



FSMTA Newsletter

August Chapter Meeting

Meeting Date – August 10, 2011 (2nd Wednesday of the month)

Presenter – Pete Pfannerstill, PhD, LMT

Subject – Intro to Myofascial Sports Massage

Time – 6:00 pm - Registration and Networking

6:25 pm – Welcome and announcements

6:30 pm - Program Begins

Location - Keiser University Auditorium,

Enter East Entrance & Parking Lot

Address - 1800 Business Park Blvd, Daytona Beach, FL

2 CE Hours Awarded - Members Free, Non-members \$25.00

This Month's Presenter



Pete Pfannerstill, PhD, LMT, CKTP, CKTI has been a licensed sports massage therapist since 1997. He is an active member in the American Massage Therapy Association, the Florida State Massage Therapy Association (FSMTA) and is nationally certified by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).

Pete is a continuing education provider, approved by the State of Florida (#50-2081) and the NCBTMB (#386613-00), teaching sports

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massage courses and the Kinesio Taping® Method as a Certified Kinesio Taping Instructor. He serves on the Kinesio Taping Association Education Committee.

Pete was selected by the 2004 Athens Health Services Sports Massage Team for the Athens Olympic Games. He is a Level 2 Olympic Sports Massage Therapist in the USOC Volunteer Sports Medicine Program. From 1999-2007, he worked as a massage therapist in the New York Yankees system.

On a personal note, Pete is an experienced ultramarathon runner with over 40 marathons and ultramarathons to his credit including the 2000 Vermont 100 Mile Endurance Run (PR 23:30) and the 1995 St. George (Utah) Marathon (PR 3:13:12).

Sports Team Report - Adan Araujo, LMT



Hello to all, from the Sports team. I am really looking forward to this month's FSMTA's meeting. We will be having Pete Pfannerstill, PHD. As guess speaker on Myofascial Sports Massage, this should be a great learning opportunity for everyone on the sports team, as well as all other therapist. Peter Pfannerstill will be sharing his knowledge and wisdom on a very helpful type of sports massage, which can benefit any therapist's practice.

I am currently trying to arrange a sports team certification class for the end of September, but have not confirmed it yet. I should have a date set by August's meeting. Also, I am talking to a possible major sponsor for the upcoming Ironman event in Miami, so wish me luck. Once again, if anyone knows of an upcoming event that we may be of help to, please let me know

This month I would like to talk about what to expect at a sports massage event. First and foremost, be prepare to have a great time. Most events are local and the people are friendly, down to earth, and helpful in any way they can, so you always feel welcomed. Usually there are 200 to 3,600 athletes in any given event, so the number of massages you do will vary, but the work pace should be the same. You go from slow and steady to overwhelmed quickly.

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Once you arrive at the event, try to set-up your table and supplies quickly, so that you can attend the therapist meeting. The meeting will address; the amount of time for each massage, the way to keep track of each massage (tickets with amount time on them is common), where the First Aid tent is located, bathroom location, and a brief review of techniques to use. Remember that we only provide massage, so if you have an athlete with severe blisters, dehydration, bleeding, vomiting, or any other medical concern get them to the first aid tent promptly. Every event has a First Aid tent or EMT station which provides medical attention, stay within your scope of practice.

There are a few things that you should do before doing the actual massage. Start off by asking the athlete 4 basic questions; have you had at least 15 minutes of cool down time, have you taken enough water since the end of the race, did they have any injuries during the race, are there any medical conditions that we should know about? Check for blister on the feet and wipe them clean, check for any open wound and get them to the First Aid tent if you find any. Ask how they feel and talk to them in a positive matter to keep their spirits up, they are exhausted and drained so let your words be up-lifting.

You will find that time fly's by when the rush is on and before you know it it's the end of the day. When you finish your last athlete, clean up the area around you and put your equipment away. Gather all your massage tickets and give them to the captain to add-up, so that you know how much compensation to expect. Sporting event are fun when you attend as a spectator, when you work in one, it becomes even more fun and exciting. I will be addressing some of the techniques used at sports massage events in next month's issue, till then be good and stay well.

Presidents Report – Mark Bigelow, LMT

We want to offer our thanks to our July meeting presenter Larry Self, LMT, for introducing many of us for the first time to one of his specialties, Compassionate Touch. For those of you who are interested in using your professional talents to make a valuable difference in someone's life when they can use your touch the most, please contact Larry for additional training and information on how you can get started in this rewarding modality at cieloazul@cfl.rr.com.

