

AMTA Mission Statement

The mission of the AMTA is to develop and advance the art, science and practice of massage therapy in a caring, professional and ethical manner in order to promote the health and welfare of humanity.



May 2010

The AMTA-IA 2010 Spring Convention

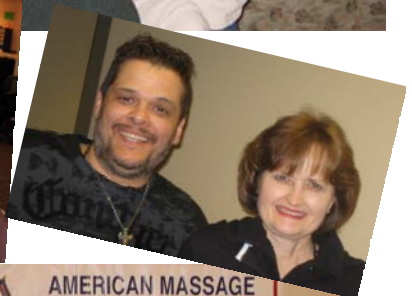
was a huge success — many positive comments from members who attended. If you did attend, please pass the good word on to those who were unable to make it — there will be future opportunities to experience the multi-class format.

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The AMTA Goals

To serve its members, the public, and profession, the AMTA pursues the following goals:

- To establish massage therapy as integral to the maintenance of good health.
- To promote high standards in providing massage therapy to the public.
- To increase access to quality massage therapy for all persons.
- To be an influential member of the health care community.
- To be a leader and resource for issues in the field of massage therapy including definition, practice and education standards, legislation and regulations.
- To enhance the professional development and personal growth of members.
- To continue AMTA's growth, development, organizational effectiveness and visibility.

In pursuit of the above goals, AMTA will be guided by the value of competency and care.

This newsletter is published quarterly by the Iowa Chapter of the American Massage Therapy Association (AMTA), a non-profit professional massage therapy association. This publication welcomes contributions from readers. Articles for publication must be type written, and include a legible signature, address and phone number. Copyright material must be accompanied by written permission by its holder.

The Iowa Chapter reserves the right to edit material for space and clarification; accept or reject material; and assumes no responsibilities for errors, omissions, corrections, or modifications in publications. The beliefs and opinions contained in this publication do not necessarily reflect those of the Iowa Chapter of the AMTA.

DEADLINES

for Newsletter Information and Ads

July 10, 2010 (for publication end of August)
October 9, 2010 (for publication end of November)
Jan 8, 2011 (for publication end of February)

ADVERTISE:

Classified Ad	Member	Non-Member
Business card size	17.00	23.00
1/6 page	35.00	44.00
1/4 page	46.00	65.00
1/2 page	66.00	95.00
Full page	100.00	145.00

Multiple ad discounts – save up to 30% -- contact editor for details

Submit ad and payment to:
Cindy Pancratz, editor

3165 Nightengale Lane, Dubuque, IA 52003
cincia57@aol.com
(563) 556-5491

Make checks payable to: AMTA Iowa Chapter

From the President . . .



Greetings to all,

It's Spring – I am so excited! I love this time of year as it refreshes my spirit. The AMTA Iowa Chapter Spring convention also lifts my energy and spirit.

If you were unable to attend our last convention I must tell you, you missed a great one. For those of you who attended—Thank You! It was an amazing one to be a part of, our first ever multiple presenter event. I had no doubt that it would go over very well as I know how much effort was put into the details by our 1st V.P./Convention Coordinator Brienne Goetzinger. She has done an incredible job in this position and I was proud to present her with the President's Award. Congrats Bri, and keep up the good work! I am truly blessed to work with such a phenomenal group of individuals on this Board. Thank you to all and everything you do for this chapter.

I would encourage all of you to start making plans to attend the National convention this year. It is the perfect opportunity to do so as this year it will be held within driving distance. Achieve your perfect Balance with hands-on experience at the AMTA 2010



As promised, Jill Ellsworth takes a pie in the face, as the East won the Iowa NMTAW East-West challenge!

National Convention. Connect with thousands of massage therapists this September 22–25 in one of the most inspirational cities in the nation, Minneapolis, Minnesota. Attending a national convention is really an experience you do not want to miss if you can make it. Just think about the energy, fun, and great education you get from our convention. We have around 180 people attend ours and it is awesome to feel and see the networking, new friends, old friends, and the fun . . . now imagine doing this with 1,000 therapists and several big name educators. It is truly amazing. Hope to see you there!

Make sure to watch for the new website to be up and running soon. We would love to hear your feedback on things you would like to see on our new site, so please do not hesitate to call with ideas. With our newsletter going green, a new website, and multiple presenter conventions, I think this chapter is among the best of the best. With that being said, I would also like to encourage you to get involved as a volunteer. It is a lot of fun along with the work, and is worth every minute. If you have something to contribute, please do contact us.

