



CONGRATULATIONS!



Congratulations to AMTA-IL member Nestor Battung, winner of the National Sports Massage Achiever Award for 2010! This award was presented on September 23 at the 2010 AMTA National Convention in Minneapolis.

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The President's Corner

Mike Hovi, *President*



Over the past several years, there has been a push by the AMTA to figure out the best ways to help massage therapists become successful. To that end, the AMTA has developed a multitude of membership benefits including but not limited to: marketing ideas, educational events—

both on-line and face to face, free website, discounted purchasing of supplies, and insurance packages to name just a few.

However, one idea has been brought up several times, but has never gained a strong foothold within the AMTA. That idea is a Mentoring Program. Everyone I have ever spoken to about a mentoring program agrees it would be a great idea to get started. The mentored individual would benefit because they could seek out an experienced therapist and ask them questions they might otherwise not know where to go to get answers. They could possibly avoid some of the pitfalls the experienced therapist had to go through when they were first starting out. The mentor would benefit because many times, as the experienced therapist get into a routine of their own work world, they can lose touch with the changing world of the massage profession. Often times the young therapist can share things they learned in school that the experienced therapist might not otherwise be aware of in the world of massage.

So why has such a good idea never gotten off the ground? I cannot say for sure. I could speculate, but I do not have any facts as to why this idea has never gained a strong foothold in our profession.

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CONTACT INFORMATION

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The President's Corner

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However, I can tell you that there is now another push, both by the National Office and the Illinois Chapter, to start a mentoring program across the country, and in Illinois. Why now you might ask? Well, maybe because there is no time like the present to push an idea that has so many positives and so few negatives.

At the recent AMTA-IL Strategic Planning Session, this idea was discussed in depth. It was decided that Illinois could and should be at the forefront of initiating a strong mentoring program, one in which everyone who gets involved would benefit. We discussed how we would develop a survey that could help us pair up compatible mentors with the new therapists. We discussed that just because someone is a mentor or mentored, they would not have to always meet in person, but instead could have phone conversations as needed. And we discussed how the AMTA could make the initial contacts between individuals.

I believe a mentoring program would be a valuable program. Not just for the therapists involved in it, but I believe it could benefit our entire profession. Young therapists need help and guidance as they try to get started. Experienced therapists have the ability to share their knowledge and experience, plus, as a successful therapist, they can role model what it is that helped them become so successful.

Therefore, I am asking for help in getting this program off the ground. The National Office has recently sent out a survey related to a Mentoring Program. I am asking everyone that receives the survey to complete it and send it in. If you are interested in being involved in the program and have not yet received the survey, or you deleted it for whatever reason, contact the National Office and ask them to send it to you again.

The idea of a mentoring program is one that needs to be implemented so that all interested parties can flourish in this profession. Let's start helping each other out and get involved. Let's start sharing ideas, networking with each other, and let's make sure the profession of Massage Therapy prospers for years to come.

To that end, I am willing to become your mentor. I am sure there are others out there that would also like to be a mentor and or have a mentor. So ask for and or volunteer to become a mentor. You never know what can happen until you take that first step.

Respectfully,

Michael A. Hovi
AMTA-IL Chapter President

Member Profile

Interviewed by: *Heather Rabbitt*

Member Name: **Kristin Hovious**
 AMTA Member Since: **April, 2008**
 Location: **Chicago, IL**
 Company: **Galter Life Center**
 Website: **www.galterlifecenter.org**



How long have you been a massage therapist?

I have been a massage therapist since 2004. I graduated from Cortiva Institute – Boston in 2004 (formerly the Muscular Therapy Institute) and moved to Chicago in 2005

Where do you practice? What is a typical week for you?

I practice at Galter Life Center, the Medical Fitness Facility associated with Swedish Covenant Hospital. I see 6-10 clients/week in a practice split between traditional table work, Thai inspired work and Watsu. I also teach at the Cortiva Institute – Chicago 8 hours / week, and manage between 2 and 3 sections per quarter of Cortiva's online ethics classes.

What made you decide to study the art of massage?

