



Sunday News – December 17, 2023

Halfway through December! Why is it that the older that we get, the longer the days seem, and shorter the years! Just think, in 15 days we will be in 2024! Time to get your New Years plans in order – 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 and enjoy the 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 – “How much did Santa pay for his reindeer?” Find the answer to this one by reading on – the answer below somewhere...

Podcast Highlight – this podcast comes from educator and podcaster Troy Lavigne and is entitled *Sympathetic and Parasympathetic Nervous Systems*. In it Troy explores the potential to stimulate a change in chronic pain via these systems. Have a listen by downloading this podcast here - [https://www.buzzsprout.com/1671958/7951615-sensory-approach-to-manual-therapy-podcast-on-the-sympathetic-and-parasympathetic-nervous-systems.mp3?client\\_source=small\\_player&download=true](https://www.buzzsprout.com/1671958/7951615-sensory-approach-to-manual-therapy-podcast-on-the-sympathetic-and-parasympathetic-nervous-systems.mp3?client_source=small_player&download=true)

Most careers carry with them a series of risks for developing pathologies and massage therapy is no different. All Massage Therapists are aware that their thumbs are key to providing excellent treatment, but with that use thumbs are more prone to injury and long term complications from repetitive use. In this article entitled *A Real Pain in the Thumb: Carpometacarpal Joint Arthritis* the author looks at one of the many possible pathological risks that face massage therapists and provides a great list of self care techniques which therapists can use to help. You can find this helpful and informative article here - <https://www.massageandbodyworkdigital.com/i/1509769-november-december-2023/62>

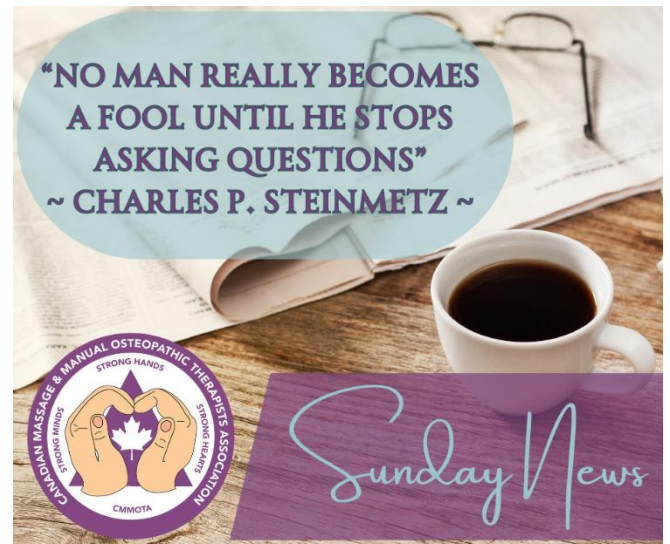
Self Care – When it comes to career longevity you have likely heard that many therapists exit the profession because their bodies simply start to break down, and this is particularly true of the hands. This article looks at 5 things that you can start to do now to prevent those hand injuries and essentially extend your career as a therapist. To read this article entitled *Protect Your Money Makers! 5 Hand-Care Tips* visit <https://www.massagemag.com/protect-your-money-makers-5-hand-care-tips-134637/>

Video Highlight – if you have clients that have calf muscles that have been giving them problems then this is one video that you are going to want to check out. It shows a great method for helping to release both the gastrocnemius and soleus muscles – find this short 3 and a half minute video here - <https://www.youtube.com/watch?v=TV25ZOTrSjc>

Evidence Informed Practice – unless you have been hiding under a rock you have heard this term used often in the last couple of years. Becoming a therapist who focuses their treatment techniques and the reasoning behind the use of those techniques in treating various conditions and symptoms which present themselves throughout your practice is a huge undertaking. This article from educator Erik Dalton is a great one that every therapist should have a read through. It is entitled *Putting the Pieces Together: Clinical Reasoning for an Evidence Informed Practice*, and can be found by clicking here - <https://erikdalton.com/blog/putting-the-pieces-together/>

Running is great exercise and there are many that use it in all seasons of the year, which is why we are sharing this article today. Some runners swear by it, others say it is a waste of money. The fact that most elite runners have regular massage suggest that there must be something in it, but how valuable a tool is it for recreational runners? This article answers those questions – have a read and feel free to share it with your running clientele - <https://themtcd.com/how-can-massage-help-runners/>

Research – Sometime research is important because it rules out certain effects and gives a clearer picture of what is actually happening compared to what is proposed to be happening. This research article is one that





dispelled a myth often promoted by therapists – that of increased circular function as a result of massage – have a read through this important research and remember that in practice it is important to be using evidence based claims – here is the link - <https://pubmed.ncbi.nlm.nih.gov/15292737/>

Finally – here is our FOUJ article of the week – If you are like many who with age find that having a cup of coffee late in the afternoon or evening can put you at risk of not sleeping, then you may be one of the many that are driving the rise in decaffeinated coffee consumption. This interesting article looks at what decaffeinated coffee is all about, how it is made, and whether or not it really is caffeine free – have a read by visiting <https://theconversation.com/how-is-decaf-coffee-made-and-is-it-really-caffeine-free-215546>

Members, in the busyness of the season don't forget to complete your membership renewal. All renewals must be completed no later than December 31, 2023 in order to avoid having your membership suspended.

Are you looking for a last-minute shopping idea – you should check out one of our newest CMMOTA branded items – we have Blankets available for sale now - \$40 including shipping to anywhere in Canada, or pick them up from the CMMOTA office for \$25 each – they come in both purple and charcoal grey.

Members – did you know that as part of our Partner Perks Program you have access to a discount with Seminars for Health? This continuing education company offers both online and in-person continuing education courses like Oncology Massage, Dynamic Cupping, Assisted Stretching, Orthopedic Massage, and more which have been created from over 20 years of industry experience and the latest in relevant research. For more details about this and other CMMOTA partner perks, contact [info@cmmota.com](mailto: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](mailto:jeremy@cmmota.com).

#DadJoke answer:  
Just a few bucks.  
They didn't cost  
him much doe! 😊



Sunday News Disclaimer - Please be aware that the Association (CMMOTA) does not receive any monetary compensation for highlighting any articles or news pieces which are published as part of the CMMOTA weekly Sunday News. Further the views expressed in the articles are those of the author(s) and do not necessarily reflect or represent the views, values, or mission of the Association (CMMOTA). In some cases, our highlighted membership perks may have some sort of affiliate compensation, which provide monetary or other compensation to the Association based on products or services sold, and that all such compensation received by the Association is used solely for the purposes of the Association.