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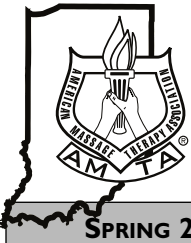
The sun is finally back in Indiana and spring colors are starting to pop! Get a fresh start in 2010 with an opportunity to learn from a National presenter in April. See the Front Cover Calendar for future dates.

2010

There are still spaces available for the April Education with
National Presenter Bob McAtee
April 10-11, 2010 – Plainfield, Indiana

- **Facilitated Stretching: A Baker's Dozen**
April 10, 2010 – 8 contact hours
- **Soft Tissue Techniques for Alleviating Piriformis Syndrome**
April 11, 2010 – 6 contact hours

*Both Classes are AMTA and NCBTMB approved.
Register online at www.amtaindiana.org or see Page 3.*



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SPRING 2010

AMERICAN MASSAGE THERAPY ASSOCIATION INDIANA CHAPTER

VOLUME 18, ISSUE 1

President's Message

The volunteers that make your Chapter run

I speak to a lot of members who are frequently concerned about what the Indiana Chapter is doing for them, how we go about creating events, and how we get things done. Sometimes, there is a misconception about how the Chapter is structured. They are under the impression that people are getting paid to do the work of the Chapter or that there is a budget for staffing our team.

They are sometimes surprised to find out that the AMTA-Indiana Chapter is 100% volunteer run. The leadership of the Chapter is made up of the Board of Directors, who are elected by the membership. This Board makes all the decisions for the chapter, creates policy, and actually does about 90% of the work of running the Chapter, including event planning, PR, communications, government relations, and everything else.

In addition to the Board, there are a few committees that put in a great deal of work. Sometimes a committee consists of one person. This includes the Newsletter Editor, Membership Chair, Sunshine Chair, Volunteer Chair, Nominations Chair and others.

Additionally, your Indiana Chapter has three Delegates, who represent the membership at a national level at the House of Delegates for AMTA. This is where we have the chance to make, change, and influence policy.

None of the people described here are paid. Some of them, like Board members, are reimbursed for travel and expenses, but aside from that everyone is 100% volunteer. These individuals have regular full-time jobs and other obligations to take care of and yet they donate their time to ensure that your Indiana Chapter runs as smoothly as possible.

These volunteers fight for laws that protect massage therapists. They plan complex education events. They help members with professional issues. They do all this in the spirit of service and concern for their fellow AMTA members.

Next time you have the opportunity, be sure to take a moment to thank your Indiana Chapter volunteers for all their hard work. Thank you to all who currently volunteer or have ever volunteered for AMTA-Indiana. You are appreciated.

© *Michael Reynolds, AMTA-Indiana President*



AMTA members need 42 contact hours every four years. The good news is that you don't have to go far for great education. Your Indiana Chapter offers continuing education at least three times a year, and if there's education you'd like to suggest for Indiana, talk with a Board Member today.

2010 CALENDAR

April 9-11, 2010

Education, Plainfield, IN

July 10, 2010

Muncie Endurathon

Prairie Creek Reservoir, Muncie

July 22-25, 2010

33rd Annual Indiana Convention

South Bend, IN

September 22-25, 2010

AMTA National Convention

Minneapolis, MN

October 24-30, 2010

National Massage Therapy

Awareness Week

November 5-7, 2010

Education Event at

McCormick's Creek State Park

2011 Tentative Dates

March 26-27, June 10-12,

and November 5-6

Awards Time

It is awards time. Now is the time to nominate someone whom you feel has done an outstanding job and we are taking nominations for the following categories. Meritorious and Humanitarian and Sports Massage Achiever and Government Relations. Also, we are going to recognize special anniversaries for 25, 30, 35, 40, 45, 50, and 55 years with AMTA. The awards will be presented at the AMTA-Indiana State Convention in South Bend on July 24, 2010. These awards are also submitted on the National level which the winners will be announced at our National Convention on September 23, 2010 in Minneapolis, Minnesota. The deadline for your submissions are March 28, 2010.