After working in corporate America for 12 years, as I was making the transition, I thought less about what I wanted to do, and more about who I wanted to be in the world. I wanted a career that would maximize my gift of helping people who were stretched beyond their own limits. I wanted a career where my customers were always happy to see me, and where I could help people by teaching. My career has blended over time to a balance of teaching massage, practicing massage and teaching yoga, supporting all of those goals.

What types of clients do you see?

A true mix of clients seeking work for general well being, clients who view work as a way to manage chronic pain or injury rehabilitation, and clients who are seeking work to become more aware of their own bodies. My approach to clients is to help educate them about self care so that clients have a better understanding of their bodies' architecture, and more time feeling well between sessions.

In addition to being a massage therapist and yoga instructor, you are also a Watsu practitioner. Can you tell us a little about Watsu?

From Watsu white paper: "Watsu is a form of aquatic therapy that incorporates the principles of Shiatsu and Acupressure (supported range of motion and guided pressure) while the client is supported by the therapist in a 94-96 degree private therapy pool. Because this approach frees the spine and weight bearing joints of the effects of gravity, the client often experiences deep relaxation and increased range of motion following treatment. Watsu was created in the early 1980s by Harold Dull in Harbin Hot Springs, CA. He combined his knowledge of Zen shiatsu and his appreciation of the therapeutic affects of a warm water submersion into this unique type of body work."

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CALL FOR SUBMISSIONS

Deadline for next issue is Jan 15, 2011

The AMTA-IL welcomes articles and photographs for publication. We reserve the right to edit material for space and clarification. Send email or hard copy to:

Rebecca Sturgeon, Editor

AMTA-IL In Touch

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 info@amta-il.org

For advertising guidelines/rate card, contact the chapter office at
847-885-0674

Subscriptions are available to non-AMTA-IL Chapter members for \$12.00 per year. Contact the chapter office for subscription details.

SUBMISSION DEADLINE FOR NEXT ISSUE:
January 15, 2011

Member Profile

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“I believe that active membership in a professional organization helps to strengthen the reputation of massage therapy as a profession.”

How did you get involved in the modality?

My previous manager, Ingrid Keating, was the Watsu practitioner in the pool at the time, and when I received a session, I knew that I had stumbled upon something very special. I took my first training in 2007, spending 2 weeks in Florida taking Watsu 1 and Watsu 2 with Minakshi [Aquatic Bodworks Teacher]. I added to my training with Watsu 3 in 2009, and will complete my training with another course in 2011.

2010-2011 BOARD OF DIRECTORS UPCOMING MEETING SCHEDULE

All meetings are held from 7-9pm

December 6, 2010 in person
Hyatt Place Hotel in Schaumburg

January 19, 2011 teleconference

February 17, 2011 in person
location to be announced

March 16, 2011 teleconference

All AMTA Members are invited to participate in Board of Directors meetings. A period of each meeting is dedicated to open discussion during which members are welcomed to voice their opinions and offer suggestions. If you would like to participate in an upcoming Board meeting, contact the Chapter President at mike@amta-il.org with Board Meeting in the subject line, or call **847-865-0674** for more information.

Do you find ways to blend your therapies (massage, watsu, yoga)?

The therapies blend in every session. Traditional Watsu incorporates very little traditional massage. As a practitioner, I am a massage therapist first, so I believe that my natural tendency in a pool session is to incorporate table work. My anatomy experience and my knowledge of the body from yoga practice informs my work in the water. I will often ask my wellness clients what poses they enjoy most, and incorporate those poses during water sessions. My Thai bodywork training helps to bridge my Watsu work to work on the table. As a practitioner, I appreciate the ability to use my body in completely different ways during the different sessions.

What can you tell other members who might be interested in studying Watsu?

Receive a session from a practitioner so that the member understands the sensation of effortless movement, and what it is like to be “cradled.” We are instructed as massage therapists to hold our clients “at arms length” and to check in frequently during our sessions in order to maintain our professional boundaries. Watsu, as a modality, includes cradling of the client’s body and because the client’s ears are often under water, communication with the client is very different. This difference in client communication was most interesting to me.

What made you decide to become an AMTA member?