Have a great Summer!
Terry Eicher, PRESIDENT

Convention Coordinator update . . .

Happy Summer! For those of you who attended our 2010 Spring Convention in Ames, I'd like to thank you for joining us for a weekend full of first-time experiences for our Chapter. It was our first time to Ames for a convention and our first time having more than one presenter join us, and I'm pleased to say the response was amazing! After such positive feedback about that convention, it gets me revved up to work on the 2010 Fall Convention! Join us in Dubuque at the Grand Harbor Resort for a sensational weekend with James Waslaski! Mark your calendar -- **SEPTEMBER 11-12, 2010**. James Waslaski is a popular presenter and we tend to gather in huge masses to see him, so make sure you send in your registration form early (attached in this

newsletter). You won't want to wait long to register for this one! And remember to join us at convention for the best entertainment you will ever see! Join us for good food, good friends, and good entertainment . . . what could be better?! See you in DUBUQUE!

Brienne Goetzinger, 1ST VICE PRESIDENT/CONVENTION COORDINATOR



Spotlight on You!

Hey AMTA Iowa! We thought we should all get to know each other, and what better way than to have the spotlight on you! In this edition, get to know Mary Margaret Jones. Mary Margaret volunteered during National Massage Therapy Awareness Week and gave free chair massages to patients at her chiropractor's office in Iowa Falls.

Q: What is your name? **A:** *Mary Margaret Jones*

Q: Where do you live? **A:** *Iowa Falls*

Q: Where are you from? **A:** *South Dakota originally. Have lived in the Iowa Falls area 20 years. Also lived in Holstein, briefly.*

Q: How long have you been in AMTA? **A:** *Since October 2003.*

Q: Where did you go to massage school? **A:** *La James in Mason City.*

Q: Do you have your own practice? **A:** *Yes, I practice out of my home.*

Q: What brought you to massage therapy? **A:** *I was doing home health care, and experienced a chair massage at one of the in-service classes. I knew right then that massage therapy was the career for me. I love horses, and I would love to someday do equine massage.*

Q: What are your personal interests? **A:** *Eating healthy, nutrition*

Q: What are your hobbies? **A:** *Making jewelry, knitting, camping*

Q: Do you have a family? **A:** *Yes – married to husband Bradley. Four grown children: Benjamin, Molly, Marcus & David. One grandchild: Olivia, age 10. One dog – a soft wheaton terrier named Duff from the dog pound.*

Q: What do you like best about AMTA? **A:** *Likes AMTA Iowa conventions – affordable and informative. Also loves sharing & receiving ideas with other massage therapists at convention.*

Q: If you could be any other profession, what would you be? **A:** *Nutritionist*

Q: What's your most prized possession? **A:** *Comfort Craft table*

Q: What's something about you that would surprise others? **A:** *A girlfriend and I entered and won a white-water rafting regatta in Missouri.*

I could tell from talking with Mary Margaret that she loves her profession, takes it to heart, and enjoys helping people. She's a shining example of what AMTA Iowa stands for!

~ Jill Ellsworth, outgoing PR Chair

If you know of an AMTA Iowa member that others should get to know, submit your suggestions to

Kathy Valant, new PR Chair, at katydid03@iowatelecom.net





Dr. Michael Uriarte
Developer of
The Myokinesthetic System

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DATES & LOCATIONS	May 22, 23	Omaha, NE	Lower	Easy to Learn Home Study Courses Are Available Now! <i>Upper and Lower Home Study is set-up identical to hands on class.</i>
	Jul. 10, 11	Columbia, MO	Lower	
ENROLL TODAY FOR CEUs!	Jul. 31, Aug 1	Kansas City, MO	Upper	All hands-on classes \$495 — 2 days — NCBTMB #151119-00 — 20 CEU's Go to www.myokinesthetic.com to enroll today!
	Aug. 14, 15	Chicago, IL	Lower	
	Aug. 21, 22	Des Moines, IA	Lower	
			Upper	

TO RESERVE YOUR CLASS, CALL NOW 888.603.2682



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Education update . . .

Hello everyone ~
Yea . . . Spring!! I just want you all to know how awesome it was to see all of your smiling faces at convention. And, wow . . . to see all the new members. If there is any way I can be of assistance to you for your education requirement needs, please don't hesitate to contact me. I will be glad to help.



Have a wonderful summer! Think warm thoughts,

Jeanna Tellin, EDUCATION CHAIR

What is Orthopedic Massage?

