



FSMTA Newsletter

September Chapter Meeting

Meeting Date – Sept. 14, 2011

(2nd Wednesday of the month)

Presenter –

Dr. Yusuf Mihaylov, LMT

Subject –

Segment Reflex 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

Presidents Report – Mark Bigelow, LMT

Thank you, to Dr. Pete Phannerstill for coming from Tampa to present an introduction to Ultra Sports Massage Therapy at our August chapter meeting. We appreciate the effort it takes to come from such a distance to speak at a chapter meeting. We hope to have him on our schedule again in the future.

Continued on page 2

Inside this issue:

Presidents Report	1,2
Upcoming Events	8
This Month's Presenter	1
Legislative Update	6,7
Treasurer's Report	6,7
Advertisers	
Sports Corner	3

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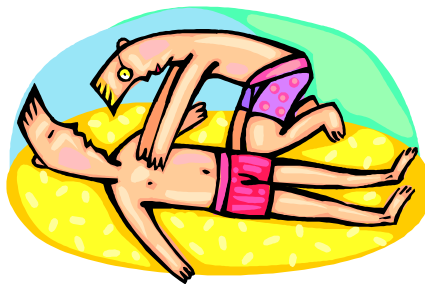


Presidents Report –

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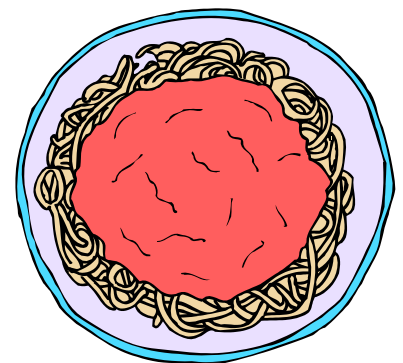
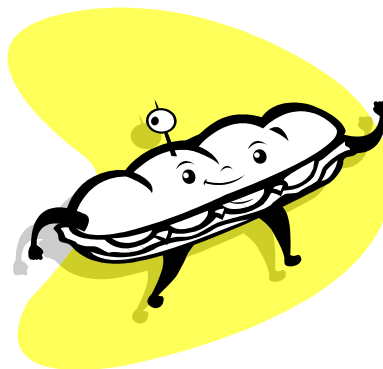
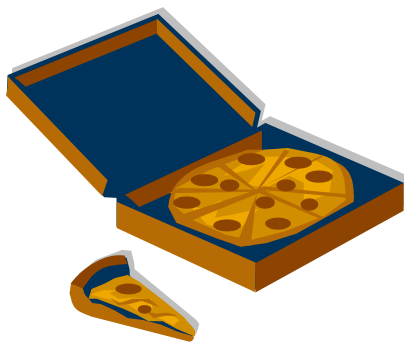
CPR Class.

Well, setting up this class has certainly turned into much more time and effort than I was expecting. I always assume that people will do as they say and perform without being poked and prodded. So I will be making alternate plans from the original and find another instructor who is more reliable than the previous one suggested. I will be making arrangements and announce the change soon by email blast to chapter members who are interested in the class. I appreciate your patience.



Volunteers

Donna Riehl has done an outstanding job for the past year as our hospitality chair in making food for our chapter meetings. She committed herself to one year of volunteering and she has my personal thanks for her efforts and I am sure your as well. The year is over with the September meeting. If you would please, consider helping your chapter by making or buying food for the other members beginning with our October meeting. Its one simple event a month folks. Yes, you have the time. We will all be grateful if you step forward to help. Think about it, please.



Sports Team Report - Adan Araujo, LMT

Hello to all from the Sports massage team! Last month's guest speaker, Peter Pfannerstill, was very informative and educational. I started to use what we learned on Myofascial Sports massage the very next day and was amazed at the results I got. My clients felt a decrease in pain level as well as having a better ROM, just by applying the techniques we were showed. I would like to thank Mark for once again finding a great guest speaker for our monthly meeting, also, thanks to all the people who help make every meeting possible. The knowledge I gained from last month's speaker was a welcomed addition to my massage tool box.

