

A M T A F L O R I D A

# Journal

2009

Resolutions

1. Attend annual meeting
2. Get more involved in my chapter
3. Volunteer for National Convention committee





**Mission:**

"To serve AMTA members while advancing the art, science and practice of massage therapy."

**Acting Managing Editor**

Jackie Kincaid

**Publisher**

AMTA Florida Chapter

AMTA Florida Journal is published quarterly by the Florida Chapter of the American Massage Therapy Association, a non-profit professional massage therapy association. This journal welcomes contributions from the readers. Contributions must be submitted on disk. Include the author's name, address, phone number, and photo.

Mail contributions to:

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**Board of Massage Therapy**

4052 Bald Cypress Way BIN #C06  
Tallahassee, FL 32399-3256

**Spring Advertisement Deadline**

February 10, 2009




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If you are not an AMTA and have received this Journal please accept it with the compliments of the AMTA FL Board and Membership as a "Welcome to the Profession in Florida" We hope you will join AMTA and get involved



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Stay well, practice safely within the law, and always remember the following 3 quotes:

“Ignorance of the Law is no excuse!”

“Education cures ignorance!”

“It is your responsibility to know your Laws!”

---

**Michael Garcia R. N., L. M. T.**, is the Chief Academic Officer at Alpha School of Massage in Jacksonville, Florida, and a Florida approved C. E. U. provider for Medical Massage and other courses. His e-mail address is [michaellgarcia@comcast.net](mailto:michaellgarcia@comcast.net). (That's Michaell with 2 L's)

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## Classifieds

### **Baby's First Massage 2 Day On Site Training - Tampa April 25 & 26, 2009**

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### **Want to Place a Classified Ad?**

25 words for \$10.00. Additional words @ .25 each.  
Please contact Jackie Kincaid at [cmti@bellsouth.net](mailto:cmti@bellsouth.net)

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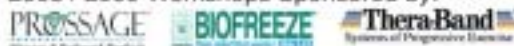
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not be practicing massage therapy at all (since they are not being compensated)? Would it matter if the organization then donated the money to a charity, paid the monies to participating licensed therapists, or kept the money in their organization? It is given that the student(s) will not be compensated.

3) If a student, whether representing their school or not, volunteers their services at a church, nursing home, or other event that accepts donations, contributions, or actually states a fee for the massages, be deemed to be “practicing without a license” and subject to disciplinary action by the unlicensed activity division? Or, is this student simply volunteering their time and, since they are not being compensated, exempt from being charged with unlicensed activity. What if there is no fee charged, but donations are accepted by the organization?

4) Can a student gain experience at a physicians office, or the office of a Chiropractor or Physical Therapist, by volunteering their time and service [of course the student will not be compensated]? Since the student is completely volunteering their services, will they be subject to discipline from the unlicensed activity division, or are they considered to be exempt from the charge of “practicing without a license” due to not being compensated.

Will it make a difference whether the Physical Therapist or Doctor charges a fee or not?

5) According to the definition of “massage” doesn’t a person have to be compensated in order to be considered to be performing massage?

6a) If a school requires that a student(s) complete a certain number of student clinical massages outside of the school (not part of the required hours), does it matter where the student performs the massages [again, the student will never be compensated]?

6b) If a student performs massages outside of school grounds (again, as part of a school requiring a certain number of outside student clinical massages), will there be specified requirements as to how the school must document these outside massages?

6c) If any person or organization wished to donate money to a school for massage(s) that the schools student(s) provided away from the school, would there be any requirements from

the Board? The compensation would go directly to the school. Can we regulate gifts, donations or contributions to a school, for any reason, whether it is related to massage by students, or not?

I personally brought up several of the questions mentioned here concerning the student clinics and received several of the other questions from other school owners and instructors present at the meeting. Currently, there are absolutely no written guidelines for these issues.

Even with all my experience in this area, I do not know the answers to these issues, and am concerned that other instructors and students would be expected to know them.

In the 15 years I have taught massage at massage therapy schools and in the over 10 years I have personally attended Board of Massage meetings, I have never heard definitive answers to these questions. School owners, teachers and students should have clear answers to what is permitted in student clinical activities and what is not permitted. With your help and the efforts of Ms. Haynes and other Board members, we can provide these guidelines.

If you have other questions, ideas, concerns or answers relating to any of these possible rule changes or additions, contact myself or Lorena Haynes. I will forward any correspondence to her. We appreciate your thoughts, concerns and help.

If you have a complaint of unlicensed activity or suspect it may be a case of unlicensed activity, use the following contact information:

DOH [Department of Health] has several resources to combat unlicensed activity:

Consumers are encouraged to use DOH’s Web site: [www.doh.state.fl.us/mqa](http://www.doh.state.fl.us/mqa) where they can conveniently view the license information of their health care practitioner.

Complaints may be filed anonymously by completing and mailing the complaint form on the DOH Web site or calling [toll-free] 1-877-HALT-ULA or 1-877-425-8852 or email us at [HALTULA@doh.state.fl.us](mailto:HALTULA@doh.state.fl.us)

To contact the Florida Board of Massage:  
[www.doh.state.fl.us/mqa/massage](http://www.doh.state.fl.us/mqa/massage)  
E-mail: [MQA\\_Message@doh.state.fl.us](mailto:MQA_Message@doh.state.fl.us)



The Board discussed correspondence from a therapist concerning performing chair massage at one-time events, holiday events, malls, etc. It has been the Board's position in the past that most one-time/transient events do not require an establishment license (even though they are not listed in any law or rule as being specifically exempt). The only specifically exempted places/events are:

**480.046 Grounds for disciplinary action by the board (1)(n)** paraphrased ....**may provide massage services, excluding colonic irrigation, at the residence of a client, at the office of the client, at a sports event, at a convention, or at a trade show.** The Board decided to inform the person that sent in the correspondence that they could not offer massage at a mall, even at a temporary location and/or for a temporary time, but that the other transient events would not need an establishment license.

The board held a Rule Workshop (which has been going on for about a year) concerning **64B7-32.003: Minimum Requirements for Board of Massage Therapy**. The original rule development for this rule was published 6/27/07 and discussion was held at the previous Board meeting in July, 2008 (tab 93 of the July meeting). Lorena Haynes of the Board has put in a tremendous amount of time and effort into this project. Part of the reason for changing this rule can be found in the fact that distance education is becoming a big part of traditional colleges and many professions, but is not mentioned yet as being acceptable as a part of massage therapy training. Traditional schools in the public school system already utilize distance education for many courses, including anatomy and physiology. If a massage school accepts a student from the public school system and looks to give them transfer credits, they have no way of knowing whether the anatomy and physiology credits, or any other credits, were obtained through distance education or in a classroom. Public schools which offer massage therapy courses already accept these distance education classes [anatomy and physiology credits] for their massage programs (I know, because I was an instructor at one of these public school programs), as is Ms. Haynes. When distance education for anatomy, physiology, pathology, massage theory, business and related non-hands-on courses are approved for all Florida massage schools, it will provide an even, competitive playing field for all schools, as well as making more opportunities available for students wishing to enter the massage field. The discussion suggested allowing the 150 hours of anatomy and physiology to be completed through distance education. It was also proposed to permit 100 hours of massage theory to be completed through distance education.

Obviously, all hands-on requirements will continue to be required to be completed at a massage school. Any therapist or massage school owner or instructor that wishes to participate in this rule making may contact Lorena Haynes. Suggestions are appreciated.

There was also discussion on more clearly defining massage school clinical practices. Ms. Haynes proposed the following be added to the rule:

- (a) All student massages must be performed in the presence of a qualified massage instructor of the school.
- (b) Clients shall be notified that massages are being performed by students.
- (c) Students may not be compensated.
- (d) Any compensation for treatment shall go directly to the school.

Other items that one or more of the participants asked to be clarified in the student clinical rules included:

- 1a) Can students volunteer their services (when they are not being compensated) at a hospital, as in a cancer massage program, or an infant massage program, etc. and receive school credit for the massages they perform, as long as they are not receiving credit for hours as part of their 500 hour training? [with no school instructor present]
- 1b) Would it make a difference if the student is not receiving credit of any kind?
- 1c) Would it make a difference whether the hospital charges a fee [or accepts a donation] for the services or not? [the student will not be compensated in any way]
- 2) If the promoters or organizers of an event, such as chair massage at the Chiropractic convention or at a sports massage event for the FSMTA, charge a fee for the public to receive a massage, and a student performs the massage, even though the student is not being compensated, is the student [volunteering as part of their school training, or volunteering on their own, not actually representing any school] "practicing massage without a license" and subject to disciplinary action by the unlicensed activity division. Or, since the student is not receiving any compensation, would the student be deemed to



# Message

JACKIE KINCAID



**Dear Florida Massage Professionals,**

**Happy New Year!!!** I hope you all had a Happy & Healthy Holiday Season.

For those of you that may not be aware Pat Donohue has stepped down as President of the Florida Chapter.

In accordance with AMTA National Bylaws and Policy, effective November 1st, I have moved up from 1st V.P. to President to complete the remainder of Pat's term.

Over the last 5 years I have faithfully served the board & the Florida Chapter in all board positions and I now look forward to serving you as your Chapter President.

The following additional changes have been made to fill the resulting board vacancies:

- Kathy Reid has chosen to move up to the position of 1st V.P.
- The board has approved the appointment of Dave Kasperzk to the office of 3rd. V.P.

Welcome Dave! I know George Schwind our Immediate Past President is excited to have another male presence on the board, as we all are.

I would personally like to take this opportunity to thank Pat for her service to the Florida Chapter and to wish her and Joe well in their future.

2009 promises to be a busy year for our Chapter. Along with the regular business of the Chapter, we are the host Chapter for the 2009 National Convention. So get ready because **"2009 Is Our Year To Shine."** If you have never attended a National Convention this is the time to do so. You won't be disappointed.

The Board has been kicking around some great ideas to **"WOW"** everyone and make it one of the most memorable national conventions ever seen. But... we cannot do it alone. Never has the phrase *"Many hands make light work"* been more applicable than now. To be the "host" chapter to a national convention is a huge job. The results directly reflect on us as a chapter and as massage therapists.

I hope that all our members, from student members to the seasoned veterans, will join together and volunteer some their time to make this a great event.

The more volunteers we have the less work for each person to do and the more fun we all can have. This is a great way to get to know each other and network with colleagues.

Remember the Florida Chapter is one of the largest chapters in the AMTA. It would be a shame to be outdone by the smaller Chapters that have already hosted. Out of chapter pride we should not be outdone because apathy kept us from sparing a few hours to support our Association and our profession.

There is much more in store for 2009 so please keep your eye on the chapter web site for updates and we will be sending out email blasts to you to keep you informed.

**Remember: 2009 - Our Year to Shine**

Respectfully,

**Jackie Kincaid, LMT**  
*President AMTA FL Chapter*

**Looking forward to meeting you at our Annual Meeting.**

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of massage, whether there will be one establishment license, or more than one establishment license.