Orthopedic Massage will be defined by different people in many different ways. But the method taught by James Waslaski is a blend of multiple modalities and multiple disciplines. This work could also be called Medical Massage, Clinical Sports Massage, Remedial Massage, Manual Therapy, or a host of other names relating to making a positive difference in patients with a variety of clinical conditions or sports injuries throughout the body. The first part of orthopedic massage is to get a detailed client history, and to perform special orthopedic tests along with doing detailed functional assessments on the client. This allows you to apply the appropriate modality, or discipline, to specifically address the client's chief complaint or clinical condition.

Orthopedic massage is so much more than learning a single massage modality. The focus is on restoring muscular and skeletal balance throughout the body, based on structural integration. But the method taught by James Waslaski is a user friendly method to get immediate results with even the most complicated clinical conditions.

In this model of orthopedic massage the emphasis is to first treat the cause of complicated pain patterns, rather than focusing on the symptoms. For example, tendon pain around a joint is usually caused by opposing muscle groups being out of balance. It starts out as tendon tension in opposing muscle groups, where one group of muscles is short and tight, while the antagonist muscle group becomes weak and inhibited. In the tendons of the elbow the flexors are usually short and tight, while the extensors are weak and inhibited. This sets off a myofascial and neuromuscular pain pattern, and can lead to conditions like tendinosis or tendonitis. Often times simply balancing out opposing muscle groups around a joint will eliminate the majority of tendon pain.

Whatever we do to restore normal muscle resting lengths to opposing muscle groups can reduce or eliminate the majority of myofascial pain patterns, neuromuscular pain patterns and tendon pain patterns. Imagine if you might, that we took you through the entire body, and lengthened short tight muscle groups to their normal resting lengths to allow the opposing weak and inhibited muscle groups to relax and go back to their resting lengths. Since muscles pull bones out of alignment, the bones would stay in proper alignment. Since muscles pull bones onto nerves and blood vessels, nerves would not be compressed and circulation would not be compromised. Then imagine if each patient was taught to stretch tight muscle groups and strengthen weak muscle groups throughout the body.

To achieve musculoskeletal balance, the therapist would be taught to blend modalities like functional assessment, posturology, myofascial release, neuromuscular therapy, myoskeletal alignment, scar tissue mobilization, joint capsule release, active isolated stretching, etc. The focus would be on balancing all muscle groups around the pelvis, neck, shoulder, elbow, wrist, hand, knee and ankle. You would see that the majority of pain patterns would go away in just doing that. That way when the clinical symptoms around the joints like muscle-tendon pain, joint pain and degeneration of the structures of the joint are addressed, you would have addressed the cause of joint pain prior, to addressing the clinical symptoms.

This article is just a lead in to the article that will come out in the next issue on specific orthopedic massage techniques for immediate results with clinical conditions like frozen shoulders, frozen hips and tendon pain. This work is user friendly, and can be applied by manual therapists working in any environment from the spa to the hospital, to the sports arena.

Please consider taking our Five Day Intensive seminar September 1-5, 2010. It will take you through the entire body and also cover the national standards for sports massage. www.orthomassage.net



James Waslaski is an Author & International Lecturer teaching approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed 7 Orthopedic Massage and Sports Injuries DVDs and authored manuals on Advanced Orthopedic Massage and Client Self Care. James presents at state, national, and international massage, chiropractic, and osteopathic conventions including keynote addresses at the FSMTA, World of Wellness, Australian National Massage Conventions, State AMTA Conferences, and at the annual Ireland AGM. His audience includes massage and physical therapists as well as athletic trainers, chiropractors, osteopaths, nurses and physicians. As an industry pioneer, James was inducted into the Massage Therapy Hall of Fame in 2008. (www.orthomassage.net)

AMTA - Iowa Chapter presents... 2010 Fall Convention

James Waslaski

September 11-12, 2010
Grand Harbor Resort, 500 Bell Street, Dubuque, IA 52001

PLEASE PRINT CLEARLY

Name _____ Address _____
City / State / Zip _____ Phone () _____ Cell () _____
E-Mail _____ Emergency Contact _____ Phone () _____

AMTA Membership # _____ AMTA Member Status Professional / Student
(circle)

Current Massage Student? Yes / No Name of School _____

Is this your first time at an Iowa Chapter Convention? Yes / No
(circle)

** Must be postmarked by August 27 for pre-registration discount **

Convention Registration - 12 CE hours

*Includes Saturday & Sunday Hot Buffet Breakfast -Saturday night social
Break food - Saturday luncheon - Sunday Lunch - All class materials*

AMTA Member

Until August 27 \$200 _____
After August 27 & on site \$225 _____

Non-member

Until August 27 \$265 _____
After August 27 & on site \$290 _____

Current Massage Student

Until August 27 \$190 _____
After August 27 12 & on site \$215 _____

Saturday Lunch ONLY \$25 _____

MEAL CHOICE: Vegetarian / Meat
(circle) * If no choice circled, you will receive a meat choice.
* On-site/Late registrants may not receive a meal choice.