In this issue I want to talk about some of the techniques used in Post-Event massage. Post-Event massages are performed to decrease muscle soreness, cramping, help with healing, along with facilitating a faster return to training after competing in an event. A post-event massage is not the time or place to do any type of Deep Tissue work or intensive stretches. All athletes develop some form of muscle and/or soft tissue damage in the course of competing in an event; you may cause more damage to the muscle if you work too deep or do intensive stretches at this time.

There are 2 golden rules when performing post-event massage: go slow and ask for feedback. The techniques we use are the same ones used in any other massage: effleurage, petrissage, compression, trigger point, and most important of all reciprocal inhibition (RI) for muscle cramping, just remember to go slow and ask for feedback from the athlete. The difference in post-event massage is the amount of time you will have with the athlete, usually 5-15 minutes, and the condition the athlete may be in when they get to your table. That is why you have to make sure that they have had time to cool down, usually 15-20 of walking after finishing the event, and had enough electrolytes to drink. Also, there is not enough time to get a thorough client history, so make sure to ask questions such as: How are you feeling? Do you have any problem areas? Checking the athlete feet thoroughly is very important when the event involves running, blisters need to be treated before working on them.

Cramping is very common at events so it's important to be familiar with reciprocal inhibition techniques in order to help relieve cramping. There is no time to look-up a muscle in a book when someone is on your table and their gastrocnemius is cramping, be prepared. What I have noticed is, if a muscle starts twitching it may be followed by cramping. Effleurage is the best way to get oxygen rich blood back into over worked muscle, where compression will return oxygen deprived blood back to the heart. Both will help with cramps.



The main thing to remember when doing post-event massage is DO NO HARM! We are there to help the athlete recover from competing and aid in returning to training, so enjoy the event and company that's around you

The Last Minute Scramble For CE Hours Is On

By Mark Bigelow LMT.

I have a 12 CE hour class to teach in Ft. Lauderdale on August 27 and 28. Registration was cut off at 100 people weeks ago, but the phones kept ringing with people who have waited until the last minute to get their required “technique” CE hours in a classroom. Registration was then reopened, trying to accommodate so many with their sad tales of why they, once again, had waited until the last possible weekend to attend a class. Now, on August 23rd, the class has swelled to 125, the new cut-off point. You can see the problem already, or at least part of it anyway.

First of all, the diversity of knowledge of the attendees in a roomful of people like this is unbelievable. There will be 30 year massage therapy veterans sitting right next to first year licensees, and then everything in between. Somehow, you strive to go down the middle of the road with your teaching and hope the natives don't get too restless. But, you will be speaking over the head of some and boring others to death no matter what you do. There are always unhappy people at both extremes in a large class.

Second, this recent requirement of 12 classroom CE hours has had the unintended consequence of co-mingling therapists who should not always be in the same room together. Some register for a class, not because they want to learn the subject material at all, but simply because of the location or perhaps the price. Some, more spiritually based therapists end up in purely mechanical type classes that they really will not enjoy. They resist the techniques shown because their favored approach is so vastly different. Mechanically based therapists may find themselves sitting in a class where the featured subject is nothing they have any real interest in, the skills for, nor have a use for in their daily practice.

For many, these classes have become a waste of time and money. The rule started out with good intent, but anytime you change the flow of a river, you cannot always foresee who will be flooded or perhaps drowned downstream. Many issues are more apparent now as time has gone by that could not have been anticipated from the beginning.

As with all my classes, I will watch the students come in and choose their seats. It is an interesting process to watch. I find that those who are excited to be there and want to learn something will sit right up near the front somewhere. They pay attention, ask questions and make the classroom fun. They participate in the demos and the hands-on portions of the class.

