



FSMTA Newsletter

FEBRUARY MEETING

Meeting Date – February 8th, 2012

(2nd Wednesday of the month)

Presenter - Thomas Liberto, LMT

Subject - Pectoralis Minor and
Its Effect on Hand Function

Times –

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

Telephone: 386-274-2725

2 CE Hours Awarded - Members Free,

Non-members \$25.00.

Inside this issue:

Presidents Report	3,4
Sports Corner	5
Ads	5,6
This Month's Presenter	2
Legislative Update	7
Treasurer's Report	7

Board of Directors:

President
Gregory Neely, LMT

1st Vice-President
Jane Sharpe, LMT

2nd Vice-President
Teresa Cavey, LMT

Secretary
Moises Sztyleman,
LMT

Treasurer
Krystal Haworth, LMT

**Immediate Past-
President**
Mark Bigelow, LMT

Newsletter Editors

Betsy Morrison, LMT

Frances Lord, LMT



This Months Presenter

Thomas Liberto, L.M.T has been practicing massage therapy for thirty-nine years and teaching classes for the past thirty-one years. He is a graduate of both the Texas Institute of Reflex Sciences in Houston, Texas and Dr. J. Victor Scherer's Academy of Physiotherapy in Santa Fe, New Mexico. Thomas has traveled throughout the continental United States and Hawaii and has studied Applied Kinesiology under its originator, Dr. George Goodheart. He has also attended Dr. John Kasler's Seminars in Receptor-Tonus Technique. Massage therapists, physical therapists, occupational therapists, chiropractic physicians, their assistants and other health care professionals attend Mr. Liberto's well-received seminars.

Mr. Liberto is an expert practitioner of numerous therapeutic techniques, including:

Manual Muscle Testing and Correction Reflexology Receptor-Tonus (trigger point) Techniques Reiki Healing Body Alignment Mr. Liberto has instructed at schools in Florida teaching seminars to health care professionals for the past 30 years. He has been guest presenter at chapter meetings from Miami/Dade to Pensacola, as well as Florida State Massage Therapy and Florida Chiropractic Association conventions. He owns and operates a successful clinical practice, Liberto Therapy Associates, in Lake Worth, FL. When not teaching, you will find him treating patients at his clinical practice, Liberto Therapy, LLC, in Lake Worth, Florida. Patients include people of all ages, from specially challenged children to the elderly. Patients in the Sports and Entertainment world include bodybuilders, world-champion water-skiers, boxers and well-known entertainers. Some of the best massage therapists also visit Thomas for both instruction and personal clinical treatment.



Presidents Desk by Greg Neely

I would like to thank everyone that showed for the annual business meeting on Jan 11th at Keiser University. As a result of that meeting a new chapter board of Directors was elected into office and we are excited to see additional volunteers that stepped up to fill voids that we had.

The official results from the elections are:

President - Gregory Neely, LMT

1st Vice-President - Jane Sharpe, LMT

2nd Vice-President - Teresa Cavey, LMT

Secretary - Moises Sztylerman, LMT

Treasurer - Krystal Haworth, LMT

Immediate Past President - Mark Bigelow, LMT

We also looked at all the committee members that were needed to make this coming year the best yet.

