



Sunday News – December 10, 2023

Can you believe that we are just 15 days away from Christmas!!! Time to get your gift shopping completed – but first... We are glad that you have taken time out of your busy to open up this edition, so grab a cup of holiday cheer, 'cause we have some great articles, video, podcast, and research highlighted in this edition! Now, as always, to help break the ice here is the #DadJoke of the day – “What is the best place to chop down a Christmas Tree?” Find the answer to this one by reading on – the answer below somewhere...

Low back pain is one of the most common problems that clients present with while seeking out therapeutic treatment. This article written by educator Erik Dalton looks at the role that Z Joints may play within low back pain and provides examples of how to identify and treat those suffering from this root cause of low-back pain. Read all about it by visiting

<https://www.messageandbodyworkdigital.com/i/1509769-november-december-2023/34>

Although not directly related to massage therapy, it is related to an injury that therapists are often involved in treating after impact - here is a great piece on the side effects that concussions can have on heart function – have a read through by clicking here - <https://theconversation.com/repeated-concussions-can-alter-heart-activity-and-impact-the-heart-brain-axis-194153>

Podcast Highlight – In Canada this condition affects about 300,000 people. Worldwide it is estimated that 4-10 people per 1000 live with some form of it. The condition – Epilepsy. This podcast looks at the story of one young adult who wakes up after a seizure and is completely paralyzed on their left side. What does it mean? What happens next? And how can therapists best serve the clients they have that live with epilepsy? These are the questions pathology expert Ruth Werner seeks to answer on this episode of “I Have a Client Who...” – listen in by visiting <https://www.abmp.com/podcasts/ep-399-todd-s-paralysis-i-have-client-who-pathology-conversations-ruth-werner>

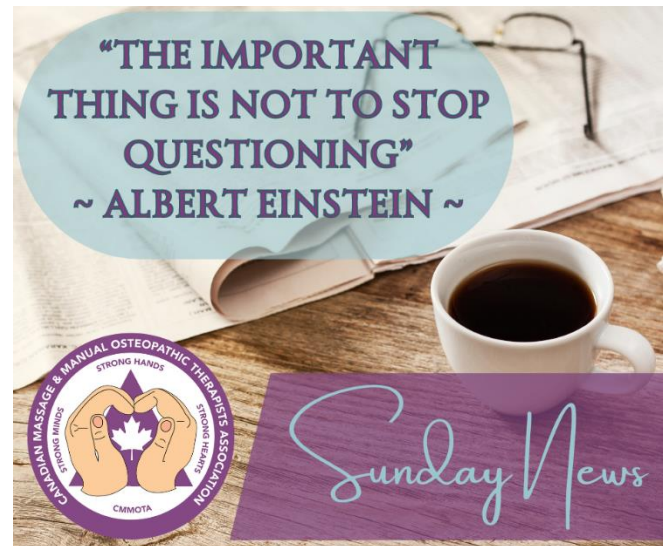
Refresher – Trigger Points. If you talk to a bunch of therapists about trigger points and what they are, and how they affect the body, you are highly likely to get a bunch of different answers. This article is both a great refresher on all things Trigger Point, and it looks at how Proprioceptive Neuromuscular Facilitation (PNF) improves the outcomes of myofascial trigger point therapy. Have a read through the article here - <https://www.massagemag.com/this-is-how-pnf-improves-the-outcomes-of-myofascial-trigger-point-therapy-134539/>

Shoulder pain can be brutal, and having an exercise that you can give clients suffering from this condition can be huge. This article looks at one such exercise, referred to as the Pendulum exercise, which may be able to help take some of the edge off of certain causes of Shoulder Pain – have a read through this blog post from pain science blogger Paul Ingraham by clicking here - <https://www.painscience.com/blog/how-it-hangin-the-pendulum-exercise-dangles-the-arm-to-ease-shoulder-pain.html>

Research - We love it when educators publish lists that massage therapists can use when doing research on a particular subject matter. This list produced by educator Richard Lebert on Low Back Pain highlight 5 open access articles – you can find the list here - <https://www.rmtedu.com/blog/open-access-back-pain>

Video Highlight – Check out this video all about Thoracic Outlet Syndrome – What it is, the causes, symptoms, and exercises that can help fix it. Find this incredible resource here - <https://www.youtube.com/watch?v=VgkKOYegGjI>

Self Care – are you finding life busy and stressful? Like many during this holiday season, as well as throughout general life, we live in a world that seemingly values busyness. Perhaps we all need to take a little advice from the personal experiences of this article's author and find some ways to slow things down a little bit. Have





a read through this article entitled *How Slowing Down Reduces Physical Pain and Mental Stress* by clicking here - <https://www.psychologytoday.com/us/blog/turning-straw-gold/202206/how-slowing-down-reduces-physical-pain-and-mental-stress>

Finally – here is our FOUI article of the week – When you wish upon a star.... last week we talked about the remnants of comets that create yearly meteor showers, and this week we have an article about a recent completion of a NASA mission to bring back a sample of an asteroid – read this out there article all about it by visiting <https://theconversation.com/7-years-billions-of-kilometres-a-handful-of-dust-nasa-just-brought-back-the-largest-ever-asteroid-sample-214151>

CMMOTA Membership Renewal Season will be closed in 3 short weeks, and we are now less than one week away from our final deadline to be included in our 2024 Early Membership Renewal Draws. The deadline to be included in the GRAND PRIZE draw is 4:00 PM Mountain Time on December 15. The GRAND PRIZE draw will take place on Tuesday December 19 for a \$600 credit towards future membership renewal fees. To be entered members need only pay your 2024 membership renewal fee in full before the December 15 deadline.

Members – have you heard about our Referral Program. Spreading the word about CMMOTA membership can earn you some great rewards. If a new membership applicant includes your name in the “How did you hear about us” section of the application, you can earn \$10 credit toward your CMMOTA membership renewal! For more details about this and other CMMOTA Partner Perks, contact info@cmmota.com.

Not yet a member of CMMOTA?? – there is no better time to join our nearly 2600 members of this incredible association - here is the link to our application page <https://app.cmmota.com/apply>

Do you have a podcast, blog, article, YouTube source that you would be interested in potentially having us share? If so, please send a link to jeremy@cmmota.com.

#DadJoke answer:
About 3 inches off
the ground! 😊



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2024 Early Membership Renewal Grand Prize Draw

WIN

WIN
AGAIN

WIN
MORE

Members – Pay your 2024 Membership Renewal Fees by 4 PM Dec 15, 2023 for Your Chance to a \$600 Credit towards Future Membership Renewal. We will draw 1 Grand Prize Winner on December 19.

CMMOTA REFERRAL PROGRAM

Ask us how you can earn your
membership for
FREE!!!