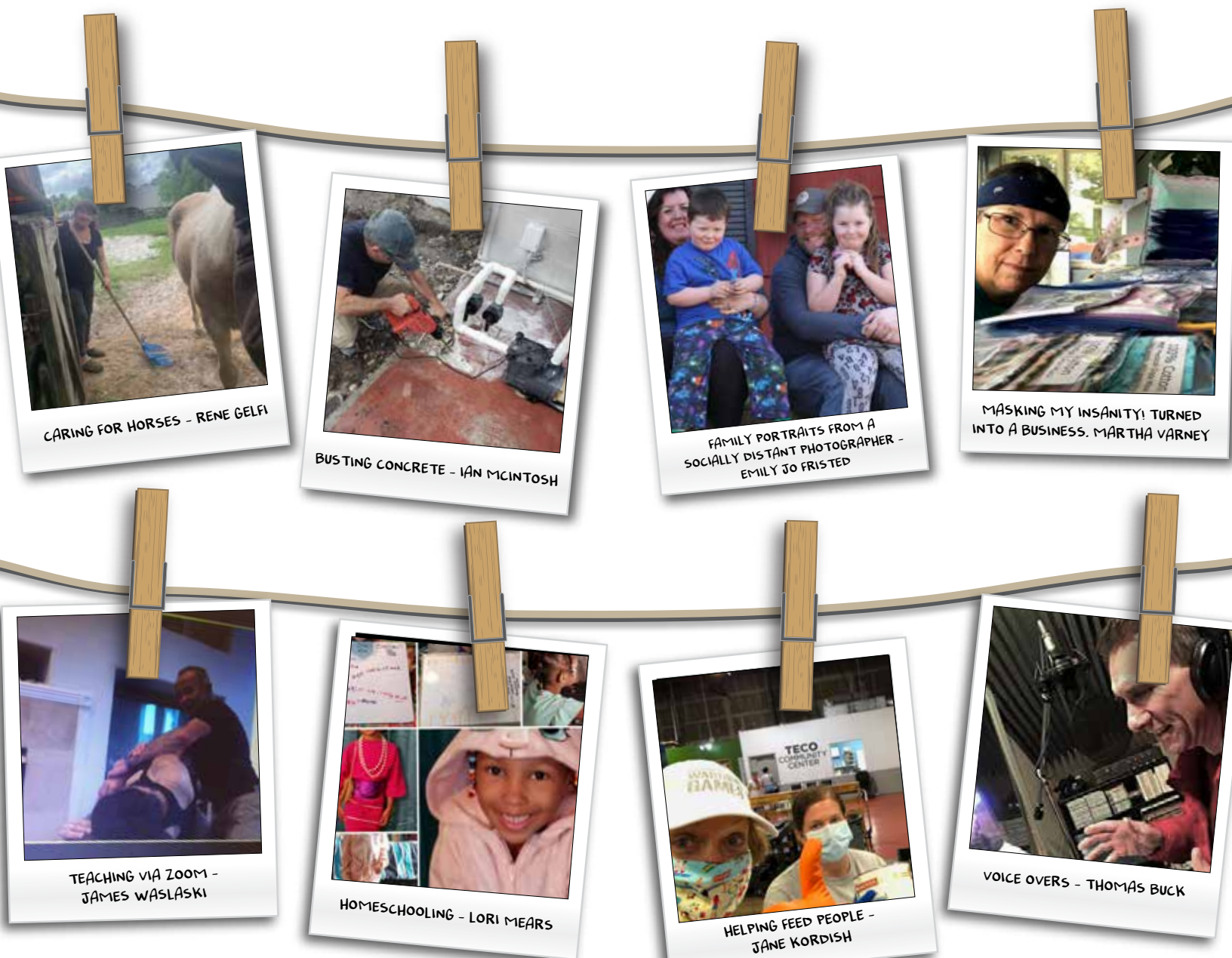




MESSAGE

Message

FSMTA MEMBERS



CARING FOR HORSES - RENE GELFI

BUSTING CONCRETE - IAN MCINTOSH

FAMILY PORTRAITS FROM A SOCIALLY DISTANT PHOTOGRAPHER - EMILY JO FRISTED

MASKING MY INSANITY! TURNED INTO A BUSINESS. MARTHA VARNEY

TEACHING VIA ZOOM - JAMES WASLASKI

HOMESCHOOLING - LORI MEARS

HELPING FEED PEOPLE - JANE KORDISH

VOICE OVERS - THOMAS BUCK

SAFER AT HOME

FSMTA MEMBERS



SAFER AT HOME

MASSAGE

Message

Contents



A Limiting Practice Model | 10



Navigating the Journey | 12



A Solution for Anesthesia Dementia | 17

FSMTA Board of Directors & Chapter Meeting Information	4
President's Message & Executive Officers.....	5
Member Schools Blackboard.....	6
2020 Legislative and Florida Board of Massage Therapy Updates	6
In Memoriam - The Loss of a Chapter Vice President	7
Chapter & National Award Winners	8 - 9
A Limiting Practice Model by Lesli López.....	10
Un modelo de práctica limitante: ¡Tener todos los huevos en una sola canasta! by Lesli López	11
Navigating the Journey by Debbie Roberts	12 - 13
OSHA Guidelines Inform Our Re-opening Decisions Post COVID-19 by Lesli López	14 - 15
COVID-19 Client Intake Questionnaire	16
A Solution for Anesthesia Dementia by Don McCann	17
Muscle Balancing and Joint Stabilization Using Targeted Muscle Testing And Quick Self Fixes by John Joseph Ray.....	18
Neural Reset Therapy Comes to Florida by Lawrence Woods.....	19 - 20
FSMTA Social Media Guide.....	21

FSMTA

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Meetings and events to be announced.

BREVARD CHAPTER - President Kha Taylor, khamassage@gmail.com, (321) 633-7475
Meetings held the 2nd Tuesday of every month (except April, June, August and December) from 5:30-8:30pm alternating locations between Cocoa and Melbourne.

BROWARD CHAPTER - President Lygia Edghill, browardpresident@fsmta.org, (754) 224-8449 (text) Meetings held the 1st Tuesday of every month (except June and December) from 7-10pm at Imperial Point Medical Center, 6401 N Federal Hwy, Fort Lauderdale, FL 33308.

