



kneaded notes

WINTER 2009-10

AMERICAN MASSAGE THERAPY ASSOCIATION INDIANA CHAPTER

VOLUME 17, ISSUE 3

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

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.

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:

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 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.

April 10 only: \$134 ■ April 11 only: \$99 ■ Both Classes: \$199

Sign up for both classes and receive a \$40 voucher for education, valid only at the AMTA-IN Convention, July 2010. Register at www.amtaindiana.org or use the form in the next newsletter. Questions? Contact Dean Berry, 574.721.0524, dean.berry@amtaindiana.org. Hotel information - Hampton Inn, Plainfield, Indiana, 317.839.9993.



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AMTA-Indiana really needs your help

Please consider volunteering your time this year for seated chair massage at the Capitol. Not many therapists have signed-up, and we really need your help! The Indiana Massage Therapy Awareness Week will be February 8-11, 2009 from 9 a.m. to 4 p.m., and it would be great if you can work for a few hours or maybe the whole day. The Governor recently signed a Proclamation honoring massage therapy in Indiana, and this will be the 15th year that we have offered complimentary massages to anyone at the State Capitol Building. February is sometimes a slow month for therapists, so make great use of some down time and plan a morning or afternoon with us.

If you have never been to the Capitol or worked during the Massage Awareness Week, it really is a good time. It's an opportunity to take a tour of the Capitol and meet other therapists from around the state. Contact Jennie Irving, 765.396.9507 or jennie.irving@amtaindiana.org to participate. It would be greatly appreciated!

2010 CALENDAR

January 24, 2010

Aromatherapy - Brownsburg, IN

February 8-11, 2010

15th Annual Indiana Massage Therapy Awareness Week, Indianapolis

April 9-11, 2010

Board Meeting & Education, Plainfield

July 22-25, 2010

33rd Annual Indiana Convention

September 22-25, 2010

AMTA National Convention - Minneapolis

November 5-7, 2010

Education Event at

McCormick's Creek State Park

Questions: Contact Dean Berry

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Aromatherapy for Therapists - 101

Join AMTA-Indiana for Aromatherapy for Massage Therapists 101 on January 24, 2010, from 9:00 a.m. - 5:30 p.m. at the Midwest Academy of Healing Arts located at 44 W. Main St., Brownsburg, IN 46112. Learn about how essential oils can enhance your practice and provide your clients with a truly unique experience. Various oils will be covered including indication, application, samples of the scents, and other interesting facts. Clinical application will also be a part of this class. This will provide

your client with options to achieve a more balanced life through massage and aromatherapy. During class topics in regards to taking care of yourself, the massage therapist will also presented. This includes nutrition, yoga, exercise, and meditation. Make sure to wear loose comfortable clothing and to pack a light lunch, snacks, and water.

Geraldine Macenski will be teaching the class and has been an active force in the wellness industry for over 27 years. Macenski is a registered nurse, fitness/yoga instructor, certified aromatherapist, author and previous massage therapist. She is passionate about facilitating individuals in obtaining an optimal state of wellness.

Questions about the class, contact Michael Reynolds at 317.695.1914 or michael.reynolds@amtaindiana.org.

\$119 - AMTA members

\$139 - non-members

Register at www.amtaindiana.org.