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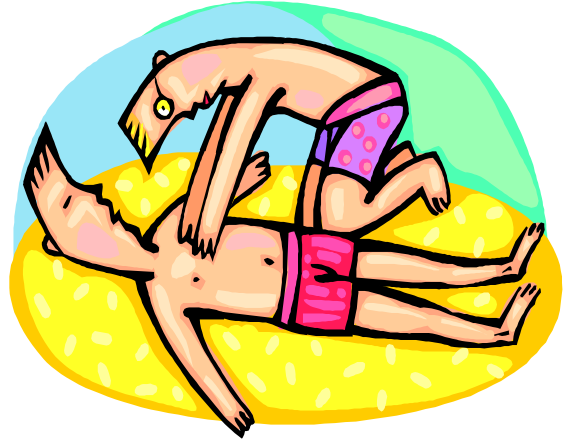
CPR class

Contact with an instructor has been successful.

The names previously submitted to me on a list taken at an earlier chapter meeting have been forwarded to Bob Bornemann who will be arranging the class. There are strict guidelines about instructor to student ratios in such a class and it is possible that more than one class will be arranged.

If you are a chapter member interested in taking a CPR course and were not able to attend the monthly meeting when the list was made, please contact Bob directly for more instructions at

newyorkfloatin@yahoo.com or at 386.795.7747 The cost per participant is 45.00



Special Award



On behalf of all our chapter members, I was able to present Mr. Matt McE-nany, the Keiser University Administrator, with a special plaque thanking him for his support of our chapter and the FSMTA.

We use the Keiser University auditorium each month at no charge to the chapter and are grateful for such a fine place to hold our monthly meetings. We certainly hope our relationship will continue.

I appreciate all our members taking an interest in leaving the facility in such remarkable shape after each meeting. The floor is always left clean, the seat tables are all put away and no one would know we were even there, aside from the full trash cans.

Thank you, all.

Feel called to work with elders...but don't know where to start?



Attend a Compassionate Touch® workshop and gain the skills and self confidence you need to serve this growing population!



Why Compassionate Touch® training?

Compassionate Touch® is a hands-on complementary approach for those in eldercare, hospice and palliative care. It combines focused touch and sensitive massage with specialized communication skills to help enhance the quality of life for those in later life stages.

Our training empowers massage therapists and other health professionals to serve this expanding population with confidence and to celebrate the mutual benefits of this uplifting work.

Why now?

According to the American Medical Association --In 2011, America's 78 million baby boomers will begin turning 65 at a rate of one every 10 seconds. The American Massage Therapy Association states that the use of massage among those 65 and older has tripled in the past decade.

Now is the perfect time!

2011 is the year to expand your practice
and get paid for your passion!



Compassionate Touch® Level 1 Workshop

2 FL Locations!

When: July 22-24, 2011

When: August 19-21, 2011

**Where: Gulf Coast Village Care Center
1333 Santa Barbara Blvd.**

**Where: Winter Park Towers
1111 South Lakemont Ave.**

Cape Coral, Fl. 33991

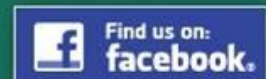
Winter Park, FL 32792

"I have been in practice 20 years. Compassionate Touch enhances the way I connect with all my clients."
Randa Cherry, LMT, Cedar Rapids, IA

Early registration, group discounts and payment plans available -call 417-844-8514 for details

"This workshop is above and beyond the best of its kind!"
Paula Dean, LMT, Dallas TX

Unique Setting! Our training is always held in eldercare facilities.



www.compassionate-touch.org

NCBTMB and FL Approved CE Provider
FL CE Provider #50-8934

Legislative Report - Greg Neely, LMT

Nothing to report at this time.
Look forward to seeing you at the next monthly meeting.

Treasurers Report - Greg Neely, LMT

Our Balance is \$6,165.49. We have received a check from our sister chapter Suwannee Valley for 104.25 to help offset our Convention expenses for the year. We look forward to the Sports Team's Trip in October as they have already gotten a \$100 pledge for Sponsorship and need anyone that is willing to help sponsor a team member. They need to raise \$2500.00 to make the trip a reality. If you wish to help sponsor the team with a donation, please contact Adan, our Sports Team captain about Sponsoring opportunities. We have been authorized to give sponsors advertising in place of sponsor dollars. Advertising in the form of our Monthly Newsletter, at our monthly meetings, on our website and on T-shirts that the team will be wearing at the event in Miami in October.