There was discussion concerning advertisement(s) for massage services. This seems to be very clear and is stated in both **480.0465 Advertisement** and in:

**64b7-33.001 Advertisement:** (1)Each massage therapist or massage establishment licensed under the provisions of this act **shall** include the number of the license in any advertisement of massage services.

This clearly states **any** advertisement, including, but not limited to, all outside signs, must have a license number on the advertisement. Even if the sign/advertisement just states/lists the word “massage” and nothing else, it **must** include a license number! This was openly discussed by the Board and stated clearly that **any and all advertisement of massage** must include a license number, **whether the name of a licensed therapist or name of an establishment is listed on the advertisement, or not!**

(2)Any advertisement of massage services in any advertising medium as defined herein **shall** include the license number of each licensed massage therapist and each licensed massage establishment whose name appears in the advertisement.

Section (2) clarifies that **if** a licensed therapist’s name, or the name of an establishment is listed in the advertisement, then their license number must also be listed in the advertisement.

If more than one therapists name is listed, each license number must be listed. If more than one business name, or address is listed, then the establishment of each business **name and location** must also be listed in the advertisement.

If an advertisement for massage is not directly associated with either a licensed massage therapist or a licensed massage establishment, then it is a case for the unlicensed activity division [contact information listed later in this article].

There was an interesting letter concerning a request to clarify whether “doctor fish services” (everything from fish pedicures to full body fish massages) was under the jurisdiction of the Board of Massage or not. The description of this service stated that “the customer rinses their entire body off, as opposed to just their feet, and they would soak in a fish filled tub for a chosen length of time. The board found that this does not fall under the

scope of Massage Therapy, since it is not “massage”. They also stated that the person making the request for information should refrain from using the term “massage” in their advertisements.

Another therapist wanted to know who defines the massage “scope of practice”. The Board decided to refer this therapist to the Florida Laws and rules for Massage Therapy (Chapters 456; 480; and 64B7)

A different therapist wanted to know if she could use a specific heat lamp in her massage services. The Board again decided to refer her to the laws and rules. Clearly, the definition of massage includes the use of hydrotherapy and thermal therapy, including the use of heat and cold. The Board is just not going to offer approval or disapproval of any specific product.

A major key in determining whether a therapist can use a product or specific service or modality (whether specifically defined as in the scope of massage or not) is found in

**480.046 Grounds for disciplinary action by the board(1)(h):**

Gross or repeated malpractice or the failure to practice massage with that level of care, skill, and treatment which is recognized by a reasonably prudent massage therapist as being acceptable under similar conditions and circumstances.

Just because something falls within the scope of practice of massage therapy does not mean anybody and everybody can safely perform that service. If you have not been adequately trained and/or have not studied and practiced enough to be knowledgeable, proficient and/or experienced enough about a service, modality, product, etc., to offer it safely, you should not perform that activity or use that product [even if it is within our “scope of practice”].

The Board also discussed whether a massage therapist could use Therabands/elastic bands or Theraballs in their massage practice. The Board heard testimony from Michael McGillicuddy, L.M.T. (owner of Central Florida School of Massage; previous President of the F.S.M.T.A.; and provider of continuing education courses), who gave clear evidence of previous and continuous use in the massage industry of these services for as long as 20 years. None of the attending massage school owners, massage instructors, or Board members voiced disagreement with Michael McGillicuddy’s view/stand that these are indeed within the scope of practice of massage therapists. [remember 480.046 (1)(h)]

One therapist was represented by an attorney, but was not present herself, due to a reported illness. This therapist was charged with insurance fraud and is involved with pre-trial intervention for these charges, as well as violations of the Florida Massage Statutes and Rules. The Board voted to impose a fine of \$2,250 and costs of \$1,984.10.

**There were 16 Settlement Agreements** (cases in which the State Attorney's Office and the respondent have already agreed to terms for the case). Costs for these individuals ranged from a low of \$390.17 to a high of \$2,159.42.

**There were 8 Hearings for Determination of Waiver/Default** (cases where the respondents have been found to have waived their rights to a hearing). Two of these LMT's had a reprimand placed on their license and had fines and costs of \$1,520.10 or \$1,605.87 imposed. The other 6 had their licenses revoked, with fines and costs from \$1,320.45 to \$8,117.23 imposed. The therapists with the two highest fines and costs were found to be in violation of the statutes and rules prohibiting sexual activity. Another therapist was found to be practicing beyond the "Scope of Practice" of massage therapy. These cases are good examples of the great job both the Board of Massage Therapy and the State Attorney's Office are doing in "protecting the public". These cases also point out the importance of requiring licensure for our profession.

**Eight massage therapists and Massage Establishments participated in the Voluntary Relinquishment process.**

**There were approximately 30 History applications: therapists** originally scheduled to be reviewed, with one being withdrawn before the meeting started. At least 18 of these applicants had their license issued unconditionally. The rest of the applicants had their license issued with conditions, either to have doctor reports sent in or to be evaluated by, and follow the recommendations of, P.R.N.

In past Board meetings, I have heard school owners and instructors express concern about how to properly answer prospective or current students that inquired about whether past events in their lives may affect their ability to obtain a Florida massage Therapy license. Currently, neither an instructor, school owner, or even the staff of the Board of Massage will always be able to answer that question. Based on certain criteria, the staff of the Board may be able state whether the previous situation/set of circumstances/criminal history/etc. will be referred to the entire Board or not.

Some situations will definitely require the applicant be referred to the full Board, at a scheduled BOMT meeting. The good news for students and applicants is that the Board rarely outright declines to offer a license. There may be conditions that have to be met in order for the license to be issued, but they are usually fairly easy to comply with, if the applicant is serious about wanting to enter this profession. The Board members do not refuse to issue a license arbitrarily. They have a job and duty to "protect the public" and take that responsibility seriously. At the same time, they do not want to prevent anybody from entering this profession if that person can practice without endangering the public.

As has happened several times in the past, the Board had 2 requests from individuals that asked the Board to either find that reflexology is not within the "scope of practice" of massage or that they be exempted from the massage laws and rules in order to practice reflexology in the state of Florida. The Board confirmed their previous position, and past Board positions, stating that individuals wishing to practice reflexology in Florida must possess a valid Massage Therapy license.

There was much discussion concerning the massage establishment rule. The Board is considering changes to the establishment application that may make it clearer exactly which portions of a building/address will be covered under each establishment license.

**64b7-26.001 Definitions (2)** The term establishment means a site or premises, or portion thereof, wherein a licensed massage therapist practices massage for compensation.

This does mean that one establishment license can be sufficient for several or all rooms located at the address stated on the license. There does not have to be any specific business relationship or contractual agreement between the therapists working at that address in order for all of the therapists to be deemed to be working in a "properly licensed establishment".

There may be valid reasons and benefits for each therapist to have their own establishment license, but there is no law or rule requiring that each have separate establishment licenses when practicing at the same address. If the owner of an establishment or establishment license permits other therapists, located in different rooms or suites (located at the same address) to operate under their establishment license, they may be responsible for or subject to disciplinary action(s) or liability claims due to the actions or inactions of those other therapists. The inspector must have access to any and all areas that will be used for the practice



# A Message from Pat Donohue



I want all the AMTA members in Florida to understand that, for a variety of reasons, I have resigned as President of the AMTA-Florida Chapter, effective November 1, 2008. I have given you my best and hope you have been satisfied with my service.

During my 3 years as President, the Board and the Chapter:

- Saw its treasury grow to over \$160,000
- Established several Units within the chapter that often provide free CE's
- Increased journal revenues with on-time publication
- Held re-energized state conventions
- Worked on behalf of all our members
- Helped new members and those new to the state who needed extra assistance with licensing

It has been my honor to represent our chapter at FSMTA Summit Meetings, Florida Board of Massage meetings, and at trade shows where we have given

chair massages and provided information on AMTA. I have been able to represent you in the House of Delegates and the AMTA Presidents Council, sharing our achievements with other AMTA chapters.

I will continue to volunteer with the Florida Department of Education on their Curriculum Review Committee: Focus Massage Therapy. I am an approved provider for both NCB and the state of Florida where I will focus my attentions in teaching advanced massage therapy techniques.

I will continue to be an professional member of AMTA. Thank you for supporting me these last 3 years as your chapter president. If you want to contact me about my new endeavors, email me at [pdjf46@bellsouth.net](mailto:pdjf46@bellsouth.net).

Yours in service,  
**Pat Donohue**



# Welcome NEW FLORIDA MEMBERS

## August New Members

Bonnie Arenas-Rose	Winter Garden
Angela Kristen Atkin	Fort Lauderdale
Theresa Aubrey	Pinellas Park
Melissa Bariring	Wesley Chapel
Maria Berei	Hollywood
Jamie Beverly	Maitland
Michele L. Coipel	Winter Garden
George Dauphin	Pompano Beach
Jessica Estep	Lutz
Mark A. Fields	Saint Petersburg
Jessi Freed	Tallahassee
Emily Fristed	Orlando
Sandra Gilad	Fort Lauderdale
Alejandra Guzman	Altamonte Springs
Marietta Hastings	Port Charlotte
Julie Hollwedel	Ocala
Audrey Holston	Crawfordville
Tamara M. Jackson	Pensacola
Shelby Jacobs	Jacksonville
Barbara Lavender	Tampa
Daphne N. Morris	Milton
Linda Catherine Murphy	Ruskin
Leticia Nouel	Orlando
William Powers	Plant City
Dorothy Jane Rayborn	Tampa
Kristin R. Simmons	Miami
Katelyn N. Smith	Winter Haven
Margie M. Summer	Bradenton
Jacob Surmanski	Miami
Alexandra Vavakas	Pompano Beach
Jessica Wilson	Lakeland
Anthony Zitnick	Miami

## September New Members

Brenita S. Allen	Gainesville
Annette Almanza	Miami
Amanda A. Anderson	Tallahassee
Daylet Bock	Miami
Geanne Bowman	Tampa
Kimberly Brizendine	Fort Lauderdale
Alvarez Caron	Gainesville
Louise Casper	Pompano Beach
Monica Chacon	Pompano Beach
Theresa Marie Cheveres	Orlando
Ana Correa	Ocoee
Ruly Ruben Diaz	Miami
Michael A. Dow	Tallahassee
Amy Falk	Orlando
Kim Fritschi	Saint Cloud
Leigh Ann Fullerton	Dundee
Antwinette Giles	Orlando
Rowayda Giron	Miami
Gloria Gobb	Saint Petersburg
Aubrey Gray	Delray Beach
Henry Guerrero	Pompano Beach
Tara Handley	Orlando
Jasmine Haynes	Miami
Anna Hicks	Panama City Beach
Jennifer Hill	Micosukee
Rebecca Horine	Sanford
Nelly Jarquin	Miami
Edna Marie King	Miami
Shea Knight	Tallahassee
Kim Le	Kathleen
Terri Maikranz	Vero Beach
Julissa Manzzo	Altamonte Springs

Jameon R. Maroncelli	Fort Lauderdale
Charles McGaw	Cantonment
Meiling Mesa-Barquin	Miami
Soman Romankutty Nadhan	Saint Petersburg
Susan H. Ontiveros	Saint Petersburg
Brittany Ortega	Ocoee
Andre Pedrouzo	Miami
Araly Penseke	Miami
Claudia L. Pereira	Miami
Richard Dean Porter	Hollywood
Lance Posey	Gainesville
Michael Richardson	Lake Worth
Reinaldo Rosario	Miami
Jo Ellen Sharp	Saint Petersburg
Tarra Aniela Stroker	Saint Augustine
Andrea Grace Thompson	Tallahassee
Paul Ashley Wesselhoeft	Blountstown

## October New Members

Kimberly Allon	Lynn Haven
Tiffany R. Andrews	Winter Park
Jerome Arnold	Satellite Beach
Karen Arteaga	Miami
Mallory Asti	Crawfordville
Debra Denise Beard	Crawfordville
Michele R. Bellissimo	Valrico
Daniel V. Brandt	Ocala
Sharon Bray	Clearwater Beach
Armando Cambana	Miami
Samantha Cannon	Saint Petersburg
Lilliana Carbuccia	Fort Lauderdale
Cecilia Comperatore	Naples



# Board of Massage Therapy Report: October 30-31, 2008

*by Michael Garcia*

The 349th General Business Meeting of the Florida Board of Massage Therapy was held on October 30-31, 2008 at the Renaissance Orlando Hotel in Orlando, Florida.

