

**“ZEAL WITHOUT
KNOWLEDGE IS A
RUNAWAY HORSE”
~UNKNOWN~**



Sunday News

Sunday News – January 28, 2024

Just like that, the end of January is upon us! It is hard to believe that Groundhog Day is coming this week – personally we are hoping for an early spring! Thanks for taking the time to read through this edition of Sunday News! We hope that you will enjoy the great articles, video, podcast, self-care, and business tips highlighted in this edition! Now, as always, to help break the ice here is the #DadJoke of the day – “What happened after the man accidentally dropped his coffee in the volcano?” 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 *Sensory Approach: Posture Does NOT Equal Pain*. In this episode, Troy looks into some of the research that is questioning the idea that posture equals pain and that it is one of the major driving forces behind chronic pain. Have a listen by downloading this podcast by clicking here - https://www.buzzsprout.com/1671958/8451272-sensory-approach-posture-does-not-equal-pain.mp3?client_source=small_player&download=true

Treatment of a person with a diabetic condition has it's challenges, treatment of a geriatric client with diabetes brings a whole new set of challenges and treatment technique adjustments that need to be

considered in order to provide safe and effective treatment. In this article author Dawn Catiglone looks at protocols that should be considered when treating elder clients who have diabetes – find out more by reading this article here - <https://www.massageandbodyworkdigital.com/i/1509769-november-december-2023/58>

Self Care – Depression can happen anytime, anywhere, to anyone. It is a reality that many in our society live with and if you happen to be someone who is struggling with depression please know that it is okay to talk about it, it is okay to seek out help, and it is definitely okay to have a read through this article on one thing that can help – in fact the article calls this help a first line of defense – have a read through the article here - <https://www.psychologytoday.com/ca/blog/the-healthy-journey/202206/exercise-first-line-treatment-depression>

Research Highlight – following is a link to this piece of osteopathic research which looked at the effect that treatment had when under stress of MSK pain. Have a read through the research and the results of this article entitled *Does Osteopathic Heart-Focused Palpation Modify Heart Rate Variability in Stressed Participants with Musculoskeletal Pain? A Randomised Controlled Pilot Study* by clicking on this link - <https://www.mdpi.com/2227-9032/12/2/138>

Video Highlight – Have you ever wondered how you would go about doing research or submitting an article for a journal? This video from the Massage Therapy Foundation is a great one to have a look at if you think that research is something that you would like to pursue as part of your career – watch this Webinar entitled *Reviewing & Submitting to a Journal* here - <https://www.youtube.com/watch?v=yZGrHIhrzVA>

With the move by the College of Massage Therapists of British Columbia to include [Evidence-Based Practice Standard of Practice](#) within their standards of practice effective January 15, 2024, the necessity for massage therapists to understand what evidence based really means is increasingly important. This is why we are sharing this excellent resource which explains Evidence Based Medicine – it comes from Students 4 Best Evidence, and explains the 4 key steps in being Evidence-Based. Have a read by visiting

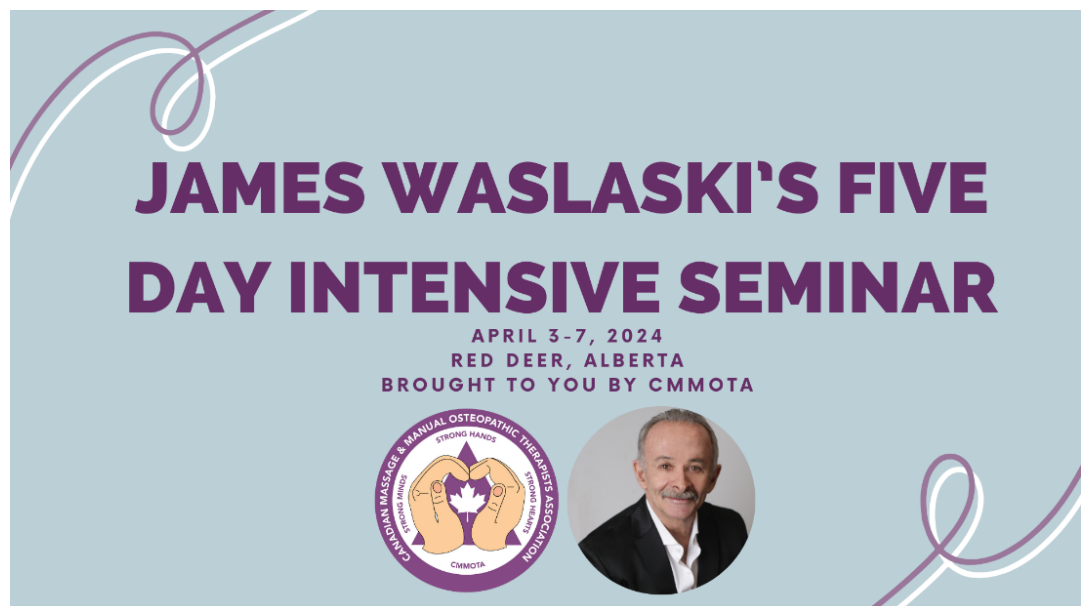
<https://s4be.cochrane.org/start-here/what-are-the-key-steps-in-ebm/>

Business Tip – Marketing is something that very few therapists have been trained in, so if you as a therapist are responsible for your own marketing, reading through articles like this one are very important and can help aid you in your marketing strategy. This article looks at 5 ways you can make sure that your marketing appeals to a diverse audience – read it here - <https://www.massagemag.com/5-ways-to-make-sure-your-massage-marketing-appeals-to-a-diverse-clientele-134918/>

In this age of cell phones and their increased use as our go to for all the things that we used to do on laptops and desktop computers there is a new condition emerging – that of text neck! Have a read through this article to learn more about it and find their answer to “should we fix it?” - <https://massagefitnessmag.com/fitness/text-neck/>

Finally – here is our FOUI article of the week – this is a story of hope! If you are looking for a pick me up this week here it is – although the story is a little bit dated (it was released in June 2022) it is a story of a new successful treatment for those suffering with rectal cancer. How successful? 100% successful in the first clinical trial – have a look at the story by visiting <https://www.ctvnews.ca/health/small-drug-trial-clears-a-dozen-patients-of-rectal-cancer-tumors-1.5936359>

EARLY BIRD
PRICING ENDS
THIS WEEK!!! 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 your seat today.



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Not yet a member of CMMOTA?? – there is no better time to join the more than 2500 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:
Java came out! 😊



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