I believe that active membership in a professional organization helps to strengthen the reputation of massage therapy as a profession.

What is your overall philosophy when it comes to your work?

I believe that educated, informed touch with intention can help clients create change within themselves.

What is the most rewarding thing about what you do?

The other day, my three year old son saw me rubbing my neck, and asked me if he could help by giving me a massage. My two year old is surrounded by anatomy books and calls any skeletons she sees “skinny guys”. I see that I am passing on the gift of healthy touch and body awareness in my work as a parent and an educator. I feel so lucky to do what I love.

Reflections from 2010 Strategic Planning

By: Heather Rabbitt

We had a successful Strategic Planning session on October 23rd. Nine members joined the AMTA-IL Board of Directors to help create goals and formulate a plan of action for the coming year.

The morning was designated for reflecting on why we all joined the AMTA, why we continue to stay involved with the organization, and our expectations as a member. Our reasons for joining and staying include: member support, insurance, advancing the profession, legislative activities, volunteerism, staying up-to-date on current issues, and the opportunity to belong to a larger massage community.

During the afternoon session, members were given the chance to identify opportunities for improvement, areas for growth, and help create action steps to achieve a number of goals. Together, we formulated specific protocols to make sure our ideas become realities.

We realize our need to increase the awareness and understanding of our profession within the greater community. As a membership, we will focus our efforts in educating the general public and collaborating with medical professions, legislators, and other allied professions. We will act as a conduit for disseminating information about massage therapy and its benefits.

As a Board, we will continue to support our members by safeguarding the practice and professionalism of Massage Therapists throughout Illinois. We will work hard to assist our members in acquiring the best training, skills and knowledge to meet licensing and certification requirements. We will help provide a forum for members to grow and develop their skills to become leaders in their profession and communities.

Some of our specific goals include: redesigning Meet-ups to include educational sessions, creating a mentor-mentee program connecting new members to veterans, working to create a scholarship program to help those who may need our assistance, arming our members with tools they need to educate their individual communities and legislators, and so much more!

VIRTUALLY GREEN

92% of AMTA-IL members have submitted an e-mail address and now receive all communications electronically!

We truly appreciate your participation in helping us become a green association, and hope that you enjoy the full color communications, something we simply couldn't afford to print.

Only 8% of members have not yet submitted an email address. We do understand that some of you do not have regular access to the internet. Rest assured that you will continue receiving the AMTA-IL newsletter by mail. But if you've received this issue by U.S Post and have access to the internet, please send us a message at info@amta-il.org with **"I want to go green!"** in the subject line so we can add your email address to our database.

This will help us further reduce the cost of communications, and bring us closer to being a fully earth friendly association.

We have set our intentions, but the truth is, we can't do this alone. There is no better time to get involved and help shape the future of our profession as Massage Therapists in the state of Illinois. Volunteering for your chapter is a great way to get involved and directly impact your organization, your profession and your community.

We have a lot of great opportunities for involvement including joining a committee, volunteering at an outreach event, writing for our quarterly newsletter, or contacting your local government official. No time dedication is too small or too big! All it takes is an e-mail to info@amta-il.org to get involved in the future of your profession.

CALENDAR OF EVENTS

CONFERENCES

AMTA Schools Summit

February 17-18, 2011
San Francisco, CA

**AMTA-IL State Conference
and Annual Meeting**

April 8-10, 2011
Westin Chicago Northwest
Itasca, IL
www.amta-il.org

MEETUPS

Oak Park Meet-ups

Third Tuesday of each month – 7pm

Dec 21, Eastgate Cafe

LYMAN AND HARRISON ST.

Come for dinner, a snack or just a beverage. Stay for the helpful, interesting, educational conversation and perhaps a demonstration.