Board members present included: Dave Quiring LMT, Chair; Lynda Solien Wolfe, LMT, Vice Chair; Andrea Vala, LMT; Jacqueline Kelly, LMT; Lorena Haynes LMT and consumer member, Irene Andriole. Christy Robinson, Acting Executive Director, represented the Board staff. Board counsel for this meeting was Allison Dudley, Esquire. Prosecuting attorney, Sam DiConcilio, ESQ. was also present.

The Florida State Massage Therapy Association was represented by Maureen Gilbert (President) and Lynn Hupp (ED). Pat Donahue (President) and Joe Ferguson represented the American Massage Therapy Association (Fl Chapter). Representatives, including instructors and/or owners, of several massage therapy schools were also present.

According to Board Council, the Circuit judge handling the rule challenge by the NCBTMB should look at this case in January. We should have our answers on which test our massage therapy students will be able to take by February, 2009. Nothing is definite yet, but there is hope that students will have access to the new test (which does not include Chinese Medicine questions) in just 3 to 4 months.

**There were 6 Informal Hearings** discussed. Naturally, some involved therapists working at an unlicensed establishment or somebody operating an unlicensed establishment. (I can't remember any Board meeting in the past 10 years that didn't include these violations.)

The fines for these violations ranged from \$100 to \$350, but the therapists also have to pay costs for these cases, which ranged from \$655 to \$1,163. A reprimand was also placed on all of their licenses. The sad thing is that discipline for these violations is easy to avoid.

If you are a newly licensed therapist, please personally look at the massage establishment license for any business that you plan to work for, before performing your first massage there. The law requires all massage establishments (that includes all doctor and chiropractic offices, all spas, etc.) to post the establishment license in a conspicuous place, so you should have easy access to the license.

**Chapter 64B7-28.008 Display of Licenses: (3)** The owner of each massage establishment shall conspicuously display a current establishment license issued by the Department on the premises.

Don't take anybody else's word that there is a current and valid massage establishment license at the location. Look for yourself! Check to see that the name of the business exactly matches the name on the license. Check to ensure that the address on the license exactly matches the address of the location where you plan to offer your services. Check to see that the license is not expired (there is absolutely no "grace period" for expired licenses).

Even if you previously worked for a business and are returning after a brief time away, check the license again. A copy of the massage establishment license is not acceptable, it must be the original. Remember, it must be a "massage establishment license" issued by the Florida Department of Health and the Florida Board of Massage Therapy. Absolutely no other establishment or other license can take the place of this license.

Of course, the therapist must also post their license, or a copy of their license (copies of individual massage therapists are acceptable), in a conspicuous place at the location.

**Chapter 64B7-28.008 Display of licenses (1):** Each licensed practitioner shall conspicuously display a current license issued by the Department, or photocopy thereof, at each location at which he or she practices.

I implore all schools to make sure their instructors get this across to their students, since it is such a frequent violation. Of course, students should be exposed to all the statutes pertaining to massage therapy (Chapters 480 and 456) as well as the rules of the Board (64B7 F.A.C.)

Licensed massage therapists should review their laws and rules regularly, since we tend to forget things we haven't studied for awhile and the rules do change.

Two therapists had their licenses suspended for not being contracted and/or in compliance with their contract from P.R.N. These therapists must not only follow the recommendations of P.R.N. in order to resume their massage practices legally, one now must pay costs of over \$874 and the other therapist must pay costs of over \$2,156.

- If a Florida licensed massage therapist fails to renew an active license, that license becomes delinquent?
- If a delinquent license is not renewed within the biennium in which it became delinquent, such license becomes NULL and VOID? (A null and void license no longer exists)

**My advice for you is to become an excellent LMT professional and not another statistic number. It pays back to know and respect the law!**

visit: <http://www.leg.state.fl.us>  
<http://www.myfloridahouse.gov>

- Una vez que se obtiene la licencia de masaje en la Florida, debe ser renovado cada dos (2) años?
- Si un masaje terapeuta licenciado en la Florida no renueva la licencia, su licencia se convierte en delinciente?
- Si una licencia delinciente no se renueva en el bienio en que se convirtió en delinciente, dicha licencia será nula y sin efecto? (Una licencia nula y sin efecto, deja de existir)

**Mi consejo es que sean excelentes LMT y no que se conviertan en otro número estadístico. !Conocer y respetar la ley produce beneficios!**

visite: <http://www.leg.state.fl.us>  
<http://www.myfloridahouse.gov>

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# Calendar OF EVENTS

Ana Cordoba	Miami	Amanda Saracen	Saint Petersburg
Laura Cribbs	Bell	Ann C. Sheppard	Pensacola
Nicholas De Toro Forlenza	Miami	Jessica Sprouse	Mulberry
Helene Dennis	Silver Springs	Elizabeth Clare Williams	Miami
Patricia Dodge	Tampa	Angela L. Wilson	Lecanto
Nohemy Domador	Miami		
Meghan Donahue	Saint Petersburg		
Julia Mayer Erikson	Miami		
Yvette Escalante	Fort White		
David Farin	North Miami Beach		
Jennifer Fox	Dunnellon		
Jorge A. Gonzalez	Miami		
Linda R. Goodman	Dunedin		
Tanya Hale Guerrero	Crystal River		
Dawn M. Jozaities	Cape Coral		
Chris Kytle	Altamonte Springs		
Nicole Lamar	Zephyrhills		
Ashley M. Lynd	Saint Petersburg		
Michelle Mandich	Cape Coral		
Carla Manning	Lawtey		
Sophia Mascarella	Palm Coast		
Melissa McGee	Jacksonville		
Leslie Miller	Orlando		
Lorrenzo V. Morris	Ocala		
Sandra Morris	Crestview		
Peggy Nelson	Fort Lauderdale		
Sharon Noles	Inverness		
Rosanti Parker	Gainesville		
Sarah Phipps	Fort Myers		
Christina Pino	Coral Springs		
Joanne Rodney	Sunrise		
Bari Ruck	Tampa		
Gena Rumble	Boca Raton		

## August Transfers

Jacqueline A. Belcher	Kinard
George H. Beuchert	Miami
Deanna L. Maldonado	Davenport

## September Transfers

Yuliia S. Bacon	Treasure Island
Alvina Mary Quatrano	Naples
Sherry Jan Thorsen	Clearwater
Karen D. Vann	Altamonte Springs

## October Transfers

Sharon R. Barnett	Spring Hill
Dayana Elasmr	Kissimmee
Debra S. Hashek	Fort Myers Beach
Diane R. Hicks	Jupiter
Barbara Huelsbeck	Saint Augustine
Suzanne A. Nathan	Spring Hill

## January 2009

- 6** Inverness Unit
- 11** AMTA FL, Palm Beach Annual Meeting, Election of Officers
- 12** AMTA FL Board Retreat
- 21-24** PCOMS Osteo Event, for information contact Karen Roth

## February

- 19-22** PCOMS Osteo Event, for information contact Karen Roth

## March

- 3** Inverness Unit

## May

- 5** Inverness Unit



# Unit News

THERAPISTS IN ACTION!

## Heart of Florida Unit

Jeffery Wood  
352-817-3071  
WoodJ@citrus.k12.fl.us

## Miami Unit

Jiovannina Ramos  
(305) 303-2062  
jiova18@yahoo.com

## Monroe Unit

Carlos DiMont  
(305) 793-7292  
cdimont@careercollege.edu

## Pembroke Pines Unit

Vacant

## Pensacola Unit

Suzann Bradley  
Suzannamta@cox.net

## Pinellas Suncoast Unit

Vacant

## Southwest Unit

Vacant

## West Palm Unit

Vacant

## First Coast Jacksonville

Vacant

## Sarasota Unit

Vacant

## Heart of Florida Unit fills more than empty massage chairs.

The AMTA National Massage Therapy Awareness Week event for 2008, hosted by the Heart of Florida Unit (HFU) is being dubbed a great success by its organizers and attendees alike. This year the HFU held it's 2nd annual event at the Crystal River Mall in Crystal River, Florida. Participants received a free 10 minute chair massage and the opportunity to experience the many benefits of massage therapy first hand. There were informative handouts, product samples and a raffle for various prizes including free massage sessions. In addition to promoting massage therapy the HFU also used this time to help a local charity to raise funds and food to help feed the hungry.

It all started with some rather chaotic planning at one of our unit meetings. What should we do? Where and when should we do it? Should we involve a local charity and if so which one? How are we going to pull this off? These and many other questions echoed throughout the room as we put together a game plan. With a little time and far too much excitement we pulled together and drafted the perfect blue print.

This year our event was held on Sunday October 19th 2008 from 12:00 pm to 4:00 pm in the Crystal River Mall In Crystal River Florida. Fourteen HFU members were onsite complete with massage chairs and supplies ready to serve our community. To take things a step further the HFU teamed up with the Citrus County Harvest, a non profit organization which accepts food donations and coordinates with local food pantries / shelters to distribute collections to those in need. Participants were offered a 10 minute chair massage all for the price of a non perishable food donation. In addition to food collections several members donated massage gift certificates and other great prizes for a raffle. Not all who stopped to visit made it into a massage chair but most were drawn to our wonderfully prepared information table, where they received AMTA informative handouts and free product samples. Many of the attendees had previously experienced massage in some

way or another, however most were not aware of how important massage can be to their overall health and wellness. This was a great opportunity to educate the public. Together members of the AMTA Heart of Florida Unit and the Citrus County Harvest, were able to raise significant funds and over 200 lbs of food all while promoting the benefits of massage therapy.

