



Hands in Motion

American Massage Therapy Association Utah Chapter

Triannual Newsletter

www.amtautah.org

Summer 2012 Edition

PRESIDENT'S MESSAGE **by Roger Olbrot**

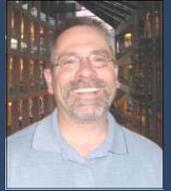
When I think of summer I think of all the outdoors activities that I enjoy doing. I like to be around and in water, love to go hiking and taking late evening walks for exercise, casual backyard parties and BBQs with family and friends. The AMTA-UT Chapter is holding something of this nature along with our educational class in August. On Friday evening, August 17 we will be exchanging bodyscrubs. Come join the party as a part of the Delegates information meeting/Cervical Assessment and Treatment Class.

Being a part of the AMTA has helped me build a practice and become a better therapist. AMTA's strive to continually improve the art and science of massage has led many of us to improve the quality of care that we offer to our clients. After some five years of a depressed economy, it comes as no surprise that we too have been hit. Many of us have seen a decline in the number of massage sessions that we are doing. I have heard about some Massage Therapists closing their businesses for financial reasons, and I have seen a drop in the number of attendees at educational events, most of whom report that the reason for not coming is financial. It is because of these reasons that the Utah chapter is trying to keep the

cost of continuing education down. I recently attended a meeting at ATMA headquarters in Evanston, Illinois.

There I found out that there are some chapters who do not offer a free class to their members. I was surprised, given the state of the economy. Also, for those of you who are looking to attend the Cervical Assessment and Treatment class, where can you go, get 16 hours of continuing education credit from a nationally recognized leader that includes a professionally published text book and pay a mere \$150? Come join us and take advantage of this wonderful opportunity.

And finally, summer brings with it a time to volunteer. The Utah chapter is looking for volunteers to help support upcoming activities. We are looking for some volunteers to put in just a few hours a month, i.e. one to two. Our convention planning committee is forming and getting well underway putting together the state convention for next year February. If you can find a few hours that you can give to the chapter please contact me and I'll get you started.



Roger Olbrot., President
AMTA Utah Chapter

AMTA UTAH CHAPTER

Board of Directors

President Roger Olbrot	801.870.8229 rmolbrot@usa.net
1st Vice President To Be Appointed	No phone No email
2nd Vice President Ivan Thompson	801.879.0067 atmincijt@yahoo.com
3rd Vice President To Be Appointed	No Phone No email
Treasurer Robyn Ryther	rryther@comcast.net 801.209.4103
Secretary Kirk Jorgensen	801.560.7370 kirk_jorgensen@yahoo.com
Immediate Past President Lisa Moen	801.870.8229 bodyworkersetc@comcast.net

Committee Chairs

Membership Carolyn Redington	801-879.0069 bodybasics2@msn.com
Member at Large Ivan Thompson	801.879.0067 atmincijt@yahoo.com
Education Lisa Moen	801.870.8229 bodyworkersetc@comcast.net
Finance Brenda Swadley	master_touch_message@hotmail.com 801.879.0070
Law & Legislation Vacant	
Sports Ivan Thompson	801.879.0067 atmincijt@yahoo.com
Website Kirk Jorgensen	801.560.7370 kirk_jorgensen@yahoo.com
Newsletter Shirlene Davis	801-910-0965 newsletter@gmail.com
Awards Ivan Thompson	801.879.0067 atmincijt@yahoo.com
Historian Kirk Jorgensen	801.560.7370 kirk_jorgensen@yahoo.com
Standing Rules Susan Delegge	801.485.7887 suz7782@gmail.com
Convention Gerri Allen	801-703-3334 wahoo437@yahoo.com

Delegates 2012

Brenda Swadley (2012-2013) 801.879.0070
master_touch_message@hotmail.com

Susan DeLegge 801-485-7887
suz7782@gmail.com

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.

POSTNET®

CREATE • DUPLICATE • DESIGN • DELIVER

**FAST FAST
CUSTOM
QUALITY
DELIVERY**

BUSINESS CARDS

- COLOR OR B/W
- LOGO DEVELOPMENT
- GLOSS OR MATTE
- GREAT PRICES

POST CARDS

- PROMOTES BUSINESS
- SEVERAL FORMATS
- BULK MAIL SERVICE
- QUICK PROMOTIONS

NEW!

LARGE FORMAT PRINT

- POSTERS
- PORTRAITS
- BUSINESS SIGNAGE
- MORE!

BUSINESS NEEDS

- BROCHERES
- LETTERHEAD
- ENVELOPES
- NEW/RE-NEWED LOGOS

**DON'T KNOW
WHERE TO
START?
ASK OUR
PROFESSIONAL
DESIGNER!**

**CALL OR COME IN TODAY
801-951-0333**

189 North Hwy 89 Suite C • North Salt Lake, UT 84054

AMTA-Utah Rules Committee

The AMTA-Utah Standing Rules Committee has been doing a really great job reviewing a number of very tedious Standing Rules. Standing Rules are our chapters section of the by-laws. AMTA-Utah upholds AMTA National bylaws and rules, and there is a small section each state puts together. The Section that AMTA-Utah puts together must be in agreement with AMTA National's bylaws and rules.

