Burn Scar Massage Therapy

A UNIQUE TECHNIQUE TO ENHANCE YOUR PRACTICE AND SKILLS

There are almost a half million people in the US treated for burns every year and 40,000-50,000 hospitalizations for burns. Most survive but many are severely disfigured.

This September brings you a special opportunity to expand your practice and knowledge in an area that is rarely offered here in New York.

In the Burn Scar Massage Therapy classes you will learn to identify the varying degrees of burns and the body systems they affect. There are various psychological and emotional issues faced by burn survivors that can potentially lead to an "emotional release" during massage. You will also learn the positive indications as well as the negative contraindications posed by massaging burn survivors. There is a proper burn scar massage protocol to treat the various degrees of burns in the different stages of recovery. This class also covers information pertaining to the varying degrees of burns, types of scar tissue, the physical as well as emotional issues faced by burn survivors. It is presented with vivid photos of burn survivors and their scars. There is also a section which includes a powerful video description of burn injuries and recoveries. You will receive a manual of all the information so you can listen rather than having to scribble notes. The manual also has an outline of the protocol covered in class and it is adapted for the therapist to be able to perform it if the burn survivor is bed-ridden.

Classes will be held statewide in the following locations:

<table>
<thead>
<tr>
<th>Date</th>
<th>Unit</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/13/2016</td>
<td>New York City</td>
<td>Chelsea Studio, Manhattan</td>
</tr>
<tr>
<td>9/14/2016</td>
<td>Long Island</td>
<td>Residence Inn Marriott, Plainview</td>
</tr>
<tr>
<td>9/15/2016</td>
<td>Hudson Valley</td>
<td>New Paltz Friends Meeting House, New Paltz,</td>
</tr>
<tr>
<td>9/16/2016</td>
<td>Capital District</td>
<td>Center for Natural Wellness School of Massage Therapy, Albany</td>
</tr>
<tr>
<td>9/17/2016</td>
<td>Central New York</td>
<td>Crouse Hospital Marley Education Center, Syracuse</td>
</tr>
<tr>
<td>9/18/2016</td>
<td>Western Finger Lakes</td>
<td>ROC City Wellness, Rochester</td>
</tr>
<tr>
<td>9/19/2016</td>
<td>Western New York</td>
<td>The Emerson Education Annex, Williamsville</td>
</tr>
</tbody>
</table>

Don't miss this unique opportunity!

For further information and to register for a class close to you go to; www.AMTANY.org
Letter from the President

BY EUGENE WOOD

Hello, fellow AMTA New York members! I want to thank you for giving me your trust and electing me as your new President. It is a great honor and also a lot of responsibility. I want to thank and acknowledge our Immediate Past President, Pat Collins, for taking me under her wing and preparing me for this role. To listen and serve you was first and foremost on her mind. Whenever a decision had to be made, the basic question was “how will this best serve our members.” I will strive to continue her legacy and use this question as my beacon.

The second thing she taught was that whenever I am faced with a difficult decision, the first place to look is in our mission statement. The New York chapter is only one of 51 chapters. I think of it as the AMTA having 51 fingers and AMTA National is the hand guiding those fingers. And guess who guides the hand? You, our members. Don’t ever forget that we are the only non-profit massage organization and without you, there is no AMTA. With this in mind, I want each of you to take to heart the AMTA mission statement and let it guide you when you have a question or suggestion. The mission statement is:

“To serve AMTA members while advancing the art, science and practice of massage therapy.”

In addition, every culture (and we are a culture of massage therapists) shares core values. It is because we share the same values that we are drawn together. So, in addition to our mission statement, I would like for you to be very familiar with AMTA’s core values, which are:

- We are a diverse and nurturing community working with integrity, respect and dignity.
- We are a nonprofit member-driven organization of ethical professionals.
- We embrace consistency in education.
- We endorse professional standards.
- We affirm and promote the benefits of massage therapy as validated by research.

