



Flagler/Volusia FSMTA

Agenda January Chapter Meeting January Chapter Meeting

Meeting Date – Jan. 12, 2011 (2nd Wednesday of the month)

Please note the new time for this meeting – Start at 6:15pm

Chapter Annual Business Meeting, see agenda details below

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Speaker – William Muhlstadt, LMT (FSMTA State Sports Team Co-ordinator)

Subject – Applied Performance Sports Massage

Time – 6:00 pm - Registration and Networking

6:15 pm - Welcome and Annual Business Meeting

6:45 pm - Speaker Presentation Begins

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

Location - Keiser University Auditorium,

Enter East Entrance & Parking Lot

Address - 1800 Business Park Blvd, Daytona Beach, FL

386-274-2725

Board of Directors:

President
Mark Bigelow, LMT

1st Vice-President
Chris Brooks, LMT

2nd Vice-President
Jane Sharpe, LMT

Secretary
Moises Sztyleman, LMT

Treasurer
Gregory Neely, LMT

Newsletter
Greg Neeley

Editor
Betsy Morrison

Willaim Muhlstadt, LMT

Presents

Applied Performance Sports Massage

Intro to “APSM”

Applied Performance Sports Massage

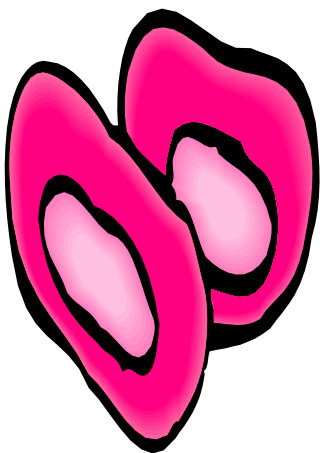
We will discuss some of the theories and focus of the APSM system of performance, the “Parachute Factor” and the use of dynamic thinking.

We will expose one sport and the shoulder as it pertains to the biomechanics of a swimmer, covering the basic focus of the athlete and the prime movers and the support group of the shoulder. **Cont Page 2**

Factoid—

Every day an adult body produces 300 billion new cells. Your body not only needs energy to keep your organs up and running but also to constantly repair and build new cells to form the building blocks of your body itself.

To give you an idea of what a billion is – one billion seconds ago was 1959



Red Blood Cell

Intro Continued from page 1

There will be an assessment and a demo of a performance treatment.

By understanding these mechanics and the focus of the athlete we can help increase their performance and reduce injury.



William Muhlstadt:
has been a member
of the FSMTA
since 2003.



He joined the sports team as a student to pursue his passion for sports massage. In the following years William was named the 2007 Sports Team member of the Year and in 2010 he was named the FSMTA State Sports Team Director. Through being apart of the sports team he has been able to develop his leadership skill and along the way the events which William has worked gave him the canvas to develop this Applied Performance Sports Massage class.

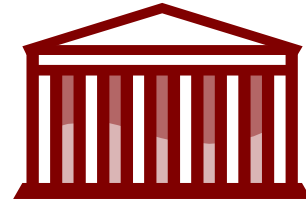
Presidents Report - Mark Bigelow

Our holiday party at Caribbean Jack's was a big success with 39 attendees. We had two of our sponsors from TD Bank attend along with some members partners who we do not get to see very often. I am glad so many came to the party. Next year we may need a bigger room as we were just on the edge of over crowding our space.

Our very generous sponsors who donated gifts for attendees were New Age Touch, EDCAT Enterprises, Bon Vital, TD Bank, Hygenic Health, and radio 1150 WNDB.

Betsy Morrison was the winner of our grand prize drawing from WNDB and we hope she uses the donated commercial air time to further her massage practice.

Thanks for a great job by Greg Neely as our emcee of the night and for arranging the gifts from many of our sponsors along with Chris Brooks. Krystal Haworth took lots of photos for our website. Be sure you check them out. Thanks again, to all who made it happen and run smoothly.