AMTA Heart of Florida Unit  
Jeffery B. Wood , Chairman  
Tracey Samples, Vice Chairmen  
Sherry Greene, Treasurer  
Betty Kolar, Secretary  
Frank J. Costa, Historian



# Capítulos 480 y 64B7

## Práctica de Masaje en la Florida

Mi experiencia como instructor de masaje me ha dado la oportunidad de ser consultora para estudiantes graduados de masaje. He encontrado después de hablar con algunos de ellos que uno de los casos más comunes después de haberse graduado de la escuela de masaje, es la infracción de leyes y regulaciones de la Florida. Aún después de haber visto una clase requerida en la escuela que habla de los capítulos 480 y 64B7 “Práctica de Masaje en la Florida”

Este asunto que se hace cada día más común entre egresados del programa de masaje, ha llamado mi atención y me ha inspirado a escribirles y presentarles algunas ideas a seguir después de su graduación de las escuelas de masaje. Recuerde que después de su graduación usted todavía necesita la licencia de masajista para poder trabajar en la Florida.

Los capítulos 480 y 64B7 Práctica de Masaje nos dice acerca de códigos, leyes, reglas y regulaciones que afectan la práctica de masaje y al terapeuta licenciado de masaje en el Estado de Florida.

El masaje se ha hecho más popular ya que los niveles de stress suben y las personas buscan nuevas maneras de tratar con ello. Los desórdenes de stress están entre el 80-y-90 por ciento de las indisposiciones que llevan a las personas a los médicos de familia.

Sí, es verdad que lo que el cliente requiere es alguien quien le escuche, alguien quien lo toque, alguien quien lo cuide, pero aun así, tenemos que conocer y seguir las leyes y las regulaciones para poder ayudar a nuestros clientes.

La regulación de la práctica de terapia de masaje en Florida esta basada en el conocimiento específico de la terapia de masaje como una práctica terapéutica [Sección 480,032, F.S.]. El departamento de la Salud (DOH) es indicio de la aceptación legal completa de terapeutas licenciados de masaje como proveedores de asistencia médica.

Por otro lado La legislatura de Florida redactó y pasó el “Acto de Práctica de Masaje” en 1978 como el Capítulo 480, Estatutos de Florida. La legislatura también previó la creación del Board de Masaje para que manejara el proceso progresivo de la regulación de terapia de masaje en Florida.

El Board de Terapia de Masaje esta encargado de numerosos estándares relacionados con la licencia, la educación, la formación continua y la práctica clínica en forma de sus reglas, encontradas en el Capítulo 64B7, Florida Código Administrativo. Este esquema esta creado específicamente para proporcionar el

reconocimiento profesional, en particular, para los asuntos clínicos específicos de la práctica, que sugieren (Las Secciones 480,035 y 480,041, F.S.).

La ley del masaje también nos dice que un negocio no puede operar como un establecimiento de masaje sin una licencia de establecimiento de masaje [Sección 480,043, F.S.]. La licencia de terapeuta de masaje no es requerida para la propiedad de un establecimiento, y es la responsabilidad del propietario solicitar la licencia de establecimiento de masaje, incluyendo el nombre del propietario y el nombre del negocio.

Por otra parte esté muy atento de que el Departamento de la Salud puede iniciar una investigación de un licenciado, basado en una queja firmada, o basado en una queja anónima.

A medida que el masaje entra en la corriente principal de la asistencia médica, las reglas y leyes no sólo tendrán que existir, sino que también tendrán que ser más duras y más estrictas para proteger al público.

### ¿Sabía usted que?

- *Como terapeuta de masaje estamos obligados a trabajar con las necesidades del cliente y realizar tratamientos con eficacia y eficiencia?*
- *En virtud de la ley de Florida, la práctica de Masaje sin licencia es un crimen?*
- *“Mala conducta sexual” se define por ley como el uso de la relación cliente terapeuta para inducir o intentar inducir al paciente a participar, o tratar de participar, en la actividad sexual?*
- *Si no se explican las técnicas de cómo cubrirse a un cliente es una violación de las normas del Board de masaje?*
- *La Terapia de masaje puede ser potencialmente peligroso para el público si es practicado por personas no calificadas?*
- *En un establecimiento con licencia de masaje. La terapia de masaje, sólo puede ser practicado por un terapeuta de masaje con licencia?*
- *Si un terapeuta de masaje con licencia se encuentra practicando en un establecimiento, que no tiene una licencia de establecimiento de masaje, válida, tanto el terapeuta de masaje con licencia y el propietario del establecimiento serán disciplinados?*
- *Cualquier anuncio de servicios de terapia de masaje requiere un número de licencia? (Esto incluye Camisetas con su número de teléfono)*

# Chapter 480 and 64B7 Massage Practice in Florida

*by Nina Ramos*

My experience as massage instructor have given me the opportunity to be a consultant for former massage students. I have found that after talking to them one of the most common issues after graduation from the massage school is the violation of the Florida laws and regulations. Even after taking a requirement class at school that talks about chapters 480 and 64B7 Massage Practice.

This issue that has become more common among massage graduates has call my attention and inspire me to write and guide them thru the right path to follow after massage school graduation. After graduation you still have to be licensed as massage practitioner in order to work in Florida.

Chapters 480 and 64B7 Massage Practice tells us about codes, laws, rules and regulations that affect your massage practice as a licensed massage therapist in our state.

Massage is becoming more popular as stress levels go up and people are finding new ways to deal with it. Stress-related disorders make up between 80-and-90 percent of the ailments that bring people to family practice physicians.

Yes, it is true that what the client requires is someone to listen to them, someone to touch him or her, and someone who cares, but we still have to know and follow the laws and regulations in other to be able to help them.

The regulation of the practice of massage therapy in Florida is based upon the specific recognition of massage therapy as a therapeutic practice [Section 480.032, F.S.]. Department of Health (DOH) is indicative of the complete legal acceptance of licensed massage therapists as health care providers.

On the other hand The Florida legislature drafted and passed the "Massage Practice Act" back in 1978 as Chapter 480, Florida Statutes. The legislature also provided for the creation of the Board of Massage (renamed the Board of Massage Therapy) to handle the ongoing process of the regulation of massage therapy in Florida.

The Board of Massage Therapy is in charge of setting numerous standards for licensing, education, continuing education and clinical practice in the form of its rules, found in Chapter 64B7, Florida Administrative Code. This scheme is specifically intended to provide professional input, in particular, for the specific clinical practice issues, which may arise (Sections 480.035 and 480.041, F.S.).

Massage law is also telling us that a business may not operate as

a massage establishment without an establishment license [Section 480.043, F.S.]. A massage therapist license is NOT required for ownership of an establishment, and it is the owner's responsibility to apply for the establishment license, including owners' names and the business name.

The Department of Health may initiate an investigation of one of its licensees on its own, based upon a signed complaint, or based upon an anonymous complaint.

As massage moves further into the mainstream of health care, rules and regulations will not only have to exist, but they will also have to be tougher and stricter to protect the public from harm.

## **Did you know that?**

- *As Massage therapist you are obligated to work with the client's necessities and perform your treatments with efficacy and efficiency?*
- *Under Florida law; the unlicensed practice of Massage - and of any other licensed required health care profession - is a crime?*
- *"Sexual Misconduct" is defined by statute as using the client therapist relationship to induce or attempt to induce the patient to engage, or to attempt to engage, in sexual activity?*
- *Failure to explain draping techniques to a client is a violation of the rules of the Board of Massage Therapy?*
- *Massage therapy could be potentially dangerous to the public if practiced by unqualified persons?*
- *In a licensed massage establishment. Massage therapy, may only be practiced by a licensed massage therapist?*
- *If a licensed massage therapist were found practicing at an establishment, which does not have a valid establishment license, both the licensed massage therapist and the establishment owner would be disciplined.*
- *Any advertisement for massage therapy services requires a license number? (This includes T-shirts with your phone number)*
- *Once a Florida massage therapy license is obtained, it must be renewed every two (2) years [biennium/biennial]?*



Although our entire unit contributed in different ways, there's a few folks that deserve special recognition. Rebecca Gailliot coordinated, setup and provided most of our printed materials and signage for this years event. Barbra Tate and Lilia Lopez Flores prepared informative hand-outs and provided supplies and product samples for our participants. Sherry Greene worked hard to secure our location and distribute advertising to promote this years event. A very special thanks to Agnes Langan, volunteer, for her hard work and dedication. We truly have a great group and I am proud to be a member of our team. With the right direction and clear communication we can all take great strides in advancing our profession. I encourage all units to participate in NMTAW events, dream big and make it happen.

**Frank J. Costa, LMT**

*AMTA Heart of Florida Unit, Historian*

AMTA Heart of Florida members that participated: Sherry Greene LMT, Rebecca Gailliot LMT, Lilia Lopez Flores LMT, Kay C. Galloway LMT, Barbara Tate LMT, Charles Van Tine LMT, Celeste Wolf LMT, Jeffery B. Wood LMT, Michele McClain LMT, Shauna Baxter LMT, Frank J. Costa LMT, Jennifer Fox LMT, Terri Bendfeldt LMT, Betty Kolar LMT

**The following dates will be our next meetings:**

**Tuesday January 6th, 2009**

Time: 6:00pm till 8:30pm  
2-hour CEU "Shoulder Assessment & Treatment Protocols" by Jeffery B. Wood LMT, COTA/L, B.S.  
@ W.T.I.

**Tuesday March 3rd, 2009**

Time: 6:00 till 8:30pm  
2-hour CEU "Intro to Kinesio Taping" by Pete Pfannerstill, Ph.D., LMT, CKTI  
@ W.T.I.

**Tuesday May 5th, 2009**

Time 6:00pm until 8:30pm  
2-hour CEU "Hip Assessment & Treatment Protocols" by Jeffery B. Wood LMT, COTA/L, B.S.  
@ W.T.I.

- Members will receive 10 FREE CEU's if they attend every meeting
- Also plan is to give a Home Study Packet for Ethics, Medical Errors, HIV/AIDS, & FL Law to members that attend 3 out of the 5 meetings.

July's 2009 Meeting will be a Weekend Workshop July 18-19th: 16 hour CEU course TBA.

All meetings will be held at the following location: (except for the Weekend Workshop)

Withlacoochee Technical Institute  
1201 W Main Street  
Inverness Fl 34450  
Room 301  
<http://www.wtionline.cc/>

**Jeffery B. Wood LMT, COTA/L, B.S.**  
*AMTA Heart of Florida Unit Chairman*  
(352)-817-3071



# Unit News CONTINUED



## Miami and Monroe Unit News

Miami and the Monroe AMTA Units were recognized for an outstanding volunteer performance, during the Zimmerman Multiple Sclerosis Bike Ride 2008 at the University of Miami. Where volunteer waited for the athletes to help them with after sport event massages.

The recognition took place at the Dolphins Stadium in Miami where they celebrated AMTA participation in the Bike Ride event, with a certificate of appreciation.