Others will resent having to come at all and are hostile from the beginning. I have had veterans say to me that they have been in this profession so long they do not need any more technique classes. They are usually the types who, during the hands-on portion of a class, are off in a corner somewhere teaching their pet modality to anyone who will listen. In a class of 125 people it is easy to find an audience, willing or otherwise, and the room usually turns to chaos during hands-on participation anyway with conversation everywhere.

Some attendees, who would rather just be at the beach or sleeping late will shuffle into the back rows. They may have wanted another subject that was taught two months ago and failed to attend, and now they cannot find the same being offered anywhere. They talk. They look around. They get up frequently and go to the restroom. They fidget.

Continued on page 5.....

Continued from page 4

The Last Minute Scramble For CE Hours Is On.

Sometimes they sign-in on the morning register and walk right out the back door, not making another appearance again until time to sign the afternoon attendance sheet and then they duck out the back door again. I know, I was not supposed to notice. Teaching a huge class on the last weekend before renewal as its unique challenges.

I taught a class in Tampa last month attended by 102 people. Only sixteen attendees brought their massage table and came prepared to participate and learn. The vast majority of attendees did not have sheets, towels or lotion, although it was stated to bring them in the written course prep material. They showed up without their tools. Should I now take them seriously and worry about their needs?

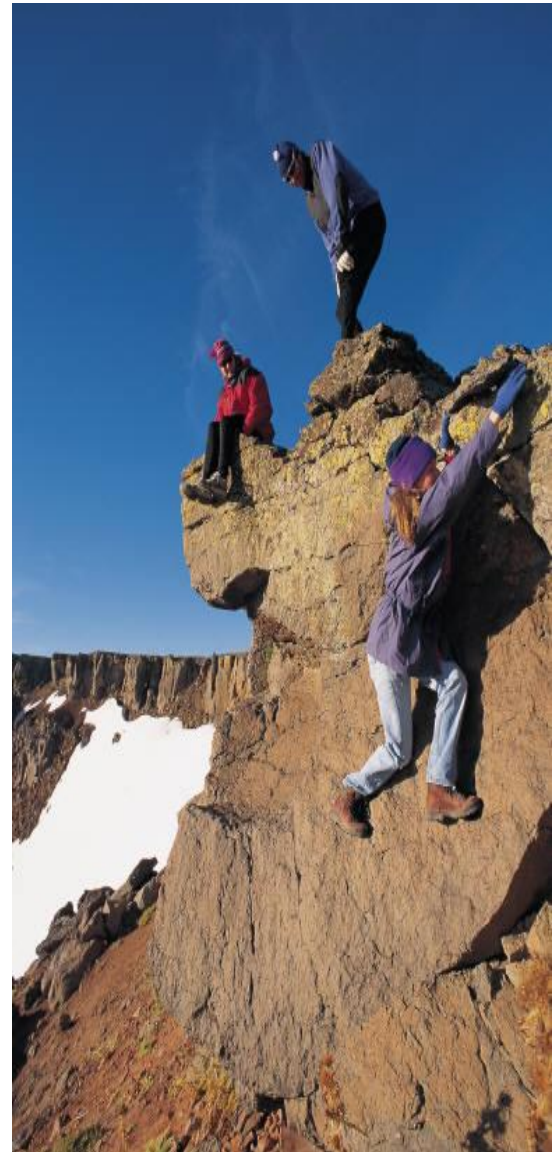
And then, here comes the course evaluations afterward. They are all over the board from the very best to the very worst. Those who chose to sit in the back when there were seats available closer to the front, and didn't want to be there anyway, now complain that they could not see the demo, the room was too cold and it was too crowded. Yes, it will be crowded, because they and everyone else in the room has waited until the last weekend to come to a class.

Perhaps the decision to wait until the final weekend was financially motivated since many are struggling and have to make hard decisions about where money can be spent. That is understandable and that situation creates its own issues.

In previous years, before this new rule, folks only attended a class because they wanted to learn the offered subject material or specialize in a certain modality. No one was forced nor required to be there. The atmosphere in the room was one of desire and learning - and teaching was much more fun.