Update from your
chapter President
Mark Bigelow, LMT

Annual Business Meeting

At our January monthly meeting, Jan. 12, 2011 we will include our annual business meeting and invite all chapter members to attend. We will have to start at 6:15 and take about ½ hour to do a little chapter business as required in the association by-laws. Please come.

We will have reports by board members and committee chairs. We want to recognize all chapter volunteers. Bring your suggestions for a charity that may be the recipient of the \$630. that was collected during Massage Therapy Awareness Week. We will be talking about resurrecting our ailing chapter sports massage team, as many of you have mentioned, among other items.

To help us with our sports team and to arrange a training class, we have as our January speaker **Mr. William Muhlstadt**, who is the FSMTA State Sports Team Director. If you are interested in this subject be sure to attend.



FSMTA – Flagler/Volusia Chapter Board

President – Mark Bigelow, 386.214.6268, bigelowseminars@aol.com

1st Vice President – Christopher Brooks, 386.795.2033, dean@daytonacollege.edu

2nd Vice President – Jane Sharpe, 386.586.3007, janolmt@webtv.net

Secretary – Moises Sztyleman, 305.481.1630, mossage57@yahoo.com

Treasurer – Gregory Neely, 386.492.2958, greg@newagetouch.com

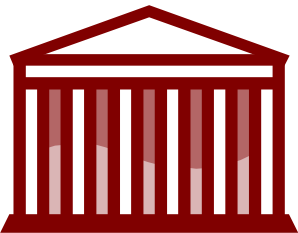
Central Office Address: 1870 Aloma Ave Suite#260: Winter Park, Fl 32789

Lynn Hupp Exec. Director: 407-628-2772

or toll-free 1-877-376-8248 or 1-877-FSMTA 4 U.

Monthly Treasurer Report - Gregory Neely, LMT

Our Balance is \$4,346.89. The annual budget will be available for viewing at our annual business meeting in January.



Treasurer's Corner by Gregory Neely, LMT

Legislative Corner by Gregory Neely, LMT

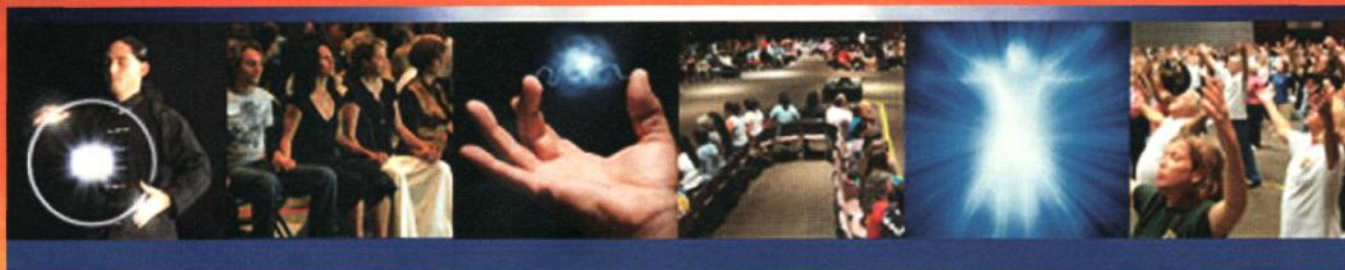
State Representative Frensen has filed HB49 which will alter the Massage Therapy Laws in Florida allowing Students to work without passing an exam for 6 months with a temporary license. He tried this last year as an amendment to a medicaid bill which had nothing to do with massage therapy. This year he has written a bill to alter the massage profession. HB49 has not been named yet and was Filed on Dec 7th,

Qigong Session

Qigong (or ch'i kung) is an internal Chinese meditative practice which often uses slow graceful movements and controlled breathing techniques to promote the circulation of qi within the human body, and enhance a practitioner's overall health.

Reiki Masters & Yogis are calling this seminar, "The most powerful experience of ENERGY."

2-3 HOURS OF AMAZING QIGONG HEALING



Qigong Healing & Breathing Application

Breath Empowerment: Feels like a "Humming Engine" inside your abdomen! Initiates flow of Qi.