As you read through this newsletter, you will see and recognize the new leadership team, get the latest news on our fight to combat illegal practices, and see what classes are coming to your area.

I want to thank you once again for the opportunity to serve you.

Eugene Wood
President, AMTA-NY Chapter

Eugene graduated with a BS in Experimental Psychology in 1974. He has 30 years of business experience. For the past 15 years, he has held several positions in the field of computer training using his instructional design and project management skills, creating learning content and delivery of training. Eugene graduated from the Swedish Institute to realize his dream of becoming a licensed massage therapist. Email: eugenelmt@verizon.net
It gives me great honor to have recently been appointed as Education Chair for the AMTA-NY Chapter! As Education Chair, it’s my job to be sure that the AMTA-NY Chapter is compliant with the New York State continuing education regulations by keeping the records. Each instructor’s classes must also be vetted for NYS compliance, so that we may offer Continuing Education hours (CEs) for it. Occasionally, we will offer classes that benefit our members but that don’t include New York CEs such as business building classes.

New York State Office of Professions’ interest in LMT’s continuing education is about our competence as therapists and the public health and safety. So the classes that are CE eligible include among other things, hands-on techniques, pathology, A&P, CPR/First Aid, ethics, client communication. A full list is on the Office of Professions website. Reiki and non-touch energy work is a notable exception. These are not CE eligible because anyone, licensed or not, can do them – they are not specifically within the scope of practice for LMTs. The other notable exception is business classes that are solely about making a profit. While both of these “exceptions” can be important to our personal practice, New York requires that our continuing education topics contribute to competency in the massage therapy scope of practice as relates to public health and safety.

Another question that often comes up is if our CEs can be online classes. There is no limit to the number of CEs that can be taken online – all 36 of your CE hours may be online. All classes, online or not, must be taken from a New York Continuing Education sponsor like the AMTA, with some exceptions. Up to 6 hours offered by a non-sponsor can be used for a class in the acceptable subjects if it is also “acceptable in other jurisdictions.” You can also have up to 12 hours of self-study within the acceptable subjects. For both the non-sponsor and self-study, there must be documentation that it is NYS acceptable subject matter, and documentation of successfully completing the class.

This website has full information on massage therapy continuing education: http://www.op.nysed.gov/prof/mt/mtceapplicantinfo.htm#ques14

You can find some great online classes on the AMTA (national) website: https://www.amtamassage.org/courses/index.html

And a lot of in-person classes in your local units!! See the calendar of events on: www.Amtany.org

Craniosacral Therapy Alliance

CST Education and Training

In New York City This Fall:
“CST Exploration Days”
Instructor: Gina Flores, LMT, CSTA-CP
6 CEUs • NCBTMB NY • $125
September 24, 2016
October 8, 2016

Encourage the body’s natural ability to heal itself with CST!

E X P A N D Your Practice With CST!

Begin bringing CST into your practice in just three days!

Facebook “CSTAlliance”
NCBTMB #451232-10 • 603-948-2820
Convention 2016 “Body of Knowledge”

BY LINDA TOOMEY

The New York AMTA Convention 2016 was a success! Held on April 29 - May 1 at the Hilton Albany in Albany, NY, massage therapists participated in a fun-filled weekend that was rejuvenating. With an offering of great classes and quality presenters, massage therapists went away from the convention with new techniques and excellent class experiences. The Vendor Marketplace was filled to capacity with 23 vendors that offered a variety of massage therapy merchandise and services. The Rummage for Research event was held throughout the Convention, raising $694 for the Massage Therapy Foundation. On Friday, the Annual Business Meeting Luncheon conducted chapter business for the year. Chapter officers and delegates were elected. One of the highlights of Convention was connecting with friends and associates at the dinner dance banquet. With an amazing DJ, the dance floor was filled throughout evening. Time was spent to have raffle drawings, present Chapter awards, and to swear in the newly-elected officers and delegates.