RSVP to **Denise Kozel, 708.366.2223**
denise1218pmt@aol.com

Evanston Meet-ups (formerly Wilmette)
New time and location. They will now be held in Evanston on the first Tuesday of even-numbered months – 6:30 - 8:30 PM

Dec 7, Panera Bread

1700 SHERMAN AVE. (SHERMAN & CHURCH)

RSVP to **Sarah Lashley,**
sarah@somavidabodywork.com

Belleville Meet-ups

First Tuesday of each month – 7-9pm

Dec 7, Fletcher's Kitchen & Tap

601 WEST MAIN STREET

RSVP to **Amy Orchard, 618-301-2134**
amy@orchardtherapy.com

Student Corner

DRAW THE LINE

By: *Rebecca Sturgeon*

If there was one thing I couldn't stand talking about in school, it was capital-B Boundaries. Don't get me wrong – I completely understand how important this topic is, especially since our profession involves a whole lot of trust on both sides. To me, though, the whole discussion was a bit – prolonged. You see, I was “older than the average bear” coming into massage school. I already had a lot of life and work experience to draw from, and I had already navigated some pretty tricky situations in my careers. An entire class day spent talking about and role playing the difference between semi-permeable, open and closed Boundaries and the issues of each? No thanks. The only semi-permeable boundary I felt I needed to learn about was a cell membrane.

Until this week.

When I arrived at work, I had no clients on the books. I settled in to read for a bit, when the front desk called and told me I had a walk in for a half-hour massage. A frequent client. The owner's sister, as a matter of fact. And after that appointment, an hour massage for the owner's niece. The idea of working with relatives of the owners wasn't necessarily disturbing, or even surprising. I would get paid the same as with any other client, and I trusted my own skills and standards.

Then my clients, the sister and niece of the owner, arrived. They were both coughing and sniffing – clearly either actively sick or recovering from some upper respiratory thing. Just a few weeks before, I had felt perfectly comfortable sitting down with an actively sick client and explaining why I felt a massage was not necessarily the best idea for her. She understood my reasoning, and even expressed appreciation for my honesty. Yet, now, faced with the same situation, I found myself completely unable to even begin the conversation.

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Student Corner

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To tell the truth, I felt a little bullied into providing these two massages when I wasn't really comfortable doing so. The owners, while fair and reasonable, are a little intimidating to me. I often describe talking to them as feeling like "the help" in some Beverly Hills millionaire's employ. So, when faced with two of their relatives who had clearly come at the owners' urging, I couldn't begin a conversation which came easily with other clients.

I wish I had paid more attention to Boundary issues in school, or even participated in one of those role plays. Even as a person with a certain level of maturity, I had a lot to learn from those seemingly endless discussions.

Are you a student, teacher, mentor, or just someone who knows what it's like to be new to the profession? Submit your article for Student Corner to info@amta-il.org.

SAVE THE DATE!!

FOR THE 2011 AMTA ILLINOIS STATE CONFERENCE

APRIL 8 – 10, 2011 AT THE WESTIN CHICAGO NORTHWEST IN ITASCA, IL

Please keep a look-out for our brochure about distinguished speakers and the excellent opportunities to obtain Continuing Education credits from the experts! The Westin Itasca was the host of the 2010 Illinois State Conference and the attendees really enjoyed the setting.

Visit www.amta-il.org or call the Chapter office at **847-885-0674**

for more information as it unfolds!

NOTICE FOR 2010 AMTA-IL CHAPTER AWARDS NOMINATIONS

HAVE YOU FOUND A STAR AMONG US?

Do you know an Illinois massage therapist who has excelled greatly in the profession or perhaps a therapist who has made an outstanding contribution to his or her community? Now is your opportunity to help recognize their dedication to the profession. Nominate him/her for a 2011 Annual Illinois Chapter Award.

These awards offer the opportunity to celebrate the outstanding work of massage therapists in Illinois. The best part is award winners are nominated by you – their peers, students, supervisors, educators, and clients.

The 2011 Chapter Awards Ceremony will take place at the State Conference and Annual Meeting on April 9th.

Nominations are being accepted for the following awards: Meritorious, Distinguished Service, Humanitarian, Outstanding Contribution to Massage in Integrative Healthcare, Employer of the Year, and Rookie of the Year.

ALL NOMINATIONS MUST BE IN BY MARCH 4, 2011!

For more information and nomination forms, please visit www.amta-il.org or contact Heather Rabbitt, Awards Committee Chair, at heather@amta-il.org.