Empty Force Qigong: Your energy field becomes so palpable - it feels like solid matter.

Spiraling & Pressing Qi: Subtle movements are the REAL KEY to harnessing the Qi-Energy.

Cloud Hands: Beautiful Practice for strengthening lungs and opening the chest.

Earth Hands: Strengthens the hips, legs, & the reproductive center of the body.

Around the World: Rotating at the waist, large spheres of energy are formed. Used to give Qi.

Qigong Push Hands: Energy is projected. Qi gently "pushes" the body and assists movement.

Tumo Breathing: Pressurizes Qi to flow strong. Pulsation of Blood & Qi flows down arms and legs.

Wuji Style Qigong: Learn 7 Wuji Movements. A "MAGNETIC DANCE" of Qi. Create your own form.

9-Breath Method: ULTIMATE Breath Practice. Blissful waterfall of Qi removes stress & negativity!

Advanced 9-Breath: Takes Energy to deepest levels. We become PURE SPIRITUAL VIBRATION.

"I've been a practitioner of Reiki since 1983. I love Reiki and find your Qigong helps my practice tremendously. I FEEL the energy more powerfully now than I ever thought possible! - Rev. Ojela Frank, Author, Reiki Master"



Seating Limited so Call (386) 214-6465

Ed Eisler L.M.T. from EislerTherapeutics.com

Level 3 Instructor from Supreme Science Qigong

March 2 and May 1
January 30

Welcome New Members: Benita Allman - Bunnell , Odalis Groome - New Smyrna Beach, Elizabeth Lingo - Daytona Beach, Henrik Martenson - New Smyrna Beach, James Odie - Port Orange, Molly Wallace - Orange City, Heather Wells - Edgewater

Renewal Time

| | | | | | |
|-----|-------|----------------------------|---------------------------|------------|------------------|
| 5 | 49819 | Tina | Bashlor | 01/31/2011 | Edgewater |
| 39 | 37801 | Judith | Cirino | 01/31/2011 | South Daytona |
| 238 | 41972 | Min | Arcieri | 01/31/2011 | Holly Hill |
| 57 | 47927 | Jennifer | Edwards | 01/31/2011 | Port Orange |
| 60 | 34834 | Tina | Evans | 01/31/2011 | Port Orange |
| 76 | 43555 | Sharon | Guest | 01/31/2011 | Lake Helen |
| 90 | 22331 | Ann | Jacobs | 01/31/2011 | Ormond Beach |
| 98 | 50797 | Viktoria | Kramer | 01/31/2011 | Ormond Beach |
| 106 | 50327 | Tim | Leonard | 01/31/2011 | New Smyrna Beach |
| 108 | 46155 | Alesia | Lester | 01/31/2011 | Bunnell |
| 117 | 32405 | Janet | Lyons | 01/31/2011 | Daytona Beach |
| 141 | 51516 | Patrica | Newkirk | 01/31/2011 | DeLeon Springs |
| 144 | 36684 | Sadako | Nolin | 01/31/2011 | New Smyrna Beach |
| 146 | 42020 | Geraldine | Ouellette | 01/31/2011 | Deltona |
| 149 | 52792 | Stacia | Pilcher | 01/31/2011 | Ormond Beach |
| 151 | 49185 | Angela | Pollak | 01/31/2011 | Daytona Beach |
| 156 | 40038 | Judith | Randolph | 01/31/2011 | Daytona Beach |
| 214 | 16068 | Jeff | Weaver | 01/31/2011 | Daytona Beach |
| 229 | 52107 | Michell | Apgar | 01/31/2011 | Ormond Beach |
| 230 | 19781 | Roberta L. | Bornemann | 01/31/2011 | New Smyrna Beach |



Sports Corner by Sheree Urich, LMT

Sports Massage team Coordinator surich@cfl.rr.com

SPORTS MASSAGE FOR RUNNERS

Hamstring injuries can be extremely frustrating to the runner. Small tears that seem insignificant can lead to major problems if left untreated. Prevention is usually the best cure. Therefore, it is important that runners maintain good flexibility. A stretching program is very important. I prefer a ballistic type of stretching which mimics the range of motion that occurs during the activity. Muscles should be thoroughly warmed before beginning any kind of stretching program. Regular massage on healthy tissues also helps maintain elasticity of the muscles, tendons and ligaments. This should help to prevent injury. If tissues are healthy and flexible, an injury, if it does occur, should be much less severe and heal quicker.