Congratulations to the election winners:
• President: Eugene Wood
• 2nd Vice President: Nicholas Bodkin
• Secretary: Christine Bailor-Goodlender
• 2 Year Delegates (2016 - 2017): Jasmin Pitter and Donald Goodale
• 2016 Delegate/Alternate Term: Melanie Olivieri
• Alternates: Carol Schneider, Teresa Urban, Donna Panzi

Congratulations to the 2016 Scholarship Award Winners:
• First Place: Laura Schmitt, New York Institute of Massage: $1000 award
• Second Place: Lindsay Allen, Onondaga School of Therapeutic Massage: $750 award
• Third Place: Samantha Heineman, New York Institute of Massage: $250 award

Congratulations to the Chapter 2016 Award Recipients:
• Distinguished Service Award: Larry Rockwell
• Meritorious Award: Kyle Hierholzer
• Humanitarian Award: Carol Schneider
• President’s Award: Nick Bodkin
Congratulations to all the drawing prize winners! Much appreciation to our 2016 vendors who donated the drawing prizes. A special thank you to the International Alliance of Healthcare Educators for sponsoring this year’s Convention. (IAHE includes the Upledger Institute, Barral Institute, D’Ambrogio). We are grateful to all the volunteers who helped to make it happen and to everyone who came.

Join us for the AMTA-NY Convention 2017, April 7 - 9, at the Doubletree Hilton in Tarrytown, New York. Attending a convention is a great way to bring together massage therapy professionals for education, networking, and pure fun! Hope to see you there!
Thank you to everyone who took the time to participate in Lobby Day and to those who called and wrote your elected officials over the last several weeks in order to support our legislative agenda. With the help of our Lobbyist, Rebecca Marino, and her assistant, Lena Hitchcock, we had another successful Lobby Day!

We were fortunate enough to discuss our legislative agenda items as well as explain the benefits of massage therapy with several NYS Senators and Assembly men and women. Below are the bills, as well as the outcome:

**Senate bill 5067-B (Robach)/Assembly bill 4087 (Wright) – Support**

We continue our efforts to advocate for the inclusion of workers compensation. This bill would establish a fee schedule for massage therapy in the same manner as physical and occupational therapy, and allow an injured employee to receive reimbursement for massage therapy services provided by a licensed massage therapist.

**Senate bill 5113-A (LaValle)/Assembly bill 7572-A (Thiele) – Support**

We raised awareness of illegal practices and the need to give local law enforcement and the District Attorneys more tools to prosecute the management of illegal practice establishments. This bill reduces the number of persons someone may aid or abet in the use of a professional title (e.g. LMT) from 3 to 1, and clarifies that the practice of esthetics does not include massage therapy. Since there are already felony laws in place for those actually practicing massage without a license, a bill for reducing the number one may “aid and abet” is just another avenue for closing down those illegal practices.

**Senate bill 5113-A (LaValle)/Assembly bill 7572-A (Thiele) – Support**

We raised awareness of illegal practices and the need to give local law enforcement and the District Attorneys more tools to prosecute the management of illegal practice establishments. This bill reduces the number of persons someone may aid or abet in the use of a professional title (e.g. LMT) from 3 to 1, and clarifies that the practice of esthetics does not include massage therapy. Since there are already felony laws in place for those actually practicing massage without a license, a bill for reducing the number one may “aid and abet” is just another avenue for closing down those illegal practices.

Lobby day is your chance to influence the legislature to advance and protect our profession. It is also a chance to network with other AMTA-NY members. During lobby day you are given opportunity to meet with Senators and Assembly members so you have the opportunity to express why our legislative items are important to you and how they could affect you, your family, customers and business. Your participation helps influence their decision with regards to the legislation being discussed. Member participation can make a difference, and I hope you can join us next year in Albany!