Special Recognition Award Winners

The awards are from the Flagler/Volusia FSMTA to show appreciation that a member has the staying power even in the face of a tough economy to remain loyal to the massage profession. Those that have become what is considered a veteran in the industry after 10 years of continual service in the massage profession. We will also be noting those that have contributed 15 years of services as well. We will be taking pictures to be put in the Massage Message Magazine which is distributed throughout the state in the October issue. See you there.

We would also like to acknowledge those with more than 15 years of Service with a - in front of their names.

SPECIAL RECOGNITION AWARD WINNERS

Larkin Aman (1995-03-27)
Susan Amon (1995-03-27)
Kathe Angell (1995-03-27)
Jeffery Azad (2001-08-15)
Kaydene Bierals (1994-09-19)
Mark Bigelow (1986-01-09)
Stephanie Black (1996-08-13)
Virgina Bohn (1990-07-09)
Rebekah Brennan (2001-05-23)
Karen Burke (2001-11-05)
Leslie Burton (2000-02-23)
Cathy Calcerano-Harmening
(1997-02-07)
Margaret Clancy (2001-05-14)
Ed Eisler (1999-02-17)
Edwin Ensslin (1997-01-10)
Tina Evans (2001-11-30)
Aurora Ford (1989-07-21)
Sandra Fuhrmann (2001-07-03)
Elizabeth Ann Haag (2000-07-03)
Lawrence Harvey (1998-02-27)
Claudia Hults (1993-08-11)
Beverly Jackson (1993-12-10)
Ann Jacobs (1996-07-22)
Mercedes Jordan (1985-01-10)
Lisa Konietzky (2000-06-15)
Jean Krupa (1999-08-18)
David Lang (1993-01-29)
Karen Leslie (1994-10-05)
Roland Liberi (2000-02-08)
Daisy Long (1998-07-22)
Frances Lord (1999-12-21)
Janet Lyons (2000-12-01)
Eleanor Miles (1996-10-31)
Betsy Morrison (2000-08-14)
Valerie Mullikin (1994-12-20)
Catherine Myers (1997-09-08)
Mary Ellen Rehrig-White (2000-10-17)
Sheri Reinke (1989-01-26)
Larry Self (1989-07-21)
Jane Sharpe (2000-04-05)
June C. Sitler (2000-10-18)
Deborah A. Story (1993-12-10)
Moises Sztyleman (1993-12-10)
Mary Tucker (2001-02-16)
Carol M. Underwood (2001-09-07)
Sheree Urich (1997-05-07)
Heather Wagner (1997-07-14)
Theresa Waldorf-Beman (2000-03-23)
Sally A. Walsh (2000-03-23)
Jeff Weaver (1993-12-10)
Deborah Brugh Wemple (1987-12-18)
D. Lee Woodman (1994-06-20)
Roger Young (2000-07-21)
Roberta L. Bornemann (1995-06-19)
Deborah LeVine (1997-11-20)
Treran Porter (1997-11-20)
Cathy Shone (1994-06-20)
CA Green (1992-01-15)
Jacqueline A. Hillard (2000-09-07)
Jennifer A. Giagonelli (1999-09-17)
Elana Carroll (1995-12-18)

240 Ridgewood Ave
Holly Hill Fl 32117

Promoting professionalism through
training for massage therapists.

We're on the web at
www.fsmtafv.org



Upcoming Events and Speakers for 2011

- August 10** : Pete Pfannerstill, PhD. , Myofascial Sports Massage
- September 14**: Dr. Yusof Mihaylov, LMT Segment Reflex Massage
- October 12** : Robert Murray, LMT, Tai Chi for Massage Therapists
- November 9**: Gregory Neely, LMT, Intro to HIPPA / HITECH
- December** : Holiday Party
- January 2012** : Annual Business Meeting, Chapter Board Elections

For renewal by August 31, 2011 you will need

- 12 - "relevant to massage therapy technique" CE Hours, must be in classroom only
 - 6 - "general" CE Hours (can be classroom or done by homestudy courses)
 - 2 - Professional Ethics
 - 2—Prevention of medical errors
 - 2 - Florida State Massage Laws and Rules
 - 1—Aids prevention (not counted but required)
- 25 - total hours**