Now days, for some, these classes are still about learning. For many, they are about getting CE hours and nothing more. They might even unfold their arms and become more receptive as the class goes on and they find they are enjoying it and learning more than they had expected. I always hope that happens. Those who sat in the back of the room, well, I hope they will just put their heads down and go to sleep so they won't bother the rest of us who are having a good time and learning from each other.

At this time, we seem to be out of danger for this class. But, what if hurricane Irene had been a day later and a few miles to the west causing the class to be cancelled? Who would these last minute therapists blame when their renewal CE hours could not be completed on time? Don't wait until the last minute in 2013.



Treasurers Report - Greg Neely, LMT



New Balance after August meeting is 6515.83

Our Sports team fund raiser is off and running
We have pledges for \$600 dollars so far from two different vendors.

I am sure our Sports Team Captain will have additional details for you in the next two Monthly meetings. That leaves us with \$1,900.00 to earn before October any suggestions that we can do for fund raising contact Adan he can use all the help he can get. The Team must raise \$1250 by the September Meeting, in order to be on schedule to go.

Question: I have been asked why can't the chapter just pay for the team to go to Miami?

Answer: The Sports Team October Event is an un-budgeting event, so we cannot use any of our regular funds to send the team to Miami to participate in the event. Hence, the reason for the fund raising. It also goes against the by-laws that state that the membership dues that are collected must benefit all the members of the chapter not a select few. This is the reason that the Sports Team must raise funds to go, over and above any membership dues that are collected from members. As a member you can however donate to the sports team or sponsor the sports team because in the end it makes both our chapter and the massage profession look great in the eyes of the athletes and the world. 123 countries will be participating in the event with over 6,000 participants. The therapists that will be going to work the event will be selected very soon.



Legislative Report - Greg Neely, LMT

Remember that deal to extend the debt ceiling that congress passed not too long ago. Here are some highlights of the deal.

Below are some details of the compromise plan to raise the debt ceiling announced Sunday July 31st, 2011 by President Obama and congressional leaders.

Continued on page 7.....

Continued from page 6.....

Debt-ceiling increases



Allows the debt ceiling to rise by as much as **\$2.4 trillion**, giving the government borrowing power into 2013. Includes about \$400 billion immediately, and the rest subject to a congressional votes of disapproval in coming months. The future increases would be assured unless they were rejected by two-thirds of Congress.

Discretionary spending



About **\$1 trillion** in savings over 10 years from discretionary caps. Does not assume savings from winding down the wars in Iraq and Afghanistan.

Tax increases

None in the immediate deal.

Special committee to identify additional savings



Joint bipartisan committee of 12 lawmakers to report deficit-reduction legislation by Thanksgiving.

Mandate: Make recommendations to meaningfully improve short- and long-term fiscal imbalance.

Goal: Cut deficit to match dollar for dollar future increases in the debt ceiling, with a goal of \$1.5 trillion to match future debt-ceiling increases.

Recommendations are guaranteed to receive an up-or-down vote under an expedited parliamentary process.

Enforcement mechanisms



If the congressional committee fails to result in approval of at least \$1.2 trillion in deficit reduction, automatic across-the-board cuts of \$1.2 trillion would be enacted in agency budgets, split half and half between domestic programs and defense. Programs for the poor, including Medicaid and Social Security, would be exempted. But Medicare payments to providers could be hit.

Balanced-budget amendment



A vote would be held on a balanced-budget amendment to the constitution, but the deal would not require that the amendment receive the two-thirds vote necessary to send the amendment to the states for ratification.

Notice that providers (That's us) may have to share in the burden of debt relief by having our fees cut again. We work for our money why do we have to get paid less for the same amount of work? Medicaid and Insurance Companies have been given the green light to reduce the amount that they reimburse providers for services in order to reduce the national debt for health care. What immediate affect that this will bring I don't know but I am sure it won't be good.

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Promoting professionalism through
training for massage therapists.

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



Upcoming Events and Speakers for 2011

- 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**