Miami and the Monroe AMTA Unit volunteers were more than happy to be part of this project, which focus in the collection of funds to help enrich the quality of life for everyone affected by

multiple sclerosis. The volunteer found that been part of this experience enriched their knowledge as massage students.

These volunteer that have been recognized by the MS and, more students are willing to participate in the MS Bike Ride in 2009.

I personally want to thank them all for such a great heart and desire to work for the community.

I will be more than happy to work with all of them in many more programs. Congratulation to all volunteers from Miami and Monroe AMTA units

Brilliant work!

**Nina Ramos LMT**-*Massage Instructor*

**Come join us at a meeting near you!**

# Happy New Year!

*by Carolyn Pardue*



In 'real' time, that headline is early; in the world of politics, it is late.

State level elections, while not as dramatic or historic as this year's national election, included changes that will impact the future of Florida citizens.

Monday (November 17) and Tuesday (November 18) members of the Florida House and Florida Senate will come to Tallahassee to be sworn in as legislators (House members for 2 years and new Senators for 4 years). New House Speaker, Representative Ray Sansom and new Senate President, Senator Jeff Atwater will formally become the leadership of their respective legislative bodies. Speaker Sansom and President Atwater will begin appointing their leadership teams. By January, the Speaker and President will have all their committees appointed.

## **Florida's Timetable**

Florida has a short annual legislative session. Constitutionally, the Florida House and Florida Senate can only hold formal session to pass laws for 60 days each year, unless called into special session by the House/Senate or by the Governor. To be able to do the study necessary to create a budget, good public policy/regulation in Florida, the Legislative committees usually begin meeting monthly in September to review projects, proposals, and begin fleshing out legislative agendas.

In an election year, the time is shorter. Since elections are not held until November, the legislature only has three months for re-organization and committee meetings before the actual session begins on March 3.

## **2009 Legislative Priorities**

Top priority for the 2009 Florida Legislature will be Florida's Budget. The 2008 session was forced to cut \$6 billion in services. Governor Crist has already ordered a 4% withholding (1% per quarter) in spending from each agency. In addition each agency has been asked to recommend cuts of another 10%. Florida's revenue slump is expected to continue through a large part of 2009, possibly as much as another \$3 billion.

During this budget slump, there will be increased discussion regarding eliminating tax breaks to sports teams and other related extra-curricula activities.

## **Impact on Regulation**

The AMTA Board will work hard to see that the cuts do not impact prosecuting those who are unlawfully holding themselves or their establishments out as licensed. If positions are cut in the licensing area, they should not be cut in the areas of expediting new licensees (licensees bring revenue) or in the discipline of those who do not 'play by the rules'.

## **What to do in this (political) New Year**

Identify which legislators (House and Senate) represent you. Look on the back of your voter registration card for Legislative District(s) number(s). Then go to [www.leg.state.fl.us](http://www.leg.state.fl.us) <<http://www.leg.state.fl.us>> to find out which Legislator represents that district. Send a "good luck in this year legislative year" note with a copy of your business card attached. Let them know you are going to be calling for a visit while they are at home in the district – then call within the next two weeks and make an appointment to introduce yourself.

Massage Therapy has a smaller number of licensees than other licensed health care professions. As such, massage therapy is easier for legislators to overlook if they are not watching for it... it is only you who can make sure that legislators are aware of the importance of massage therapy to the health care of Florida citizens.

There are 160 legislators and a lot of staff. Your Florida AMTA Board has 7 members and AMTA has one part-time government relations person. There are over 14,000 LMTs – it is critical that each LMT makes sure that legislators know the importance of massage therapy as a health care service and the importance of appropriate regulation.

Each and every massage therapist must get to know their legislators and their legislators' staff. LMTs should be visible enough through visits, letters, cards, etc. that their name is recognized and that the massage therapists in the area are called for information when something comes up in legislation regarding the profession.

Your NEW YEAR'S RESOLUTION: To call my legislator and schedule a meeting to let them know about importance of massage therapy and regulation. And to remain visible in my legislators' office.



SIC (sometimes called MCC) codes. AMTA has been advised that Visa and MasterCard usually use SIC or MCC codes.

The coding of your business is at the discretion of your bank and credit card company, unless you contact them about your code. Ask your credit card processors which codes they use for your practice. You may need to contact both your bank and a credit card processor to make sure all are listing your practice correctly.

If they use SIC or MCC codes, ask them to list your business as “massage, therapeutic,” under code 8099, which is the SIC code for Health and Allied Services, Not Elsewhere Classified. The

MCC code is also 8099, but the classification is Medical Services and Health Practitioners (Not Elsewhere Classified). The code for massage parlors is 7297.

If your credit card processor uses NAICS codes, ask them to code your practice as 621399, which is for Offices of All Other Miscellaneous Health Practitioners. The code used for massage parlors is 812199, under Other Personal Care Services.

For more information on NAICS codes visit [www.census.gov/epcd/www/naics.html](http://www.census.gov/epcd/www/naics.html); for SIC codes, [www.census.gov/epcd/www/sic.html](http://www.census.gov/epcd/www/sic.html).



Pat Donohue AMTA FL IPP (inactive) and Maureen Gilbert FSMTA President accept The 2008 Florida Board of Massage Recognition Award from Chair Dave Quiring on behalf of their respective Associations

## **Congratulations to The AMTA FL Chapter & The FSMA on a job well done!**

At the October Board of Massage Meeting both Associations were awarded the BOMT Recognition Award.

“In Recognition and Appreciation for Your Outstanding Contributions to Public Health Through the use of Promotion of Massage Therapy”

We applaud all of our Members for their part in Spreading the word about Massage

# AMTA MEMBERSHIP APPLICATION

**Thanks for choosing AMTA.** We're delighted to have you join us! Simply return this completed form to AMTA via mail or fax to 847.864.5196 and you can begin to reach professional excellence.

## Member Contact Information

Name \_\_\_\_\_  
Company \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Work Phone \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Fax \_\_\_\_\_  
E-mail \_\_\_\_\_  
Website \_\_\_\_\_

## Membership Confirmation

If you provide a current e-mail address above, we'll confirm your membership via e-mail.

## Professional Membership

- \$235 + \_\_\_\_\_ chapter fee = \$ \_\_\_\_\_  
*Please check and submit documentation for one of the following:*
- Photocopy of diploma or proof of graduation from a minimum 500 in-class hour entry-level massage therapy training program.
  - Photocopy of National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) certificate or confirmation of passing score.
  - Photocopy of current AMTA-accepted city, state or provincial license.

## Student Membership

You must be enrolled in a 500 in-class minimum entry-level massage therapy program.

- \$79 + \_\_\_\_\_ chapter fee = \$ \_\_\_\_\_
- Yes, I'm currently enrolled in a 500 in-class hour minimum entry-level massage therapy training program.

School Name \_\_\_\_\_  
School Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Total Program Hours \_\_\_\_\_  
Anticipated Graduation Date \_\_\_\_\_

## Code of Ethics Agreement

I am familiar with the requirements of membership in the American Massage Therapy Association and agree to abide by the Bylaws and Code of Ethics upon acceptance of my membership. I understand that violation of the Bylaws or Code of Ethics can be grounds for termination of my membership. I attest that I have never had a permit or license related to massage therapy revoked, suspended or voluntarily surrendered. I am not currently under any disciplinary action on a complaint resolved or unresolved in this state or any other location.

\_\_\_\_\_ Date  
I have read and agree to the above (signature)

## Opt-Out Options

### Mailing Lists

- The AMTA membership list is occasionally made available to selected organizations and mailers of quality products. If you wish to receive such mailings, please check box at left.

### E-mail Addresses

- If you do not wish to receive e-mails from AMTA, please check box at left.

### Fax Numbers

- If you do not wish to receive faxes from AMTA, please check box at left.

## Payment Options

- Check enclosed, payable to AMTA  
Charge my  MasterCard®  Visa®  Discover®

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Cardholder's Zip Code \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

AMTA is not responsible for fees resulting from bounced checks, stop-payments, overdrawn accounts or exceeded credit limits. Dues are nonrefundable.

## Mail or Fax Your Completed Application to:



## AMTA Member Services

500 Davis Street, Suite 900  
Evanston, IL 60201-4695  
Fax: 847.864.5196

*Thanks for joining our family of massage therapists!*

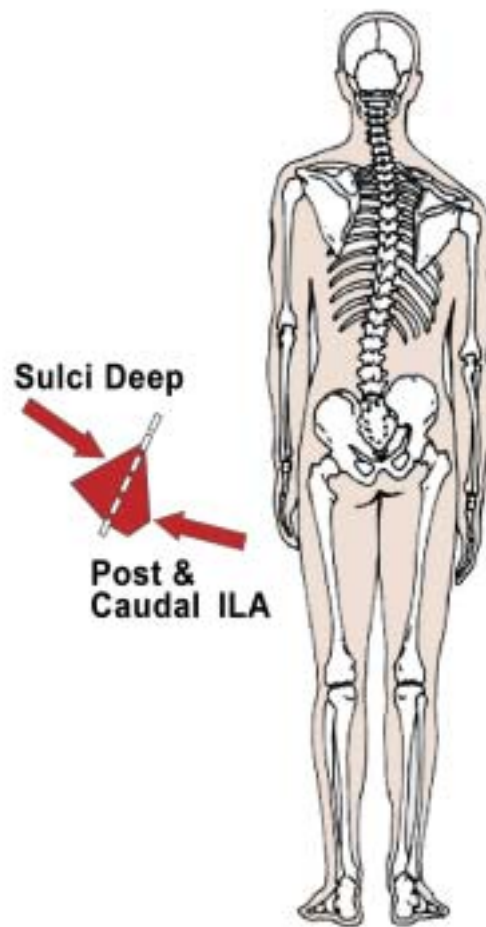
# Christmas Shopping & ‘Mall Back’

by Erik Dalton

Low back pain often results from various forms of sacroiliac dysfunction. Of the ten ways the sacrum can become stuck “crooked” between the two innominate bones; the most common is labeled a ‘unilateral flexed sacrum’. Commonly referred to as “Mall Back”, this SI joint fixation occurs during prolonged standing with weight bearing on one leg. When the individual’s right leg supports more weight, the body side-shifts over the right “hip-hiked” ilium causing the sacrum to sidebend left and rotate right (across an oblique axis) as seen below. Pain arises when the deep left sacral base (sulci) gets stuck in this flexed position. To make matters worse, L5 often tries to compensate by flexing, rotating and sidebending left (FRSL) which hyperexcites joint mechanoreceptors as the left L5-S1 facets are crammed together.

Those suffering this onerous postural disorder typically experience generalized hip and low back pain. Oddly, 95 percent of all unilateral flexed sacra occur on the left. Unlike sciatic-like sacroiliac dysfunctions such as backward sacral torsions, the longer the client stands, the more localized the low back pain becomes. This is primarily due to sinuvertebral nerve irritation from overstretched nerve dura, iliolumbar ligaments and joint capsules. Since the annular fibers of the L5-S1 intervertebral disc also receive nerve supply from the sinuvertebral nerve, sustained pelvic torsioning often instigates a pain/spasm/pain cycle.