The 2016 Legislative Session concluded on June 18. Unfortunately, neither the workers compensation nor the illegal practice bills were approved this year. The Senate passed the illegal practice bill, but the Assembly did not move it out of the Higher Education committee.

On a more positive note, legislation that may provide insurance coverage for massage therapy in cases of pain management passed both the Senate and the Assembly. Senate bill 6466 (Klein) and Assembly bill 9067 (Crespo) expands the types of wellness programs that can be offered to health insurance enrollees. This bill expands and provides for the full or partial reimbursement to enrollees for the cost of a qualified wellness program. Wellness programs include, among others, programs to manage and cope with chronic pain, stress, and/or hypertension. We will let you know when this bill has been delivered to the Governor. If he signs it, this will become law.

Again, we thank all AMTA-NY members for your dedication to our priority legislation throughout the 2016 Legislative Session. We are confident that our voices were heard by many legislators, and we will continue to work with the Legislature to advance AMTA-NY Chapter’s policy priorities to protect and strengthen the Profession in New York State.
Elections 2016

CONGRATULATIONS TO THE NEW NEW YORK CHAPTER BOARD OF DIRECTORS, DELEGATES AND DELEGATE ALTERNATES!

Introducing your AMTA-NY Board of Directors:

• Eugene Wood was elected president for 2016-2018 term.
• Nick Bodkin was re-elected as 2nd Vice-president and then appointed “in succession” to 1st vice-president.
• Christine Bailor-Goodlander was re-elected as secretary, and then appointed “in succession” to 2nd vice-president.
• Linda Toomey is continuing in her 2015-2017 term as 3rd vice-president.
• Amy Battilana –Meyer is continuing in her 2015-2017 elected term as treasurer.
• Pat Collins moves to Immediate Past President.

2016-2017 New York delegates:

• Donald Goodale
• Jasmin Pitter

First delegate alternate:

Melanie Olivieri
She will serve the 2016 delegation after a mid-term resignation from a 2015-2016 delegate.

The 2016 delegate alternates are:

• Carol Schneider
• Donna Panzl
• Teresa Urban

Returning delegates with a 2015-2016 term are:

• Kyle Hierholzer 2015-2016
• Frank Casucci 2015-2016

The board of directors who were appointed to new positions year will have to be member-elected to their positions at the next annual meeting in April 2017. The “regularly scheduled” 2017 chapter elections are for 1st Vice President, 3rd Vice President and Treasurer.

Congratulations to our newly elected, appointed officers, delegates and alternates!
Benefits of Residual Limb Massage

With approximately 1 in every 155 people who have limb loss, a client of yours will more than likely have an amputated limb, also known as a residual limb. Massage of the residual limb differs from normal massage and can be both physically and mentally beneficial to your client. Often times, a client living with a residual limb has phantom pain, loss of self-esteem, depression, and anxiety due to their alteration of appearance and lifestyle changes. As their Massage Therapist, you can help the healing process by providing a massage that will be helpful to the client as well as possibly preparing them for their prosthesis.

Some new amputees are hypersensitive to touch on their residual limb. This is normal, but with gentle massage and light tapping, you can assist with toughening up the limb and desensitizing the area. Due to the sensitivity level in the region, it is important to continually listen to feedback from the client and move on to other parts of their body if they need a break. Remember, each residual limb massage will be unique to the individual. By using your own massage techniques along with sharing how to self-massage their own residual limb, your client can be fitted for a prosthesis in a shortened amount of time. This provides your client with the potential to improve their quality of life and increase mobility and function.

Other benefits of massage therapy on the body, including the residual limb, are increased circulation and reduced swelling. Although, there has not been conclusive evidence on what causes phantom limb pain, it has been theorized that one of the reasons is a cold residual limb. A cold residual limb is defined as a limb that is not receiving proper blood flow and can result in actual pain. By increasing the blood flow through massage, you will be taking the extra step to help alleviate the pain in their limb.

