



## License Renewal Year Checklist to Renew Your License

Tracy Smodilla, Member At Large; Chair, Government Relations Committee

It's that time again...professional license renewal for Illinois Massage Therapists. This is a good time to start preparing to ensure your license doesn't lapse, preventing you from legally practicing massage therapy. Here are a few reminders to keep you on track:

- 1) Continuing Education: You'll need 24 documented CE credits accrued between January 1, 2009 and December 31, 2010. At least 2 of these must be in ethics. If both your schedule and wallet are feeling the pinch of getting these done before the deadline, visit the AMTA National website at [www.amtamassage.org](http://www.amtamassage.org) for a variety of on-line courses that are budget-friendly and available "24/7".
- 2) Have you moved? If so, please advise the Illinois Department of Financial and Professional Regulations as soon as possible and before you start the renewal process (<http://www.idfpr.com/>).
- 3) Speaking of moving, remember to re-register to vote to avoid any problems on election day. Your vote counts. (<http://www.elections.state.il.us/InfoForVoters.aspx>)
- 4) Budget accordingly. The fee to renew is \$175.00 for 2 years.
- 5) Remember to display your license at your place of employment.

## The President's Corner

Mike Hovi

The goal of any organization should be the enhancement of the member's experience while they are a member of the organization. AMTA-IL is no different. If you are a member, you should realize that the AMTA is here to make your professional life as a massage therapist better. Your experience as a member should be what you want and expect.



If it isn't, you should take action.

So, what actions should you take? As your Chapter President, let me offer up a few ideas.

Your first option is to complain to someone who can make a difference. If you complain to another therapist, a family member, and/or a client, you might feel a little better for a while, but nothing

will happen to correct your concerns. Instead, complain to a Board Member, or better yet, to me. As President, I want to make sure you are getting the benefits of your membership. If you are not, let me know and, if I can help, I will. I know every Board member will do the same, so speak up and be heard.

Your second option is to get involved in the Chapter through volunteerism. You can become a member of a committee, you can write articles for the newsletter, you can help with the updating of the social media sites, or even run for a board position. Sometimes, the old saying is so true...IF YOU WANT IT DONE RIGHT, DO IT YOURSELF. So get involved.

Third, every year the Chapter holds a STRATEGIC PLANNING SESSION. At this event, the Board sits down and decides on the short and long-term direction of the Chapter. We do our best to figure out what the members want, and then we put forth an action plan that will help those ideas come to fruition.

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## The President's Corner

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I bring this up because last year, the Board approved the payment of up to 10 double occupancy hotel rooms for members who wanted to become part of the planning of the Chapter's future to share. We realize that Illinois is a big state, and many people would like to attend, but just cannot afford it because of the room cost and loss of income. Well, we cannot do anything about lost income, but we can help with the room expense.

So, I will be proposing this same arrangement to the Board for approval again this year. The meeting will be in October, and we would love member input. If you are interested in attending and sharing a free room with another member, this is a great way to help shape your Chapter's future direction.

Keep a lookout for e-blasts in the near future with more information. In the meantime, let me know if I can make your Member Experience what you think it should be. I will be glad to do what I can.

Respectfully,

Michael A. Hovi  
AMTA-IL Chapter President  
815.382.6472

### *Politics as Usual*

## Chicago Zoning Amendments Passes in "Stealth Vote"

Tracy Smodilla, Member At Large; Chair, Government Relations Committee

Despite strong opposition from the American Massage Therapy Association, allied organizations including nine local chambers of commerce within the city, and many city officials, the amendment to rezone massage therapy establishments was (regrettably) passed on June 9, 2010.

Using a very clever means to redress a piece of unpopular legislation, the proposed amendment was buried in the section of the council agenda titled "Unfinished Business" near the very end of the meeting. It was brought forth during a very active time in Chicago, from both legislative and cultural vantages (Blackhawks championship game pending that night; summer vacations just starting; the Wal-Mart proposals; the U.S. Supreme Court's decision on Chicago's gun-ban; the Blagojevich trial).

Ald. Ray Suarez's measure passed by a vote of 30-8-12, with some aldermen opposed on the grounds that the ordinance makes it too difficult for legitimate massage establishments to open and doesn't really stop prostitution.

Massage establishments will require special permits to open in residential business districts (B-3) under a plan aimed at

curbing prostitution that the City Council approved today. Under this amendment, new massage establishments will not be permitted in B-1 and B-2 districts, though existing establishments will be grandfathered in with provisions.

To date, the Chicago Zoning Department has yet to publish the new ordinance language in its entirety, including the requirements for a "special" permit, despite repeated calls to their office.

Further, Ald. Brian Doherty of the 41st Ward, said it would make more sense to simply enforce the law and go after the prostitution fronts more aggressively, rather than create zoning exceptions that would lead to a needless level of bureaucracy.

The AMTA-IL Government Relations Committee is working on a strategic appeals process that is preemptive and proactive in its scope. Our mission, in addition to having this misguided, hostile piece of local legislation overturned, is to lay a firm foundation for fair practice rights. While it may take some time to see tangible progress, we also don't want to jeopardize other pro-massage therapist initiatives underway. In order for it to be most effective, however, the entire massage therapy community must come together as a whole, really get involved and stay focused on strategies that are preemptive and proactive, rather than reactive.

The AMTA Chapter will continue to keep members updated with all the details regarding the Chicago issue, as well as other issues impacting municipalities around the state. Stay tuned.

### *The Chicago Vote*

## How It Went Down

Tracy Smodilla, Member At Large; Chair, Government Relations Committee

Want to see the Chicago City Alderman in action? Curious about the action on the floor of the city council? You are encouraged to view the June 9th vote. Please go to:

[www.chicityclerk.com/City\\_Council\\_Video/2010\\_Video\\_Meetings/June9\\_2010/](http://www.chicityclerk.com/City_Council_Video/2010_Video_Meetings/June9_2010/)

As soon as the page displays, on the right side you will see the agenda for the Chicago City Council Meeting on June 9th. Click on the little icon adjacent to item #8 titled "Unfinished Business". The zoning amendment was buried here: near the end of the meeting. The video is nearly 10 minutes long. The vote is being argued by Ed Burke on behalf of the Budget Committee. Not even the Chair of the Zoning Committee (Danny Solis) or the sponsoring alderman (Ray Suarez) would argue their proposal, and there is absolute chaos on the floor. It's not especially flattering for elected officials.