To assess this dysfunction, therapist’s thumbs palpate both sacral bases noting which sulcus is deepest. If the left sacral base is more anterior, the sacrum is stuck in right rotation. By sliding the thumbs down to the sacrum’s inferior lateral angle (ILA), the therapist can determine which side is more inferior. If the left inferior lateral angle is *more* inferior than the right, the pain is probably emanating from a *left unilateral flexed sacrum*. The left sacral base has moved anterior and inferior and is dragging on dural membrane causing the aching back. The myoskeletal joint-stretching routine demonstrated below is usually successful in correcting this prevalent chronic low back/hip complaint.



## Correcting a left unilateral flexed sacrum.

- With the client lying on her right side (knees and hips flexed), therapist grasps client’s left wrist with his right hand.
- Therapist’s left thenar eminence contacts client’s inferior left sacral border just superior to the coccyx.
- A slow, sustained counter-force develops as therapist gently pulls on client’s left arm while his left palm braces at the sacrum.
- The client is asked to inhale and hold to a count of five while gently shrugging her left shoulder against the therapist’s isometric resistance.
- As the client exhales, the therapist takes up the slack by lightly pulling on the client’s arm while maintaining a constant “scooping” pressure on the inferior sacral angle.



# Important Articles

## From *Hands On*

*Hands On* Sep/Oct 2008

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### **Keeping Up with Music Licensing**

Having a calm and comfortable setting is essential while working on a client, and many massage therapists use music to help create that setting. However, playing your favorite music while working on a client could leave you with a bill.

Easy access to music downloads and wide availability of music on CDs have pushed music licensing services to look for ways to maintain their profits. Recent examples show they may be targeting spas and massage businesses.

The American Society of Composers, Artists and Performers (ASCAP) recently fined an AMTA member in Illinois a significant amount of money for playing music in his offices and massage rooms without proper licensing permission. He was advised that he would need to pay ASCAP an annual fee of \$930 to continue to play music through his office speakers.

According to the rules of the music licensing services, playing recorded music while you're one-on-one with a client requires permission—a license—and a fee, because the music is part of the atmosphere for a business transaction—the massage.

Lenny LaCour, in his July 2008 article “Music in the Spa Industry,” in the International SPA Association’s magazine *Pulse*, says, “the licensing services are looking for new ways to keep artist payments high and their commission steady. This has always been within the law, but only now is it getting profitable to go after it.”

However, this is a complicated issue. To make sure that you aren’t infringing on the intellectual property of the artists, you can get a “blanket license.” This license gives permission to play music from the three major performance rights/licensing organizations:

ASCAP—American Society of Composers Artists and Performers  
BMI—Broadcast Music Incorporated  
SESAC—Society of European Stage Authors and Composers

LaCour adds, “blanket licenses are not expensive and they literally cover most any song that would come out digitally or on CD throughout the United States.”

Music can legally be played in your business if it’s being sold to clients, that is, if you play a CD in your massage room and also sell it. That’s because playing it is considered a promotional tool. AMTA sells CDs in its online Shopping Mall that you can use in your practice because they are promoted by the artists for this use. According to AMTA’s legal counsel, the artists’ promoting music this way implies you have permission to play the music in your massage room if you buy the CD.

The laws regarding music licensing are constantly changing to keep up with technology and the changing times. But if you play music in your practice, you need to take steps to protect yourself from a possible fine by a licensing organization.

If you have any questions about what’s best for you or your practice, seek legal advice. You can also contact one of the licensing organizations for clarification. This may keep you from getting caught in the complex web of music licensing and copyright law.

*Hands On* Nov/Dec 2008

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### **Credit Cards May Miscode Your Practice**

Accepting credit cards in your massage practice can be profitable, because it’s a popular form of payment. However, sometimes swiping that little piece of plastic could harm the credibility of your business and affect your clients.

Businesses are assigned codes by their banks and credit card companies. Some AMTA members have discovered that their businesses have been coded as massage parlors by the companies that process credit cards. Along with the sense of insult many massage therapists feel about this, some clients have had insurance claims rejected because of this coding.

The “massage parlor” label comes from Standard Industrial Classification (SIC) or North American Industry Classification System (NAICS) coding. According to the U.S. Census Bureau, NAICS is used “by federal statistical agencies in classifying business establishments for the collection, analysis, and publication of statistical data related to the business economy of the U.S.” In 1997, SIC codes were replaced by NAICS codes and updated, yet there are still many banks and credit card companies that use the

# Attending the Annual AMTA National Convention

*by Eileen T. Newsome*

Attending the annual AMTA National Convention this past September, I was delighted to see and experience the comprehensive massage related topics available throughout the week.

Beginning with the pre-convention orthopedic massage for pelvic stabilization, this year's topics included; Stone Massage, Thai Shiatsu, Acupressure, Chi Nei Tsang, Neurostructural Integration Techniques, Deep Tissue, Essentials for the Back and Craniosacral. The post convention topic was the ever popular Upledger Institutes Lymph Drainage Therapy. In addition, attendees had an excellent list of professional topics to choose from. These classes included subjects such as ethics, research, managing student behavior, taxes, health care trends, working with trauma, balancing, music therapy, case reports, and how to take better care of oneself by managing carpal tunnel stressors.

When not enjoying the class experience massage therapists had an absolutely fabulous exhibit hall to browse through and get the latest news on product information, education, and even a foot or back massage offered by exhibitors. Speaking of massage, the Arizona Chapter offered massage throughout the conference for those who were quick enough to register early for this very special time. Moreover, the AZ chapter's quiet room was a delightfully soothing experience. The room was decorated in the peaceful native American south-

“the Florida  
chapter will  
be the host  
for the AMTA  
2009 national  
conference”

west style and on more than one occasion, I found myself drawn to that special place where for just a few minutes the outside world receded, leaving me invigorated to enjoy the next phase of the conference.

While not attending other events, I was able to attend the delegate meeting Thursday afternoon to hear Karen Godfrey and Tracy Samples give your views on the various position statements being considered. These ladies have done a great job over the past few months by getting the word out, listening to and responding to members views on important topics. Hearing these ladies present your opinions, I was especially pleased to be a member of this great chapter.

Lastly, the Saturday dinner dance was a great venue to connect with colleagues and hear and share the latest news and views. Our very own Karen Godfrey cheerfully lead the Florida Chapter in a well received skit enticing

members not to forget that the Florida chapter will be the host for the AMTA 2009 national conference. Each of the almost 1000 attendees received the newly designed AMTA FL mouse pad, Disney brochures, and the FL AMTA pin.

**Eileen T. Newsome**  
*AMTA FL Chapter Treasure & Education Chair*  
Eileennewsome@etouchmassage.com



- Anterior/superior ILA palm pressure causes the left sacral base to begin moving posteriorly into its proper position. As the therapist's right arm left rotates the client's trunk, L5 helps push the left sacral base posteriorly. Repeat procedure three to five times and re-check for restoration of sacral base and ILA symmetry. Once proper function is restored to the left SI joint, the lumbosacral junction regains normal reciprocal movement during the walking cycle.

Therapists should remember that most sacroiliac dysfunctions are associated with length/tension imbalances in the psoas, piriformis, QL, biceps femoris and gluteal muscles. Two major culprits contributing to sciatic-type radicular pain in the presence of a clean MRI are the piriformis and biceps femoris muscles. Unilateral sustained hypercontraction in the biceps femoris is particularly troublesome. Since this lateral hamstring often takes its origin at the sacrum instead of the ischial tuberosity, fascial contractures

and sustained myospasm can cause a constant drag on the sacrum and dural membrane destabilizing the entire pelvic girdle. Therefore, the first step in relieving all sacroiliac dysfunctions is restoration of balance to all muscle groups attaching to the pelvis from below and above. Once proper myofascial balance and muscle firing order is established in all soft tissues attaching to the pelvis, any remaining bony asymmetry can be assessed and corrected.

**Erik Dalton, Ph.D.**, created the Myoskeletal Alignment Techniques® and founded the Freedom From Pain Institute®. Dalton's 29 years of study in massage, Rolfing® and osteopathy is taught worldwide through pain-management workshops and home-study courses approved by NCBTMB and Florida Board of Health. Visit [www.ErikDalton.com](http://www.ErikDalton.com) to read additional articles or to subscribe to free monthly pain-management newsletters.

*Cutting Edge*  
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**LOWER BODY**  
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# What is Bindegewebsmassage better known as Connective Tissue Therapy (CTT) or Connective Tissue Massage (CTM)?

*by Pat Donohue*

Bindegewebsmassage is well-known throughout the world but less known in the United States. It is acquiring recognition here in the United States. Dr. Henry Head, MD an English neurologist who in 1898, initially drew attention to the fact that the internal organs when diseased, manifested their disorders on the skin surface of the body, rendering it excessively painful and hypersensitive to touch, pressure and temperature changes.

The development of Bindegewebsmassage (CTT/CTM) system of body work began in 1938 when Elizabeth Dicke met with a Professor Kohlrausch and Dr. Tierich H. Leube to lay a foundation for research and training in CTT/CTM. They incorporated the work of J. MacKenzie who researched changes in muscle tone in relationship to organs. In 1942 they published "Massage of Reflex Zones in the Connective Tissue in the presence of Rheumatic and Internal Diseases." German university hospitals accepted the therapy. Physical therapists in their private practices used Bindegewebsmassage in many municipal hospitals and health resorts. It also was introduced to university hospitals in Switzerland and in 1954 at an orthopedic hospital in Florence. In 1954 the Elisabeth Dicke Society was established to continue further research. Bindegewebsmassage is now used in many countries, not only for treatment of visceral disease but also in diseases dealing with circulation.

Connective tissue consists of the skin as the outermost layer of body tissue and muscles, as the deepest layer of tissues. In between is fascia, connective tissue which surrounds supports and connects blood vessels, organs, nerves, and muscles, serving as a connective link between structures. Fascia is strong and flexible. It allows and restricts range of movement and strengthens the body.

Let's go over the functions of loose connective tissue. Loose connective tissue binds structures together and holds them in position. It allows storage of fat, and so provides a covering, which helps to conserve body heat. It plays a significant part in tissue repair by depositing collagenous fibers to form scar tissue. Nutrient substances pass from blood vessels to the cells of other tissue through connective tissue. In the opposite direction metabolites pass back into the capillaries of blood and lymph vessels. A continuous flow of intercellular fluid takes place through connective tissue. The consistency of the ground substance will quantitatively influence this movement. It will also influence the relationship between fiber material and quantity of ground substance. It is important to consider briefly some factors, which may influence the structure of connective tissue. The hormones of the suprarenal gland and the hormones stimulating suprarenal

secretion from the pituitary gland will play an important part. Suprarenal cortical hormones influence both fibroblasts and mast cells. An increase in the hormone decreases the number of fibroblasts and vice versa. A decrease in the hormones will therefore mean an increase in fibroblast activity. Mast cells respond to increased hormones by decreasing in number and size. Lack of hormones will therefore mean increased mast cells activity in relation to hyaluronic acid contents of the ground substance. This will have a water retaining effect on the tissues. The "Adaptation Theory to Stress" by Selye is interesting in this concept. Thyroxin and estrogen seem to have similar effects. Iversen (1954) mentions this in relation to the menstrual cycle in women. "Women often become somewhat edematous immediately before and during the early menstrual period. At this juncture the excretion of estrogens in the urine increases. Women gain weight and the daily output of urine is decreased during these days".

