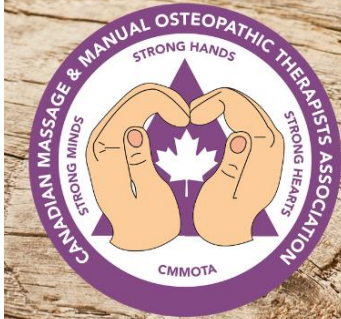


**"THINGS COULD BE WORSE.
SUPPOSE YOUR ERRORS WERE
COUNTED AND PUBLISHED
EVERY DAY LIKE THOSE OF A
BASEBALL PLAYER"
~ ANONYMOUS ~**



Sunday News

Sunday News – January 14, 2024

The winter days are cruising along, hard to believe that we are already halfway through January! We are pleased to see that you have taken the time to read through this edition of Sunday News! 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 – "Why did the Secret Service surround the President with cows?" 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 *Learning to be Pain Free*. In this episode Troy discusses some of Gretchen Schmelzer's work around learning and chronic pain. Highlighting the 3 basis of learning 'Urgency, Repetition, Association' as tools to help clients solve chronic pain. Have a listen by downloading the podcast by clicking here - https://www.buzzsprout.com/1671958/8290638-sensory-approach-to-manual-therapy-on-learning-to-be-pain-free.mp3?client_source=small_player&download=true

Business Tip - We know that the time for new years resolutions has passed. We hope that if you made resolutions this year that you are still striving hard to achieve them! In business the new year also offers the business owner an opportunity to take some time to reflect

on their business. If you are looking for things that you may want to consider as you review your business take a look at this article entitled *Annual Reflection Can Improve Your Business* by visiting <https://www.massageandbodyworkdigital.com/i/1509769-november-december-2023/84>

Those of you who are Hockey Fans will remember the sad news that came in late September 2023 when Chris Snow passed away from complications related to ALS. For those who have been diagnosed with this disease the journey through it is a hard one. As therapists knowing how to provide treatment to someone suffering with ALS is incredibly important, as therapists do have a potential part to play within patient centered care of those dealing with this kind of diagnosis. This article shares one therapist's experience working with ALS patients – have a read through it by visiting <https://www.massagemag.com/a-massage-therapists-experience-working-with-als-patients-12796/>

Video Highlight – if you struggle with knowing what kind of homework or patient self care that you can guide your clientele towards then this 13-minute video is one that you will want to check out. Let it take away some of the intimidation surrounding providing remedial exercise instructions to your clients – you can make the investment and watch it here – <https://www.youtube.com/watch?v=pkdiKcdCUg>

Did you know that being a massage therapist puts you at risk for an occupational injury? Check out this article which talks about some recent research on occupational injury risks that massage therapists face – you can find this article entitled *Massage and Occupational Injuries* here – <https://www.amtamassage.org/publications/massage-therapy-journal/massage-and-occupational-injuries/>

Business Tips – Have you ever considered getting a security system for your practice? This is a great article from the Respect Massage page on security systems that you may wish to consider for your small business practice – check out the article here – <https://respectmassage.com/be-safe/security-system-for-a-massage-therapist/>

Refresher – Here is one condition of the knee that you may see in practice from time to time – knowing what it is, how to recognize it, and what you can (or can't) do about it is important. Have a read through this article from educator Whitney Lowe entitled *What is a Baker's Cyst* by clicking on this link - <https://www.academyofclinicalmassage.com/what-is-a-bakers-cyst/>

Finally – here is our FOUI article of the week – concussions are a very common injury that is suffered within our society. Whether it is a slip and fall on ice where a person smokes their head on the ground, or a person gets hit in the stands by an errant pass at a basketball game, the reality is that concussions happen. This article looks at the science behind concussion recovery, and how our understanding of how our brains heal themselves – have a read through this interesting fact filled article by visiting <https://theconversation.com/brains-have-a-remarkable-ability-to-rewire-themselves-following-injury-a-concussion-specialist-explains-the-science-behind-rehabilitation-and-recovery-214216>

JAMES WASLASKI'S FIVE DAY INTENSIVE SEMINAR

APRIL 3-7, 2024
RED DEER, ALBERTA
BROUGHT TO YOU BY CMMOTA



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.



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**GET DISCOUNTS
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AND ACCESSORIES**

**FOR MORE INFORMATION CONTACT
INFO@CMMOTA.COM**

CMMOTA

Members - Is it time to replace, or perhaps upgrade your Massage Table. Did you know that CMMOTA Members have an exclusive discount on Sukha tables and accessories through OrthoCanada!! 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 the growing membership 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:
Because they wanted
to Beef up security! 😊**



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