## Government Relations Committee Meets Strategic Focus to Fortify the Profession

Tracy Smodilla, Member At Large; Chair, Government Relations Committee

The Government Relations Committee met July 20th-21st to develop its strategy for the coming year. The theme was "Building a Bullet-Proof Profession." The focus was on ways to end hostile state and local legislation that degrades our profession and impacts fair practice rights, engaging volunteer advocates and implementing public education campaigns about legitimate licensed massage therapy. Topics covered were:

- The development of an allied healthcare coalition to end legislative "bullying." Lobbyist Maureen Mulhall and Tracy Smodilla, Chair, GRC will be meeting with representatives from other healthcare professions in August and September to discuss opportunities to support one another's professions during the legislative session when we are collectively being threatened by hostile legislation or when there is an advantage to support one another from a philosophical vantage point. The idea is to strengthen the positions of our professions through the collective number of members.
- Massage Licensing Act Sunset process: Benefits, Vulnerability, Future Opportunities. The #1 goal of the MLA should be to preserve direct access by the public to the services of LMTs in Illinois. AMTA-IL supports the need for continued regulation of LMTs in Illinois. In the coming year, we will be working with the IDFPR and the Massage Licensing Board to protect the rights of licensed massage therapists and mitigate amendatory language that would not protect the status of the profession.
- Team concepts to engage more active volunteers (such as Legislative Organization Teams, or LOT).
- The "60 Days" Campaign from September 2nd to November 2nd (Labor Day to Election Day). The message is "Stop Taxes on Massage Therapy!" Details to follow.
- "Retooling" Massage Therapy Awareness Week to make it more relevant and impactful. Specifically, therapists will be able to view the 2010/2011 General Assembly calendars so they can visit their legislators while they are in their home districts. A "Massage Therapy Awareness Day" will be scheduled in Springfield in the spring of 2011 when the legislators are actually there and working on legislation that affects healthcare. The GRC will begin partnering with Volunteer Development at the National Office to



develop and implement specific plans to recruit volunteers for the many municipal and state activities.

- Trends in state legislation that carry national impact and synergistic partnering with other chapters. The GRC will be partnering with the AMTA National office to implement a gathering of GR chairs, committee and chapter presidents at the convention in Minneapolis. In this first initiative, we will be discussing common issues impacting the profession and best practices.
- I am pleased to report that in an effort to clarify information about the Chicago vote, I was able to recruit a new member. Please welcome Sue Shekut to the AMTA family. She has already begun a campaign to recruit volunteers to activities that support education about legitimate, licensed massage therapy in Chicago.

### *V*irtually *G*reen

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 [celia@amta-il.org](mailto:celia@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.

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**STUDENT CORNER****July 2010**

Rebecca Sturgeon

You've spent a lot of time thinking and choosing your massage school. You've attended one of the open houses, talked to some of the faculty and other students, then made the decision to attend a certain school – to trust that they would guide you through learning everything you needed to know to be the best LMT possible.

What happens, then, if you find yourself halfway through school and you get that sinking feeling that you are not learning what you should? How do you ask for the right information if you don't even know what it is?

Before you let yourself become bitter and disappointed in your entire school experience, try to give yourself some perspective. At my school, we had one assignment to interview a couple of experienced massage therapists. Both of the people I interviewed had over 20 years' experience in the field -- and they both started working as MTs with less than 100 hours of education. Think about this. In 100 hours at your school, you most likely wouldn't get through the anatomy, kinesiology and pathology of the upper body, much less get all the technique training and practice you would want to have in order to feel confident in the field. I asked one of my interviewees if she felt ready to start working after her 80 (!) hours of training in school. She responded immediately: "No."

So, before you panic about the quality of your education, take a deep breath and thank the AMTA members who came before you and got Illinois to adopt licensure and more rigorous training requirements. Your school is required to meet a baseline which is much more comprehensive than it used to be.

But, what if you still feel the quantity of hours doesn't have the quality you want? Here is where you need to reach out to your colleagues. Start with you teachers. They didn't all go to school where they teach. Ask them about their experience. Ask them about your experience. A good teacher can help you formulate which questions you need to ask, then they will help you find the answers. Reach out to LMTs and MT students through the AMTA and AMTA-IL Facebook pages or other social networking sites. For example, the "Being a Massage Therapist" page on Facebook has a number of friendly, fun and informative discussions in progress.

In my discussions with more experienced therapists and my teachers, I found that most people see school as only the first step in many years of continued learning. This doesn't just mean your required CE hours, it means approaching every interaction with a client as a learning experience. After all, you can learn a great deal about Trigger Points from a book, but until you actually feel and work with one, can you really claim to understand them?

The bottom line is that it is up to you to make your school experience work for you. Don't be afraid to be aggressive about asking for what you need. This is your money, your time, and your future career in progress. Your school is not the driver, you are. Get behind the wheel now and make your road.

*Are you a teacher, mentor, or just someone who knows what it was like to be a massage therapy student? Reach out to the AMTA's newest members and future leaders by submitting an article for "Student Corner" to celia@amta-il.org.*

## Member Profile

### *An Interview with Courtney Lewis*

Heather Rabbitt, Secretary, Awards



**Member Name:** Courtney Lewis

**Member Since:** 2007

**Company:** The Rub Chicago, Ltd.

**Location:** Chicago, IL

**Website:** [www.therubchicago.com](http://www.therubchicago.com)

#### **What made you decide to become a massage therapist?**

*When I was in my early twenties I had a profound lesson in the importance of touch. On a visit to see my great aunt in her nursing home I decided to forego the visitor's chair and sat with her in her adjustable bed. Propped up, we chatted about life and recent events. I began absentmindedly rubbing her arm with light gentle strokes and she cooed at the warm loving touch so I continued on with a short back rub. She explained that she experienced touch every day but that it was "with cold hands and cold hearts" from the well-intentioned nursing home staff as they were truly overworked. They busily rushed through her daily routine, dressing and bathing her, not truly present or aware of the quality of touch they were giving. Even her visitors, family and friends alike, touched her only with hello kisses and goodbye hand squeezes. That day my touch, as uneducated as it was then, meant more to her than any other visit or any other interaction she had since she moved into the nursing home. It gave her a smile, a renewed spirit, and a warmth of her own. This understanding of touch as a basic need in human interaction and the mental and physical well-being that ensues are what propelled me to become a Massage Therapist.*

#### **What is the average number of clients you see per week?**

*I typically see 10-12 clients a week and an interesting figure to share is 80% of my clients are male.*

**How long have you owned your own business?** *I opened The Rub Chicago in 2007 just after completing my NCBTMB exam and becoming licensed by the state of Illinois. Come October, The Rub Chicago will have been open for 3 years.*

**What has been the most challenging aspect of being a massage therapist today?** *The most challenging aspect of being a massage therapist today is balancing the roles of massage therapist and business woman. You need to wear both hats to run a great business, and sometimes it is difficult to switch back and forth between business (being of a thinking mind with client follow up, marketing, networking, and a go-getter personality) and therapist (being of a feeling mind with physical assessment, massage techniques, listening/perceiving, and a soft and caring*

*personality). It can be taxing and that's why I find it so important to receive regular massage as well as give it!*

**Do you feel there was a change or shift in your business with the recent state of the economy?** *The state of the economy has certainly affected most everyone. In the third quarter of 2009, I saw a good portion of our clients either cut back on frequency or cease treatment altogether. It was worrisome on multiple levels. On the income side, I was able to adjust by extending my services to a local health club and working on-call for spas to supplement income. In the last two months (June & July 2010), I have seen an upswing in new clients and the return of past clients who wish to get back into the healthy habit of regular massage. So it does feel as though the economy is turning around.*

#### **What made you decide to become an AMTA member?**

*The Soma Institute was influential in my becoming a member of AMTA. The teachers at Soma educated me on the importance of joining a massage association and the benefits of the liability insurance plan and professional discounts that are offered. I decided to join AMTA as a student and later rolled into a professional membership.*

