



California Currents

California AMTA Members Newsletter

Winter 2015–16

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March 5–7, 2016

AMTA California Chapter Education Conference

Website Information:
Our Chapter Home Page lists March, 2016 Conference information and links to Eventbrite pre-registration:

www.amta-ca.org

President’s Message — Lisa Santoro



Dearest AMTA members, from all over Northern and Southern California:

Thank you for the opportunity to serve you as your AMTA Chapter President. I started this journey as the Northern Representative in 2012, and I step down as President as of March 7, 2016,

when our new President will be elected by the membership present at the Education Conference in Irvine, California on March 5–7, 2016. Some of the promises I made in my candidacy speech I’ve kept; others, I pass the baton of ideas to my successor.

Accomplishments include finally putting to rest the CMTA which has integrated CA into national codes of conduct, policies and connection. We chose a new lobbying firm, Sloat Higgins. This shift is giving us a fresh perspective on our goals for California government relations.

We were able to start an AMTA California Chapter Sports Massage Team by the hard work of numerous people (per the Jan., 2016 issue of *California Currents* newsletter). I look forward to continue volunteering at the direction of our new AMTA Chapter President.

Thank you all so much, I’ve enjoyed every minute of it.

Kind Regards, *Lisa*
Lisa Santoro, President
AMTA California Chapter
president@amta-ca.org
617-312-2302



**March, 2016
The AMTA California Chapter
Annual Education Conference**

The next page lists the full itinerary of our AMTA California Chapter's Annual Education Conference.

Conference and hotel pre-registration link:
www.amta-ca.org

Volunteer Exchange Work Available

Each volunteer hour = **1 Hour Free Class** at Conference classes. Please send email requests and volunteering offers to:

"AMTA-CA Chapter Office" at:
info@amta-ca.org

Registration Information: Jeannie Martin | Phone 707-695-6971
Email: 2ndvp@amta-ca.org



Wyndham Irvine-Orange County Airport Hotel

17941 Von Karman Avenue, Irvine, CA 92614 1-949-863-1999

2016 Annual AMTA-California Education Conference

March 5 – 7, 2016 ■ Irvine, California

Saturday, March 5 – Student Day!

10:00 AM – 1:00 PM	Exhibitor Registration & Set-Up
12:00 PM	REGISTRATION OPEN
1:00 – 7:00 PM	EXHIBITS OPEN (Student Day Events, with continuing registration)
2:00 – 4:00 PM	Longevity in the Field, Panel Discussion: Marcia Degelman, Michael Roberson, Cynthia Ribeiro, Lisa Santoro, Jeannie Martin
4:30 PM	VENDOR RECEPTION – Meet and Greet!

Sunday, March 6

Breakfast 7:30 to 8:15 AM

8:30 – 11:30 AM	Back-to-Back Class Sessions: James Waslaski, Elite Sports Therapy Cynthia Ribeiro, Headaches Massage Therapy Mark Dixon, Ethics for Massage Professionals
12:00 PM – 3:00 PM	Business Lunch with AMTA-CA Board Elections
3:30 – 6:30 PM	Back-to-Back Sessions: Mark Dixon, Ethics for Massage Professionals (Repeat) AMTA-sponsored CAMTC Event James Waslaski, Corrective Exercise for Pain-Free Living & Performance
6:45-8:00 PM	Keynote Address & Dessert Social

Monday, March 7

Breakfast 7:30 to 8:15 AM

7:30 – 8:15 AM	EXHIBITS OPEN
8:30 AM – 12:30 PM	Back-to-Back Sessions: James Waslaski, Multiple Nerve Compression Cynthia Ribeiro, Role of Sacroiliac Joint in Lumbar Pain (6 hour class — 3.0 blocks) Karen Boulanger, Research
12:30 AM – 2:00 PM	Lunch
2:00 – 6:00 PM	Back-to-Back Sessions: James Waslaski (afternoon session), Multiple Nerve Compression Irene Diamond, Marketing and Business Cynthia Ribeiro, Role Sacroiliac Joint/Lumbar Pain (6 hour class con't. — 3.0 blocks)
3:00 – 5:00 PM	AMTA-California Chapter Board Business Meeting