Teachers' Corner

By: Mike Hovi

How do you plan for a lesson? Do you read the book prior to the class and then regurgitate the material to your students? Do you develop an outline of the material you are going to present and then make sure you cover the material in class one item at a time?

Here are a few ideas to make sure you are ready to present material to a class.

First, determine what it is you are going to teach. Whether it is part of a science class or a hands-on class, you must know what it is you EXPECT the students to KNOW by time you finish presenting the material.

Second, you must become as familiar as possible with the material you are going to present. If it is the first time you are presenting the material, you should plan on at least double the amount time in prep work as the class is long (4 hour of prep for a two hour class). The reason for this is simple. You have to do more than just stand in the room and tell students about the material. You have to be ready for questions. Every time you make a statement, or show a

technique, students will have questions related to what you said or showed. When the questions come, you have to be ready to answer them accurately. If all you do is present material out of a book, students will eventually start to complain because they got the same information out of the book, but they want more. As the teacher, you need to give them that extra information. Therefore, review what you plan to say in class, and try to determine what the students will ask as a result of your statements. Have the answers ready when the questions come.

Third, as you read through the material you plan to present, think about how you will turn the information into test questions. When it comes time for tests, students should not be taken by surprise. Students should have a good idea ahead of time what it is you want, or better yet, know what it is you expect them to know. If the information is extremely important, tell them it is important material to know. They will make notes that highlight that material and then as they prepare for the test, they have a good idea how to focus their studies.

Finally, teach using multiple learning channels. No two students learn in the same way, so using one teaching style will not benefit all students. When you are ready to present material you want to make sure the students will remember, be sure to say it several times in different ways. Then have the students say it as well. This may seem childish, but repetition does work. Also, by having the students restate important information, it requires them to use more learning channels. Remember, some students will be auditory learners, some will be visual learners, some will be kinesthetic learners, but some will need multiple learning channels to remember information. The more learning channels they use, the more ingrained the information will become.

To summarize, learn the material you will be presenting, rehearse how you will present it, anticipate what questions the students will have as you present the material, plan test questions as you prepare the lecture, tell the students when material is important to know, and teach to multiple learning channels.

Follow these tips and you will have a successful class.

Are you a dedicated Massage Therapy instructor with some excellent teaching techniques? Share your ideas by submitting a Teachers' Corner article to info@amta-il.org.

LET EVERYBODY KNOW

AMTA-IL Members are an active crowd, and this newsletter is your forum to get the word out. If you have organized a continuing education opportunity, outreach or social event, or know of an opportunity that our fellow Members should be aware of, send the information to info@amta-il.org with "FREE CALENDAR LISTING" in the subject line. Free calendar listings will include the name of the event, the date, a contact name, and a telephone number. If you'd prefer to include more than this information, our print ads and classified listings are ridiculously affordable! Please call 847.885.0674 for advertising information and rates.

ATMA-IL Chapter Daily Dose of Touch

Compiled by: *Heather Rabbitt*

Name of Organization: **Heartland Alliance Marjorie Kovler Center**

Location: **Rogers Park, Chicago (1331 W. Albion Ave.)**

Background on Organization/Program:

About the organization: The Heartland Alliance Marjorie Kovler Center helps survivors of torture overcome trauma and begin a life without fear through medical, mental health, emergency, and a wide range of other support services. Assistance is provided by staff, volunteers and by referral to other human service organizations. All services provided by the Marjorie Kovler Center are free of charge.

About the massage therapy program: Some Kovler Center clients need massage therapy to assuage injuries suffered during torture, while others use massage as a relaxation technique. Many Kovler Center clients request massage services but are, unfortunately, often placed on a waiting list due to a shortage of available, licensed volunteers.

Volunteer Responsibilities: After completing a volunteer application and attending an orientation, licensed massage therapists are paired with one or more Kovler Center clients. (The number of clients paired with a particular volunteer is dependant on the massage therapist's interests and availability.) A case manager makes this massage therapist-client match, taking factors such a gender, personal history, languages spoken, volunteer and therapist schedules, etc. into consideration. The case manager then facilitates the scheduling of the first appointment and provides office space for the session. If, after the first appointment, the match seems mutually beneficial, massage therapy volunteers are asked to continue meeting with the client, typically on a weekly basis.