Most the work has involved spelling, punctuation, and applying updates that AMTA National has changed over the years. There are a few places where verbiage has been changed to make the by-laws and rules concise and direct. The biggest change had been the addition of allowing a computerized voting system for our state level elections in February.

The updated rules will be presented to the general membership for vote at a later date to be announced. Watch for that info here or online!!

The changes have been reviewed by the Board at the June board meeting. It is our intention to finish them at the August meeting prior to the Delegate's Meeting at Snowbird. They will then be sent to AMTA National for review and approval.

On a different note, as recommended by AMTA National, You will be receiving via email the position papers that Delegates will be voting on at the AMTA National Convention in Raleigh in October. We have been asked to get your input at the August Delegates/Educational meeting. They will be directed to you as soon as they have been received from AMTA National. We would appreciate any input from members. In the past unexpected issues have come up from research being picked apart, as well as supporting documentation. To prevent such issues we are asking that you take the time to review these position papers and let us know ahead of time if there are issues or potential problems that you identify. Thank You in advance for your thoughtful review of these documents.

I look forward to seeing you in August.
Susan Delege

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 to 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. If you have any concerns regarding your membership, I would be more than happy to assist you.

Carolyn Redington, Membership Chair

Unlicensed and Illicit Massage in Our Backyard

Just this Late spring and summer the Division of Occupational and Professional Licensing (DOPL) made appointments with close to 30 people who were advertising "bodyrubs" on different websites. They issued citations to 17 of them. The new clarification in the law and the ability of DOPL to issue citations is beginning to have an affect. They are working cooperatively with Salt Lake, Taylorsville, and the Unified Police Departments. If you would like to voice your support for this action, call the police departments and let them know how you feel.

Member Benefit Highlight

Did you know that your membership in AMTA gives you a 15% discount at Massage Warehouse?

Go to www.amtamassage.org, sign in, and follow the link.



Annual Utah County Meet and Greet

Utah County massages therapists and spouses are invited to attend the annual potluck dinner hosted by Brenda Swadley at 5646 West 11270 North, Highland, on September 15, 2012 at 6:00p.m. Please RSVP to Brenda at (801) 879-0070 for information and food assignments.

**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: Dr. 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	Sunday	8:30 am	Class begins
	8:00 pm	First group body scrub		12:00-1:00 pm	Lunch Break
	9:00 pm	Second group body scrub		(lunch on your own)	
Saturday	8:30 am	Class begins		1:00–5:30 pm	Class Resumes
	12:00-1:00 pm	Lunch Break (lunch on your own)			
	1:00–5:30 pm	Class Resumes			
	5:30–7:30 pm	Dinner Break			
	8:00- 10:00 pm	Pilates Instruction with SimonaCipriani			

*****Delegate meeting on Saturday—TBA*****

LOCATION: Snowbird Ski and Summer Resort.
****Check with Snowbird Mountain Resort for reservations and cost of lodging.
<http://www.snowbird.com>

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.

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 on Dr. Joe Muscolino, visit his website at www.learnmuscles.com.

Follow him on his facebook page:
The Art and Science of Kinesiology.



“Six Most Common Injuries” class taught by Ivan Lach

One of the many benefits offered to members of the Utah Chapter AMTA is the annual free class. This year’s class was offered on June 23, 2012, at Olympus Junior High School. The class, on the topic of common injuries, was taught by Ivan Lach. As usual, Ivan was interesting and informative. Each of the 48 attendees at the class received a certificate for 8 continuing education hours. The class provided useful information as well as a great opportunity to associate with other massage therapists.



By Brenda Swadley

Sport Massage Team

Who let the runners loose this summer? They are everywhere! If you have not been to an event this year you have been missing out on some great times with some of the greatest people ever. This year's event had team members showing up right off the bat to the St. George Ironman. What a great event it was. Next year it will be a half ironman so if you did not come this year you missed out. And who can forget the Salt Lake marathon? What a great time, sorry you missed out on all the great activities and the fun our massage team had that day.

If the running events are not your thing, then did you get out to the standup paddle board events that are going on all around this great state? Also, there are a lot of triathlon events all around that you can go to like the Women of Steel Park City event. Well there are plenty of great events that happened I do want to mention that I know some of these events have been paid events and volunteer mixed. For example at the Ragnar race I helped get 14 therapist paid positions for that event. They got some swag with it as well. I was not there I was at a brothers wedding in another State (Idaho), land of the great Spud man race.

Well don't fret there sport therapist there are a lot more great events coming up that we need a lot of help with. One is the oldest marathon this state has offered in wonderful St. George that is coming up in October. Come down and have some pizza with us the night before and then have some great fun at that event and receive great swag. There are many more events that are coming in August, September and even until October. I'll bet you can find something to do like go and play for a few hours, and meet a lot of great people and potential clients.