If you have any questions or want to submit a nomination, please contact Patricia Clouse at patricia.clouse@amtaindiana.org

National Presenter Bob McAtee

April 10-11, 2010 – Plainfield, Indiana



Facilitated Stretching: A Baker's Dozen

April 10, 2010 – 8 contact hours

Course Description: Flexibility is crucial to optimum performance and to reduce the risk of injury, both for the practitioner and for the client. Facilitated stretching is based on the principles of PNF (proprioceptive neuromuscular facilitation) and consists of three simple steps: stretch the muscle, contract it isometrically against resistance, then stretch it again. A baker's dozen, known as a long dozen, is 13, one more than a proper dozen. This seminar teaches 13 "favorites" from the facilitated stretching repertoire. The class will be about 75% hands-on. Facilitated stretching, combined with soft tissue work, will enable the practitioner to obtain greater overall success in client treatment sessions. A program of self-stretching using these techniques can be invaluable for clients in their home stretching programs.

Learning Objectives: At the end of this eight hour seminar participants will:

1. Clearly understand the theoretical basis and principles underlying the development and use of Facilitated Stretching.
2. Be able to perform effective facilitated stretches for the muscle groups covered in class.
3. Be confident in using partner-stretching techniques with clients and self-stretching techniques to teach them to use at home.
4. Understand safety factors in the use of facilitated stretches.
5. Be able to demonstrate proper biomechanics for the practitioner.

Soft Tissue Techniques for Alleviating Piriformis Syndrome

April 11, 2010 – 6 contact hours

Course Description: This course is designed to demonstrate an array of soft tissue techniques for one of the most common musculoskeletal complaints presented by clients. We'll discuss the causes and prevention of piriformis syndrome, review and palpate the relevant anatomy, learn basic assessment tests, and practice hands-on techniques that include transverse friction, pin and stretch techniques, and isolytic contractions. This six hour class will be 80% hands-on.

Learning Outcomes: At the end of this six hour seminar participants will:

1. Discuss the causes and prevention of piriformis syndrome.
2. Identify the relevant bony and soft-tissue structures.
3. Demonstrate appropriate assessment techniques to determine the proper therapeutic intervention.
4. Demonstrate transverse friction techniques, pin-and-stretch techniques, and isolytic contractions.
5. Return to their practices confident and capable of integrating these techniques into their work.

Course Outline: Defining Piriformis Syndrome, Piriformis Anatomy, Relevant Nerve Pathways, S-I Joint Involvement, Perpetuating Factors, Bony Landmarks, Palpation Practice, Assessment Protocol, Summary of Care, Integration and Q&A. Treatment Techniques: Transverse Friction, Pin and Stretch and Isolytic Contraction

What to bring for both classes: massage table and sheets. Dress appropriately and comfortable for stretching and exercise.



About the Instructor: Bob McAtee, NCTMB, CSCS, C-PT is a sports massage therapist with over 29 years experience, and owns Pro-Active Massage Therapy in Colorado Springs, Colorado. He is a NCBTMB approved provider and regularly presents workshops on facilitated stretching, massage, and soft-tissue injury care nationally and internationally. His seminars consistently draw rave reviews for their depth of information, hands-on learning, and for his teaching style. McAtee is Nationally Certified in Therapeutic Massage and Bodywork (1992), is a Certified Strength and Conditioning Specialist (NSCA 1998), and a Certified Personal Trainer (ACE 2006). He is also the author of Facilitated Stretching, a "how-to" book on PNF stretching, published by Human Kinetics Publishers. The book has sold over 80,000 copies in six languages since its release in 1994. Find out more about McAtee at www.stretchman.com. McAtee is AMTA and NCBTMB (294954-00) approved.

Volunteer for Chapter Store Manager

The AMTA-Indiana Chapter is looking for a volunteer. Is it you? Third Vice President Amy Ingram is currently the Store Manager and is looking for someone she can mentor for this position. Contact her with questions, amy.ingram@amtaindiana.org. A big perk to this position is complimentary Chapter education, three times a year.

