

**"GROWN UP, AND THAT
IS A TERRIBLY HARD THING
TO DO. IT IS MUCH EASIER TO SKIP
IT AND GO FROM ONE
CHILDHOOD TO ANOTHER."
~F. SCOTT FITZGERALD~**



Sunday News

Sunday News – February 25, 2024

Can you believe that we are already at the end of February! We are not sure if it is because the winter weather has been unseasonably warm for the majority of the last several months, or if it is just that time is seemingly passing at a faster rate of speed, but with official Spring just a few weeks away, can we say we are looking forward to the longer days ahead? Regardless, for this moment, we are grateful 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 is one word that always looks the same upside down?” 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 to Manual Therapy and ASMR*. In this episode Troy goes over a conversation he had with Dr. Giulia Poerio about massage therapy and ASMR. Listen in as he discusses the potential relationship between ASMR and tactical stimulus as it relates to massage therapy. ASMR is a growing field of study and there are many possibilities for manual therapists to begin exploring touch and ASMR. Have a listen by downloading this

podcast by clicking here -
https://www.buzzsprout.com/1671958/8990298-sensory-approach-to-manual-therapy-and-asmr.mp3?client_source=small_player&download=true

Whiplash is most often experienced through a MVA, but there are other ways that your client may end up with symptoms related to whiplash, especially if they are involved in sport. This article looks at a case study of one such individual – have a look through the article and accompanying video from educator Erik Dalton here - <https://blog.erikdalton.com/sports-injury-whiplash/>

Video Highlight – This is a video you are definitely going to want to have a look at, first for yourself, and then for your clients. For those who have tension built into their hands and fingers (thinking of your hairdresser and baker clients), this video demonstrates some excellent ways to release tension in the hands and fingers. Have a look by visiting - <https://www.youtube.com/watch?v=a-5cvbNdZxM>

Refresher – this condition affects 1 in 3 women and 1 in 5 men, and currently in Canada there are an estimate 2.3 million Canadians suffering from Osteoporosis. With these kinds of statistics, sourced from [Osteoporosis Canada](#), the importance of have a good working knowledge of this condition and how to modify treatment for it is incredibly important. In this article entitled *Osteoporosis and Massage: Etiology, Signs & Safety* you have the opportunity to refresh and expand your knowledge set related to this disease. Have a look by visiting <https://www.massagemag.com/osteoporosis-and-massage-etiology-signs-safety-136000/>

Research - This article comes from the archives of the International Journal of Therapeutic Massage and Bodywork. First published in 2012, this article entitled *Reduction of Current Migraine Headache Pain Following Neck Massage and Spinal Manipulation* is one that you will want to have a read through and add to your Evidence Based Practice war chest – find it here - <https://ijtmb.org/index.php/ijtmb/article/view/115>

Have you ever wanted to travel the world while working? If this is a pathway that sparks your interest then you may want to have a look at this article about the experiences of the author in travelling as a sports massage therapist. Have a look at this article published by

Massage Therapy Magazine by visiting
<https://www.massagemag.com/traveling-the-world-as-a-sports-massage-therapist-140407/>

Is Swedish Massage really from Sweden? If you are interested in the history of the profession and how Swedish Massage Therapy was developed, and how it came to North America then this article is one that you will want to check out – learn a little bit about the history of our great profession by visiting
<https://www.amcollege.edu/blog/dutch-origins-of-swedish-massage-amc-miami>

Self Care – This digital age that we live in definitely has its benefits. Having a worldwide volume of knowledge ever present within reach of our finger tips definitely has its benefits, but there are also drawbacks. In this article, recently published the American Massage Therapy Association, the author suggests that it is wise to take time regularly for what they call a Digital Detox – to find out more, including 7 tips to help you unplug, visit
<https://www.amtamassage.org/publications/massage-therapy-journal/digital-detox-and-kayaking/>

Finally – here is our FOUI article of the week – this week we have an informative article about one of the main causes of death associated with Cancer. This is an important one to know about as there are things in the article that may help you notice signs of what a client may be going through – read all about it here -
<https://theconversation.com/for-cancer-patients-maintaining-muscle-is-vital-to-health-and-treatment-but-staying-strong-is-complicated-218881>

Did you know that this is the final week 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 – we know that death is never an easy thing to consider, but if you have dependants or a spouse, or simply want to leave something extra behind for your favorite charity, life insurance is an important tool to be used to provide for those people or causes you love! Did you know that as a member of CMMOTA you can save on TD Term Life Insurance plans? 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 nearly 2600 members of this incredible association – here is the link to our application page <https://app.cmmota.com/apply>



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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:
SWIMS! 😊



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