



hands in motion

AMERICAN MASSAGE THERAPY ASSOCIATION UTAH CHAPTER

president's message

Spring Time Arrives. So it is time to replace the filters in your furnace and help clean the air in your home.

The 2013 State convention was a success. Jennifer Hanna was voted in as the 1st Vice President, Stephanie Jackson as a Delegate for the 2013 and 2014 national conventions, and Gerri Allen was voted as the chapters Meritorious Award winner. Please welcome them as they begin their service to the chapter.

At the annual meeting we had a lively discussion about continuing education. I think that this is the first time that we have had so many members speak to the topic. It brought some members to the floor that may not have otherwise come and for that I am appreciative. Everyone had an opportunity to be heard. Many thanks go to Gerri Allen, Convention Chair, and her committee for their efforts in bringing the convention to us. It is not an easy job and I think she did it wonderfully.

The Board of Directors has a new plan to bring people out to events. In the past three to four years a group of members in Utah County have been informally meeting once to twice a quarter. It is generally an informal meeting and sometimes they have an educational event tied to it. We are looking to spread the cheer and begin having local informal meetings we call Meet-N-Greets. We have a couple of volunteers in the Logan area and we are looking to have them in Davis, Weber, Washington, Tooele, and Uintah counties. If you live in one of these counties and would like to coordinate a Meet-N-Greet please contact Ivan Thompson. He can help you with a short list of guidelines. We believe that this will bring the amta Chapter to YOU, its members.

Recently I was asked about the effects that myofascial release can have on scar tissue in the abdomen. My eyes lit up and I began to delve into the new knowledge that I had attained while at an educational fascial conference in Vancouver, British Columbia last year. For many years, verging on 14, I have been a proponent of post surgical work. I have visited several clients in the hospital within a few

days of surgery. Some had open heart surgery, while others had shoulder, hip, knee, or ankle replacements/surgery. I began working with the fascia around the surgical opening. My thought was that the work would help reduce the number of post surgical scar adhesions. I received a confidence boost in both 2007 at Harvard Medical

School, and in 2010 in Seattle, Washington when I listed to Willem Fourie, a PT from South Africa, talk about his work with women who had undergone a mastectomy. Fourie discussed his success with decreasing rehabilitation times from 3 to 4 months down to weeks because of his soft tissue releases. At the research conference in 2010, he talked about moving the soft tissue around the scar within three to five days post surgery. I was elated. Then, while attending the fascia congress in Vancouver, a research study was published. This study was conducted by Geoffrey Bove and

Susan Chappell and their topic was reducing of abdominal adhesions by using soft tissue manipulation. In their study they noted that if the abdomen was massaged within three days of surgery, the number of abdominal adhesions could be reduced by 80%. Finally, science has caught up with me. Of course I could not just sit still but I needed to spread the word. And so I am. Isn't continuing education a wonderful source of growth? With this knowledge, I am now working with abdominal surgeons and their patients to make a difference in the lives of people. I am excited. I would be happy to share with you the information that I gleaned over the years.

Be watching our website for the continuing education classes that amta -UT will be hosting this year. As is our desire, we will be offering a FREE class to members. (Limited space is available so when it is time to register don't wait.) Above all, if you would like to participate in the planning and choosing of classes, please contact Gerri Allen.

Roger Olbrot



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

government relations committee report

After years of discussion, the Board of the Utah Chapter of amta has unanimously decided to move forward advocating a continuing education requirement for licensed Massage Therapy in Utah. The Chapter has established a relationship with an experienced and well-connected lobbyist in Utah, as is the recommendation from the national offices of amta. Since our December newsletter, the Board renamed the former "Laws and Legislation Committee" to "Government Relations Committee" the name which is more commonly used across other chapters and in the amta organization. The Government Relations Committee is responsible, under the direction of the Board, for liaising with government organizations in support of the goals and mission of the amta – UT.

One of the stated objectives of the amta is to proactively advocate for fair and consistent licensing in all States. According to the amta, "Licensing is the best way to build credibility for the Massage Therapy profession." Licensing builds credibility within the profession, with governments, with allied organizations and professions, and with the public.