#### **If you weren't a massage therapist, what would you be doing?**

*It is hard to think of having another career besides massage therapy! I suppose I would go back to Sports Marketing or Lobbying for a non-profit as I have done in the past. Both were great experiences. Sports Marketing is so much fun and Lobbying is rewarding. But massage is both!*

#### **Have you taken any interesting Continuing Education classes lately?**

*Continuing education is so very important, especially as our industry matures and changes with each passing year. The more we educate ourselves, the stronger and more credible the massage industry becomes as a whole. I have not taken any interesting classes lately though do look forward to attending courses in Prenatal Massage, Thai Massage, and Reflexology.*

#### **What is the most rewarding thing about what you do?**

*The most rewarding thing about what I do is enabling my client's to meet their goals. Whether it's getting back to the golf course with the ability to rotate pain-free through their swing, or being able to get through an entire setlist without dropping the drumsticks due to weakness/numbness in their hands. To know that my clients are able to do the things they love makes me love what I do even more.*

#### **If you could give one piece of advice to a new Massage Therapy graduate, what would it be?**

*One piece of advice for a new graduate. That's hard! I've had a few "bloopers" happen in the massage room, and you will too, from clients accidentally kicking me to inadvertently passing gas to apologies for sweaty feet or hairy backs. The best response to give your client is usually to say a light and charming, "You aren't the first person to pass gas during a massage and you certainly won't be the last!" or "Yours isn't the first hairy back I've worked on, and I'm quite sure it won't be the last!" It's a funny piece of advice, but it really helps set the client at ease and often gets a chuckle.*

## Social Networking for Social Change: a Facebook Case Study July 2010

Rebecca Sturgeon

If you have been anywhere near Facebook in the past few weeks, chances are you've gotten either a link to the June 24th episode of "The View," or a request to join a group or sign a petition asking for an apology from the producers of "The View." The response to some comments about massage therapy made in the wake of recent news about Al Gore has generated a wave of activity. For those of you who may have missed it, here's a link to the clip so you can see it for yourself: <http://theview.abc.go.com/video/hot-topics-al-gores-massage>. You can also see the AMTA's response to the comments on their web site ([www.amtamassage.org](http://www.amtamassage.org)).

The reaction to this video is the latest example of the power of using social networking to advance a particular cause. The main Facebook group driving attention to this particular issue is "Licensed Massage Therapists Requesting an Apology from 'The View'," (<http://www.facebook.com/group.php?gid=116581915055323>) administered by Susan Epperly, LMT, of Austin Texas and John Siegel, LMT, of Portland, Oregon. The group was created on July 2nd, and less than two weeks later, it has over 5,000 members. The group has also been used to help drive people to sign a petition requesting an apology. The petition has garnered almost 2,500 signatures as of this writing.

The quick promotion of this group is a lesson in how to develop and deploy your Facebook network. Susan Epperly manages a number of other pages, including those promoting the businesses she runs with her husband (and fellow LMT), Shane. The clip from "The View" first came to Susan's attention on Facebook, and after posting her own reaction on "The View's" web site and Facebook page, she describes the creation of her latest group in this way:

Fellow (Portland, Oregon) LMT, John Siegel had seen the comments that I had made on our mutual friend's video post, and he suggested that perhaps we should consider creating a Facebook group, or using the Facebook "Causes" application. After a little bit of correspondence with John, he and I decided that a group was the way to go. We settled on a name for the group; I created it on Friday, July 2<sup>nd</sup>; and I made him a Co-Administrator. I then proceeded to invite all of my Facebook network to join the group, and I made the group's existence known on some of the other pages that I administrate.

The other pages Susan mentions include pages for all aspects of her massage businesses, and the "Being a Massage Therapist" group. Thus, two individuals in different states

were able to spread the word to fellow massage therapists, clients and friends across the country and generate an average of over 320 new members a day to the "Licensed Massage Therapists Requesting an Apology from 'The View'" Facebook group. As Susan put it: "I had no doubts prior to this experience, but this movement has really demonstrated how powerful social media can be in creating a groundswell of support for a particular cause."

While we may feel heartened and encouraged that our fellow therapists, clients and friends are supporting us in such large numbers, one may wonder what, finally, will be the result of this action. Is "The View" really going to apologize? To those who might suggest that "The View" will never apologize, and therefore the whole effort was a waste of time, Susan has this to say: "What these folks don't understand is that we've already succeeded. We have stood up and pointed out the fact that massage therapy and Massage Therapists have been wronged. We've called the panel on their ignorance regarding this subject. We've brought awareness to the situation. We've inspired a multitude of blogs, articles, and social media posts on the topic. We've gotten people talking."

Take this case study as an inspiration and take advantage of the "Facebook: A Guide to Social Networking for Massage Therapists" now being offered to all AMTA members at <https://www.amtamassage.org/member/benefits.html>. Your network may be small, it may be local, but through shared connections your reach and influence grows exponentially.

*My thanks to Susan Epperly, LMT ([www.tigerlilystudios.com](http://www.tigerlilystudios.com)) for assistance gathering information for this article.*

### CALL FOR SUBMISSIONS

*Deadline for the next issue is October 15, 2010*

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:

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AMTA-IL In Touch, 1901 North Roselle Road  
Schaumburg, IL 60195

[celia@amta-il.org](mailto:celia@amta-il.org)

For advertising guidelines/rate card, contact the chapter office at [info@amta-il.org](mailto:info@amta-il.org). Subscriptions are available to non-IL Chapter members for \$12.00 per year. Contact the chapter office at 847.885.0674.

## Why I joined AMTA . . . and Why I Stay

Mike HOVI, AMTA-IL Chapter President

Each and every Massage Therapist has to decide at some point in their professional career if they are going to join a professional association. I just want to share with each of you some of the reasons why I joined, why I stay involved, and hopefully how I envision positively impacting the massage profession.

Initially, I joined because I was told as a student it was a wise move. I would get liability insurance and it would look good on my resume and in my marketing material. I would be willing to bet this is the same reason why most of the 57,000 or so current members joined as well. However, these are not the reasons I have stayed a member for 18 plus years now.

Today, I stay a member for the reasons listed in the prior paragraph, but also for the multitude of additional benefits afforded me by being a member. For example, in Illinois, the massage profession is constantly under attack from politicians wanting to regulate massage in the name of "Public Safety." However, these same politicians typically take action because there has been some type of illicit activity that occurred in their cities, not because of "Public Safety." More likely, they want to show their constituents that they are out to "clean up the neighborhood." They automatically view massage and illicit activities as one in the same. So, who watches out for the legitimate massage practitioner? It is the AMTA that has stepped forward many times to contest these restrictive and in many cases illegal ordinances. It is the AMTA that has stepped in and educated the politicians. It is the AMTA-IL GRC that developed a model ordinance that can both protect the legitimate massage practitioner and still allows cities to go after the illicit businesses with an ordinance that has some teeth to it. In other words, AMTA has protected and defended your right to practice. THIS IS A BENEFIT OF BEING AN AMTA MEMBER.

Today, I stay a member because I know that if I have a need for marketing material, I do not have to reinvent the wheel. As a member, I can log onto [amtamassage.org](http://amtamassage.org), enter my ID number and password and I have access to hundreds of ideas on how to market my business. I know that schools can teach students a lot of things, but most business classes in Massage Schools are limited due to the time they have with students. AMTA and the material available to the practitioner are great resources to pick up where the schools left off. THIS IS A BENEFIT OF BEING AN AMTA MEMBER.