If you know of an organization looking for massage volunteers year round, please contact **Heather Rabbitt** at heather@amta-il.org to be featured in an upcoming newsletter.

Requirements/Qualifications:

- Completion of a volunteer application.
- Attendance at a brief (2-3 hour), one-time orientation meeting (primarily a chance to ask questions about working with survivors of torture, an opportunity to talk with other massage therapy volunteers, etc.).
- Willingness to meet with at least one Kovler Center client on a weekly basis-- a minimum commitment of one hour per week.
- Ability to speak a second language is helpful, though not required.

Impact: Touch is a basic, instinctual way to show care and compassion. Massage therapy can be especially powerful to someone who has experienced trauma and benefits Kovler Center clients in a number of ways. Whether through addressing torture-specific injuries or scar tissue build-up, alleviating the stress that comes with the drastic lifestyle change clients experience when moving to the U.S., providing somatic relief, or rebuilding trust and healthy physical boundaries, massage therapy makes a difference in the life of Kovler Center clients.

Dates and Times Available:

Monday-Friday, 9:00am-5:00pm

How to Apply:

Please contact Danielle Walsh at (773) 751-4056 or dwalsh@heartlandalliance.org

IMPORTANT MESSAGE

Continuing education advertised in In Touch (pages 12-17) may or may not be approved for fulfilling the Illinois license renewal requirements. See your yellow MLA Booklet (pages 38-43) or search www.idfpr.com for rules regarding continuing education for Illinois license renewal. Twenty-four (24) hours of continuing education are required at each renewal, including 2 hours of ethics.

Pure Fiction

INSPIRATION

for Julie and for massage therapy

By: David Lauterstein

Hands touching places never touched.
Forearms with a river flowing between two bones.

Panning for the gold in your hands,
I find reflections of everyone you've been –
the heavenly queen,
the knight whose armor shone in the sun,
the sleeping child with hands
like kittens on top of each other,
the serf whose shoulders bore the plow.

“Your feet, my dear,” he said, “are alphabetical.”
26 ways to say, “The earth is my home.”
A bone for each week of the year,
Phalangeal months,
Pedal astrology:
Leo meets the Longitudinal Arches
And Capricorns like hooves.

All the stars make waves everywhere inside of you.

It's not enough to say,
This shoulder is beautiful,
And that hip leaves nothing to be desired.
The ball and the socket speak
In an Oriental language of completeness and freedom,
Movement through the union of opposites.

Ribs float in the air,
Summer nights the boughs move
More gently in the breeze
And your breath persuades my heart to love.

It is impossible that hair is not tall grass,
Impossible that wind is not breath,
That your legs are not panther legs,
Your head not a falcon's.

There are too many people in this world
Not to love them all.

Hands alight –
Lotus petals
On the abdomen

Words point to what we can not say,
What we can not speak of, we hope to touch.
Touch the world.

You call it therapy.
I call it love.

for more of **David Lauterstein's** writing you can go to:

<http://www.tlcschool.com/contact-0> and <http://www.tlcschool.com/the-enlightened-body-massage-blog>

Research Matters

Compiled by: Celia Bucci

Each of the titles below is a live link. Only the titles in blue are live links to free, open access articles.

Reduced endurance of the cervical flexor muscles in patients with concurrent temporomandibular disorders and neck disability; *Manual Therapy*; Susan Armijo-Olivo, Jorge P. Fuentes, Bruno R. da Costa, Paul W. Major, Sharon Warren, Norman M.R. Thie, David J. Magee

Chains, trains and contractile fields; *Journal of Bodywork and Movement Therapies*; Matt Wallden

A prophylactic effect of proprioceptive neuromuscular facilitation (PNF) stretching on symptoms of muscle damage induced by eccentric exercise of the wrist extensors; *Journal of Bodywork and Movement Therapies*; Peanchai Khamwong, Ubon Pirunsan, Aatit Paungmali