33 States plus the District of Columbia require continuing education (CE) for license renewal. The most common state CE requirement is 24 hours every 2 years. amta membership requires 48 hours every 4 years. amta advocates attaining and maintaining National Certification, which also requires 48 hours continuing education every 4 years. The Federation of State Massage Therapy Boards (FSMTB) advocates requiring at least three (3) hours of State-sponsored Ethics and Professional Practice course requirements that specifically address content pertaining to public safety as part of continuing education requirements.

As of press time, Representative Paul Ray, House District 13, has begun the process of sponsoring a bill that will require CE for

Massage Therapy license renewal. We have been in contact and have advocated with Representative Ray to have the language of the bill allow the details of continuing education to be defined by DOPL and the Massage Therapy Board.

We are very fortunate; our state law affords, licensed practitioners wonderful flexibility in how to practice, and autonomy within our scope of practice in providing valuable therapies to the citizens of Utah. To continue building credibility and to keep the freedoms we enjoy, we must be active stewards of the law under which we are granted the privilege of practicing Massage Therapy. Maintaining flexibility and autonomy in our practices are key goals of amta nationally and locally. The Board of amta – UT believes that advocating a requirement for CE strengthens the Massage Therapy Practice Act and our stewardship.

As stewards of our own profession, we must be the ones who define who we are and what we do. Well-meaning folks, uneducated to the specialties and varieties of massage therapy, do not always have our best interests in mind and can inadvertently damage our profession. Allowing others to use the good name of massage therapy for other purposes weakens our profession and puts us at risk.

Of course, we are not enforcers or police. Instead, being active in educating the law making / enforcement communities builds awareness and provides an opportunity to influence regulation positively regarding professional massage practice. Professional massage therapists being visible, being involved, demonstrating ownership of and being strong within our profession are the tools we have at hand for continuing to protect the public and nurture our clients, and just as important, to strengthen our profession.

—Kirk Jorgensen

gone green!

Yep. We did it. This is our first electronic-only edition of Hands In Motion, the amta – Utah Chapter newsletter. From now on the format for the newsletter will be electronic and delivered by email and the website.

To keep getting the newsletter regularly, make sure you keep your email up-to-date with the amta. Go to www.amtamassage.org and sign in using your membership number and password. Then, in your profile, check or update your email address.

Important note: If you, at any time, removed yourself from the amta – Utah Chapter mailing list by "unsubscribing" we cannot add your name back to the list if you are using the same email address that you used to "unsubscribe". If you unsubscribed, then you must add your own email address back onto the email list. It's easy to do. Just go to the chapter's website, amtautah.org,

and look down on the far right column, below the Twitter and Facebook icons. Right there is a link to subscribe to the newsletter. Clicking this link will allow you to add your email address back onto our email list. This is the ONLY way to get back on the list once you've unsubscribed.

To view the newsletter on the website, click on the "News" tab at the top of any page at amtautah.org. Under the heading NEWS QUICK-LINKS you'll see a link to the latest newsletter.

Otherwise, just watch your inbox for the latest newsletter arriving three (3) times each year. Remember to "whitelist" mail from amtautah.org or check your "junk" folder and make settings in your email program so it won't automatically toss out email from your amta Chapter. Check publication dates on the Calendar by clicking the "Events" tab at the top of any page on the website.

convention buzz



conventioners agree: convention was a success!

We recently concluded our amta – Utah Chapter annual convention and chapter meeting. Evaluations were distributed to members and attendees to gauge levels of satisfaction with the events and classes. We're happy to report that the Convention overall received a rating of 4.6 on a scale of 1 – 5, with 5 being the best. That's something like getting a grade of 92% completely satisfied.

The classes each received outstanding satisfaction scores as well. Combined, the classes scored 4.9. Including all categories of questions asked that's a satisfaction rating of 97%.