Take inventory of merchandise, price it and order new products within budget, take products to the three Chapter Business Meetings, set up and tear down merchandise area, store Chapter products between meetings, work with education chair regarding set hours for store to be open during education meetings, staff the store during open hours, after the store has closed then account for sales and give to the treasurer.



FUNDRAISER: Funds will be collected at the April AMTA-Indiana Chapter meeting during a raffle for the Gleaners Food Bank in Indianapolis. Please come prepared to be generous - www.gleaners.org

LOCATION

April's education will be held at the Hampton Inn, 2244 E. Perry Rd., Plainfield, Indiana, 317.839.9993. A block of rooms is reserved for AMTA for \$94/night.

Following is a list of other Plainfield hotels:

1. Holiday Inn Express, 6296 Cambridge Way, 317.839.9000
2. Comfort Inn, 6107 Cambridge Way, 317.839-9600
3. Staybridge Suites, 6295 Cambridge Way, 800.883.9603
4. Wingate by Wyndham, 6300 Gateway Dr., 317.279.2500

Directions: Call the hotel or check out www.mapquest.com

SCHEDULE

Friday, April 9, 2010

10:00 a.m. - 5:00 p.m.

Board Meeting - all members are welcome to attend.

Saturday, April 10, 2010

8:30 a.m. - 9:00 a.m.	Stretching Registration
9:00 a.m. - 12:00 p.m.	"Facilitated Stretching" 8 hours
12:00 p.m. - 1:00 p.m.	Lunch on your own
1:00 p.m. - 3:30 p.m.	"Facilitated Stretching" 8 hours
3:30 p.m. - 5:00 p.m.	Tea Break/Chapter Meeting
5:00 p.m. - 7:30 p.m.	"Facilitated Stretching" 8 hours

Sunday, April 11, 2010

9:00 a.m. - 12:00 a.m.	"Soft Tissue Techniques" 6 hours
12:00 p.m. - 1:00 p.m.	Lunch on your own
1:00 p.m. - 4:00 p.m.	"Soft Tissue Techniques" 6 hours

Register at www.amtaindiana.org or use this form. Sign up for both classes and at the April meeting you will receive a \$40 voucher for education, valid only at the AMTA-IN Convention, July 2010.

AMTA-Indiana Registration Form • Plainfield, Indiana - April 10-11, 2009

NAME _____ AMTA# _____

ADDRESS _____

PHONE (_____) _____ E-MAIL _____

Facilitated Stretching: 8 Hrs

AMTA \$134

Non-AMTA \$159

Soft Tissue Techniques: 6 Hrs

AMTA \$99

Non-AMTA \$124

Both Classes

AMTA \$199

Non-AMTA \$224

Special Needs: Please attach information.

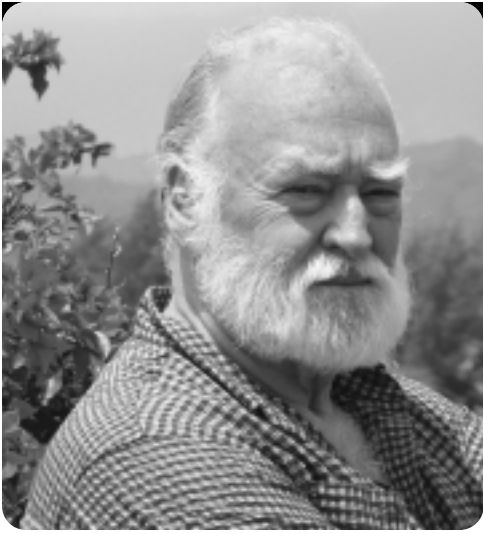
Please make check payable to AMTA-Indiana Chapter. Mail check and registration form to: Michael Reynolds, 9555 Longwell Dr., Indianapolis, IN 46240. Amount enclosed _____

Check MC VISA Discover Card # _____

Three digit code found on the back of card: _____ Expires _____

Cancellations after April 2, 2010 will result in a \$35 fee.

AMTA Indiana Chapter complies with the American Disabilities Act, and does not discriminate on the basis of race, color, religion, sex or national origin.



