



# Flagler/Volusia FSMTA

## Agenda October Chapter Meeting

**Meeting Date – October 13, 2010 ( 2<sup>nd</sup> Wednesday of the month)**

**Speaker – Michael Garcia, LMT**

**Subject – Medical Massage for the Lumbosacral Spine**

**Time – 6:00 pm - Registration and Networking**

**6:25 pm - Welcome and Announcements**

**6:30 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

## Guest Agenda October Chapter Meeting

### This Month's Speaker, Michael Garcia, Oct 2010

*Michael Garcia R. N., L. M. T.* is the chief instructor at the Alpha School Of Massage in Jacksonville, Florida..

Michael has been a Registered Nurse since 1976 (30 years) and a Licensed Massage Therapist since 1996.

He began his massage and anatomy teaching career right at Alpha, over 10 years ago.

Hundreds of students have successfully passed their massage licensing exam because of his teaching style and ability.

Many graduates have said that he is the best instructor that they have ever had, including high school and college instructors.

### Inside this issue:

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#### Board of Directors:

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Betsy Morrison, LMT

Gregory Neely, LMT

Obviously, knowledge and experience do make a big difference.

Michael teaches in both the morning and evening classes.

His areas of expertise include anatomy, physiology and pathology; medical massage; neuromuscular therapy; pain relief techniques [including ETPS Pain Relief Therapy]; and Barefoot Deep Tissue Massage.

Michael was a past president of the local chapter of the Florida State Massage Therapy Association and a past officer of the American Massage Therapy Association.

Many of his articles have been published in massage magazines over the past few years.

He has personally trained with and/or completed entire training courses with several innovators in this field, including: Paul St John; Judith Delaney; Dr. Bruce Hocking; and Ruthie Hardee (founder of Ashiatsu Oriental Bar Therapy).

Many licensed massage therapists depend on Michael to provide the continuing education courses that they need to remain competitive in this field.

We are fortunate have him visit our chapter.

### **President Report - Mark Bigelow, LMT**

**Last month's speaker**, David Gonzales, is always a favorite anywhere he goes. His love for this profession and his knowledge of exercise, sports science, self-help, stretching and more, make him very interesting to listen to. I am sure all in attendance learned much that will be used to help others. We appreciate his traveling so far from south Florida to be with us.

He also donated one of his DVD's with a \$40. retail value for one of our door prizes.

We thank him for coming to be with us and look forward to him being on our schedule again in the future.

Check out his website and future continuing education workshops at [www.ifpfitness.com](http://www.ifpfitness.com)



## President Report—Continued

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**Door prizes** – Don't forget that if you have items around your home or office that relate to our profession, new or used, that others could benefit from, donate them to the chapter to be used as door prizes. Bring in whatever you have to the next meeting, therapy DVD's, music CD's, old homestudy courses, books, charts, tools, anything you no longer need or use. Someone else can use it.



### Massage Awareness Weekend -

Oct 23 & 24, Warm Mineral Springs, North Port, Florida. If you would like to attend this event and would like to carpool, please contact Sheree Urich at [surich@cfl.rr.com](mailto:surich@cfl.rr.com)

Aaron Mattes, Paul St. John and Nathalie Cecilia will be presenting classes. Check out the details at <http://fsmta.org/member-rewards/2010-mtaw-kick-off-event/>

### Holiday / Christmas Party –

We are currently making arrangements for our chapter holiday party in December.

The price will be reasonable, the place is special, and the company - outstanding.

Be watching for special emails about the event!

Coming soon!

### Meeting Food –

Thank you again to Carol Underwood for bringing our food to the Sept. meeting and Theresa for bring the water and leading the fund raising events. We would still like for a volunteer to bring the food on a regular basis for us. Perhaps You?



**6 Weeks of boot camp for \$119**



A *Boot Camp* style fitness program is now available in Port Orange! Programs are designed for various fitness levels from the beginner to the advanced.

**Program Prices**

\$119 for the entire 6 week boot camp!!!  
OR  
\$10/session

2 free sessions without any commitment!

\* Includes a fitness consultation and pre/post fitness assessment.



**Improve strength/endurance**



**Fun in a team environment**

This program is held on Monday, Wednesday and Friday at the Port Orange City Center Amphitheater from 5:45-6:45AM.

For more information, please call Ed Eisler (386) 214-6465 or Email Chad Truxall [ctruxall@cfl.rr.com](mailto:ctruxall@cfl.rr.com)



## **FSMTA – Flagler/Volusia Chapter Board**

**President – Mark Bigelow, 386.214.6268, [bigelowseminars@aol.com](mailto:bigelowseminars@aol.com)**

**Immediate Past President - Carol Morrell, 352.336.3640, [newsmyrna@bellsouth.net](mailto:newsmyrna@bellsouth.net)**

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**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.**

**Please notify Central office of any changes in address , phone, etc.**

### **Monthly Treasurer Report - Gregory Neely, LMT**

Account balance is \$ 3084.10.