Congratulations to Convention Chair, Gerri Allen and her Committee members, Teri Jo Hansen, Corey Christensen, Susan DeLegge and Darin Allen on putting together a great Convention!

therapeutic dimensions

Therapeutic Dimensions was held Fri, Sat, Sun February 8, 9, & 10, 2013 at The University of Utah Conference Center and Guest House.

We are so grateful to all who participated - volunteers, donors, contributors and attendees.

SUPERIOR EDUCATION

The classes - Ethics, Aromatherapy and Myofascial Techniques - all received wonderful reviews as did all of the instructors. A very large THANK YOU to Meade, Anna, Roger and Susan for the skills and talents in each of their fields and sharing them with us!

All registrants received a reusable tote bag with sample massage products, information about the contributors and a 3 oz bottle of Prossage from the Chapter.

Anyone interested in planning or volunteering for Convention 2014, please contact the Convention Chair.

thoughts on convention 2013

The stained glass windowed chapel was a strange place to congregate for a group of massage therapists! All the pews were pushed to the back and massage tables with half naked bodies were lying on them. Not a scene you would usually consider for this type of work. The light was warm streaming in but the temperatures were not; it was cold outside but nobody's spirits seemed to be darkened by the chill or the snow. Roger Olbrot and Anna Gammal were the instructors teaching on the topic of Myofascial Release of the Lower body.

Fantastic information was conveyed as anyone who knows Roger will tell you that his command of the human anatomy is exceptional. Anna brought hands-on ability that is of the highest caliber and very captivating, especially when she made Ivan the Bear cry. Anna has a great accent, having been born in Greece but now hales from Boston. Her melodic tones were fun to listen to and brought everyone's attention front and center.

We learned some great muscle and kinetic testing to help us assess if someone is in balance muscularly and which set of muscles is not firing that cause the pain pattern to start. We also learned how to increase the efficacy of the body's healing pattern after any type of surgery or anywhere a scar is present. Priceless information for a clinical massage therapist!

The group was a diverse one from all over the Wasatch front, men and women who seemed to have nothing in common but the practice of massage. The first day is always a bit tense as everyone finds a partner and starts to practice new techniques, but by the end of the three-day workshop you would have never known that most of these people were complete strangers a few days earlier. Laughter was heard often as Roger set the stage daily with his strange but fun video clips and Anna hooted in retort

Karen Prier – Convention Attendee

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 801-870-8229	Lisa Moen bodyworkersetc@comcast.net
1st Vice President 801-573-7382	Jennifer Hanna jzpenergy@yahoo.com
2nd Vice President 801-589-7291	Ivan Thompson amtincijt@yahoo.com
3rd Vice President	Vacant
Treasurer 801-209-4103	Robyn Ryther rryther@comcast.net
Secretary 801-560-7370	Kirk Jorgensen kirk_jorgensen@yahoo.com

elected delegates

2012-2013 801-879-0070	Brenda Swadley master_touch_massage@hotmail.com
2013-2014 801-566-1422	Stephanie Jackson semisweetnothings@gmail.com
2013 Alternate 1 801-209-4103	Robyn Ryther rryther@comcast.net
2013 Alternate 2 801-916-8752	Roger Olbrot rmolbrot@usa.net
2013 Alternate 3 801-589-7291	Ivan Thompson amtincijt@yahoo.com

appointed positions

Chapter Convention Chair 801-703-3334	Gerri Allen gerriallen123@gmail.com
Education Chair 801-703-3334	Gerri Allen gerriallen123@gmail.com
Finance Chair 801-879-0070	Brenda Swadley master_touch_massage@hotmail.com
Government Relations Chair 801-560-7370	Kirk Jorgensen kirk_jorgensen@yahoo.com
Membership Chair 801-661-7602	Carolyn Redington bodybasics2@msn.com
Office Assistant 801.661.7602	Carolyn Redington bodybasics2@msn.com
Standing Rules / Policy Chair 801-485-7887	Susan DeLegge s.delegge@comcast.net
Website Coordinator 801.560.7370	Kirk Jorgensen kirk_jorgensen@yahoo.com

*Required Appointments as per Utah Chapter Standing Rules

budget message

Major cuts were made to the budget for fiscal year March 2013 – February 2014. During our state convention, at the membership meeting, the projected budget was approved by our members who were in attendance. The approved budget was included in the last newsletter, if you are interested in viewing it.

