



Sunday News – February 18, 2024

Happy Family Day weekend. We hope that you have found some time to spend with family over the course of this weekend, and that you have had the opportunity to enjoy the February Long Weekend! We are especially pleased that you are 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, here is the #DadJoke of the day to get this edition started – “What starts with a t, ends with a t, and is full of t?” Find the answer to this one by reading on – the answer below somewhere...

Video Highlight – Skin. Just sit and let that word soak in for a little while. How long has it been since you took the time to consider the importance of skin to your profession? After all it is the point of contact for all that massage and manual osteopathic therapists do! This video produced by the Associated Bodywork and Massage Professionals association in the USA is a short 6-minute look at Skin: The First Millimeters of Every Massage – have a look here - <https://www.youtube.com/watch?v=L2DxVgyRjcs>

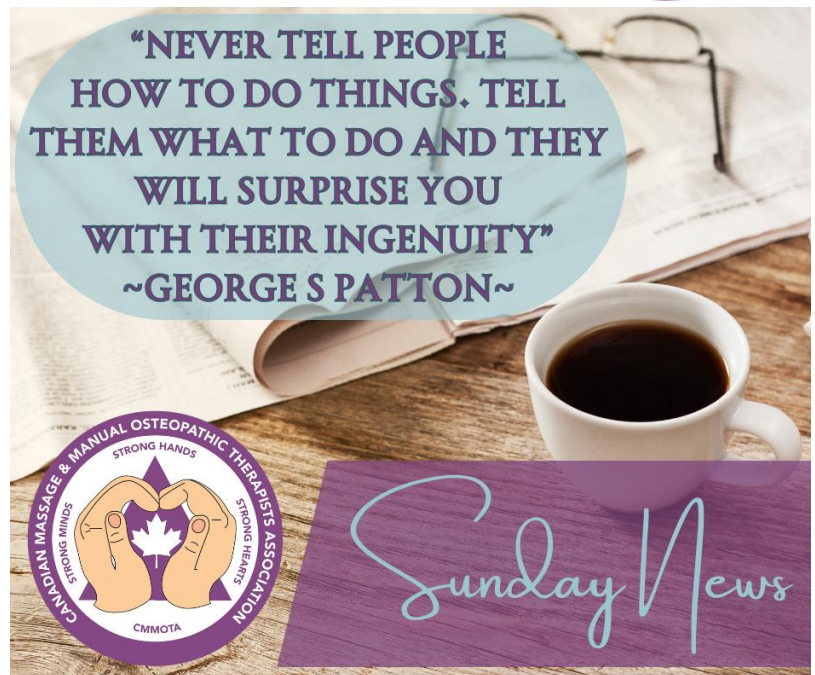
Refresher – How long has it been since you have had a client present with Upper Cross Syndrome? Now would be a great time to brush up your knowledge set on this condition which is affecting so many people who are under the constant stresses of life. Check out this article and accompanying video from educator Erik Dalton by visiting <https://blog.erikdalton.com/upper-cross-controversy/>

Podcast Highlight – In this podcast from the Associated Bodyworkers and Massage Professionals association, podcaster Allissa Haines explores the topic of balancing a career and uncompensated caregiving. Women are often the primary caregivers in a household and extended families, and this can have a huge impact on long term financial health. Listen as she discusses some factors to consider in balancing personal and professional needs – invest 12 minutes by clicking here - <https://www.abmp.com/podcasts/ep-410-balancing-career-and-uncompensated-caregiving-business-or-pressure-allissa-haines>

Self Care Tip – We know that this last week was Valentine’s Day and we are hoping that you had the opportunity to enjoy some chocolate and sweets with your significant other. That said, have you ever considered how much sugar you consume on a daily basis? Sugar can have some pretty significant side effects, and you may have no idea just how much sugar you put into your body if you aren’t paying attention. This article looks at sugar, where it is found, and ways that you can reduce that sweet tooth drive. Read all about it here - <https://www.massagemag.com/the-fit-mt-the-effects-of-sugar-on-your-body-135209/>

Artificial Intelligence – this has been a huge topic in the news over the last 12 months as technology continues to advance and grow in its capabilities. But what affect will it have on things like massage therapy? This article, recently published in the International Journal of Therapeutic Massage and Bodywork entitled *Navigating Generative AI: Opportunities, Limitations, and Ethical Considerations in Massage Therapy and Beyond* is one that you will want to have a read through – find it by clicking here - <https://ijtmb.org/index.php/ijtmb/article/view/949>

As a therapist, if you work within the palliative care community, then this journal article may be one that you want to have a look through. Entitled *Massage Therapy in Palliative Care Populations: A Narrative Review of Literature from 2012 to 2022*, this article will give you a good overview of the various published papers





related to palliative care massage. Have a read through this article which was published in the Annals of Palliative Medicine by clicking here - <https://pubmed.ncbi.nlm.nih.gov/37599559/>

With winter school sports underway, including Basketball, the likelihood of seeing ankle injuries in your practice is high. This next article looks at how you can differentiate between a suspected break and a sprain – have a read through this article here - <https://massagefitnessmag.com/massage/sprain-vs-break/>

Refresher – we love great articles that help to refresh knowledge that gets consumed in time – and this article is no exception. Entitled *Client Education: What Research Says About Massage and Joint Issues*, this article will be sure to refresh your understanding about relieving joint issues and the role that massage therapy plays not only in treating pain, but other symptoms like edema and range of motion – read it here - <https://www.amtamassage.org/publications/massage-therapy-journal/massage-joint-issues-research/>

Finally – here is our FOUI article of the week – if you have kids then this is one article that you just might want to check out. We all live very busy lives, at least it often seems that way. If you have kids you know the pressure that parents are often under to get them involved in all kinds of extra-curricular activities ... but where is the balance and what is best? Here is this weeks FOUI - <https://theconversation.com/active-or-overscheduled-kids-how-parents-can-consider-benefits-and-risks-of-extracurricular-activities-218988>

Did you know that there are less than 2 weeks left to complete the Annual Massage Therapy Practice Survey? All Massage Therapists, regardless of association affiliation 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>

Members – Standard or Intermediate First Aid and Level C CPR certification is required to be recertified once every three years – but did you know that CMMOTA members can receive a discount on their recertification fees through St. John Ambulance? 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 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:
A Teapot! ☺



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