Massage Therapy is also beneficial, not just to the residual limb, but the body as a whole on an amputee since remaining muscles must compensate for the loss of their counterpart. Relaxation, relief of muscle tightness, and stress reduction will be provided to the client during their body massage; this will increase and elevate their mood, self-esteem, and decrease anxiety. It is important to remember that each client is an individual with unique needs but massage is a versatile healing tool for every client, whether for mental renewal, physical rejuvenation, or a fun carefree spa day.

Resources
Poumerol, C. (n.d.). Beating the Phantoms - Phantom Pain Relief Without Medication [PDF file]

A View of the Future...

People often ask me what I want to do with my massage therapy education. I have a wonderful answer, but sometimes it is very difficult to portray my vision of what my hopes are for my future career.

My view for the future would be that everyone had a better understanding of massage as a science just the same way as chiropractic, occupational or physical therapy. I see patients and clients having a more reasonable choice in their healthcare so that they may consider massage as a viable solution to their ailments instead of picturing only a spa or hot stones lined nicely up someone’s bare spine.

I see a Holistic Healthcare Facility that houses a team of doctors and specialists that can treat the patient as a whole. I see massage therapy not only for adults but also for children that have anxiety, Autism, or ADHD. I see treatments for Elderly that have chronic issues that they have battled for years. I see a facility that houses specially trained therapists to aid our precious Veterans that suffer from loss of limbs or other injuries.
I see a treatment center where that team of doctors and specialists respect each other and their knowledge and work together for the patients' well-being and full recovery. I see development for new treatment of work with Fascia (which by the way COMPLETELY fascinates me). I see my clients getting the most care and compassion for their circumstances and that Massage Therapy could really be at the forefront. People have no idea how Thoracic Outlet Syndrome or Carpal Tunnel Syndrome can be treated with massage. They have no idea that yes, their back may hurt... and yes, it could be your QL's or it could be your Erectors... but has anyone ever massaged your Psoas Muscle? Clients with chronic shoulder pain that cannot stop working because they have family to provide for could be getting shots because they have "Rotator Cuff" issues... but they never knew that there was a muscle under their scapula called Subscapularis that could be causing their intense pain. I envision that cross fiber friction will be a KNOWN treatment for people that have scar tissue build up after surgeries.

I see more client education and explaining to them their treatment and what their body is going through during the process. Giving the client the best options for the absolute best care. My view of the future may sound idealistic, but I believe to the core of me that this could exist and I strive to make this vision a reality.

Amy Elizabeth Early | Class of June 10, 2016
Onondaga School of Therapeutic Massage
302 North Goodman Street | Suite 200
Rochester, New York 14607
(585) 241-0700

Participating in Volunteer Work or Outreach Projects

For there will be laying on of hands / and the letting go" – John Stone

My hands shook. Years, miles, lifetimes ago, starting my career as an ever-more stymied physician, I was a nervous medical student volunteering at Atlanta's Central Night Shelter Clinic, and I was about to examine my first patient, a man who was homeless. We had already studied professionalism and boundaries. Wear a white coat and stethoscope, needed or not. Touch patients only when absolutely necessary. Guard against countertransference. Facing my first patient, I gulped, squared my shoulders, and gave my best impression of a doctor… but my hands shook.

Crammed into the hallway just outside the examination room, six other volunteers were busy, and their hands were not shaking. Homeless people often spend hours standing in wet shoes. Concerns about food and shelter make foot health a lesser priority, and yet an untreated foot wound could have catastrophic consequences, so the shelter held a foot-care clinic. My six colleagues were sitting opposite shelter residents, chatting, trimming toenails, and giving luxurious foot massages. They were smiling. Their clients were smiling. As my first patient and I squeezed between their chairs, I felt the glow from those six human connections. The other volunteers were promoting health and affirming humanity, and I wished for that balance.