I will keep you posted on any new events that I hear about. If you hear of an event please contact me so I can get the word out to all of our friends that are doing massages that would like to help out at these events.

By Ivan Thompson

MEMBER SPOTLIGHT



Our member spotlight is on Sherri Jenkins. She started her practice in 2006, after attending Certified Career Institute and getting her national certification. She set up her office from home to allow her the flexibility to take care of family. In the back of her mind, Sherri always had the desire to become a massage therapist but finally got the ball rolling when her son started first grade. She felt she needed something more and something to do. Being the people person she is and wanting to help people, what better profession to undertake than to become a massage therapist. What makes her a good therapist is along with her favorite modalities deep tissue, trigger point and myofascial release she uses energy work to compliment and tailor each treatment to every client. Sherri isn't all massage all the time she loves the outdoors, ATVing, boating, snowmobiling and photography. If Sherri had any advice to give an up and coming therapist she would tell them to study hard, get your national certification and to find your fit. Thank you Sherri for being you.

By Robyn Ryther

Save the Dates – Contact Organizers Sports Events and Convention Opportunities

The AMTA-Utah Chapter announces the 2013 Annual Meeting and State Convention. It will be held on Friday through Sunday February 8-10. Gerri Allen has been appointed as the Convention Chair. She is looking for some volunteers to help with the planning and implementation of the convention. Gerri says that there are many details yet to come but as of now the classes that are being considered are Aromatherapy, Ethics, and Myofascial Massage for the Lower Body. Gerri promises that this convention will be exciting, reasonably priced, and will hold a great educational value to each of us. Look for more details on the website and in the next issue of the newsletter.

Post Event Sports Massage!

Here's a list of the events in which AMTA Utah Chapter members may participate in:

St. George Marathon, October 6 - Ivan Thompson
Jordanelle Triathlon, August 18 - Jennifer Hanna
Ogden Triathlon, September 15 - Jennifer Hanna
Women of Steel Relay, September 29 - Jennifer Hanna

If anyone is interested in participating in these events or would like more details contact:

Ivan Thompson
AMTA Sports Team
801-589-7291
atmincijt@yahoo.com

Jennifer Hanna
801.573.7382
www.zenergymassage.net

“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, 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.

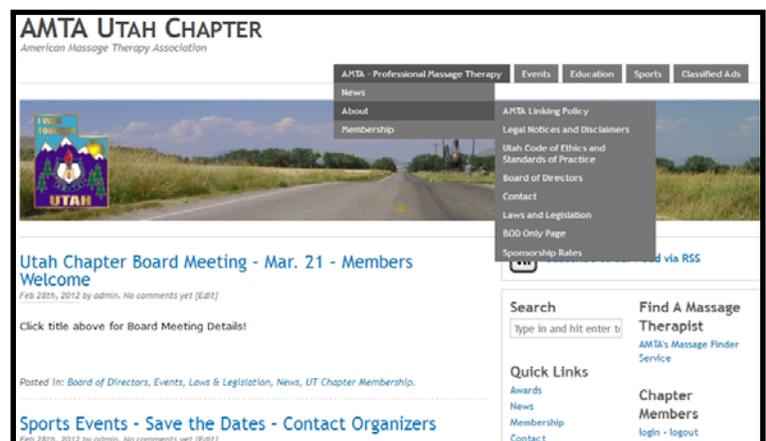
In the columns to the right of each page there is a **Search** box as well as some **Quick Links** to commonly used items. Plus a featured Membership Benefit and some disclaimers which make for good bedtime reading for insomniacs.

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



The screenshot shows the AMTA Utah Chapter website. At the top, there are navigation tabs for "AMTA - Professional Massage Therapy", "Events", "Education", "Sports", and "Classified Ads". Below the tabs is a main navigation menu with links for "News", "About", and "Membership". A dropdown menu is open under "Membership", showing links for "AMTA Linking Policy", "Legal Notices and Disclaimers", "Utah Code of Ethics and Standards of Practice", "Board of Directors", "Contact", "Laws and Legislation", "BOD Only Page", and "Sponsorship Rates". The main content area features a large image of a road and a "UTAH" logo. Below the image, there is a section titled "Utah Chapter Board Meeting - Mar. 21 - Members Welcome" with a "Click title above for Board Meeting Details!" link. To the right, there is a "Search" box and a "Find A Massage Therapist" section. At the bottom, there are "Quick Links" for "Awards", "News", "Membership", and "Contact", along with "Chapter Members" and "login - logout" options.



Calendar

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](#)

October 2012

- 3-6 [AMTA National Convention](#)
- 6 Sports Team @ St. George Marathon
- 17 [Board of Director's Meeting](#)

21-27 [National Massage Therapy Awareness Week](#)

November 2012

- 9-11 Board of Director's Planning Retreat
- 14 Newsletter submission Deadline
- 21 [Board of Director's Meeting](#)

December 2012

- 1 Newsletter Posts
- 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:

http://www.amtautah.org/?page_id=18