Today, I stay a member because I want to remain at the forefront of changes occurring within my profession. Are you aware that the Illinois State Law reaches its sunset date in just over 2 years? Before that point, any changes that need to be made to the law will have to be in place, and "Sold" to the State legislature. I want to know what changes might be made, and want to make sure that my right to continue

practicing are protected. AMTA-IL will be right there to assure my rights are protected. THIS IS A BENEFIT OF BEING AN AMTA MEMBER.

Today, I stay a member because the profession is progressing, changing, and evolving. The Massage Therapy Body of Knowledge (MTBOK) report was just released. It is an attempt to assure some standardization within the profession. I see this as a wonderful move forward. I am not here to say that all massage therapists have to do the same type of work, but I believe every therapist should have some standardized knowledge. AMTA was instrumental in the development of this document. THIS DOCUMENT'S DEVELOPMENT AND ITS FUTURE IMPACT ON THE PROFESSION ARE BENEFITS OF BEING AN AMTA MEMBER.

Today, I stay a member because I enjoy the social interaction that the AMTA can offer. Our profession can be a lonely place at times because even though we work with people all the time, we are often isolated and never get the chance to interact with others in our profession. AMTA offers conferences, educational events, and meet-ups. During these events, we can enjoy the company of others in our profession in a relaxed atmosphere. We share a common bond, and as such, we should be able to share our successes and concerns with others. AMTA helps make this happen. THIS IS A BENEFIT OF BEING A MEMBER.

In the end, joining AMTA, and staying a member is a choice. And I must admit that there are cheaper options available to you. But take a closer look at the advantages of AMTA and you will see that this organization is here for your benefit.

So, if you are concerned about someone "Having your Back" when it comes to protecting your right to practice, AMTA is where you should be. If you want to attend classes where there are other people available to talk to and network with, then AMTA is where you should be. If you want to meet other therapists that can offer you support and ideas, AMTA is where you should be. If you want to actively get involved in the future development of OUR Profession, AMTA IS WHERE YOU SHOULD BE. Join up, get involved, and enjoy all that AMTA has to offer.

### 2010 BOARD OF DIRECTORS UPCOMING MEETING SCHEDULE

*All meetings are held from 7 - 9 PM*

*August 25, face-to-face*

*October 23, face-to-face / strategic planning*

*December 7, face-to-face*

*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](mailto:mike@amta-il.org) with Board Meeting in the subject line, or call 847.865.0674 for more information.*

## A Daily Dose of Touch - Year Round Volunteer Opportunities

### Help Women with Cancer say "Bon Voyage" to Stress and Pain

**Organization:** Thousand Waves Spa

**Location:** Chicago, IL



**Background on Organization/Program:** Thousand Waves Spa is a place for women to relax, rejuvenate and escape the stresses of life. We foster an environment where community is key and all women feel welcome. Out of this sense of community came our Stress Management Program for Women with Cancer, a program created in 1991 to help women deal with a cancer diagnosis. We offer these women the opportunity to experience nurturing touch through massage as well as peace and relaxation in our spa. Five free massages as well as five free Spa Visits are given to anyone who joins this free program. A spa visit includes use of our sauna, eucalyptus steam room, hot tub and relaxation room for up to 3 hours. Of course, we recommend that clients check with their doctor prior to enjoying these facilities if there is any concern about using heat-based therapies. Spa Visits may also be used by a female companion who accompanies a Stress Management Client to her appointment.

Massages are by appointment only on Tuesdays and Wednesdays of every week. To enroll in the program, clients simply need to call to schedule their first massage appointment. Spa Visits may be used any day that we are open; no appointment is required.

**Requirements/Qualifications:** Since Thousand Waves Spa is designed for women only, we ask that all volunteers are female as well. All volunteers must be state licensed and have liability insurance. Previous work with cancer patients is a plus.

Any amount of time a volunteer is able to give to the program is greatly appreciated. However, in order to best serve our clients, we request that therapists commit to performing two 1-hour massages per month for 3 months.

**Impact:** Being diagnosed with cancer is a life altering event. Studies show that massage has positive benefits for cancer patients. It is a natural way to help relieve anxiety, stress, pain and other side effects that may be experienced during treatment.

**Dates and Times Available:** Massages are provided on Tuesdays at 1:00pm, 2:20pm, 3:40pm, and Wednesdays at 1:00pm, 2:20pm, 3:40pm, 5:00pm, 6:20pm, 7:40pm.

**How to Apply:** For more information or to apply for a volunteer position, please contact Barb Sessler at [smp@thousandwavesspa.com](mailto:smp@thousandwavesspa.com) or call 773-549-0700. Visit the Thousand Waves Spa website for more details – <http://www.thousandwavesspa.com>

*Daily Dose of Touch* is a new editorial designed to provide AMTA-IL members with year-round volunteer opportunities, as well as highlight the wonderful programs that utilize massage therapy throughout Illinois.

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



### The 2010 Practitioner Case Report Guidelines are now available!

*The submission deadline is October 8, 2010.*

*<http://www.massagetherapyfoundation.org/practitionercontest.html>*

### Congratulations to the 2009 award winners!

**2009 Gold Award Winner:** Glenda Keller, RMT, BPHE, "Treating Chronic Cervical Dystonia with Massage Therapy: a Case Study"

**2009 Silver Award Winner:** Anthony Balluff, ARCB, Jeremy E. Miller, NCTMB, Jeffery A. Dusek, PhD, "Integrating CAM therapies into a multidisciplinary treatment for glioblastoma multiforme: Utilizing reflexology for pre-intra-arterial chemotherapy anxiety and massage therapy for post-intra-arterial chemotherapy bed rest pain and muscle spasm; a case report"

**2009 Honorable Mention:** Mollie M. O'Brien, "The Role of Therapeutic Massage and Integrative Medicine for Supporting a Mother Experiencing Infant Loss during her Acute Care Hospital Stay"

## Health Care Reform Massage Therapists' Possibilities

Vivian Madison-Mahoney



As it stands now, the provider non-discrimination provision (Section 2706) enacted into law reads in part:

*“A group health plan and a health insurance issuer offering group or individual health insurance coverage shall not discriminate with respect to participation under the plan or*

*coverage against any health care provider who is acting within the scope of that provider's license or certification under applicable State law.”*

If Health Care Reform is not repealed, and the discriminatory section of the final health care bill is not watered down, state licensed or certified massage practitioners and other health care providers who have been discriminated against when it comes to insurance inclusion and reimbursement will no longer be discriminated against.

While this sounds exciting and finally like a promise, this could be disappointing in many ways as well. I am not trying to be discouraging or negative. I have been in this business on the leading edge for a long time and I credit myself for having a good sense of direction and prediction ability when it comes to insurance issues.

So here is what I predict. I predict that those who are in this business of accepting, billing for, and being paid for insurance cases which are medically prescribed, will be those who will know the ropes of how to get in the system, and those who don't will be too late. I predict insurance companies flooded by irresponsible providers, incorrectly filed claims, over coding, over billing, under documenting, etc., coming from any one provider group now or in the future will be searching for every way possible to get them out of the system no matter what the law states.