CENTRAL FLORIDA CHAPTER - President Thomas Buck, cflpresident@fsmta.org, (407) 415-5540 Meetings held the 3rd Monday of every month (except June and December) from 5-8 pm at Marks Street Senior Recreation Complex, 99 East Marks Street, Orlando, 32803.

DADE CHAPTER - President Renee O. Scioville, dadepresident@fsmta.org, (786) 230-6313
Meetings held the 2nd Wednesday of every month (except June and December) from 6:30-9:30pm at Miami Dade College Medical Campus, 950 NW 20th St, Miami, FL 33127.

EMERALD COAST CHAPTER - President Jocelyn Daniel, ecpresident@fsmta.org, (850) 736-5280
Meetings held the 2nd Monday of every month (except June and December) from 5:30-8:30pm at the Baptist Hospital, 1000 W Moreno Street, Pensacola, FL 32501.

FIRST COAST CHAPTER - President Eric Dancy, fcpresident@fsmta.org, (904) 482-8542
Meetings held the 3rd Thursday of every month (except June and December) from 6:30-9pm at Unity Church of Jacksonville, 634 Lomax Street, Jacksonville, FL 32204.

FLAGLER/VOLUSIA CHAPTER - President Gina Burroughs, fvpresident@fsmta.org, (386) 748-5927
Meetings held the 2nd Wednesday of every month (except December) from 6-8:15pm at Keiser University Auditorium, 1800 Business Park Blvd, Daytona Beach, FL 32114.

GULF COAST CHAPTER - President Donna Smith, gcpresident@fsmta.org, (850) 896-4118
Meetings held the 2nd Wednesday of every month (except June, July and December) from 7-10pm in Panama City (specific location to be announced).

HEART OF FLORIDA CHAPTER - President Teresa (TJ) Jones, hofpresident@fsmta.org, (863) 797-6107
Meetings held the 3rd Tuesday of every month (except June and December) from 6:30-9pm alternating locations between Lakeland and Winter Haven.

KEYS CHAPTER - President Michael Abriola, keysresident@fsmta.org, (305) 509-2710
Meetings and events to be announced.

MID ATLANTIC CHAPTER - macpresident@fsmta.org - Meetings and events to be announced.