Robyn Ryther – AMTA Utah Treasurer

thank you

Two years ago the Utah amta chapter membership voted me in as Delegate. Because of this honor and experience it led me to another wonderful opportunity. I was appointed by amta President Cynthia Ribeiro to the Position Statement Review Commission. The commission provides one of many processes a position statement proposal goes through before it is presented to the House of Delegates at the amta National Convention.

When a position statement proposal is submitted to the AMTA it is first looked over by assigned staff. It is reviewed by "legal". Then, kindly, the Massage Therapy Foundation does a review of the proposal and all the research citations included. Then, with all of this input, it is reviewed by the Review Commission. Each step of the way, the position statement proposal is vetted for grammar, spelling, punctuation and whether it supports: portions of the amta 's Core Values, portions of the Vision Statement of amta, portions of the amta Strategic Plan Goals and Objectives. It identifies whether the cited supporting research is strong or not. It involves lots of reading of research, which I truly love. We cannot change what the authors submit, but werecommend that the author consider changes to make the position statement better or more accurate. The last step the position statement proposal gets is to be sent to the AMTA chapter Delegates to review and share with their chapter for review and vote. Then they go to amta National Convention House of Delegates for final discussion and vote.

I still shake my head, giggle and dance that I have been so lucky to have this responsibility and honor on "the most fun commission". I get to read research and review its validity regarding proposed position statements. Ok, I still need some work on grammar. I get to learn how to do it better from the other members that have years of past experience on the commission. It all started with me getting involved at my local chapter and you having the faith in me to be your Delegate. Thank you so much! I am still very involved at the Chapter level and will run for Delegate again in the future, but I hope others have that great opportunity to get involved at all levels with amta.

Susan DeLegge LMT/CDT

elections results!

At the Utah Chapter Annual meeting held February 9, 2013, Salt Lake City the following members were elected as follows:

1st Vice President – 2 year term Jennifer Hanna
3rd Vice President No Candidate
Treasurer No Candidate – Robyn Ryther will remain in this position
Delegate 2013 - 2014 Stefanie Jackson
Alternate – 2014 Robyn Ryther - 1st Alternate Roger Olbrot - 2nd Alternate Ivan Thompson - 3rd Alternate

Gerri Allen received this years' **Meritorius Chapter Member Award** for the outstanding job in planning the Utah State convention. Gerri volunteered for this huge job and executed a wonderful and excellent convention.

welcome new members

November 2012

Jeanette Abbott, Graduate
Stephanie Colmere, Professional
Justin Green, Graduate
Jennifer Hatch, Graduate
Dani Johnson, Graduate
Chelsea Kimball, Graduate
Dayna Marsh, Professional
Tiffany Perez, Graduate
Kathryn Prestridge, Graduate
Alexandria Rast, Graduate
Carson Smith, Graduate
Kellie Thacker, Graduate
Amber Wurth, Professional
Danalee Zimmerman, Graduate

December 2012

Angela Bryner, Graduate
Yohsuke Kimura, Graduate
Barbara Scarbrough, Graduate

January 2013

Kimberly Achelis, Graduate
Irma Almada, Graduate
Barbara Baker, Graduate
Shelbie Bonner, Professional
Jill Bowen, Graduate
Charles Bowen, Graduate
James Clapier, Graduate
Jose Diaz, Graduate
Keva Gneiting, Graduate
Donna Leshnick, Professional
Danielle Northrup, Graduate
Tegan Paradis, Graduate
Amanda Sanborn, Professional
Elise Schow, Graduate
Dino Simonetti, Graduate
Kendra Sunday, Professional

On behalf of the Massage Board, welcome to the Utah Chapter of the amta. Feel free to contact any Board Member if 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 towards any upcoming education class. Carolyn Redington, Membership Chair. 801-661-7602. Bodybasics2@msn.com

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