Over the years, my hands steadied, and I became coordinator for the clinic. Before long, I was overseeing trembling young medical students... but my hands were shaking.

Endnotes
# 2016/17 Continuing Education Schedule

## New York City/Long Island Unit
- **Massage for Burn Scars** (8 CEH) (Manhattan)  
  September 13, 2016
- **Massage for Burn Scars** (8 CEH) (Long Island)  
  September 14, 2016
- **ACE Massage Cupping Level 1** (22 CEH)  
  October 14-16, 2016

## Hudson Valley Unit
- **Massage for Burn Scars** (8 CEH)  
  September 15, 2016
- **Jaws, Ears, and Base of Skull: Triad of Opportunity** (6 CEH)  
  November 6, 2016

## Capital District Unit
- **Massage for Burn Scars** (8 CEH)  
  September 16, 2016
- **Head and Shoulders: The Neck in Context** (8 CEH)  
  February 5, 2017

## Northern New York Unit
- **ACE Massage Cupping Level 1** (22 CEH)  
  November 1-3, 2016

## Central New York Unit
- **Massage for Burn Scars** (8 CEH)  
  September 17, 2016
- **Gross Anatomy Lab Lecture – Upper Body** (8 CEH)  
  November 12, 2016
- **Orthopedic Massage: Treatment & Assessment Upper Body** (8 CEH)  
  November 13, 2016
- **Ace Massage Cupping, Level 1** (22 CEH)  
  March 31-April 2, 2017

## Southern Tier Unit
- **Fibromyalgia; Demystifying the Unexplained Disease** (12 CEH)  
  August 27-28, 2016
- **3-Day Reflexology Level 2 Certification** (24 CEH)  
  October 1-3, 2016

## Western Finger Lakes Unit
- **Massage for Burn Scars** (8 CEH)  
  September 18, 2016
- **Face Toning Massage** (CEH 7)  
  October 22, 2016

## Western New York Unit
- **Massage for Burn Scars** (8 CEH)  
  September 19, 2016
- **Migraine Miracle-Cold Stone Therapy for Migraine Headaches** (6 CEH)  
  October 23, 2016

---

**Online CEH’s**

Did you know you can complete all of your NYS required CEH’s through online approved providers? AMTA is an approved provider of NYS and offers more than 50 online classes. Classes are in a variety of subjects and are as low as $15 per credit hour.

For more information visit: [www.amtamassage.org/courses](http://www.amtamassage.org/courses)
Valerie Graham Essentials™
Aromatherapy
Since 1999

Certified Aromatherapist & Licensed Esthetician
100% Pure & Natural Therapeutic Aromatics

- Pure Essential Oils
- No Synthetics
- No Fragrance Oils
- Aromatherapeutics
- Proprietary Blends
- Natural Ingredients

Organic or Wildcrafted

Sourced from around the world. A trusted name in Aromatherapy, Essential Oils and Natural Care.

Valerie@vgessent.com
krystalblue.com
(516) 384-9289

Wholesale Inquiries Welcome!

AMTA New York presents... Kelly Lott

Face Toning Massage
October 22, 9-5
7 Hours CEUs

Until Sept. 23rd: $115 AMTA Members, $139 Student Members, $175 Non Members
After Sept. 23rd: $125 AMTA Members, $154 Student Members, $195 Non Members

Learn how to perform a 30 minute hydromassage face toning massage treatment while sitting in the chair. Entire class is devoted to learning, practicing and reviewing a new series of massage strokes that stimulates the facial muscles along with tightening and toning of the neck and upper chest. This treatment is beyond basic face strokes and facial nerve damage. Clients will see a tonal difference in their skin and muscles after this very first treatment! Great method for managing the signs of to old and give clients a treat. Students will receive extensive how-to handouts, 12 facial towels and sample facial massage crème.