WHERE: Wyndham Hotels and Resorts ■ 17941 Von Karman Avenue, Irvine, CA 92614

[Eventbrite Conference Pre-Registration Link: www.amta-ca.org](http://www.amta-ca.org)

2016 Annual AMTA California Education Conference

Class Sessions: Sunday, March 6 and Monday, March 7

Sunday, March 6

Breakfast 7:30 to 8:15 AM

8:30 – 11:30 AM

Back-to-Back Class Sessions: **James Waslaski, Elite Sports Therapy**
Cynthia Ribeiro, Headaches Massage Therapy
Mark Dixon, Ethics for Massage Professionals

3:30 – 6:30 PM

Back-to-Back Sessions: **Mark Dixon, Ethics (Repeat)**
AMTA-sponsored CAMTC Event
James Waslaski, Corrective Exercises for Pain-Free Living

Class Sessions and Instructor Information

Participants need shirts with no collar, sports bra, sheets, and massage table and bolsters.

Elite Sports Therapy: Clinical Sports Massage and Corrective Stretching and Strengthening Exercises for Performance Enhancement

James Waslaski, LMT

Moving far beyond the traditional event sports massage training, this unique course will look at on-site sporting event work, injury prevention, injury rehabilitation, and performance enhancement techniques. Olympic and professional athletes realize the benefits of elite sports therapy to fit their specific needs. We will customize techniques to compliment the work of the athletic trainer, sport medicine physician, physiotherapist, or chiropractor. This class session will present:

- The biomechanics of various different athletes
- Proper muscle firing orders for optimal performance; which techniques can have a negative effect on performance—if applied too close to competition
- Protocols to enhance transitions in endurance events like triathlons

You will analyze movements of multiple sports, and eliminate overactive and underactive muscle activity to prevent sports injuries and enhance performance potential. This course looks at **Elite Sports Therapies** that will set your work apart from the average sports massage therapist, and could pave the way to working at international sporting events, or securing a career with with your favorite professional sports team.

Headaches Massage Therapy Workshop

Cynthia Ribeiros, CMT

Participants will become familiarized with various head, neck, and facial disorders that can lead to headaches. You will learn to identify and work on the most common types of headaches that clients report.

Myofascial Trigger Point Headache Origins

- Tension-type headaches
- Head & neck pain associated with trauma
- Head, neck or facial pain associated with disorders of the cranium, neck, eyes, ears, nose, sinuses, teeth, mouth or other facial or cranial structures, including TMJ
- Sinus-type headaches
- Migraine without aura
- Cervicogenic headaches

Sunday March 6 Class Sessions and Instructor Information

Participants need shirts with no collar, sports bra, sheets, and massage table and bolsters.

Ethics for Massage Professionals: The Conversation Continues Mark W. Dixon, CMT, BCTMB

Morning and Afternoon Workshop, Sunday, March 6

In a format more conversational than pedantic, a group of professional experts (you and the moderator) will explore a subject important to all professionals, question each other, teach each other, and learn together how to become more fully-developed practitioners of our sacred art.

Corrective Exercises for Pain-free Living and Performance Enhancement James Waslaski, LMT

As a certified personal trainer for the National Academy of Sports Medicine (NASM), it is vital for all manual therapists to evaluate and treat overactive and underactive muscle activity throughout the body. When certain muscle groups get tight and facilitated, and opposing muscles get weak and inhibited, it leads to musculoskeletal pain and decreased athletic performance. Classic examples are:

- **Lower Crossed Syndrome:** Where the hip flexors get tight—causing the hip extensors to not only get weak, but to not fire in the proper firing order.
- **Upper Crossed Syndrome:** The anterior shoulder muscles get tight and facilitated, causing pain in the upper back due to weak, inhibited shoulder and cervical stabilizers.

