



Sunday News – January 21, 2024

We hope that wherever this day finds you, that it finds you warm. The start to this year has been a cold and blustery one – and here we are only 21 days in... so grab a cup of something warm and take a seat! 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 self-care highlighted in this edition! Now, as always, to help break the ice here is the #DadJoke of the day – “Why was the bird always crying?” Find the answer to this one by reading on – the answer below somewhere...

**Self Care** - When it comes to your life there is one thing that is incredibly important. If there is only one thing that you do for self care, it should be this – setting boundaries. As therapists, far too often it is easy to allow boundaries to flex and sometimes break.

Whether it is a client that needs extra help, an overly busy schedule, or as often empathetic healers we simply take on too much of a burden from others, the reality is that establishing and maintaining boundary in our lives is incredibly important. This article entitled *Gut, Grit and Guidelines: Practical Boundary Setting* is a great guide and can be found here - <https://www.massageandbodyworkdigital.com/i/1509769-november-december-2023/90>

Career Longevity is something that every therapist should strive towards – you have invested so much time and effort into your career to have it vanish in a short amount of time due to burnout or injury. This excellent article published by the American Massage Therapy Association provides great insight on how to prolong your career – have a read by visiting <https://www.amtamassage.org/publications/massage-therapy-journal/self-care-and-career-longevity/>

While not incredibly common to see come into your treatment room, when it comes to the hand Trigger Finger can be one of the more debilitating conditions you may be called on to provide treatment for. In this article from educator Whitney Lowe, you will find a *Simple Guide to Trigger Finger Treatment* – source this valuable resource here - <https://www.academyofclinicalmassage.com/simple-guide-to-trigger-finger-treatment/>

You may have clients that suffer from one of these – the Chronic Tension Headache. This resource is a long read (estimated 250 minutes), but well worth the time invested - from Pain Science blogger Paul Ingraham check out this post entitled *The Complete Guide to Chronic Tension Headaches: A Detailed, Science-Based Tour of Stubborn Headache Diagnosis and Treatment, for Both Patients and Professionals*. Click here to access it - <https://www.painscience.com/tutorials/headache.php>

These days it seems as if all of North America is becoming a tightly wound ball of stress! From political polarization to financial insecurity most people are living a stress filled life. With all this stress, finding solutions to alleviate it is incredibly important – which is where massage therapy enters the picture. In this article and corresponding video educator Erik Dalton looks at Touch Therapy as a way to help our society simmer down a little bit – check the article out by visiting - <https://erikdalton.com/blog/bodywork-as-a-outlet-for-psychological-stress/>

**Podcast Highlight** – You know we love sharing great podcasts, and this particular Podcast which is now into its 5<sup>th</sup> season is one that we have been following for awhile. Known as *The Radical Massage Therapist* Krista





Dicks loves sharing stories of massage therapists from all around the world. Today we take you back to the very first episode where she interviewed Karina Joly, a massage therapist, avid traveller and photographer. Listen in by visiting <http://www.theradicalrmt.com/001-karina-joly.html>

Video Highlight – This video highlight comes from educator Whitney Lowe and is a little over 10 minutes in length. It explains some variations on standard orthopedic tests used to recognize carpal tunnel syndrome. Take the time to watch this and make your evaluation even more precise – find it here – <https://www.youtube.com/watch?v=0--qMgc5vs4>

Finally – here is our FOUI article of the week – Have you ever found yourself browsing through different internet pages and noticed the padlock on your browser open and close showing an open padlock or a closed one? Next question is are you among the 5% of the population who knows what that is actually about? If not and you want to broaden your knowledge base, then click through to this article and join the 5% – <https://theconversation.com/the-vast-majority-of-us-have-no-idea-what-the-padlock-icon-on-our-internet-browser-is-and-its-putting-us-at-risk-216581>

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 already 2/3 sold, so don't delay, book today.

Members - Have you ever considered adding shockwave therapy to your practice? Did you know that CMMOTA Members have an exclusive discount on the Virtual Shockwave Course available through OrthoCanada!! 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 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](mailto:jeremy@cmmota.com).

#DadJoke answer:  
Because it was a  
Blue Bird 😊



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