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AMTA-Indiana Chapter Board and Business Meeting minutes are not always printed in the *Kneaded Notes*. Review past minutes, Standing Rules and Delegate reports under the Documentation tab at www.amtaindiana.org. If you would like a copy of documents you don't see, contact Michael Reynolds at 317.695.1914.

AMTA-Indiana Board of Directors

President - Michael Reynolds - 317.695.1914

michael.reynolds@amtaindiana.org

First Vice President/Delegate - Dean Berry - 574.721.0524

dean.berry@amtaindiana.org

Second Vice President - Terri Brandt - 574.892.5921

terri.brandt@amtaindiana.org

Third Vice President - Amy Ingram - 765.215.6355

amy.ingram@amtaindiana.org

Treasurer - Patricia Clouse - 765.748.7997

patricia.clouse@amtaindiana.org

Secretary - LuAnn Williams - 765.749.6275

luann.williams@amtaindiana.org

Past President - Jennie Irving - 765.396.9507

jennie.irving@amtaindiana.org

Delegate/Sports - Dale Stillman - 260.490.9041

dale.stillman@amtaindiana.org

Newsletter - Dorinda Springer - 260.484.9700

dorinda.springer@amtaindiana.org

Sunshine - Barb Studebaker - 260.637.5837

jbstude@verizon.net

AMTA National - 877.905.2700-www.amtamassage.org

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Classes Starting in April

See www.midwestacupressure.com for full schedule

Debrah: 260-745-1727 or debjsd@yahoo.com

Debrah Roemisch is the only authorized JSD teacher, and 1 of only 3 nationally certified Asian Bodywork Therapists in Indiana (NCCAOM).

Professional training and continuing education: NCBTMB #026771

Comment from a massage therapist who took the JSD Basic class:
"I am applying the techniques that I learned daily in my practice and am amazed by their power. Thank you so very much for your endearing, peaceful and detailed teaching ability. Your seminar was truly the best that I have experienced in recent memory!"

33rd Annual AMTA-Indiana Convention

July 23-25, 2010 ■ South Bend, Indiana

We are securing top-notch education for the 33rd Annual AMTA-Indiana Convention and will let you in on it soon! Check the web site, www.amtaindiana.org and the next newsletter for particulars. We can let you in on the fact that Ethics will be offered by Janet Rapala. This isn't the dry stuff, she'll make you laugh and keep your interest. If you are an AMTA member you will be able to vote in the election of President, Second Vice President and Secretary. Ever thought about running for office? There are great perks! Think about it and contact a Board Member or Nominations Committee Chair Arlene Loomis at 219.845.2099 or a.loomis@sbc-global.net. Find a job description at www.amtamassage.org. Of course there will be the wonderful Saturday night banquet. Secure the date - it's going to be a great weekend in South Bend!

Receive a \$40 voucher for the 33rd Annual AMTA-Indiana Convention by attending the April 10-11, 2010 education.

Where to Go:

July's education will be held at the Century Center, 120 Saint Joseph St., which is accessible by a covered walkway across the road to the South Bend Marriott, 123 North Saint Joseph St., South Bend, Indiana, 574.234.2000, 800-228-9290, www.marriott.com/sbnin. A block of rooms are reserved for AMTA for \$99 until July 8, 2010. Following is a list of other South Bend hotels:

1. Jameson Inn, 215 S Dixie Way, South Bend, 574.277.3211
2. Comfort Suites, 52939 US 933, South Bend, 574.272.1500
3. Oliver Inn B&B, 630 W. Washington, 800.697.4466

Within five miles of the Century Center are Mishawaka hotels:

1. SpringHill Suites, 5225 Edison Lakes Pkwy, 574.271.0832
2. Country Inn Suites, 120 W University Dr, 574.271.1700

What to Do:

The Century Center is located right on the East Race of the Saint Joseph River where Olympic kayakers train. The East Bank Trail/River Walk is beautiful any time of year. Plan extra time to visit the The College Football Hall of Fame right across the street. This may be your last chance to see it in Indiana because it will be moving in August. Also close by is the South Bend Chocolate Cafe, the world famous Notre Dame University is just five miles from the Century Center, visit the Potawatomi Zoo and Botanical Conservatories which are just a few miles away near the IUSB Campus. The Studebaker National Museum is a must for the car buffs. Also, the South Bend Regional Museum of Art is located right in the Century Center. You can access more information at southbend.in.gov/visiting/attractions/art_entertainment.asp.