Christmas Party Tickets will be going on sale soon. You will be able to purchase tickets at the next 2 monthly meetings. This year the board is striving to make it affordable to everyone that would like to attend, we hope to have a great turnout this year.



### **Legislative Corner by Gregory Neely, LMT**

November 2, 2010 is Election Day.

Remember to VOTE.



## Sports Massage by Sheree Urich, LMT

### Heel Spur

One of the more common injuries in older runners is a *heel spur*. *Heel spurs* occur due to repetitive overuse of the feet, and especially if most of the running occurs over a prolonged period of time on a hard surface (such as road running).

*Heel spur* is an accumulation of calcified deposit that attaches itself onto the calcaneus. This calcified deposit is a product of inflammation produced through constant trauma to the calcaneus. The tissue surrounding the calcaneus is not very vascular, and the exudate -- a by-product of inflammation -- has very few ways to be carried away from the area. After a period of time, this exudate will calcify (or harden) and, after repeated trauma, greater amounts of this calcified deposit will create what we call heel spur

The simplest solution for this problem is preventing it from happening. Make sure there is an additional heel padding in the shoe. These can be purchased in any drug store, with better varieties available at a shoe repair shop. Another way to prevent this injury is to replace running shoes at least twice a year (even more often for long-distance runners). Most often I see older runners suffering from this problem (those over 50) who are running every day or every other day.

There are surgical treatments available in order to remove heel spurs, but very few runners opt to go this route. The main reason is the length of rehabilitation after the surgery -- from six to eight weeks. Weight bearing is not allowed for the first week or more, and the physical therapy after surgery is extensive. Effective non-surgical methods include rest and ultrasound. Regular massage for this condition is not very effective due to the location of the trauma. The calcaneus is covered by a lot of tough tissue, and in order to dissolve the calcified deposit we need to work very deep.



Continued on Page 7 —————

## **Sports Massage by Sheree Urich, LMT—Continued**

### **Goals, Objectives and Treatment**

The main goal treatment is to produce enough direct heat in the area of calcified deposit to dissolve it. Other goals include increasing tissue elasticity in the heel and foot area, and increasing arterial flow to the area so the tissue can heal.

These goals are accomplished through 10-15 minute pressure stretching of the area. You should begin by placing the patient prone, with his feet resting on a support at least 6 inches high. This will allow you to work deep. Use only a small amount of lubricant -- too much oil won't allow you to go deep. Begin to work in the arch area using the heel of your hand. Press down and move your heel in a rubbing motion, back and forth and in circles. This will activate arterial circulation and increase tissue elasticity.

Form your hand in a fist, and by using the medial phalanges, perform the same motion as before. This change in hand position will allow you to go deeper. As the tissue heats up, you may use the knuckles of your fist to penetrate even deeper. Once the arch area is sufficiently pliable, move on to the heel itself. Begin the treatment by palpating on the calcaneus in order to establish the size of the calcification, as well as its location. I have to warn you, the area of calcification is usually very tender to the touch so you may have to take some time when increasing the depth of your touch.

After establishing the location of the spur, begin the same procedure as described for the arch area. This is necessary in order to increase the circulation and the elasticity of the soft tissue. By increasing circulation and tissue elasticity, you accomplish two things: your touch will penetrate deeper with the soft tissue being more pliable, and increased pliability and circulation will allow the calcified deposit to be carried away as it starts dissolving.



Continued on Page 8 —————

## Sports Massage by Sheree Urich, LMT—Continued

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After preparing the tissue, proceed to deeper pressure on the area of the spur. You will have to use your fingers to go deeper. I find it most effective when index and middle fingers are used together. After several minutes of deep, direct pressure (with a slight motion back and forth) you may have to rest your fingers. Continue with the circular pressure stretching, using the knuckles of your closed fist. Remember that the area you are working is very small, you will cover only an inch or so of tissue. I do not recommend using your thumbs due to the great strain you may cause yourself.

As you can see, this treatment consists of two parts -- the preparatory part (work in the arch area) and the actual heel work. In the first few treatments you may spend more time in preparatory work than you do in working on the heel itself. Clients need to be told that the treatment will change on days to come.. As the arch area will retain its pliability with continuous treatment, subsequent treatments will require less time on the clients arch, and more time working on the heel. In fact, by about the fourth or fifth treatment you may altogether stop working on the arch area and concentrate your efforts solely on the heel itself.

I find this treatment is one of the hardest on my hands, and although it is very effective, I do not schedule more than two clients with this particular problem in one work day. I also space them far apart, so that my hands have a chance to rest between treatments.

By the end of the treatment you should see a great decrease of pain in the area.. The client may resume activity, but I do not recommend . These clients resume running. This is a difficult request to fulfill, as many heel spur clients are avid runners.

I suggest deep water running, instead of road running. For clients unable to comply with that request, I suggest running on a padded track .

Sheree Urich, LMT [surich@cfl.rr.com](mailto:surich@cfl.rr.com)





# It's The Law – Do You Comply?

How many therapists renewed their massage therapy licenses last August 31, 2009, without having completed the CE hours required to do so?