For example: If insurance companies will be required to allow all provider types in their networks, there may be no guarantee that they will be required by law to allow ALL providers of a like group to become "in-network" providers. This is what happened in WA State. They are not required to allow all state licensed providers in network therefore are allowed to "close the networks."

So where will we be? What shall we do? My recommendation is that all who desire to help more of those in need of medically prescribed massage services, those wanting to open doors to endless income possibilities, get your training now. Learn ahead of time how to bill responsibly and ethically. Learn fair pricing for patients, insurers, and for your own sake. Learn proper coding and legal documentation.

Knowing the ropes well in advance will prevent you from hanging yourself with them. It will give you a head start to be out there on the leading edge.

*Vivian Madison-Mahoney has 25 years' experience in insurance billing procedures, laws and rules. She is licensed in FL & TN. Her home study courses and live seminars are approved by NCBTMB and are accepted by AMTA. She is the Insurance Consultant & Committee Chair for the Florida State Massage Therapy Association (FSMTA), since 1990, serving nearly 5000 members. Vivian can be reached at <http://www.massageinsurancebilling.com>*

### CALENDAR OF EVENTS

#### CONFERENCES

**September 22-25, 2010: AMTA National Convention**  
Hilton Minneapolis – Convention Center | Minneapolis, MN  
<http://www.amtamassage.org>

**February 17-18, 2011: AMTA Schools Summit**  
San Francisco, CA

**AMTA NATIONAL BOARD OF DIRECTORS MEETINGS**  
**September 20-21 2010**  
Hilton Minneapolis | Minneapolis, MN

**October 24-30, 2010**  
National Massage Therapy Awareness Week (NMTAW)

#### CONTINUING EDUCATION

KT3 Certification Course (*KT1 and KT2 completion required*)  
August 28, 8:30 am - 5:30 pm; 8CEs - \$150 (\$125 with AMTA member discount). Click here to register.

#### MEET-UP!

**Belleville 7:00 PM - 9:00 PM, Sept 7, Oct 5, Nov 2, Dec 7**  
Fletcher's Kitchen & Tap, 601 West Main Street, Belleville; R.S.V.P. to Amy Orchard, 618.301.2134, amy@orchardtherapy.com.

**Oak Park 7:00 PM - 9:00 PM, Sept 21, Oct 19, Nov 16, Dec 21 (Third Tuesday of each month)** Eastgate Cafe at Lyman and Harrison Street, Oak Park, IL. Come for dinner, a snack or just a beverage. Stay for the helpful, interesting, educational conversation and perhaps a demonstration. R.S.V.P. to Denise Kozel, denise1218pmt@aol.com, 708.366.2223

**Wilmette 6:00 PM - 9:00 PM, October 5 (First Tuesday of each month)** This "Welcome Back to the Wilmette AMTA Meet-Up" will happen at the Ridgeview Grill, 827 Ridge Rd. (at Lake Ave.). Join us from 6pm-9pm for this great opportunity to network. We will have LIVE music by the one and only Michael Strening Jr. – local solo pianist. Dinner is optional, but a great deal for \$15 (cash only). Come and listen to great music with great people. Contact: Sarah Lashley, sarah@somavidabodywork.com

#### OUTREACH VOLUNTEER OPPORTUNITIES

<http://www.amtamassage.org/member/volunteer.html>

**Walk MS**  
September 12th, Peoria, IL

**Parents as Advocates Retreat**  
October 15-17, Chicago

**American Heart Association Start! Walk**  
September 24th, Chicago  
Sept 25th, Downers Grove  
Sept 25th, Palatine  
October 2nd, Palos Hills

**Share the Hope**  
October 16th, Aurora

## Pure Fiction

# The Healer

By Laura Allen  
AMTA – North Carolina

I am not The Healer  
but when I place my hands on you  
I can feel your pain  
The heaviness of your head is just a reflection  
of the heaviness of your heart  
If you will let me, I will hold it for you for awhile  
and soothe your troubled brow

I am not The Healer  
but I can feel the weight on your shoulders  
A load is lighter divided by two  
If you will let me, I will carry it a ways for you  
Wouldn't you do the same for me, if my back was stooped and low?

I am not The Healer  
but I can feel the weariness of your feet  
and the aching in your hands  
You've carried the cross for miles  
and then they crucified you  
I can feel your pain

I am not The Healer  
but I can feel your pain  
If you will let me  
I will share it for a little while  
and if your pain lessens, mine does too

but I am not The Healer

## Research Matters

Celia BUCCI, In-Touch Editor

Each of the titles below is a live link. The titles in blue are free, open access articles, and the titles in green are restricted access.

**Prevalence of neck pain in subjects with metabolic syndrome - a cross-sectional population-based study;** Mantyselka P, Kautiainen H, Vanhala M; *BMC Musculoskeletal Disorders* 2010, 11:171 (30 July 2010)

**Muscle activation patterns in the scapular positioning muscles during loaded scapular plane elevation: The effects of Latent Myofascial Trigger Points;** *Clinical Biomechanics, In Press, Corrected Proof, Available online 27 July 2010;* Karen R. Lucas, Peter A. Rich, Barbara I. Polus

**Effect of ischemic pressure using a Backnobber II device on discomfort associated with myofascial trigger points;** *Journal of Bodywork and Movement Therapies, In Press, Corrected Proof, Available online 22 July 2010;* Dawn T. Gulick, Kerstin Palombaro, Jill Black Lattanzi

**The effect of a scapular postural correction strategy on trapezius activity in patients with neck pain;** *Manual Therapy, In Press, Corrected Proof, Available online 21 July 2010;* Sally Wegner, Gwendolen Jull, Shaun O'Leary, Venerina Johnston

**A tissue velocity ultrasound imaging investigation of the dorsal neck muscles during resisted isometric extension;** *Manual Therapy, In Press, Corrected Proof, Available online 21 July 2010;* Anneli Peolsson, Lars-Åke Brodin, Michael Peolsson

**Pain relief due to physiotherapy doesn't change the motor function of the shoulder;** *Journal of Bodywork and Movement Therapies, In Press, Corrected Proof, Available online 18 July 2010;* Falk Mörl, Andreas Matkey, Susanne Bretschneider, Annette Bernsdorf, Ingo Bradl

**Relationships between measures of dysfunctional breathing in a population with concerns about their breathing;** *Journal of Bodywork and Movement Therapies, In Press, Corrected Proof, Available online 16 July 2010;* Rosalba Courtney, Kenneth Mark Greenwood, Marc Cohen

**The professional status of massage therapists: experience, employability, and evolution;** *Journal of Human Resource Costing & Accounting, Volume 14, Number 2, 2010, pp. 129-150(22);* Marks, Abigail

**Patellofemoral pain syndrome managed by ischemic compression to the trigger points located in the peri-patellar and retro-patellar areas: A randomized clinical trial;** *Clinical Chiropractic, In Press, Corrected Proof, Available online 10 July 2010;* Guy Hains, François Hains

*continued on page 11*

## Research Matters

continued from page 10

**Abdominal muscle contraction thickness and function after specific and general exercises: A randomized controlled trial in chronic low back pain patients;** *Manual Therapy, In Press, Corrected Proof, Available online 10 July 2010;* Ottar Vasseljen, Anne Margrethe Fladmark

**Spinal Accessory Neuropathy Associated With Deep Tissue Massage: A Case Report;** Ibrahim A. Aksoy, MD, PhD, Sara L. Schrader, MD, Muna S. Ali, PT, Jill A. Borovansky, MD, Mark A. Ross, MD; *Arch Phys Med Rehabil Vol 90, November 2009, pp 1969-1972*

**The role of motor learning and neuroplasticity in designing rehabilitation approaches for musculoskeletal pain disorders;** *Manual Therapy, In Press, Corrected Proof, Available online 7 July 2010;* Shellie A. Boudreau, Dario Farina, Deborah Falla

**Methodological Challenges in Conducting a Multi-Site Randomized Clinical Trial of Massage Therapy in Hospice;** *Journal of Palliative Medicine. June 2010, 13(6): 739-744.* Jean Kutner, Marlaine Smith, Karen Mellis, Sue Felton, Traci Yamashita, Lisa Corbin.