Are you a CMT or LMT?

There appears to be some confusion about titling here in Indiana.

To clear this up... when you apply for a Massage License, it is to be approved as a Certified Massage Therapist. A State License is issued (just as for any other recognized profession) however your professional title is Certified Massage Therapist, CMT. You are not a Licensed Massage Therapist, LMT, as some practitioners have assumed. Also, municipalities do have the right to require you to adhere to their ordinances or zoning requirements.

"The mission of the AMTA is to serve AMTA members while advancing the art, science and practice of massage therapy."

This 'n' That for AMTA-Indiana Chapter

- ☞ Get paid \$12 for 15 minute massages at the Muncie Endurathon July 10, 2010. Therapists should be there early to set-up and the triple race goes until about 4 p.m. Contact Dale Stillman with questions or to sign-up, dale.stillman@amtaindiana.org, 260.466.6078.
- ☞ Members helped write the Chapter's Standing Rules at the 2009 Convention. They've been submitted to National for approval by Dale Stillman and they've recently been approved. Check out the final copy at www.amtaindiana.org under the Documentation tab. Good job members!
- ☞ The Chapter would like to offer more and more one day educational workshops. The workshops so far have been well received, educational and fun. If you have a location or presenter to suggest contact Dean Berry at 574.721.0524 or dean.berry@amtaindiana.org.
- ☞ If you need to report a violation regarding a therapist and certification issues, go to the Online Forms Tab at www.amtaindiana.org for a form.
- ☞ Want to submit some news about a therapist? Marriage, baby, illness so others can help, etc. Sunshine Chair, Barb Studebaker wants to help, jbstude@verizon.net, 260.637.5837.
- ☞ Sign up as a volunteer or submit your name for this July's election of President, Second Vice President or Secretary. Check out the Online Forms tab at www.amtaindiana.org.
- ☞ Just a reminder for you that if you've recently moved please amend your contact information with National as well as the AMTA-Indiana Chapter. The newsletter and emails are an important form of communication that keeps you in touch with updates in your profession.

Advanced Massage Therapeutics 2010 Workshop Schedule

April 10-11	Nature's Healing Stone Therapy – Level 2 – Advanced 9-6 16 CEU's Cost: \$395	By: Nature's Stone Inc.
April 17	Basic Muscle Testing – Emphasis on Food Sensitivity 10-6 8 CEU's Cost: \$150	By: Dr. Tracy Barnes
April 24	Basic Reflexology 9-6 8 CEU's Cost: \$150	By: Donna Gibson
May 15	Plantar fasciitis and Ankle sprain 9-6 8 CEU's Cost: \$150	By: Charlie Watson
May 22	Baby's First Massage Certification class (Part home study) 9-3 27 CEU's Cost: \$225	By: Teresa Ramsey
May 29	Professional Ethics 12-3 3 CEU's Cost: \$50	By: Charlie Watson
Jun 26	Myofascial Massage for the Neck and Shoulders 9-6 8 CEU's Cost: \$150	By: Charlie Watson
July 16-18	Active Isolated Stretching @ Holiday Inn-Clarksville, Indiana 9-6 24 CEU's Cost: \$450 (includes book & rope)	By: Aaron Mattes
August 1	Reiki - Level 2 9:30-6:30 8 CEU's Cost: \$150	By: Donna Jo Payne
August 7-8	Nature's Healing Stone Therapy - Level 1- Full Body 9-6 16 CEU's Cost: \$395	By: Nature's Stone Inc.
September 18	Massage Therapy training for the therapist's spouse/friend 10-2 4 CEU's Cost: \$75	By: Charlie Watson
September 25-26	Kinesio-Taping 1 and 2 9-6 16 CEU's Cost: \$350 <9-13-10 \$380 >9-13	By: Dr. Tracy Barnes
October 9	Professional Ethics 12-3 3 CEU's Cost: \$50	By: Charlie Watson
October 23	Basic Muscle Testing - Emphasis on Food Sensitivity 10-6 8 CEU's Cost: \$150	By: Dr. Tracy Barnes