What does proprioception testing tell us about patellofemoral pain?; *Manual Therapy*; Michael J. Callaghan

Association between neck muscle coactivation, pain, and strength in women with neck pain; *Manual Therapy*; Rene Lindström, Jochen Schomacher, Dario Farina, Lotte Rechter, Deborah Falla

Episode of fainting and tetany after an evaluation technique of the upper cervical region: A case report; *Manual Therapy*; Guillaume Christie, Pierre Balthazard

The relevance of long head biceps degeneration in the presence of rotator cuff tears; *BMC Musculoskeletal Disorders*; Lakemeier S, Reichelt JJ, Timmesfeld N, Fuchs-Winkelmann S, Paletta JR, Schofer MD

The use of abdominal massage to treat chronic constipation; *Journal of Bodywork and Movement Therapies*; Marybetts Sinclair LMT

Interexaminer reliability of orthopaedic special tests used in the assessment of shoulder pain; *Manual Therapy*; Angela Cadogan, Mark Laslett, Wayne Hing, Peter McNair, Maynard Williams

Standardized manual palpation of myofascial trigger points in relation to neck/shoulder pain; the influence of clinical experience on inter-examiner reproducibility; *Manual Therapy*; Corrie Myburgh, Henrik Hein Lauridsen, Jan Hartvigsen

The musculoskeletal effects of diabetes mellitus; *Journal of the Canadian Chiropractic Association*; Lawrence H Wyatt, DC, DACBR, FICC and Randy J Ferrance, DC, MD

Massage Therapy: Significance and Relevance to Professional Practice; *Professional Psychology: Research and Practice, Volume 41, Issue 4, August 2010, Pages 325-332*; Grant J. Rich

The effects of plantar fasciitis and pain on plantar pressure distribution of recreational runners; *Clinical Biomechanics*; Ana Paula Ribeiro, Francis Trombini-Souza, Vitor D. Tessutti, Fernanda R. Lima, Sílvia M.A. João, Isabel C.N. Sacco

The role of Plantaris Longus in Achilles tendinopathy: A biomechanical study; *Foot and Ankle Surgery*; F. Lintz, A. Higgs, M. Millett, T. Barton, M. Raghuvanshi, M.A. Adams, I.G. Winson

Changes in contractile properties of muscles receiving repeat injections of botulinum toxin (Botox); *Journal of Biomechanics*; Rafael Fortuna, Marco Aurélio Vaz, Aliaa Rehan Youssef, David Longino, Walter Herzog

The effects of the Bowen technique on hamstring flexibility

over time: A randomised controlled trial; *Journal of Bodywork and Movement Therapies*; Michelle Marr, Julian Baker, Nicky Lambon, Jo Perry

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Additionally, the Winter edition will have an expanded circulation to reach the anticipated non-member prospects in attendance at the AMTA-IL State Conference and Annual Meeting. Members and non-members alike look to this Newsletter for information about local and national continuing education and professional development opportunities.