In a recent request to CEBroker about this very subject, Elite Continuing Education, one of our chapters associate members, was sent a mailing list of nearly 4800 names of therapists in Florida who are known to have renewed, but may not have qualified for that renewal according to their CEBroker submission records.

Yes, some of those persons may have truly completed their CE requirements, yet their credits may not have been submitted by their providers. Sometimes that happens through wrong MA numbers being given on seminar sign-in sheets, (do you know your MA number?) illegible handwriting or some other error. Do not expect your providers to take time to look up the correct MA number for you in state records. Hardcopy certificates given to each attendee after a class are your final, positive proof of attendance.

Some cheaters will be caught in audits. Many will never be caught due to the low percentage of audits. If you have made a false statement on your license renewal application **Florida Statutes 64B7-30.004(h) says .....**

*“First-time failure of the licensee to satisfy continuing education requirements established by the board; **Fine of \$250.00**, and one hour of continuing education for each hour not completed or completed late. These continuing education hours are to be completed within three months of the date of citation issuance.*

*(4) In addition to the fines imposed herein, the costs of investigation and prosecuting for each offense shall be assessed in the citation.*

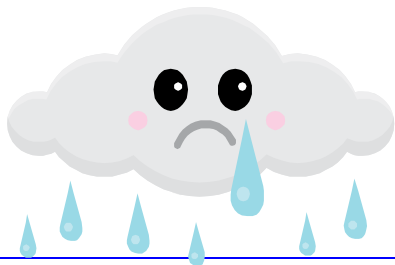
Therapists, be aware. Know the law. Stay out of trouble.

**Employment**



**FACTOID**

Tears and mucous contain an enzyme (lysozyme) that breaks down the cell wall of many bacteria. This is to your advantage, as the mucous that lines your nose and throat, as well as the tears that wet your eyes are helping to prevent bacteria from infecting those other areas and making you sick.



**Rental Space**



**Classes**

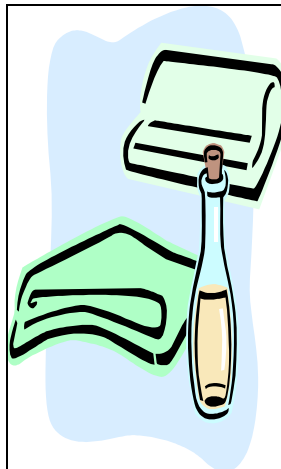
**Qigong Session**

Seating is limited so call 386-214-6465

Call for more info



**Supplies**



**CLASSIFIED ADS**

**Classified Rates**

	Members	Non-Members
<b>1-20 Words</b>	5.00	10.00
<b>21-40 Words</b>	10.00	15.00
<b>41-60 Words</b>	15.00	20.00
<b>Full Page (flyers)</b>	25.00	35.00
<b>Business Cards</b>	10.00	20.00

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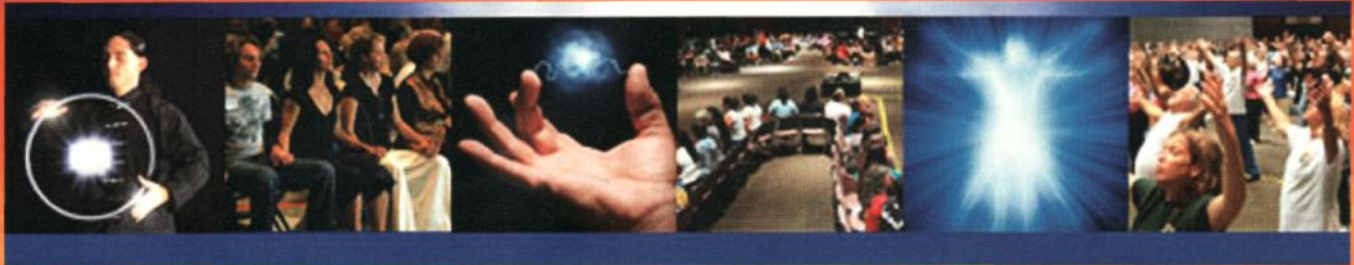
[newagetouch.com/shop2](http://newagetouch.com/shop2)

# 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](http://EislerTherapeutics.com)

Level 3 Instructor from Supreme Science Qigong

**Sunday October 3 & 24**

2pm—5 pm

Ongoing Last Sun in Each Month

also Wed 5:30-6:30 in Port Orange, Call for Info

240 Ridgewood Ave  
Holly Hill Fl 32117

Promoting professionalism through  
training for massage therapists.

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We're on the web at  
[www.fsmtafv.org](http://www.fsmtafv.org)

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## Upcoming Events and Speakers

**Oct. 13** – Michael Garcia, RN, LMT (2 ‘Technique’ Category CE hours)  
Medical Massage for the Lumbosacral Spine

**Nov 10** – Vivian Mahoney, LMT,  
Insurance billing (2 ‘general’ category CE hours)

**Dec 8** – Chapter Party at Caribbean Jacks, See your **next** newsletter for details.

**2011 Speakers and subjects now being planned,  
with mandatory courses in March and May**

**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**