**Does massage therapy reduce cortisol? A comprehensive quantitative review;** *Journal of Bodywork and Movement Therapies, In Press, Corrected Proof, Available online 2 July 2010;* Christopher A. Moyer, Lacey Seefeldt, Eric S. Mann, Lauren M. Jackley

**Pressure-induced muscle pain and tissue biomechanics: A computational and experimental study;** *European Journal of Pain, In Press, Corrected Proof, Available online 29 June 2010;* Sara Finocchietti, Mogens Nielsen, Carsten Dahl Morch, Lars Arendt-Nielsen, Thomas Graven-Nielsen

**Breathing and temporomandibular joint disease;** *Journal of Bodywork and Movement Therapies, In Press, Corrected Proof, Available online 25 June 2010;* Jim Bartley

**Lymphatic Pump Treatment Mobilizes Leukocytes from the Gut Associated Lymphoid Tissue into Lymph;** *Lymphatic Research and Biology. June 2010, 8(2): 103-110;* Lisa M. Hodge, Melissa K. Bearden, Artur Schander, Jamie B. Huff, Arthur Williams, Hollis H. King, H. Fred Downey

**Effects of postural and visual stressors on myofascial trigger point development and motor unit rotation during computer work;** *Journal of Electromyography and Kinesiology, In Press, Corrected Proof, Available online 30 June 2010;* Jeffrey A. Hoyle, William S. Marras, James E. Sheedy, Dennis E. Hart

**Chronic Shoulder Pain of Myofascial Origin: A Randomized Clinical Trial Using Ischemic Compression Therapy;** *Journal of Manipulative and Physiological Therapeutics, Volume 33, Issue 5, June 2010, Pages 362-369;* Guy Hains, Martin Descarreaux, François Hains

**The presence of physiological stress shielding in the degenerative cycle of musculoskeletal disorders;** *Journal of Bodywork and Movement Therapies, In Press, Corrected Proof, Available online 25 June 2010;* M. Driscoll, L. Blyum

**A randomised controlled study examining the short-term effects of Strain-Counterstrain treatment on quantitative sensory measures at digitally tender points in the low back;** *Manual Therapy, In Press, Corrected Proof, Available online 23 June 2010;* Cynan Lewis, Asad Khan, Tina Souvlis, Michele Sterling

**Treatment of Knee Arthrofibrosis and Quadriceps Insufficiency after Patellar Tendon Repair: A Case Report Including Use of the Graston Technique;** *International Journal of Therapeutic Massage & Bodywork, Vol 3, No 2 (2010);* Douglass W. Black, PT, DPT, SCS, ATC

**Association of Spa Therapy with Improvement of Psychological Symptoms of Occupational Burnout: A Pilot Study;** *Research in Complementary Medicine Vol. 17, No. 3, 2010;* Gerhard Blaschea, Valentin Leibetsederb, Wolfgang Marktlb

**Effectiveness of aroma massage on advanced cancer patients with constipation: A pilot study;** *Complementary Therapies in Clinical Practice;* T.K.T. Lai, M.C. Cheunga, C.K. Loa, K.L. Nga, Y.H. Funga, M. Tonga and C.C. Yaua

**Short-Duration Massage at the Hamstrings Musculotendinous Junction Induces Greater Range of Motion;** *Journal of Strength & Conditioning Research: July 2010 - Vol 24 - Issue 7;* Huang, Stacey Y; Di Santo, Mario; Wadden, Katie P; Cappa, Dario F; Alkanani, Thamir; Behm, David G

**Sensory characteristics of tender points in the lower back;** *Manual Therapy, In Press, Corrected Proof, Available online 8 June 2010;* Cynan Lewis, Tina Souvlis, Michele Sterling

**Changes in the flexion-relaxation response induced by hip extensor and erector spinae muscle fatigue;** *BMC Musculoskeletal Disorders 2010, 11:112 (4 June 2010);* Descarreaux M, Lafond D, Cantin V

*For more information on research literacy, training, and grant information, visit:*

### Massage Therapy Foundation

<http://www.massagetherapyfoundation.org/research.html>

### NCCAM

<http://nccam.nih.gov/training>

<http://nccam.nih.gov/grants>

## New AMTA-IL Members

### May 2010

Rena Marie Abbott  
 Abby Marshone Alexander  
 Shara Elisa Ann Anderson  
 Debra Sue Bidstrup  
 Carol Bishop  
 Stavros D. Bourmas  
 Ken Boyce  
 Christopher Paul Brown  
 Laura Bryan-Szekely  
 Ashley Nicole Butler  
 Ellie Carroll  
 Daniel Chisholm  
 Mun Hai Chung  
 Rachel Anne Cook  
 Theresa Coolahan  
 Maria Natalia Corales  
 Angela Dawn Davis  
 Jayme L. DeCesari  
 Amanda Dillon  
 Matthew Q Fahey  
 Malgorzata Gromska  
 Jennifer Marie Hendon  
 Lynn Hermany  
 Sonia Maria Kanak  
 Peggy A Keefer  
 Woochong Kim  
 Lina Kregzdiene  
 Roseanne Marie Mally  
 Kathleen Marie McDonald  
 Andrea F Miller  
 Steve Miller  
 Lisa Muckle  
 Mary Beth Nehrkorn  
 Brennan O'Connor  
 Melissa Peters  
 Jeannie Petkewicz  
 Amanda Pierson  
 Tamera Porter-Austin  
 Lindsay Reed  
 Matthew Quinn Ressler  
 Amber Robinson  
 Shaina Ray Rogers  
 Michele Schwind

Bethany Ann Shackelford  
 Joslyn M Smith  
 Terri E Stemen  
 Melinda Rose Strelak  
 Michele Torres  
 Misty A Villafuerte

### May 2010 Transfers

Cassandra Cline (MD)  
 Bruce E. Meyers (NJ)