TOTAL AMOUNT ENCLOSED \$ _____ (Checks made payable to: AMTA - IA Chapter)

CREDIT CARD PAYMENT: Visa / Mastercard Name on Card _____
(circle)
Card# _____ / _____ / _____ / _____ Exp. ____ / ____
Signature: _____

Send registration form with full payment to:
Ken Swenson, Treasurer
521 Main Street
Osage, Iowa 50461

APPLAUSE PLEASE!

A great big THANK YOU to all those who donated to our 2010 Spring Convention! There were tons of great prizes that were given away throughout the weekend — it's through friends like this that make our conventions extra special. If you know anyone affiliated with these businesses, please acknowledge their generosity towards our Chapter!


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Mark Your Calendar NOW



2010 Fall Convention
Presented by AMTA Iowa Chapter





James Waslaski


September 11-12, 2010
Grand Harbor Resort & Waterpark
350 Bell Street • Dubuque, Iowa 52001


Pelvic Stabilization Review & Orthopedic Massage for Complicated Knee Conditions

and

Orthopedic Massage for Complicated Shoulder Conditions (includes BONUS section on forearm, wrist, and hand conditions)

12 CE Hours





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2010 Workshop Schedule
Rochester, MN: Aug 6-8. Burlington, WI: May 21-23.
Niles, IL: March 19-21, June 4-6, Sept 10-12, Oct 22-24, and Dec 3-5. Decatur, IL: April 9-11, Aug 27-29 and Nov 5-7
 (class sizes limited — register early)

REFERENCES

AMTA-Iowa Website
www.amtaiowa.org

Iowa Board of Massage Therapy Examiners
Professional Licensure Bureau
Lucas State Office building, 5th Floor
321 E. 12th St.
Des Moines, IA 50319-0075
Phone 515-281-6959

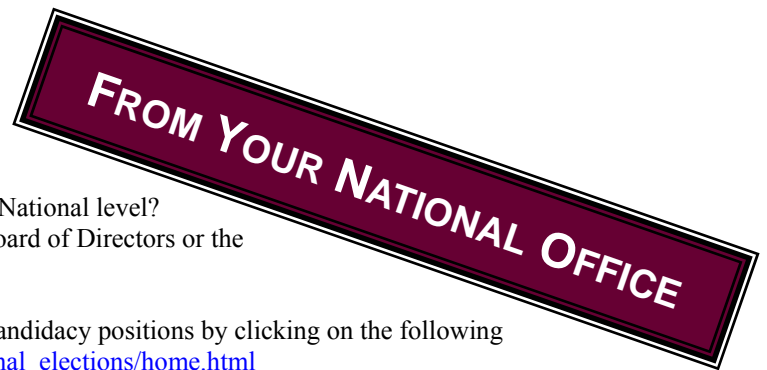
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Toll Free: 877-905-2700
Fax: 847-864-1178
www.amtamassage.org

NCBTMB
1901 S. Meyers Rd., Ste 240
Oakbrook Terrace, IL 60181-5243
Phone: 630-627-8000
800-296-0664 (automated info. line)
www.ncbtmb.com

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AMTA 2010 NATIONAL ELECTIONS!



Have you considered working for your fellow members at the National level? You can choose to run for an elected office for the National Board of Directors or the Commission on Candidacy.

Members may find criteria for Board or the Commission on Candidacy positions by clicking on the following link: http://www.amtamassage.org/member/governance/national_elections/home.html

This year, a member may request a candidate application packet beginning March 1, and must complete the application process by August 2. The process includes completing three online courses: About Non-Profit Associations, Responsibilities and Communications throughout AMTA and Risk Management for Association.

Once the courses are completed, the member will have access to the application packet. After the Commission on Candidacy has reviewed the application and determined that the candidate meets the requirements of the position he or she is seeking, the candidate's profile will be posted live on the [AMTA's official election website](#).