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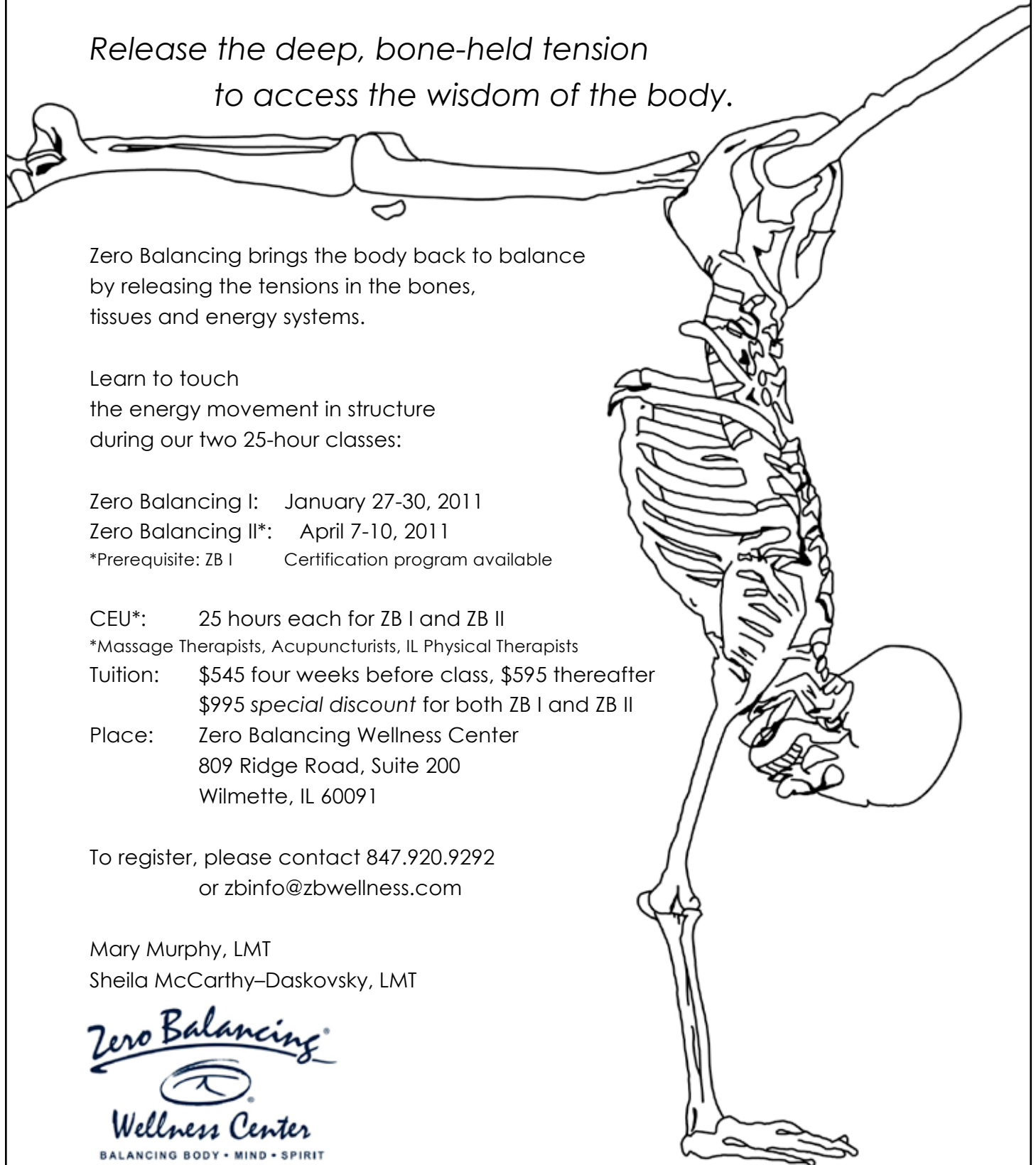
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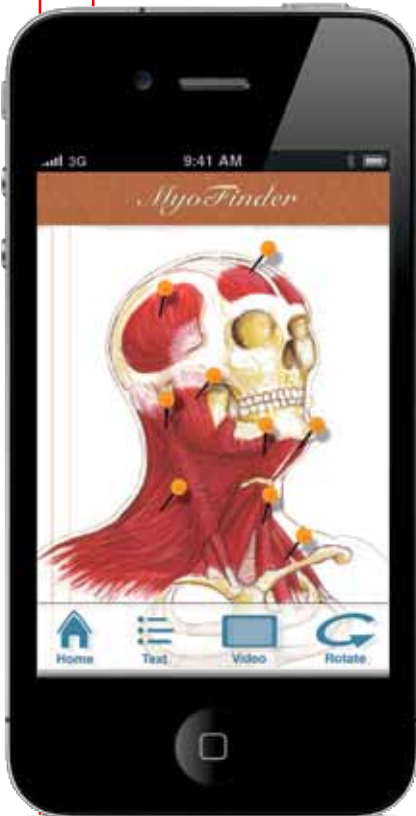
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Government Relations Committee monitors legislation and regulation that might influence the practice of massage therapy and makes recommendations to the Chapter President and Board; leads the Chapter effort to affect legislation and regulation when directed.

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