New Committee Chairman/Committee members Appointments -

Hospitality Chairman – Stephanie Black, LMT

Educational Chairman - Mark Bigelow, LMT

Sports Team Captain - Adan Araujo, LMT

Assistant Sports Team Captain - Judy Aiello, LMT, EMT

Massage Awareness Chairman - Jacqueline Hilliard, LMT

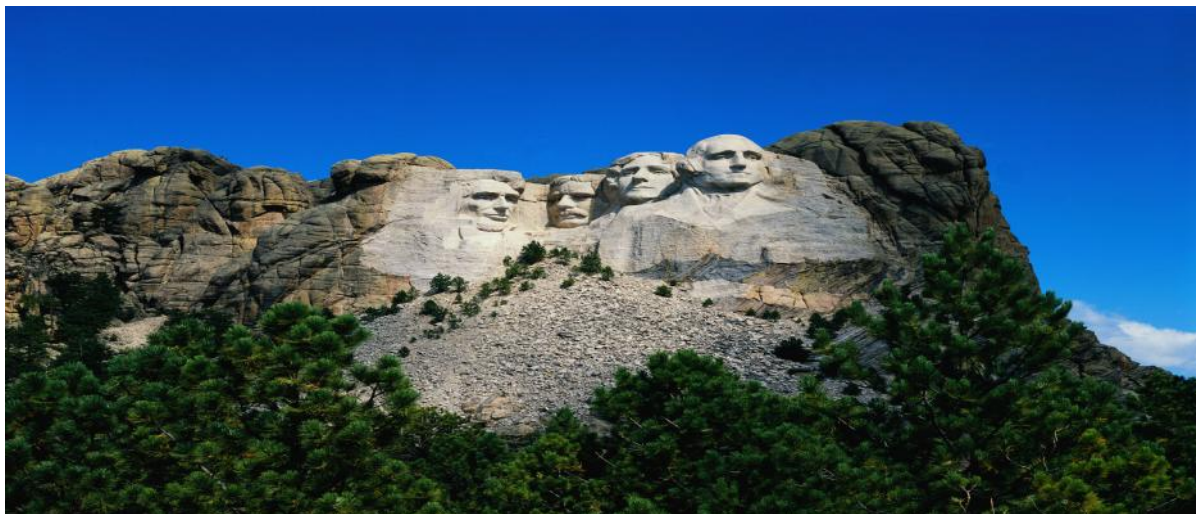
Registration Committee - Tina Bashlor, LMT, Moises Sztylerman, LMT

Presidents Desk by Greg Neely - continued

I would also like to thank Stephanie Black for volunteering to head up the Hospitality Committee bringing food to our monthly meetings. We were on the verge of not having food at our monthly meetings. Thank you once again for stepping up to fill this position.

I would like to take a moment to thank our outgoing Chapter Board of Director's contribution for the last two years. Their sacrifice has not gone unnoticed and has left the Chapter much stronger than it was in previous years both financially and membership strength as well. Mark Bigelow will now transition to being Immediate Past President of the Chapter. This position is to ensure a smooth transition for the Chapter and make sure that I as the new Chapter President have support and someone to run to when I don't know the answer to the question. Mark has done a great job in the last two years as Chapter president considering that the Chapter was on the verge of going Bankrupt only a couple of months after starting his Presidency. Restructuring and cutting costs was the name of the game when the economy was headed south. Through it all our chapter has endured and has been made stronger due to the changes that we made as a board. Mark your presence as Chapter President will be missed.

Our Presenter for January was our very own Mark Bigelow who did a superb job for a 1 hour presentation on the shoulder. Several members said as short as the presentation was they still walked away with tools that they could use in their practice immediately. Assessing shoulder issues allowing them to target their treatment to the right shoulder muscles to be more effective. Dusting off the haze in knowledge Mark's presentation covered all the SITS muscles.



SPORTS CORNER by Adan Araujo LMT

Joyous holidays to all from the Sports team. I hope everyone had a great time during the holidays. This year's Christmas party was fantastic, as always, thanks to Mark and Greg for planning and hosting this event. We had some great prizes this year, especially the grand prize of a I-Pod won by our own Joel Fear. Besides winning the grand prize at the Christmas party, Joel was my pick for Sports Team member of the year award. His helpfulness and commitment to the sports team was much valued, thanks Joel.

As I mentioned at January's meeting, we are trying to build a relationship with the NASCAR in order to provide massage service to teams, crews, and staff and/or official, as well as NASCAR sponsors. As of this writing I have not heard back from them, but am working on other means to get our foot in the NASCAR door, wish me luck. I will try to keep members notified as to any openings.

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What are the Peroneal Tendons?