In addition, starting this year candidates' can use social media to communicate with the members. Candidates can answer questions and respond to comments posted by the members, which is available for everyone to read any time.

If you are interested in serving, please contact the Commission on Candidacy via [Gail Friedman](#), AMTA staff liaison to the Commission on Candidacy.

The Commission on Candidacy welcomes your questions, comments, and ideas.

2010-2011 Commission on Candidacy: Barbara Lis, Chair and members: Michael Blackmore, Jennifer C. Irving, Lucia A. Kaestner, Lee Stang and Todd Simmons



NEW ELECTION PROCESSES FOR 2010!

AMTA members have been asking for the past several years to have the opportunity to reach out to candidates and ask questions, helping them choose the candidate of their choice.

Beginning with the 2010 elections, candidates will be allowed to make use of social media should they desire.

The candidates will be responsible for creating and maintaining their own blog using a social media outlet of their choice. The social media sites a candidate may choose from include, but are not limited to facebook, twitter and a personal website. AMTA has provided guidelines to aid candidates in the process of using social media.

Be an informed voter! Use this opportunity to get to know the candidates a little better. Find out where they stand on issues. Be the one to ask questions or read what others have asked.

You can now access candidate information on the [AMTA official election website](#); there you will find a link(s) at the bottom of each candidate's bio information page, if any social media have been created.

Please check out "[Guidelines on Campaigning](#)" and "[Guidelines for Social Media](#)" located on AMTA's website.

Electronic notification on the start of the election process will be Nov 1. Voting must be completed by December 1. Do your part to contribute to your profession and **VOTE!**

Continuing Education Spring 2010

The following courses may or may not be, presented by providers, approved by AMTA, NCBTMB or by the State of Iowa, Bureau of Professional Licensure. If you are interested in a particular course, check with that provider concerning approval and pre-requisites. **The AMTA - Iowa Chapter is not responsible for provider approval of the courses listed below.** These listings are general information only. Please follow the links provided for more accurate information on class schedules.

JUNE

	Natural Day Spa & Herbal Therapies (<i>contact for dates & credits</i>) www.itmwtraining@aol.com	Davenport 563-445-1055
	Asian Bar Walking Massage (<i>contact for dates & credits</i>) www.itmwtraining@aol.com	Davenport 563-445-1055
6	Sports Massage for the Athlete 8 CE info@east-westschool.com	North Liberty 319-351-3262
8-10	Aromatherapy with Salts, Oils & More 8 CE info@east-westschool.com	North Liberty 319-351-3262
11-13	Abdominal Wall, Shoulder Girdle, Med. Massage (Cert. Program) 21 CE www.ralphstephens.com	Des Moines 888-570-9040
19-20	Prenatal Massage Therapy 12 CE www.carlsoncollege.com	North Liberty 319-462-3402
23-25	Medical Massage—Module 2: Abdominal Wall, Shoulder Girdle, Upper Extremity 21 CE www.ralphstephens.com	Des Moines 319-337-6277
26	Reiki II 8 CE info@east-westschool.com	North Liberty 319-351-3262
27	Healing & Spirituality 8 CE info@east-westschool.com	North Liberty 319-351-3262

JULY

	Trigger Point Therapy (<i>contact for dates & credits</i>) www.itmwtraining@aol.com	Davenport 563-445-1055
10	Life & Work Balance 8 CE info@east-westschool.com	North Liberty 319-351-3262

AUGUST


	Face Toning Massage (<i>contact for dates & credits</i>) www.itmwtraining@aol.com	Davenport 563-445-1055
7	Head, Neck & Headaches 8 CE info@east-westschool.com	North Liberty 319-351-3262
8	Integrative Massage 8 CE info@east-westschool.com	North Liberty 319-351-3262

SEPT

	Hot River Rock Therapy (<i>contact for dates & credits</i>) www.itmwtraining@aol.com	Davenport 563-445-1055
11-12	AMTA-IA Chapter Fall Convention/James Waslaski 12 CE www.amtaiowa.org	Dubuque 641-236-4089

CINDY PANCRATZ
NEWSLETTER EDITOR
3165 NIGHTENGALE LANE
DUBUQUE, IA 52003

Calendar of Events

- 
- Sept 10, 2010** **AMTA-IA BOD Meeting
Dubuque**
- Sept 11-12, 2010** **AMTA-IA Fall Convention
Dubuque**
- Sept 22-25, 2010** **AMTA National Convention
Minneapolis, MN**
- Oct 24-30, 2010** **National Massage Therapy
Awareness Week**