Based on the stretching protocols of Aaron Mattes and strengthening exercises from NASM, therapists will learn to eliminate supination and over-pronation of the foot, rotational patterns of the knee, and pain in the low back, cervical spinal column, shoulder, and arm. This dynamic multimedia presentation will take you inside the human body to eliminate joint pain, and increase athletic performance to a whole new level.

Monday, March 7 Class Sessions and Instructor Information

For massage therapy workshops, participants need shirts with no collar, sports bra, sheets, and massage table and bolsters.

Monday, March 7

Breakfast 7:30 to 8:15 AM

8:30 AM – 12:30 PM

Back-to-Back Sessions: **James Waslaski, Multiple Nerve Compression**
Cynthia Ribeiro, Sacroiliac Joint/Lumbar Pain (6 hour class — 3.0 blocks)
Karen Boulanger, Research

2:00 – 6:00 PM

Back-to-Back Sessions:
James Waslaski (afternoon session), Multiple Nerve Compression
Irene Diamond, Marketing and Business
Cynthia Ribeiro, Sacroiliac Joint/Lumbar Pain (6 hour class con't. — 3.0 block)

The Role of the Sacroiliac Joint in Lumbar Pain (6 hours) Cynthia Ribeiros, LMT

We all experience clients/patients with low back pain. In this class you will learn the role of the following components of Sacroiliac Joint dysfunction, fascial, functional anatomy, neuromuscular, ligament/joint capsule (inert tissue). You will also learn the relationship of the sacroiliac joint with the L5–S1 lumbosacral joint, along with the sacral nerve plexus where the sciatic nerve originates.

Monday, March 7 Class Sessions and Instructor Information

Participants need shirts with no collar, sports bra, sheets, and massage table and bolsters.

The Role of the Sacroiliac Joint in Lumbar Pain, continued

Cynthia Ribeiros, CMT

At successful completion of this 6-hour class, each student will be able to:

- Understand the functional anatomy of the sacroiliac joint
- Identify, describe and differentiate the Etiology/Mechanism of Injury/Signs and Symptoms/ and Management of the following:
 - Sacroiliac joint disorders/dysfunction
 - Orthopedic assessment identification

Dress in comfortable clothing, spandex pants or shorts and sports bra for females. Sheets, massage tables, and bolsters are needed for this class.

Integrated Manual Therapy to Eliminate Multiple Nerve Crush Phenomenon

James Waslaski, LMT

The current medical system so often confuses severe clinical conditions such as Thoracic Outlet and Carpal Tunnel Syndrome. That is because almost every patient that gets treated for either of these conditions will have nerves chronically compressed in multiple areas between the brain, spinal cord, neck, shoulder, and arm.

This dynamic multimedia presentation class will highlight our cervical, shoulder, and arm work to eliminate multiple nerve crush phenomenon. Therapists will learn specific tests such as:

- **Spurling Test** — indicating spinal nerve root compression
- **Adson's Maneuver Test** — indicating scalene involvement on nerve and vascular compression between the 1st and 2nd rib and clavicle
- **Wright Abduction Test** — indicating role of the pectoralis minor on the brachial plexus of nerves
- **Pronator Teres Test** — indicating the role of the pronator teres on the median nerve
- Tests such as the **Phalen's Test, Tinel's Test, and the Tethered Median Nerve Stress Test** indicating true and rare carpal tunnel problems

The highlight of this seminar will be the hands on techniques that will eliminate the musculoskeletal cause of each area of nerve compression between the brain and the fingertips forever. In addition, therapists will learn life changing techniques to release complicated frozen shoulder problems.

Conference Instructors



James Waslaski, LMT

James Waslaski is an author & international Lecturer who teaches approximately 40 seminars per year around the globe. He's served as the AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed eight Orthopedic Massage and Sports Injury DVDs, and authored manuals on "Advanced Orthopedic Massage" and "Client Self-Care." His new book: *Clinical Massage Therapy: A Structural Approach to Pain Management*, was published by Pearson Education in 2011.