Student Requirements:
Please bring wax or warm towels or paper towels to class
- 2 sets of sheets
- 2 bath towels
- 2 hand towels
- 2 washcloths
- 1 hairbrush

Migraine Miracle®-Cold Stone Therapy
October 23, 9-4
6 Hours CEUs

Until Sept. 28th: Early Bird Pricing: $199 AMTA Members, $225 Student Members, $250 Non Members
After Sept. 28th: $209 AMTA Members, $232 Student Members, $257 Non Members

Kelly created this innovative treatment specifically for massage therapists who want to offer their clients an alternative and therapeutic relief treatment for all kinds of headaches. 50 million people a year suffer from headaches and an increasing number want a more natural yet powerful way to get relief. The heart of Migraine Miracle® in the Herrick factory designed cold marble stones that contour along key headache pain centers to decrease the pressure on blood vessels, sinus and lymph nodes.

Training includes lecture on headaches and symposiums with headache practitioners. Students will learn how to handle, two spa hot towels anduffled sheets and a certification of attendance. Proprietary © registration form is included at an additional cost. 

Student Required:
Please bring your basic kit or purchase kit from Kelly.

Keep Track of all CE Credits in One Place

The AMTA National website has a great tool to allow you to "self-report" all courses you take anywhere! To do so, simply log in to www.amta.org click on "Update Education Credentials". This tool allows you to put all credits that you have taken anywhere all in one place!

For any questions about this, or to access log-in information, please contact AMTA National at 1.877.905.0577.
It seems like yesterday we were at convention. Here is what CSMT has been up to!

NYFF Burn Center’s Spring Event
TUESDAY, MARCH 22, 2016

L-R: Eve Bucca, Samantha Paige-Graeber, Frank A. Casucci, III, Melanie Schmich, David DeLucia and Missy Vogel

Eve Bucca, Frank A. Casucci, III and Samantha Paige-Graeber

Missy Vogel and Eve Bucca

Easter Bunny making its rounds
Living Healthy With Lupus
SUNDAY, MAY 21, 2016
NY HOSPITAL FOR SPECIAL SURGERY

Pet’s Alive’s 5th Annual Kitten Shower
SATURDAY, MAY 7TH, 2016 | MIDDLETOWN, NY
I arrived in Clinton Square around 8:30, where the massage event tents were set up, next to the starting area. It was drizzling and chilly, just shy of 50 degrees as I wheeled up with my rolling trunk and table. After we set up our tables under the tents, the first runners for the earlier children’s race and those getting a warmed up for the 5K, came over for a pre-event massage. The excitement of the children was contagious and there was definitely a positive vibe from the runners. Over 2000 participants showed up to race as well as many families and corporate groups. It was a whole community of participants, and volunteers. Many runners said it was their favorite race of the year, and rain or shine, hot or cold, they would never miss it.

I loved meeting the new group of OSTM students who are a really talented and interesting group of future LMT’s. They did a wonderful job representing our profession. It was impressive seeing the line of runners as they started to form up for the 10 mile race. The line stretched a whole block back from the starting line, and 2000 racers finished the 10 mile portion of the race! It was a great turnout. The first place winner for both the men and women came in under 60 minutes. Both of them running 5 minute miles! A big congratulations to all the participants and winners!

10-mile race winners:
Male: Sam Morse, 32, of Camden: 50:26
Female: Laurel Leone, 31, of Minoa: 59:30

I found that the racers who were of all shapes and sizes and different levels of fitness to be really inspiring! They motivated me to run the race next year, and I received plenty of advice from when to start training, to where to get the best discount shoes online!

At around 1:20 p.m., volunteer crews had started to break the tents down and we finished up on the last runners patiently waiting for a massage. Most of the runners had left at that point to go eat their well-deserved cheat meals. I think it should be said that the Mountain Goat run has amazing and dedicated Goat herders (volunteers)!

