-Fascia pinched in one area has an affect at far reaching distances in the body. therefore the effect of myofascial work can be felt and make changes in another area of the body.

-It is a "continuous system, extending throughout the body" According to Roger and Anna, all layers of connective tissue have fascia through and around it.

Anna and Roger reviewed the muscle groups and functions before we worked on an area and spoke of the most common problems you run into on the upper body. It was a fantastic class!

By Susan Delege



Calendar

April 2012

- 18 Board of Director's Meeting
- 21 Sports Team @ Salt Lake Marathon

May 2012

- 5 Sports Team @ St. George Ironman
Triathlon
- 16 Board of Director's Meeting

June 2012

- 20 Board of Director's Meeting
- 21 FREE Continuing Education with Ivan Lach: Common Injuries

July 2012

- 16 Newsletter Submission Deadline

August 2012

- 1 Newsletter Posts
- 15 Board of Director's Meeting
- 17-19 Membership Retreat & Continuing
Education with Joe Muscolino:
Clinical Orthopedic Massage Therapy for the Neck

September 2012

- 19 Board of Director's Meeting



www.amtautah.org

Hands in Motion is published triannually by the American Massage Therapy Association, Utah Chapter, a non-profit, professional massage therapy association. This publication welcomes contributions from readers that are type-written or in electronic format with a legible signature, name, address, phone number and email address. Articles, letters, success stories, advertisements and other materials must be related to massage therapy to be of benefit to our reader/membership. Electronic formats such as .DOC, .RTF, .JPG, .GIF or other universally recognized formats are appreciated. For rates and sizes please visit:

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