Suprarenal hormones also influence the salt balance of the tissue fluid, this in turn resulting in alteration of osmotic pressure. Retention of sodium and the associated excretion of potassium will result in retention of water and interference with the neuromuscular conducting mechanism. The increased water contents of cutaneous and subcutaneous tissue will affect the capillary circulation of these tissues, and the interference with the neuromuscular condition mechanism will result in muscular weakness because nervous stimuli are not effectively propagated. Interference with capillary circulation in connective tissue may influence the excretion and synthesis of metabolites resulting from tissue activity. Clinical experience has proved that the massage technique discussed in this book can effectively increase cutaneous and subcutaneous circulation followed by increase of urinary output. The improved circulation will result in an improved osmotic pressure and H-ion concentration situation.

Connective tissue treatment affect the tension of the fascia releasing it where it has tightened and increasing range of motion, flexibility and reducing numbness, tingling or pain resulting from tighten tissue. CTM predominantly works upon the central nervous system, balancing the parasympathetic and sympathetic divisions of the autonomic nervous system. It seems to increase parasympathetic activity, blood vessel dilation, possibly because most people take the treatment when diseased and thus, while experiencing stress and anxiety. It aids in blood circulation, increased oxygenation of tissues, lymph drainage, elimination of wastes and toxins, arthritis and visceral diseases. It is helpful in musculoskeletal injuries and in the prevention scarring following surgery or injury.

### 3. Regarding Delegate Term:

#### Conclusion:

Therefore, be it resolved that the House of Delegates recommends to the National Board of Directors to modify the present House of Delegates requirement to allow each chapter to determine whether or not to put a limitation on the number of years a delegate can serve in the House of Delegates, as stated in the suggested Bylaws change. (Failed)

#### Reason Against:

- a. Most everyone agreed it was important to have uniformity across the board from National. They felt if each state had their own term limits it would become confusing and disorganized.

#### Reason For:

- a. representatives from smaller states showed their concern because they might not have many people willing to step

into the position; therefore, they may need to have repeat delegates for more than two consecutive years.

### 4. Modify professional membership requirements pertaining to licensure

#### Conclusion:

Therefore, be it resolved, that the House of Delegates recommends to the National Board of Directors that the AMTA bylaws be changed at Article III, Section 2 (A) (1) pertaining to Professional Active membership, to add the following new requirement: For any jurisdiction in which the member practices massage, the member must hold a valid license, registration or certification issued by that state, territory, District of Columbia or municipal government, if such credential is required to practice massage in the jurisdiction. (Passed)

#### Reason Against:

- a. concerns for retired individuals and unlicensed states

Each position statement carried with it research from all over the world, as it pertained to the content of the proposed statement. The time commitment and determined passion of our AMTA members who either authored or coauthored these proposals will, hopefully, inspire all of our members, creating a spark of initiative, speaking up on topics they believe need to be changed within our organizations bylaws or statements they would like supported by the AMTA.

The enthusiasm felt within the AMTA House of Delegates meeting will never be forgotten by these 2008 delegate co-chairs as we witnessed history in the making. The steps we are taking together, as AMTA members, representing the massage profession with integrity and truth will, without a doubt, inspire the massage therapists of the future. Again, thank you for the opportunity to take part in these monumental moments within our organization.

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Therefore, be it resolved, that the House of Delegates recommends to the National Board of Directors that the delegated Chapter representatives will be provided a summary of agenda items and be granted an opportunity to openly address concerns and issues, in the discussion process, in whatever way the National board of Directors deem reasonable, at every open meeting of the Nation Board of Directors.

**Reason Against:**

- a. believed proper tools where already in place, no need for recommendation

**Reason For:**

- a. Found no reason a summary of each agenda item be sent out as well, so members have more background information on issues.

**2. Regarding term of office for delegates: (Passed)**

**Conclusion:**

Therefore, be it resolved, that the House of Delegates recommends to the National Board of Directors, that the language “term of office shall not exceed two (2) consecutive elected years” be dropped and not limit the time a member can serve their Chapter as a Delegate in the House of Delegates.

**Reason Against:**

- a. If the same people hold the delegate positions year after year, over time this may prevent members from participating within the organization.

**Reason For:**

- a. The number of volunteers is limited in some of the smaller states, creating a problem if the delegate term of office is limited and they do not have enough volunteers.



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Because CTM has a profound effect upon the autonomic nervous system, they may produce awareness and beneficial changes within the emotional tone of the patient. Treatment plans may be long or short-term, depending upon the needs of the individuals and their desire to learn or relearn from their body. The treatment is given in a series of 10-20 sessions, as the affects are accumulative. Their treatment is given with the patient sitting or lying down when necessary. It may take anywhere from 30 to 75 minutes. No oils or lotions are used. The strokes are carefully applied and follow a prescribed order, starting at the pelvic area. The pulled stroke may feel like the flesh is being cut like a knife or it may feel quite dull with little sensation felt by the patient. Results of the treatment are independent of these sensations. Other sensations may be weariness, a desire to sleep, excessive perspiration, deepened breathing, a drop in body temperature. The area of the stroke may redden as the blood vessels dilate. Beneficial effects may persist for months after a series of treatment. Bindegewebsmassage is used as therapy by itself but also is extremely beneficial in conjunction with other therapies.

## Questions Most Commonly Asked About Bindegewebsmassage

### What is Connective Tissue?

Connective tissue is present in the human body in two main varieties - Formed and Loose Connective Tissue. For the purpose of this work we will consider only Loose Connective Tissue.

- *Loose Connective Tissue* is distributed widely throughout the human body. It forms superficial and deep fascia, the inter-muscular septa; it surrounds blood vessels, nerves and aids in forming the framework of most organs. This spider's like web provides connection between structures throughout the body.
- *The Epimysium Sheath* is the outermost sheath of connective tissue that surrounds a skeletal muscle. It consists of irregularly distributed collagenous, reticular, and elastic fibers, connective tissue cells, and fat cells.
- *The Perivascular Sheath* is located around blood vessels and the perineural sheath is located around nerves the fibrous capsule for glands and organs.

To Summaries: Superficial fascia supports nerves, blood vessels, and lymph vessels and sometimes muscles. Superficially it bends with the true cutis (skin). Deep fascia surrounds muscle groups, attaches to bone and blends with the periosteum. In its areolar variety it forms tissue spaces. Fascia is strong and flexible. It allows and restricts movement while giving quality and strength to tissue.

### How does the treatment affect the body?

Connective Tissue treatment effects the tension of the fascia releasing it where it is tightened, increasing range of motion, flexibility, reduces numbness, tingling or pain resulting from tightened tissue. CTM predominantly affects the central nervous system, balancing the parasympathetic and sympathetic divisions of the autonomic nervous system. It seems to increase parasympathetic activity, blood vessel dilation, possibly because patients/clients have treatments/sessions when experiencing a pathological problem, stress and anxiety. It aids in blood circulation, increases oxygenation the tissues, encourages lymph drainage, elimination of waste and toxins, and relieves arthritis and visceral disease. It is helpful musculoskeletal injuries and in the prevention of scarring following surgery or injury. Because CTM has a profound effect upon the autonomic nervous system it may produce awareness and /or emotional changes.

### How often and long are treatments/sessions?

Treatment plans may be long or short-term, depending on the needs of the individuals and their desire to relearn patterns in their body. A series of treatments can be 10 to 20 sessions, as the affects are cumulative. The treatment is given with the patient/client sitting or lying position. The treatment/session may take anywhere from 30 to 75 minutes and no oils or lotions are used.

### How will it feel?

The strokes are carefully applied and follow a prescribed order, starting in the pelvic region. The strokes may feel like the flesh is being cut by a knife, or may feel quite dull with little sensation by the patient/client. Different sensations are experienced with each pull on the tissue. The results of a treatment/session can vary from producing weariness, a desire to sleep, excessive perspiration, deeper breathing and even a drop in body temperature. The area where the stroke is applied may become reddened as the blood vessels dilate. Beneficial effects may continue for months after a series of treatments.

### Can I use it with other modalities?

Yes, Bindegewebsmassage (CTM) is used as a therapy independently but can complement other modalities once the CTM is administered.

### Why use CTM?

When dysfunction occurs it is understandable that pathological as well as physiological balance is off. CTM attempts to influence these imbalances. Reactive adaptation is therefore possible in both directions through the connective tissue reflexes. The reflexes can pass from deeper lying structure to the body surface

or it may pass in the opposite direction. CTM influences the circulation the body surface in selected areas and so opens up increased circulation pathways to other regions of the organism in its reflexive manor.

### What are the effects of Connective Tissue Massage?

The mechanical tension stimulus is the immediate cause of the circulatory effect. At the present time it is only possible to suggest various explanations as to how this effect is achieved. The autonomic reflex pathways are involved and give evidence that the endocrine system is involved when the mechanical tension stimulus is applied. Mast cells contain heparin and histamine in the cell granules and are released by appropriate stimulation. The types of reaction to the stimulus are similar; however the intensity and duration may vary, depending on the severity of the pathological condition and strength of the stimulus.

Three main reactions to CTM:

- 1). Sensation - When the tensile stroke is applied to healthy tissue, the patient/client will report a very slight scratching or cutting sensation. Applying the stroke to tissues with increased tension will produce a very sharp cutting sensation, which is obtained by applying very little pressure with a decreased angle of the fingers on the skin. The sharp cutting or scratching sensations is typical of the correct application of the technique. It is also indicative of a satisfactory circulatory response. As tension decreases, so the intensity of the cutting sensation decreases. Under certain conditions the patient/client may report a sensation of deep dull pressure, which shows no relation to the pressure actually applied by the fingers. This feeling of dull pressure often becomes apparent when passing through areas of elevations or swelling. It is possible to decrease the cutting sensation by decreasing the speed of the stroke. It is difficult to give a definite explanation of the pathways responsible for the conduction of the described sensations.
- 2). Skin Reaction - When applying the tensile stroke to healthy skin a two-fold reaction can be observed.
  - Appearance of a red line confined to the area of the stroke, within 30 to 60 seconds after the stroke is applied. It may disappear in a few minutes or a few hours.
  - When the stimulus of the stroke is strong and / or repeated several times over the same line a second visible reaction can be observed. The reddening so no longer confined to the line of the stroke. There is a few second delay and beyond the original red line, from the stroke, a reddish flush develops which may spread in varied distances.
  - Along the line of the original stroke and often slightly

beyond it, a slight swelling may appear. This swelling is termed a “Wheal” and may take up to three minutes to appear and may take several hours to disappear.