For additional information or to register by phone call 502-895-3500
Advanced Massage Therapeutics, 2700 Bardstown Rd., Louisville Ky. 40205

All classes are held at Advanced Massage Therapeutics unless otherwise noted.

Advanced Massage Therapeutics is licensed by the Kentucky State Board for Proprietary Education, and a member of the AMTA Council of Schools. All hours are approved CEU's for the AMTA, ABMP, NCTMB and the KSBMT.

Who Is Today's Massage Therapist?

Today's Massage Therapists are...

- Most likely to enter the massage therapy profession as a second career.
- Predominantly female (85 percent).
- In their late 40s, on average.
- Most likely to be members of a professional organization.
- Most likely to be sole practitioners.
- Working an average of 20 hours a week providing massage. (excluding time spent on other business tasks such as billing, bookkeeping, supplies, maintaining equipment, marketing, scheduling, etc.)
- Charging an average of \$63 for one hour of massage.
- Earning an average wage of \$45 an hour (including tip) for all massage related work.
- Seeing an average of 44 clients per month.
- Heavily dependent on repeat clients.
- Likely to provide massage therapy in a number of settings, including their own home, spa/salon, their own office, a healthcare setting, health club/athletic facility, or massage therapy only franchise or chain.
- Eighty-four percent of massage therapists provide Swedish massage, followed by 77 percent who provide deep tissue massage, 49 percent trigger point, and 45 percent sports massage.



Massage therapy can be a rewarding and flexible career

- In 2009, the average annual income for a massage therapist (including tips) who provides approximately 16 hours of massage per week was \$37,123, compared to incomes in 2006 of \$28,170 for full-time healthcare support workers; \$27,190 for full-time medical assistants and \$23,290 for occupational therapist aides.
- While massage therapists work in a variety of work environments, sole practitioners or independent contractors account for the largest percentage of practicing therapists (96 percent). Thirty-eight percent work at least part of their time at a client's home/business/corporate setting, 25 percent in a healthcare setting and 23 percent in a spa setting.
- Eighty-three percent started practicing massage therapy as a second career.
- Sixty-two percent of massage therapists say they would not want to work more hours of massage than they presently do.
- More than half of massage therapists (54 percent) also earn income working in another profession.
- Of those massage therapists who earn income working in another profession, 26 percent practice other forms of body work, while 22 percent work in healthcare and 21 percent work in education.

Who Gets Massage, Where And Why?

- According to the 2009 AMTA consumer survey, an average of 22 percent of adult Americans received at least one massage between July 2008 and July 2009, and an average of 34 percent of adult Americans received a massage in the previous five years.
- Of the people who had at least one massage in the last five years, 31 percent report they did so for health conditions such as pain management, injury rehabilitation, migraine control, or overall wellness.
- In July 2009, 32 percent of adult Americans said they had at least one massage in the last five years to reduce stress or relax - up from 22 percent reported in 2007.

Massage And Healthcare

- In July 2009, thirty-nine million American adults (18 percent) have discussed massage therapy with their doctors or healthcare providers, compared to 13 percent in 2008.
- Of those 18 percent, 35 percent of their health care providers strongly recommended massage therapy, compared to 27 percent in 2008. While physicians led the way in recommending massage (55 percent vs. 50 percent in 2008), chiropractors (48 percent vs. 47 percent in 2008) and physical therapists (42 percent vs. 40 percent in 2008) also recommended massage therapy when their patients discussed it with them.
- More than two-thirds of massage therapists (76 percent) indicate they receive referrals from health care professionals, averaging 1.5 referrals per month. This represents a significant increase from 2008, when 69 percent of massage therapists reported receiving health care referrals.