### June 2010

Geoffrey Anthony  
 Helen Bartlett  
 Karen Michelle Bauer  
 Jonathan Bernstein  
 Katrina Bloom  
 Mandy Blosser  
 Jodyne E Boston  
 Charlisha Brown  
 Tania Deanne Busch  
 Sara Castle  
 Maire Catherine Considine  
 Sarah Cox  
 Ashley M Craver  
 Darcy Dado  
 Nicole Dudley  
 Elisha Ely  
 Shannon Fenton  
 Sheila Field  
 Kathleen Foraker  
 Ellen Frey  
 Delana Fulse  
 Delana Fulse  
 Sherry Gilmore  
 HongFei Han  
 Lois Hanley  
 Brittany C. Hargis  
 Laura Jean Hauer  
 Tyler Hendrickson  
 Nicole Henze  
 Deannah Marie Holland  
 James Jackowski  
 Nancy L Julian-Linhart

Kathryn Kelsven  
 Holly C. Knopp  
 Amy Locsmandy  
 Tina M. Martin  
 Annie McKinnie  
 Carly Meyer  
 Tracy Meyer  
 Margaret Miller  
 Ardell Moore Jr.  
 Ashanti Mundy  
 Michael Patrick Murphy  
 Adrian Ochoa  
 Claire Christine Panger  
 Daniel Joseph Persak  
 Christopher Pierce  
 Fortunato Priolo  
 Louis Rabin  
 Rebecca Reckamp  
 Terri Ring  
 Marisela Rios  
 Consuelo Rios  
 Ivelisse Rodriguez  
 Ashley Emma Rozak  
 Giselle Sanchez  
 Rebecca Sandersfeld  
 Terri Lynn Scheumann  
 Rebecca Shantz  
 Davina Shorter  
 Elizabeth Sullivan  
 Molly R Sutton  
 Brandy Tharp  
 Mia V. Troy  
 Jen Vivian  
 Melissa Ane Wright  
 Edmund Zebrowski

### June 2010 Transfers

Jane Conway (MO)  
 Michael Foster (PA)

### July 2010

Megan Adamson  
 Danielle M Anderson  
 Terry Lee Atchison

Kirsten Austin  
 Tammy Lynn Bauk  
 Taylor Rae Bennetts  
 Amanda Connelly  
 Caitlin Darby  
 Melissa Eisenhart  
 Jacklyn England  
 Rebecca Marie Fields  
 Kimberleigh Grasser  
 Gina Marie Haukedahl  
 Tiffany Holgreen  
 Shayna Johnson  
 Kristen Jones  
 Kristina Kaminski  
 Jessica Rae Kessler  
 Leonard F Kolodziej  
 Jason Kropifko  
 Martin J Kummetz  
 Yolanda Martinez  
 Stan McQuinn  
 Maria N Mercola  
 Stephanie Michelle Moberg  
 Scott Naidow  
 Christine M Nielsen  
 Meghan Pyatt  
 Susan Shekut  
 Caitlin Danielle Stevens  
 Danielle Rae Taylor  
 Lillian J Thurman  
 Margarita Villagomez  
 Sharon Marie Vogel  
 Leslie Ann Ward  
 Nicholas Thomas Wik  
 Marita Williams  
 Michal Adam Wolny  
 Joey L Wooden

### July 2010 Transfers

Julie Craig (AZ)  
 Caitlin Darby (AZ)  
 Kristin Kearin (CA)



### Introduction to Biodynamic Craniosacral Therapy

28 CE hours (for NCBTMB)

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This class can be taken as a stand-alone,  
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Ginger Crisenbery, BCST (NCBTMB Provider #450668-08)

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[www.craniosacrlevanston.com](http://www.craniosacrlevanston.com) - or - 847-328-8433



## Continuing Education Courses

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**This is a sample of the CE classes we are offering:**

**Aromatherapy for Massage Therapists and Bodyworkers**

August 22, Loop Location  
October 3, Crystal Lake Location  
November 7, Loop Location

**Reflexology for Stress**

August 29, Loop Location  
October 17, Crystal Lake Location

**NEW! Hot & Cold Stone Massage for Professionals**

September 12 & 13, Loop Location  
October 24 & 25, Woodridge Location  
December 5 & 6, Loop Location

**Reiki II**

September 19, Loop Location  
October 3, Woodridge Location

**Palpation Skills**

September 19, Loop Location

**Clinical Approaches for Tendonitis**

September 19, Crystal Lake Location

**Introduction to Thai Massage**

September 19 - 20, Crystal Lake Location  
October 17 - 18, Loop Location  
December 12 - 13, Woodridge Location

**Professional Ethics for Bodyworkers**

September 26  
Crystal Lake, Loop, or Woodridge  
December 19  
Crystal Lake, Loop, or Woodridge

**Basics of Pregnancy Massage**

September 30  
Loop or Woodridge Location

**Shiatsu Tablework**

October 3, Loop Location

**Chair Massage: Hand Saving Techniques using your Elbow, Forearm & Knuckles**

October 17, Woodridge Location

**Clinical Approaches for Fibromyalgia Syndrome**

October 24, Loop Location

**NEW! Fijian Barefoot Massage**

October 24 - 25, Crystal Lake Location

**Reiki III**

November 7, Woodridge Location  
December 5, Loop Location

**Passive Stretches from East to West**

November 14, Loop Location

**Introduction to Spa Treatments**

November 14, Crystal Lake Location

**NEW! Fijian Oil Massage**

November 14 - 15, Loop Location

**Advanced Anatomy Techniques:**

**Shoulder Girdle**  
November 19, Loop Location

**Clinical Sports Massage: Iliotibial Band (ITB) Syndrome**

November 21, Crystal Lake Location  
December 28, Loop Location

**Body Mechanics**

November 21, Woodridge Location

**Introduction to Shoshin ("Beginner's Mind") Shiatsu**

November 21, Loop Location

**Massage & Cancer**

December 27  
Loop or Woodridge Location

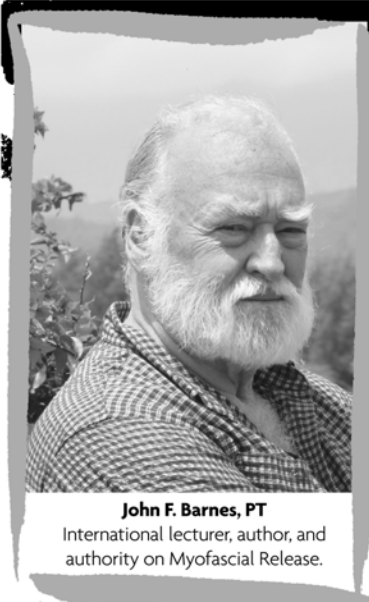
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Chicago, Illinois  
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Myofascial Rebounding utilizes the fluid/energy dynamics as a therapeutic force to greatly enhance your Myofascial Release effectiveness in reducing pain, increasing function and awareness. Myofascial Rebounding also "confuses" the neuromotor system to help free the body of its bracing patterns. It's kind of a subtle way in the back door. The mind/body doesn't know what to do, so it just lets go.

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# W

**FALL 2010**

**KELLY LOTT**

## Workshops

**PHEASANT RUN, ST. CHARLES, IL**

**POST-PARTUM AND LABOR MASSAGE**  
**6 HOURS; OCTOBER 8, ILLINOIS**

10 AM – 5 PM *Tuition \$100*

First Half: Learn the benefits, contraindications and practice effective massage techniques for women “after” the baby has come; such as tightening and toning of rectus abdominis, quadratus lumborum, deep sacrum work, trapezius and erector fascial releasing.