For full background and training modules information, please visit: www.orthomassage.net

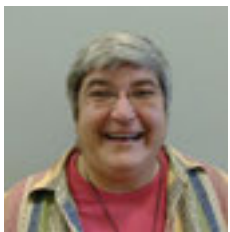
Conference Instructors



Mark W. Dixon, CMT, BTCMP

Mark W. Dixon has been challenging the known, both pushing boundaries and confounding common wisdom since 1983, when a mountaintop experience followed a bottoming-out one, and the path has been ever interesting. He entered the massage profession in 1988, and has volunteered in service to his colleagues, who have become valued friends, teachers, and mentors ever since. His primary interest has focused on helping colleagues to develop professionally, and discover the deeper nuances of Ethics.

His opinions and positions are entirely his own, and do not represent the opinions and positions of the California Massage Therapy Council (CAMTC), for which he has served as Chairman since 2013.



Cynthia Ribeiros, CMT

Cynthia came to the United States from Brazil, where she had attained a degree in Physical Education and studied Surgical Nursing. In the U.S., she graduated from two massage schools, and now leads the National Holistic Institute school's Advanced Neuromuscular Massage Therapy Program, specializing in Neuromuscular Therapy and Orthopedic Massage that is designed to take a practitioner's skills to the next level.

Cynthia served on the National Board of the AMTA as a Vice President and then President-Elect in 2011. She is a highly dynamic teacher, and has taught advanced anatomy and injury rehabilitation skills since 1988. Her Advanced Neuromuscular Therapy workshops are in high demand throughout U.S. and Canada, and Cynthia frequently presents at state and national massage therapy conventions. She was founder and owner of Western Institute of Neuromuscular Massage Therapy (WIN) in Southern California.

Upcoming AMTA-California Chapter Positions

At the March, 2016 Education Conference Business Meeting, elections for these Chapter Board positions are scheduled:

President

The Chapter President sets the direction and pace of the Chapter's activities based on the vision that has been determined by the Chapter membership, Chapter Board of Directors, and other Chapter Officers. The Chapter President serves as a leader, planner, mentor, mediator, and facilitator.

Secretary

The Chapter Secretary is the official keeper of the Chapter records and is responsible for maintaining and updating Chapter records during her/his term of office.

Second Vice President and Third Vice President

The Chapter Vice Presidents will assist the Chapter President in achieving Chapter goals and effecting policies and/or decisions made by the Chapter Board of Directors.

Southern Representative

The Southern Representative will assist the Chapter President in working to achieve Chapter goals and effecting the policies and/or decisions made by the Chapter Board of Directors. This position is the primary liaison between the Chapter Board of Directors and the Units and Chapter members in the Southern section of the Chapter.

California AMTA Chapter Delegates

The volunteer-seated House of Delegates is structured to represent the opinions of our members. The delegates from each AMTA Chapter keep the association strategically focused by presenting bylaw changes for the Board of Directors' review. The House of Delegates also votes on proposed AMTA Position Statements that reflect AMTA's stance on important massage therapy issues.



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James Waslaski,**
Massage Hall of Fame Inductee



CALIFORNIA AMTA CONFERENCE
Wyndham Irvine - Orange Airport
March 6-7, 2016

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www.amta-ca.org

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- **ALL NEW!** *Lower Body Corrective Stretching & Strengthening Exercises*
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- *Lower Extremity Conditions & Ascending Syndromes (2012)*
- *Cervical Conditions, Arm Wrist & Hand (2012)*