We helped a lot of people that day which is always gratifying, and to spread the message of therapeutic sports massage in addition to a training routine, is an important message that athletes, and exercise aficionado’s need to hear. It was a great event, and I encourage everyone, if you haven’t already, to try massaging at a local sporting event. You might meet some fun people, future clients and make a few friends. Looks like it’s time for me to get a new pair of running shoes, and wish me luck next year!
Capital District Report

Capital District Unit Chair, Larry Rockwell, and a few members from the Capital District Unit were able to take advantage of a last minute opportunity to visit the cadaver lab at Albany Medical Center. We spent a total of just over 2 hours, approximately 15-20 minutes at each station, where knowledgeable and enthusiastic students answered questions that certainly helped to increase our understanding of the various organs, muscles, tendons, and nerves, etc. that are included in the human body.

We were able to see and touch (if you were so inclined) the “elusive piriformis muscle” and “sciatic nerve” in their hiding places, buried beneath the gluteus maximus and gluteus medius. To our surprise the sciatic nerve is much larger and stronger than you might think. It is immediately apparent, based on the proximity of them to each other, and their location deep within the muscle mass of the buttocks and posterior thigh, how they could easily be the cause of that “pain in the butt” often expressed by our clients.

The Cadaver Lab is definitely an experience you should not miss if you have the opportunity. You can “participate to your level of comfort”. Touching/feeling is NOT required but the opportunity is available so that you can get the most out of your visit. All in all it was a great learning experience for any LMT that is interested.

Due to the short turnaround, (less than two weeks) we only had time to let members know about it in the April 1st e-blast and it was immediately posted on Facebook. We hope to be able to schedule another lab sometime in late October or Early November. The schedule is controlled by Albany Med based on the availability of the cadavers and the Medical Students who provide “the guided tour” information at each station. Once again we expect the notification to be short and the number of attendees to be severely limited, so be sure to keep reading our e-mail and Facebook page; you never know what might be offered.

Save Your Hands Northern NY

L-R; Joanne Kolidziej, Claire Santere, Stephanie Gray, Lamar Bliss, Elizabeth Girard, Denise Halley and Tracy Knowlton
AMTA-NY Calendar of Events

AMTA NATIONAL CONVENTIONS
2016 Milwaukee, WI
2017 Pasadena, CA
2018 Washington, DC

VOLUNTEER OPPORTUNITIES
Community Service Massage Team (CSMT) and the Sports Massage Team are always looking for volunteers for events. Be sure to check our website www.amtany.org under calendar of events to see what is coming up in your area!

You can also contact the Team Chairs:
Shania Sonneville, Sports Massage Team Chair
shania.lmt@gmail.com • 315.576.3321
Samantha Paige-Graeber, CSMT Chair
ladystar44@icloud.com • 845.355.8015

Useful Links

AMTA NATIONAL OFFICE
www.amtamassage.org

NYS EDUCATION DEPARTMENT OFFICE OF THE PROFESSIONS
www.op.nysed.gov/prof/mt

MASSAGE THERAPY JOURNAL
www.amtamassage.org/journal/home.html

MASSAGE & BODYWORK MAGAZINE
www.massagemag.com

MASSAGE TODAY
www.massagetoday.com

MASSAGE THERAPY FOUNDATION
www.massagetherapyfoundation.org

SAVE THE DATE

2017 AMTA-NY Convention
April 7-9, 2017 | Tarrytown, New York
Doubletree Hilton | 455 South Broadway

Social Networking

To network online with AMTA, visit www.amtamassage.org and click on the corresponding social media icons at the bottom of the page, or follow these links:

FACEBOOK
www.facebook.com/amtanychapter

TWITTER
www.twitter.com/AMTANY

LINKEDIN
www.linkedin.com
Search Groups: American Massage Therapy Association (AMTA)

YOUTUBE
www.youtube.com/amtamassage

*Facebook and Twitter pages are linked so that information from Facebook will automatically be posted to Twitter.