Second Half: Learn how to be a “Birth Assistant” through massage. Benefits of labor support massage, helpful hints, and birth massage supplies will be discussed. Hands on practice of positioning and massage for the hospital bed, birth ball, and chair.

**SPA TREATMENTS WITHOUT A SHOWER**  
**14 HOURS; OCTOBER 9-10, ILLINOIS**

9 AM – 5 PM each day *Tuition \$285*

Massage and body therapy has been utilized for centuries to alleviate pain, stimulate lymph flow, stretch weak and tired muscles, and relax the body and mind. Tailor your practice by learning four hydrotherapy body treatments: “The All-In-One”, “Spa Foot”, “Rolling Stone Facial Massage”, and the “Essential Oils Body Wrap” for purging toxins, massaging nutrients into the skin, and removing dead skin cells for a healthy glow. Perfect for practitioners who want a new treatment to add to their repertoire, have tired hands and want a fun experience! Extensive how-to handouts and take home supplies included with tuition.

**FACE TONING MASSAGE**  
**14 HOURS; OCTOBER 11-12, ILLINOIS**

9 AM – 5 PM each day *Tuition \$285*

Students will experience a fun and relaxing workshop learning to perform the “Hydrotherapy Face Toning” massage treatment. The massage strokes and warm

moist towels affect the facial muscles along with tightening and toning of the neck and upper chest. As part of tuition, students will receive extensive “how to” handouts, full size face toning products, 24 facial towels and 3 headbands.

**SHERATON MILWAUKEE**  
**BROOKFIELD, WI**

**PREGNANCY MASSAGE CERTIFICATION**  
**21 HOURS; OCTOBER 16-18; WISCONSIN**

9 AM – 5 PM each day *Tuition \$400*

**COURSE CONTENT**

- Causes and treatment for: sciatic pain, round ligament pain, low back and pelvis, rib constriction, calf cramps and much more.
- Precautions and Contraindications
- Demonstration and hands on practice
- Completion of total number of required hours and passing of both written and practical exams results in award of certification.

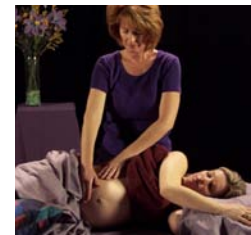
**POST-PARTUM MASSAGE – 6 HOURS**  
**OCTOBER 19, WISCONSIN**

10 AM – 5 PM *Tuition \$100*

Learn the benefits, contraindications and practice effective massage techniques for women “after” the baby has come; such as tightening and toning of rectus abdominis, quadratus lumborum, deep sacrum work, trapezius and erector fascial releasing.

**REGISTRATION OPTIONS**

Online: [www.kellylott.com](http://www.kellylott.com); call toll free: 800.705.7037; or email: [kglott01@aol.com](mailto:kglott01@aol.com). Pre-registration and deposits are required for commitment. Special guest room rates available.



**KELLY LOTT’S**  
**CREDENTIALS**

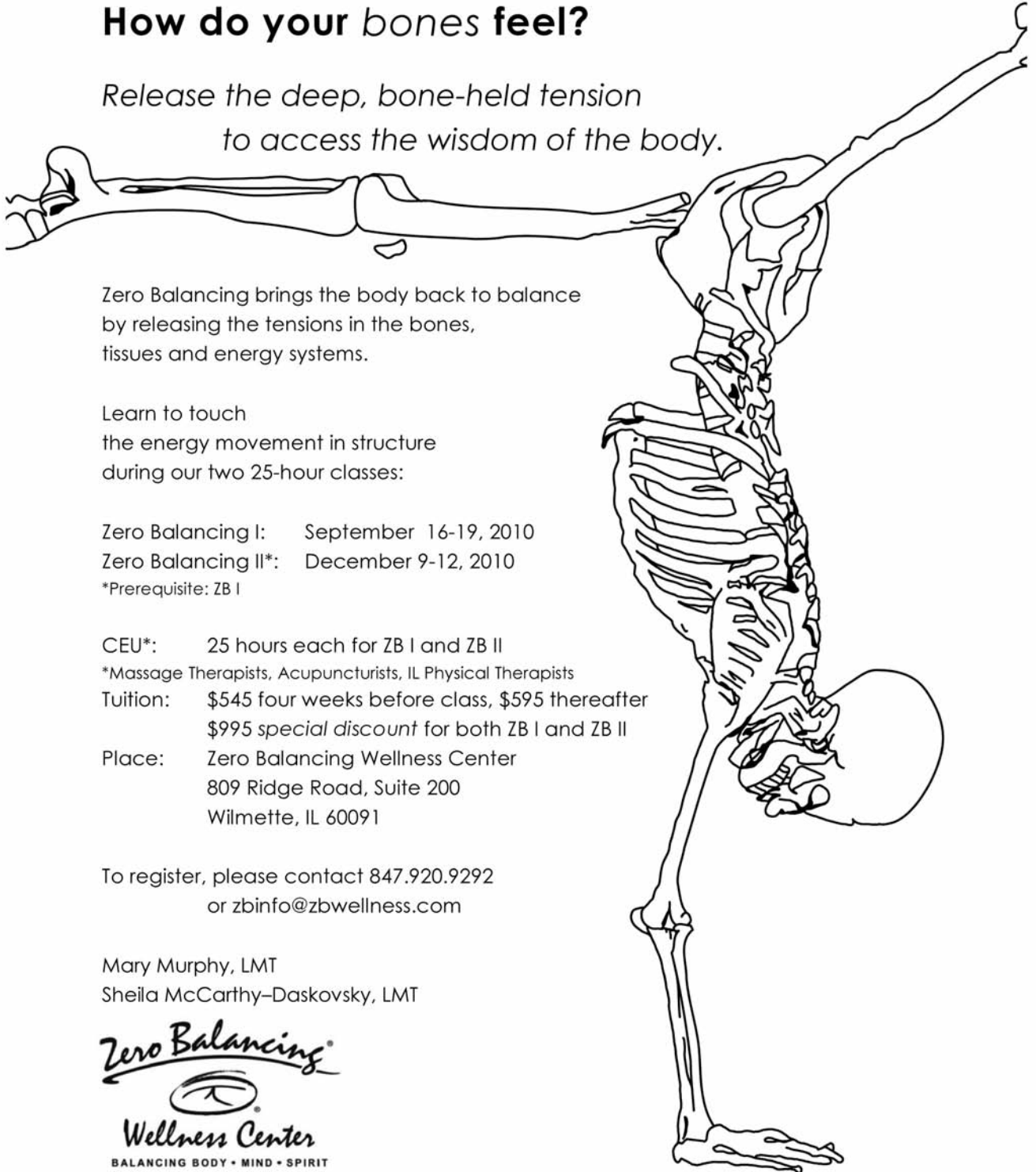
LMT, MTI, NCBTMB  
 Provider #055516-00,  
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*Having graduated at The Chicago School of Massage, with 20 years experience in massage, Kelly transitioned into teaching full time for the past 15 years. She has been a nationally certified instructor through NCBTMB for 13 years with extensive experience teaching massage classes all around the country.*



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**Ortho-Bionomy 2 (Pre-requisites 8-16 hrs Foundations)**

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