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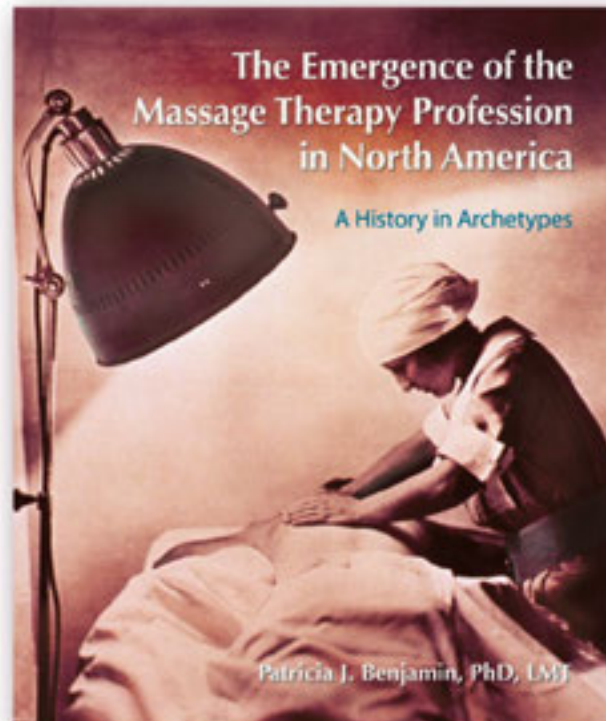
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Government Relations Corner

Tony Siacotos, CMT — AMTA-CA Government Relations Chair

2016: Upcoming Sunset Review for California's Massage Therapy Act



The current version of the California **Massage Therapy Act (AB 1147)** became effective on January 1, 2015 and will be valid through Dec. 31, 2016. This **two-year bill** continued voluntary certification of massage therapists through the **California Massage**

Therapy Council (CAMTC). The California State Legislature must vote to extend this Massage Therapy Act during the 2016 legislative session or it will sunset (expire).

In 2016, the Legislature's Sunset Review of this state law may authorize the CAMTC to continue, along with addressing how local governments have greater land use authority and local ordinance controls to regulate professional massage therapy with the passage of 2015's Massage Therapy Act (AB 1147).

Legislators need to see massage therapists as a profession that shows up to fight for the right to practice without discrimination. A hundred massage professionals speaking up on behalf of the massage profession means makes an impression on lawmakers, much more than seeing the same ten people they saw last year. A thousand massage therapists is a force to be reckoned with.

Here is what you can do now:

Start writing YOUR STORY, especially if you have been negatively impacted by the 2014 Massage Therapy Act revisions. With an upcoming call to action, you can fine-tune it and just hit "SEND"!

Participate in our ongoing Government Relations Committee Calls — for details please contact:

Government Relations Chair

Tony Siacotos at gr@amta-ca.org

Plan to attend the **Joint Sunset Review Committee Hearing at the State Capitol in Sacramento —**

When: Monday, March 14, 2016 at 9 AM

And attend **Legislative Day at the State Capitol in Sacramento—**

When: Tuesday, April 12, 2016 at 9 AM–5 PM

Here is a link to a video of the 2014 Sunset Hearing (so you can see what one looks like):

<http://www.youtube.com/watch?v=In9lDeNd414>

AMTA-CA members can meet with their Senators and Assembly Members to educate and discuss the Sunset Bill. We will have specific "asks," along with assistance by our AMTA-CA lobbyist.

Schedule a meeting with your Senator and Assembly Member in her/his District office to assure that when they vote on massage laws, they will be thinking about you and your clients.

It is time to communicate with State Senators and Assembly Members about supporting the massage businesses of California.

Please view the **Government Relations Volunteer Team** openings on the following page.

It is time for us all to act in support of the massage profession.

Thank You,

Tony Siacotos

AMTA-CA Government Relations Chair

gr@amta-ca.org

AMTA California Government Relations Volunteer Team Positions Available

GR Website Editor

The Government Relations Committee needs the services of a computer-literate person to be in charge of updates to the Government Relations Section of the AMTA-CA Chapter website.

If you have some experience in the “back end” of WordPress that is a real plus, but if you can work with Microsoft Word or Google Docs, you will have very little trouble learning WordPress.