If the tissue that holds the tendons in place is torn by turning the ankle over (ankle sprain) then the tendons can slip forward over the malleolus. Repeated dislocations can result in inflammation. The injury is common in athletes with unstable ankles. Often a contributing factor to this is tension in the muscle belly of Peroneal tendon. Deep tissue massage is an excellent way of identifying and releasing this .

How to treat as a massage therapist:

Rest, Ice, Compress and Elevate (R.I.C.E.).

Gentle stretching when the inflammation has gone.

Learn how sports massage techniques are applied to release tension in the peroneal muscle.



Energy Renewal

Monday, March 19th, 8:30 - 4:00 pm



Daytona Books & Metaphysics
125 International Speedway Blvd.
Daytona Beach, FL 32114

This 6 hour program is a retreat style class for all levels of interest. The class syllabus is both didactic and experiential to provide you with a day of Energy Renewal, a day for YOU.

YOGA

TAOIST SELF-MASSGE

CHAKRA HEALING

QIGONG

FOOD-HEALING

The class provides 6 CEU's for Licensed Massage Therapists and Yoga Alliance Teachers.

For more information and paypal payment email:

WellConnected@me.com
Suggested donation \$45

6 CEU's

FL Board of Massage
Provider #50-12519
NCBTMB #45414-10

Yoga Teachers
Yoga Alliance #53755.



Instructors are Ed Eisler and Suzanne DeWees

Both are licensed massage therapists and certified yoga instructors.

Ed is a Level 3 Instructor in Qigong ,Certified Fitness Trainer (ACE), and a Certified Food Based Healing Instructor.
EislerTherapeutics.com

Suzanne has been awarded her PhD in Integral Health. She is an SCSCMA Certified Healer and a Kripalu Yoga Mentor.
SuzanneDeWees.com

Together, they bring you years of experience in teaching health & wellness and providing energy renewal to individuals and groups.

Legislative Report -Greg Neely, LMT

As you already know the legislative session started on Jan 10th. That means straight out of the gate Senator Negron of Sarasota Florida introduced a Bill in Tallahassee that would eliminate Massage therapy from PIP (Auto Accident Claims). The reason that he stated was due to the amount of rampant fraud involving PIP and Massage therapy.

SB 1860 and the House has also adopted a sister bill HB 119.

These are two lines from the bill as written:

Line 49: excluding massage and acupuncture from medical benefits that may be reimbursed under the motor vehicle no-fault law;

Line 563: Medical benefits do not include massage as defined in s. 480.033 or acupuncture as defined in s. 457.102.

This bill is being watched by our lobbyists and our Association Attorney Paul Lambert. Please keep an ear out, there may come a time when you will need to get involved to stop this bill as written. A grass roots effort may be called upon in the future so keep a close eye on your emails from the Chapter and from the State as well. Usually with PIP legislation, as in the past, once we get notice on what is going to happen we will only have 24 hours to make our voices heard in Tallahassee.

Other bills that are in the works are

- HIV/AIDS removal for the need to take this as a mandatory class for licensure.
- Human Trafficking (The FSMTA has come out in support of this bill since it has been re-written to go after those that are breaking the law and not those that are trying to abide by the law)

Treasurers Report by Krystal Haworth

Hello Flagler/Volusia Chapter of the FSMTA! My name is Krystal Haworth and I am your new Treasurer. I hope I can live up to my predecessor's achievements' and continue to serve you just as well. Our balance for the Chapter is \$6,249.63. The new 2012 Budget has been voted upon and approved by the Chapter at the Business Meeting on January 11, 2012.

If anyone would like a copy of the budget, please contact me at krystalhands@gmail.com.

240 Ridgewood Ave
Holly Hill FL 32117

Promoting professionalism through
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We're on the web at
www.fsmtafv.org



Upcoming Events and Speakers for 2012

Upcoming Monthly Speakers

March 14 - Cary Bayer, Massage Marketing

April 11 – Thai Herbal Ball

May 9 – Sports Massage , Theresa Mathews

June – No Meeting Annual Convention Omni Resort Championsgate

Your suggestions for speakers or subjects are appreciated.

For renewal by August 31, 2013 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)