



Sunday News – January 7, 2024

Welcome to 2024! We hope that the New Year has been treating you well! It is so nice to know that with each day that passes the more sunlight that we are beginning to see – before you know it, we will be talking about all things Spring – after all we are now less than 3 months from the official start of it! Before we look too far into the future, let's focus in on the here and now – we are glad you have opened this publication up and we hope that you will 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 – “What do you get when you cross a dinosaur with a pig?” Find the answer to this one by reading on – the answer below somewhere...

Pathology Review - When it comes to providing treatment to a client who has diabetes there are factors that the therapist needs to take into account while providing assessment prior to treatment. In this article, entitled

Diabetes Complications: Consider the Challenges of This Disease When Treating Clients, educator Ruth Werner examines many of the implications that need to be considered. This six pager is well worth the read and can be found here - <https://www.massageandbodyworkdigital.com/i/1509769-november-december-2023/52>

Podcast Highlight – Client Retention strategies are a very important part of every therapists tool set. In this podcast the host Allisa Haines walks through the steps to make being your client, and staying your client, easy for the customer. Have a listen into this very insightful and important podcast here - <https://www.abmp.com/podcasts/ep-388-making-it-easy-be-your-massage-client-business-or-pressure-allisa-haines>

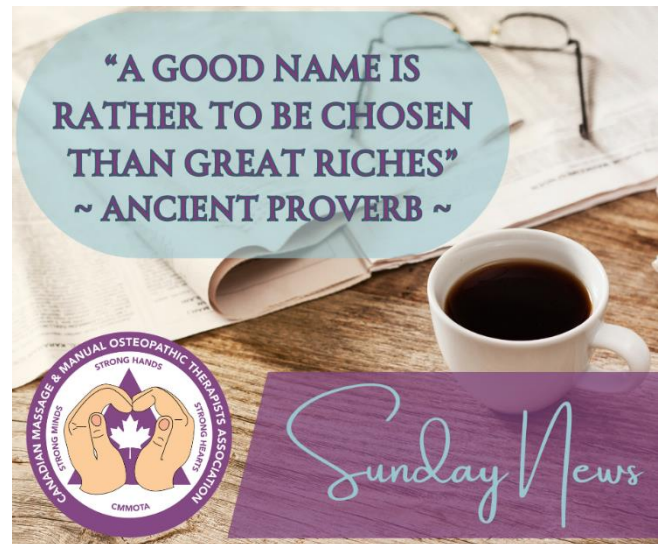
Hey – do you use your Elbows when providing treatment to your clients? If Deep Tissue is one of the techniques you employ in treatment, then this article is one that you will want to have a read through! Entitled *Sharpen Your Tool for Deep Tissue Massage: The Dull of Pointy Elbow* this article is a great refreshing take on using more than just the hands when providing treatment – find the article here - <https://www.massagemag.com/sharpen-your-tool-for-deep-tissue-massage-the-dull-or-pointy-elbow-134743/>

Video Highlight – If you have clients who are suffering from Shoulder Impingement Syndrome then this is one great video that you are going to want to check out, and perhaps share. It gives great information on the causes, symptoms, stretches and exercises that can be used in treatment – check it out here - <https://www.youtube.com/watch?v=1ZCOzMDYxa8>

Research – Here is a very interesting piece of research which was published in February 2023. The study sought to determine the effect that Myofascial Release treatments have on Lumbar Microcirculation. Have a read through this important piece of research as it relates to the claim of increased circulation as a result of this particular technique used in massage therapy treatment – have a read here - <https://www.mdpi.com/2077-0383/12/4/1248>

Refresher – Knowing how things function, or are supposed to function, is very important when trying to fix something. Thus, the reason why this article is a great refresher resource for therapists when considering how a muscle functions – have a read through this article entitled *How do muscles contract?* by clicking through to this link - <https://massagefitnessmag.com/fitness/how-do-muscles-contract/>

Self Care – Exercise does not have to be strenuous to have some great effects. Simply taking a 40-minute walk has some great consequences. Read all about them in this article, and be encouraged to keep on with your resolution to live a healthier life this year – you can find the article here -





<https://www.psychologytoday.com/us/blog/the-fallible-mind/202206/walking-builds-the-aging-brain-s-structure-and-mental-acuity>

Finally – here is our FOUJ article of the week – Have you ever looked up into a clear night sky and pondered this thought, if there are so many stars, why is the sky so black? If that is you, or if you just borrowed that thought while reading this edition of Sunday News, you will want to check out this article that seeks to answer the question why the stars don't shut down the darkness - <https://theconversation.com/why-is-space-so-dark-even-though-the-universe-is-filled-with-stars-205810>

We are incredibly excited about our first CMMOTA Continuing Education Event of the Year – coming April 3-7, 2024 in Red Deer Alberta CMMOTA is hosting educator James Waslaski and his Five Day Intensive Seminar – [to learn more visit this website](#). Early Bird Pricing is in effect until January 31, 2024 and this course is filling up fast.

Members – Accident can happen to anybody. If you have been practicing long, you know this to be true – after all you have likely helped many clients in their recovery process. Now, here is a quick question for you – what would happen if you had an accident that kept you from working? Do you have coverage, or does the thought of not being able to work cause you a little bit of panic? Have no fear! CMMOTA has a Partner Perk that will help to set your mind at ease. Through Dusyk and Barlow CMMOTA members have access to excellent priced Accident Insurance. This insurance is optional for members, but at a cost of less than \$2 per week you can be covered 24/7/365! 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 <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.

JAMES WASLASKI'S FIVE DAY INTENSIVE SEMINAR

APRIL 3-7, 2024
RED DEER, ALBERTA
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#DadJoke answer: Jurassic Pork 😊

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