

**"THE SUPREME HAPPINESS
OF LIFE IS THE
CONVICTION THAT WE
ARE LOVED"
~VICTOR HUGO~**



Sunday News

Sunday News – February 4, 2024

Yeah! The groundhogs across the country are calling for an early Spring! Can life get any better? Only if you have a massage treatment scheduled sometime soon! Anyway, thanks for taking the time to read through this edition of Sunday News! We hope that you will enjoy the great video, podcast, self-care, and research articles highlighted in this edition! Now, as always, to help break the ice here is the #DadJoke of the day – "Why did the boy take a ruler to bed?" Find the answer to this one by reading on – the answer below somewhere...

Research Highlight – When it comes to evidence for the use of mechanical interface treatment, including joint and soft tissue techniques, where there are entrapment neuropathies in the limbs, specifically related to treatment for Carpal Tunnel, this journal article is a great one to have a read through – the results of their systematic review state – "There is evidence of mechanical interface techniques being more effective in reducing pain than sham." Read more by visiting <https://pubmed.ncbi.nlm.nih.gov/38217928/>

Self Care – we know that it has now been a month since all of those resolutions were cast, and we hope that if you set a resolution that you have been successful to this point in keeping it. This article may be helpful to those whose resolution surrounded what it is that they

are fueling their body with, and how they are eating. Entitled *Mindful Eating: Slow Down & Enjoy Your Food*, we hope that this article will help everyone as they care for themselves, so that in turn you can care better for your clients – have a read by clicking on this link - <https://www.massagemag.com/mindful-eating-slow-down-enjoy-your-food-134946/>

Podcast Highlight – You know we love sharing great podcasts, and this particular Podcast which is now into its 5th season is one that we have shared from before! 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 her first season where she interviewed Huguette Long, a massage therapist from Ottawa who shares lessons from 30 years of creation, imagination, and fun as a therapist. Listen in by visiting <http://www.theradicalrmt.com/002-huguette-long.html>

Assessment is a huge part of being able to provide clients with treatments that effective at dealing with the issue that they present. This article and accompanying video from educator Erik Dalton examines the role that Asymmetry may play in what a client is experiencing. Have a read through and watch the video by visiting - <https://blog.erikdalton.com/asymmetry-in-assessment/>

Massage Therapy in New Zealand has been a University Level degree for 20 years. This article, published in the International Journal of Therapeutic Massage and Bodywork, looks at the effects 20 years of massage degree grads have had on massage research in that country – have a look at the article by visiting <https://ijtmb.org/index.php/ijtmb/article/view/963>

Video Highlight – Joint mobilization can play a huge role in helping a client regain lost range of motion. In this short video segment from ConEd Institute you can watch an example of joint mobilization with this forward bending glide with movement for the Cervical Spine – invest the 2 minutes and have a look here - <https://www.youtube.com/watch?v=wiL5cvNpJc8>

Have you ever had a client that never sees improvement, despite all of your best efforts in treating their symptoms. This could be because their symptoms are masking a different issue altogether that has nothing to do with muscle or fascia. In this article by

educator Whitney Lowe, you will find an alternative thought that may help to explain the why when you see no improvement. Have a look at this article entitled *Adverse Neural Tension* here - <https://www.academyofclinicalmassage.com/adverse-neural-tension/>

Sometimes looking back at research published a while ago can be beneficial, particularly for those looking to establish a war chest of articles to support their evidence based practice. This particular article entitled *Rhythmical Massage Therapy in Chronic Disease: a 4-Year Prospective Cohort Study* was published in 2007 in the Journal of Alternative and Complementary Medicine and can be sourced here - <https://www.liebertpub.com/doi/10.1089/acm.2006.6345>

Finally – here is our FOUI article of the week – here is a great article on how adding playfulness to the doctors treatment room can help with diagnosis of pain – while it is not massage related you may see how taking a similar approach in your treatment room may be helpful – have a read through this interesting article here - <https://theconversation.com/why-stress-related-illness-is-so-hard-to-diagnose-and-how-a-patient-centred-playful-approach-can-help-181229>



Partner Perks

**GET DISCOUNTS ON
REGULAR PRICED
MERCHANDISE!!!**

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

CMMOTA

Members – are you looking for a new coat, or perhaps a new pair of boots or shoes in preparation for the upcoming season? How about a set of new scrubs or some other item of clothing? If you said yes, then you definitely need to know about CMMOTA's Partner Perk through Marks Work Warehouse. CMMOTA members receive a discount off all regular retail pricing at all Mark's stores across Canada!! For more details about this and other CMMOTA Partner Perks, contact info@cmmota.com.

Did you know that CMMOTA decided to run an Annual Massage Therapy Practice Survey? It is happening right now and you are welcome to participate. Help the industry find out things like



the average price of a massage, what average wages look like, where therapists are practicing, whether there is support to exempt GST/HST and more – to have you say visit this link today - <https://www.surveymonkey.com/r/24SundayNews>

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:

He wanted to see how long he slept! 😊



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.