The appearance of these lines is not a contraindication to the massage treatment. It is advisable to explain this to your client before the treatment. The improvement in the peripheral circulation coincides with a less violent reaction in response to the massage stroke.

- 3). General Reaction - The overall effect of the massage seems to be improvement of circulation to all structures including supporting tissues, muscles and nerves. It thereby helps to restore the balance between the two parts of the autonomic system. CTM attempts to influence the pathological alterations on the body surface as far as these can be influenced by alterations in the circulation. Change in peripheral temperature aids in warming the hands and feet. Relief of Visceral Functional Symptoms- patients suffering from asthma, cans suddenly breath freely and deeply. Relief of Visceral Pain causing gastric discomfort can be lessened. Finally patients/ clients report a general feeling of well being and are very inductive to sleep.

**Pat Donohue, LMT**

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# 2008 AMTA National Convention Delegate Report

*by Tracey Samples & Karen Godfrey*

One word comes to mind as we look back on our 2008 AMTA National Convention...INSPIRING! We were surrounded by therapists within our profession and welcomed by a diverse group of volunteers from all over the country. In an intensive five days we had the opportunity to bring the voices of the Florida Chapter to the House of Delegates.

As your delegate co-chairs we knew we had a big job ahead of us. The House of Delegates needed to debate and vote on four proposed bylaws recommendations/amendments and four proposed position statements. We gathered plenty of feedback from our AMTA FL members preparing us for the task at hand. Based on the feedback from members we joined in on debate, either speaking for or against the proposal depending on how our members responded at our presentations throughout the year. Upon hearing debates from other chapters we became aware of how certain amendments might affect their members in a negative way; therefore, we felt it necessary to change our original vote based on the new information.

As representatives of the AMTA FL Chapter we felt honored to take on such an important job and we appreciate the trust which has been placed in our hands by the membership. Below we have included a brief description of each proposal, some for and against arguments and finally, the results of the voting.

## **Position Statements - Debate**

### **1. It is the position of the American Massage Therapy Association that massage has been shown to aid in postoperative pain relief. (Passed)**

#### **Reasons Against:**

- Some members were concerned with the wording; are we crossing the line when we say, "Pain management is an important aspect of a massage therapist's work"?
- People believe the medical community will research our research so it is important that we have the most diverse communities represented within the research material, not just the elderly.

#### **Reasons For:**

- Time for us to work hard at forming statements, step out of our comfort zone. Think positively that medical community will welcome us with open arms.
- We can not be afraid of making a statement that massage is helpful in pain relief because we do more than relaxation.
- They hope our research will be looked at with respect as a step towards our respected futures.

### **2. It is the position of the AMTA that newborns (especially pre-term infants) may benefit from massage therapy. (Passed)**

#### **Reasons Against:**

- Some felt newborns and infants should be defined more clearly, they felt it was too general.
- Want the statement to be revised and presented again next year

#### **Reasons For:**

- Other felt this was a wonderful starting point and that we should pass this statement as is and if need be resubmit a more detailed statement next year; but, not to keep this one from going through as is.
- Your own delegate spoke on her experience with infants massage and how right on this statement is.

### **3. It is the position of the AMTA that massage therapy can be a valuable component of a wellness program. (Passed)**

#### **Reasons Against:**

- Is it a conflict of interest to reference our own position statement on stress relief?

#### **Reasons For:**

- should not be afraid of people objecting to our statement, that is the nature of research; we should continue to go forward.
- Good amount of research, maybe it is not all the possible research available; but, if we do not accept this statement how long will we wait for enough references and what are enough references.

### **4. It is the position of the AMTA that massage therapy can be an integral part of health care. (Failed)**

#### **Reasons Against:**

- Some were against the generalization of "Health Care".
- Others were for the position statement; but, thought too many of our own surveys were used as references.
- Thought a possible domino effect could develop where we start to reference our past position statements in order to support our proposed position statement. Could cause a problem in future if people revisit and review past statements and they are removed from our list, leaving other position statements invalid.

## **Recommendation Proposals:**

### **1. Regarding Agendas be distributed to Chapter representatives: Conclusion: (Defeated)**



# 2008 National Convention Report

*by Karen Roth*

## Dear Florida Members,

2008 Convention was a BLAST !!!!

Once again I had the opportunity to sit in on some wonderful leadership training seminars. The one that I took a special interest in was on communication. It reminded us of the very basic need when reaching our members or just talking to one another. It showed us that communication isn't just basic talking.

It's every aspect of interacting with one another, either by email, phone messages, newsletters, websites, anything you could imagine when we are trying to convey a thought or message to someone. That is why it is so important to keep key vital pointers in mind when do this. Some of them are:

### Voice mail Etiquette:

- Always identify yourself and the organization of whom you are with. Speak slowly and clearly.
- Get to the point quickly, and concisely.
- Always leave your phone number or a way they can get back in touch with you.
- Check your emotions and opinions at the door when leaving your message. Remember anything and usually everything can or will at one time get misconstrued. So just be careful.
- Always remember you are being RECORDED. So it is a record of communication in the same way as print.

### Email Etiquette:

- Again be concise and to the point.
- Use your spell check!
- Do not attach unnecessary files.
- Do not write in CAPITALS.
- Always read your e mails before you send them.
- Only "reply to all" when necessary
- Do not copy a message to someone with out there permission.
- Do not use e mails to discuss confidential matter.

I could go on and on about all the great things we learned and just forgot or just basically took for granted ,but I won't .So in closing I would just like to say that again I was pleasantly surprised at things I just plain took for granted thinking well we should all know . We all know that saying never ASSUME. Well we just have to be reminded once in a while. So be direct, gentle and forgiving when communicating with your board, your chapters, national, and well in life general. I guess when you think about its simple, talk to people the way, you would like to be talked to.

Sincerely,

**Karen Roth LMT.**  
*2nd Vice President*



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# AMTA Florida Chapter 2009 Annual Meeting, Elections and 4 CEUs of Education January 11, 2009



## At the Palm Beach Airport Hilton

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**Brunch: 12:30 - 1:30 PM** - Free to AMTA Florida Chapter Members (Bring your AMTA membership card!)

#### Annual Meeting: 1:30 - 3:30

Keynote Speaker - M.K. Brennan, AMTA National President  
Election for 1st Vice-President, 3rd Vice-President, Secretary and 5 Delegates to House of Delegates for 2010

#### Event will also include:

**Education:** 4 Florida approved CEUs – Kinesio Taping presented by Mike McGillicuddy

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8:30 AM - 12:30 PM Fee: \$10.00 Pay at the door.

**Introduction to AMTA National House of Delegates - 3:30 - 4:30 PM**

Presentation by Karen Godfrey and Tracy Samples



**Keynote Speaker:**  
M.K. Brennan, AMTA  
National President

Please Join Us for a fun filled time of Learning, Socializing and Growing Together in the Field of Massage.

**AMTA FL Chapter Board Meeting Saturday, January 9th 9AM - 1PM MEMBERS WELCOME!**

# Call for Candidates

Open positions for election  
are 1st V.P., 3rd V.P.  
and Secretary

Qualifications for office are as follows as sited in the National Bylaws, Article XVI Chapters, Section 5B Eligibility for Candidacy:

## B. Eligibility for Candidacy

1. A candidate for elected office shall be a Professional member in good standing and sign the Chapter Volunteer Code of Conduct.
  - a. A candidate for the office of Chapter Vice President must satisfy one or more of the following additional requirements:
    - i) Completed one term year as a Chapter Board member within the last three years.
    - ii) Completed one term year as a Chapter committee chair or member, within the last two years.
    - iii) Completed one term year as a National Standing Committee Chair or National Board member within the last two years.
  - b. A candidate for the office of Chapter Secretary must satisfy the following additional requirement:
    - i) Completed one year of AMTA membership.
2. Shall not have been removed from office/position within the last fiscal year.

## C. Term of Office

1. The First and Third Vice Presidents shall be elected every odd year for a term of two (2) years or until successors are elected.
2. The Secretary is for a (1) year term. (Proviso: Effective January 1, 2009 the Secretary shall be elected for a term of (1) year or until a successor is elected. Commencing in 2010, the Secretary shall be elected every even year for a term of (2) years or until a successor is elected.)
3. All appointed positions shall be for a term of one (1) year or until successors are appointed and reviewed annually.

Additional qualifications for office are sited in the Florida Chapter Standing Rules:

## Section 3.2 Qualifications for Elected Office are as follows:

- (a) Candidate for elected office must be a Florida Licensed Massage Therapist and AMTA-FL Chapter Professional Member, in good standing, for a period of not less than one year prior to being elected.
- (b) A candidate for the office of President and 1st Vice President shall have served in an elected position, or an AMTA-FL Chapter Board of Directors (BOD) appointed and confirmed position, and also served on an AMTA-FL Chapter committee within the three (3) preceding years and/or has attended at least one National Officer Training Seminar in the same time interval.
- (c) The transition period of time for a new officer and/or committee chair to commence in that position is within ten (10) days of election or appointment \*See Section 8.3 Chapter Delegates/Alternates

Job descriptions can be found on [www.amtaflorida.org](http://www.amtaflorida.org) under "meet our volunteers."

Please contact Jackie Kincaid, Florida Chapter President for additional information at [president@amtaflorida.org](mailto:president@amtaflorida.org) or 561-740-9272



# Calling All Volunteers!

We are in need of volunteers for our Annual Meeting for a Nominating Committee.

If you are a Member and are interested, please contact Jackie Kincaid, *AMTA Florida President* at 561-740-9272, [cmti@bellsouth.net](mailto:cmti@bellsouth.net) or [president@amtaflorida.org](mailto:president@amtaflorida.org)

## DAY-BREAK



The DAYBREAK Geriatric Massage Institute is an organization dedicated to enhancing quality of life in order to make living more enjoyable for the elderly by teaching health care professionals the use of skillful hands-on work and current trends in massage modalities for the aging. This type of massage takes age-related health conditions, from robust to frail seniors into focus.

The Institute was founded in 1982 and has been teaching 40 plus workshops a year from Nova Scotia to Singapore and from coast to Coast in the USA.

The Workshops are both beginning and advanced levels and each is approved as a continuing education by the NCBTMB, FSMTA and CMTBC (British Columbia) for 17 CE each.

### Day-Break Geriatric Massage Institute Upcoming Workshop Dates

Level 1	Level 1 Continued	Level 2	Level 2 Continued
February 27 - March 1     Miami, FL	June 5 - 7     Sycamore, IL	March 20 - 22     Ankeny, IA	October 2 - 4 St.     Louis, MO
March 27 - 29     Virginia Beach, VA	September 18 - 20     Worcester, MA	June 5 - 7     Miami, FL	October 16 - 18     Virginia Beach, VA
May 1-3     New York City, NY	October 9 -11     Pittsburgh, PA	September 18 -20     Sycamore, IL	November 13 15     Pittsburgh, PA
May 15 - 17     St. Louis, MO		continued	
continued			



Sharon Pruzko, PhD, LMT

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