The hamstring muscle can be injured at the attachment, musculotendinous junction, or belly of the muscle. Injuries can range from total avulsion, including pulling bony attachments away, to slight tears. Sprinters are most the most likely runners to experience severe hamstring injuries due to the speed of the movement and the larger range of motion that occurs. Long distance runners are more likely to have minor tears of the first and second degree.

There are several problems that occur in any muscle injury which has happened as a result of a tear. Swelling is the No. 1 issue, but if the client was not treated properly from the start, you will also see scar tissue develop. Another condition I have come across in hamstring (and quadriceps) injuries has been calcified deposits, which present themselves as a "hard ball" in the tissue. I will outline goals, objectives and treatment protocols for situations you may encounter as a result of a severe hamstring strain. But first, let's qualify the strain.

Strains are the injuries that occur in the muscle, not in the ligament. There are three kinds of strain: simple, moderate and severe. Simple strain occurs due to muscle overuse, and in all muscle injuries this is the one that is most often ignored. There is some pain, but it is only present when the muscle is asked to perform (I am speaking about lower extremity muscles and specifically the hamstring). Also, there are few visible symptoms present, so the simple strain often goes untreated. In moderate strain, you will see some tearing of the muscle fibers, and even slight tears of the tendons which attach the muscle. Pain is greater in moderate strain, and it is constant. The pain becomes severe as the muscle is asked to perform. Edema (or swelling) will be present in moderate strain, the area of the strain might become red (sign of inflammation), and the area will be tender to touch. In severe strain, you will see complete separation of the tendon attaching the muscle. Severe edema will be present in the area of the break, as well as in the surrounding areas.

If severe strain goes untreated, several problems will arise. First, edema leads to development of exudate. Although the term "exudate" is usually used to describe the phlegm that comes out of the lungs, the actual definition of exudate is the "by-product of inflammation." Exudate in the muscle (or joint) feels like glue, or more dense fluid than in edema. If this exudate is not removed from the tissue, it will calcify or become hard. Secondly, scar tissue will develop in an unwanted formation in order to connect the muscle back to the tendon. This scar tissue becomes an adhesion and it will adhere to the surrounding tissue, rather than to the muscle alone.

Treatment

Severe strain -- Acute stage: Surgical repair is necessary for the muscle to be reattached to the tendon. You may aid in the timing of this by reducing the edema, as surgery can not take place until there is a decrease. To reduce the edema, work with gliding and vibrating strokes in the area proximal to edema: going toward the groin area for the knee attachment you may work on, the hamstring moving upwards, and for the hip attachment you will work on the buttocks going toward the groin. As the swelling goes down within your treatment, you may add vibrating strokes using your fingers on the area of edema. Make sure there is no pressure into the swollen tissue, since this will produce edema. This treatment works best if it is done for 5-7 minutes, once every hour for a day or two.

Severe strain -- Sub-acute stage: If you are seeing your runner after the surgery was performed, your goals will be to decrease edema (which will still be present), to decrease pain, to promote development of healthy scar tissue, to eliminate exudate, to increase arterial blood flow to the tissue, and to increase tissue elasticity and pliability. These goals can be accomplished by using gliding and vibratory strokes in the area of the break, as well as the surrounding areas. Due to the amount of pain the client will have, do not cause any pressure in the tissue since this will increase the pain. Once the goals outlined above are accomplished, you may move on to the next stage of your treatment. This treatment is done once a day, every day, for 10-12 minutes, and is discontinued when the goals are accomplished.