Local Representatives

We need inspired professionals to spread the word on how law and legislation affects

practicing therapists across the state. You will also support massage therapists in advocating in their communities and in taking their concerns to their state legislators.

If you are the classic “people person,” this is for you.

Task Volunteers

There is also a fair amount of information that is useful to our lobbying efforts. If you take pleasure in trolling the internet and making the occasional phone inquiry, please volunteer on an as-needed basis to take on some of this research.

Little things matter a lot

These relatively easy tasks are not major time-fillers all by themselves. Most of them are routine and take just an hour or two every week.

But right now we have too small a team of people handling ALL of them. For the handful of people currently representing you to local and state government, it is just too much work.

Please think seriously about the fight for YOUR rights as a massage therapist. Pitch in just a little in support of the profession you love. Your simple contribution will benefit literally thousands of your fellow massage therapists.

If interested, please send your contact information in an email to: gr@amta-ca.org
with the subject line: “I Would Like to Help”

Volunteer Jobs needed for the AMTA California Chapter’s March, 2016 Education Conference in Irvine, California are:

- ▶ **Registration Desk Assistants**
- ▶ **Class Monitors** Monitor each classroom door and sits in to make sure all CE information is collected
- ▶ **Information Assistants** “Go fer’s” to check-in with instructors, vendors
- ▶ **Conference Assistants** Wear an “Ask Me!” button and mingles throughout the Conference

Each volunteer hour = **1 hour Free Education** at this Conference’s classes

Please email requests and volunteering offers to “AMTA-CA Chapter Office” at: info@amta-ca.org



Candidate and Volunteer Resume Form

Please print or type

Name: _____ AMTA I.D. #: _____ Yr joined: _____
 Home Address: _____
 Phone (w) _____ (h) _____ (fax) _____
 E-mail: _____
 Years in massage _____ CAMTC# _____ Massage license? _____ City/County _____
 Massage school attended/# of hours: _____
 Date of completion: _____ Other related schooling: _____

I am interested in volunteering in the following areas: (details can be found on the Chapter website)

- | | | |
|---|---|---|
| <input type="checkbox"/> Awards | <input type="checkbox"/> Exhibitors | <input type="checkbox"/> Officer's Training |
| <input type="checkbox"/> Budget | <input type="checkbox"/> Government Relations | <input type="checkbox"/> Parliamentarian |
| <input type="checkbox"/> Bylaws & Standing Rules | <input type="checkbox"/> Membership | <input type="checkbox"/> Sergeant at Arms |
| <input type="checkbox"/> Annual Conference | <input type="checkbox"/> Newsletter | <input type="checkbox"/> Social Media |
| <input type="checkbox"/> Education Chair | <input type="checkbox"/> Nominating | <input type="checkbox"/> Sports Massage |
| <input type="checkbox"/> National Convention Delegate | | <input type="checkbox"/> Other _____ |

Board of Directors: President 1st VP 2nd VP 3rd VP Secretary Treasurer Rep: North/ South

Relevant community or professional experience: _____
 List AMTA Chapter (C) and Unit (U) Offices held with dates (include committees): _____

Other Qualifications _____

FOR THOSE SEEKING A BOARD OF DIRECTOR POSITION

How many hours a week do you estimate will be required to perform the duties of this office? _____

Are you currently able to commit the appropriate time for the performance of your duties? YES NO

What are your reasons and objectives for seeking this office? _____

At Board meetings, I understand that I must be present, focused, & courteous; that I must put aside my private life for the duration of the function; that I will refrain from introducing distracting influences to other Board Members & that I will be prepared to transact the business of the Association.

Signature _____

Date _____

Please submit to the Chapter Office:

Mail: AMTA California Chapter, 2844 Cardinal Dr., Lincoln, CA 95648

Email: coc@amta-ca.org Fax: 518-463-8656

AMTA California Chapter 2844 Cardinal Dr., Lincoln, CA 95648 Phone 800-696-2682 Fax 518-463-8656

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