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Severe strain -- Chronic stage: Let's presume that you were not able to see the client for a few months after the initial injury. When the client comes to you, you will not see any edema. You will, however, see severe muscle tension. You may also see exudate (or calcification) in the area of the break, dense scar tissue or even adhesions. If this is the case, you will operate under the following set of goals: to decrease pain, to increase tissue elasticity, to reduce adhesions, to increase scar elasticity, to resolve exudate, to break down the calcified deposit, to increase tissue nourishment, to normalize muscle function, and to strengthen the muscle contraction.

To accomplish these goals you will start with gliding strokes as they will prepare the muscle for quicker recovery, as well as increase local circulation. You then should proceed to pressure stretching strokes of the hamstring itself. Use wide hand positions, such as heel of the hand or cresting hand, in order to provide deep but non-invasive touch. After a few minutes of general pressure stretching of the whole hamstring, you may move to pressure stretching of the injured area. Once again, make sure your touch is not invasive. You will have to work 2-5 minutes in the area of the break in order to increase tissue elasticity, to reduce adhesions, to increase scar elasticity and to resolve exudate. If there is a calcified deposit, you will have to work with more penetrating strokes in order to dissolve it. Use your index, middle and ring fingers to press directly onto the calcified deposit. You will feel a little ball (from the size of a ball used in jacks to the size of a softball in some cases) under your fingers. Use this direct pressure stretching for 3-5 minutes in order to produce enough heat to break up the calcification.

You may increase elasticity of the scar, and thus make it more pliable and able to function as a part of the muscle. This means that if adhesions or thick scars have developed as a result of this injury, the client may have to be seen once every two weeks to maintain the pliability of the scar.

In order to accomplish the goal of normalizing muscle function, you will need to provide the muscle with an "exercise-like" stimulation. To do this, use kneading strokes, which in fact cause the muscle to contract. This treatment should be done every other day, 10-15 times, and should last 10-15 minutes. Make sure you take a day off in between each treatment so that tissue can rest and remember the information you presented it.

For moderate and simple strain, you will be following some of the goals (decrease pain, increase tissue elasticity, increase scar elasticity, increase tissue nourishment and normalize muscle function) and the treatment outlined in the chronic stage of severe strain.



**It's The Law –
Do You Comply?**

The Law mandates that you identify yourself to your clients. How can this be done?

Rule 64B8-11.003,
456.072 Grounds for discipline; penalties; enforcement
(t) Failing to identify through written notice, which may include the wearing of a name tag, or orally to a patient the type of license under which the practitioner is practicing. Any advertisement for health care services naming the practitioner must also identify the type of license the practitioner holds.

Happy New Years !



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| Classified Rates | Members |
|--------------------|---------|
| Non-Members | |
| 1-20 Words | 5.00 |
| 10.00 | |
| 21-40 Words | 10.00 |
| 15.00 | |
| 41-60 Words | 15.00 |
| 20.00 | |
| Full Page (flyers) | 25.00 |
| 35.00 | |
| Business Cards | 10.00 |
| 20.00 | |



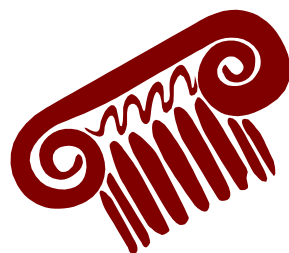


FLAGLER VOLUSIA FSMTA

240 Ridgewood Ave
Holly Hill Fl 32117

Promoting professionalism through
training for massage therapists.

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



Happenings...

Upcoming Events and Speakers

Upcoming Speakers, 2011

Jan 12, William Muhlstadt, Applied Performance Sports
Massage

Feb. 9, Mercedes Jordan, Lymphatic Drainage and Lypos-
sage

March 9, BOMT Mandatory Courses, Aids, FL Laws and
Rules

April 13, Leah Carr, Tibetan Bowl Sound Massage

May 11, BOMT Mandatory Courses,
Professional Ethics/Medical Errors