NORTH CENTRAL FLORIDA CHAPTER - Meetings and events to be announced.

PALM BEACH CHAPTER - President Lesli López, pbpresident@fsmta.org, (561) 319-1814
Meetings held the 3rd Thursday of every month (except June and December) from 6-9pm at Forest Hill Community High School, 6901 Parker Ave, West Palm Beach, FL 33405.

SARASOTA/MANATEE CHAPTER - President Nancy Avishar, smpresident@fsmta.org, (941) 228-7789 Meetings held the 3rd Monday of every month (except December) from 6:30-9:30pm at the Sarasota School of Massage Therapy, 5899 Whitfield Ave, Sarasota, FL 34243.

SOUTHWEST FLORIDA CHAPTER - President Emil Guido, swflpresident@fsmta.org, (239) 849-1486
Meetings held the 1st Tuesday of every month (except July and December) from 5-8pm at Bass Pro Shops, Gulf Coast Town Center, 10040 Gulf Center Drive, Fort Myers, FL 33913.

SUGAR DUNES CHAPTER - President Chester Cyrus, sdpresident@fsmta.org, (850) 225-0737
Meetings are held the 2nd Tuesday of every month (except June, November and December) from 6-9pm at Soothing Arts Healing Therapies School of Massage & Skincare, 12605 Emerald Coast Pkwy #2, Miramar Beach, FL 32560.

SUWANNEE VALLEY CHAPTER - President Laurie Taylor, svpresident@fsmta.org, (352) 317-4755 Meetings held the 2nd Wednesday of every month (except July and December) from 6:00pm at Florida School of Massage, 6421 SW 13th Street, Gainesville 32608.

TAMPA BAY CHAPTER - President Anna Allen, tpa@fsmta.org, (813) 215-5050
Meetings held the 3rd Thursday of every month (except June and December) from 6:00-8:45pm at Town 'N Country Public Library, Community Rooms A&B, 7606 Paula Drive #120, Tampa, FL 33615.

TREASURE COAST CHAPTER - President Ross Hoffman, tcpresident@fsmta.org, (772) 359-3608
Meetings held the 3rd Wednesday of every month (except June and December) from 6:30-9pm at Indian River State College Main Campus, Building R or W, 3209 Virginia Avenue, Fort Pierce, FL 34981.

MESSAGE MESSAGE MAGAZINE INFORMATION

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All submitted articles will be considered but the editor and FSMTA do not guarantee they will be printed. Articles should be educational in nature, designed to be informative and related to the massage profession. Articles should be no longer than 1,500 words and may be edited for content.

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Submit articles by mail to:

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Or email: article@fsmta.org

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Lesli López, DHEd, MNM, LMT, BA (CMLDT)

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President's Message

CRYSTAL A. HOWARD
FSMTA EXECUTIVE PRESIDENT



I am excited and humbled to take on the position of Executive President of FSMTA. Speaking on behalf of the new Executive Committee, we recognize both the opportunities and challenges ahead. This is an unusual time and assuming leadership in this current environment presents a unique set of hurdles. Each of us possess unique skill sets we hope to utilize to propel our association and profession for-

ward. We acknowledge that our role is to assist and serve the Executive Board and in turn, the Executive Board serves our members. Ultimately it is up to every member to help determine the direction of our association.

Over the last few months as Director of Communication, I have had the opportunity to read through past issues of *Massage Message Magazine* and develop a greater understanding

of how our industry has changed. In order to continue advancing the direction of massage therapy we must maintain open lines of communication, recognize opportunities for prosperity and embrace change. Our goal is to learn from the past, build upon the present and forge our way into the future.

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FSMTA Member Schools

Daytona State College
1200 W International Speedway Blvd
Daytona Beach, FL 32114
(386) 506-3185

Georgia Massage School
415 Horizon Dr Bldg 200, Suite 275
Suwanee, GA 30024
(678) 376-3711 / (678) 482-1100

International Institute for Health Care Professionals
6870 N Federal Hwy
Boca Raton, FL 33487
(561) 789-2224 / (561) 394-5822

Space Coast Education Center
1070 South Wickham Road
West Melbourne, FL 32904
(321) 242-8867 / (321) 729-9000

Boca Beauty Academy
7820 Glades Road
Boca Raton, FL 33434
(561) 487-1191

Health & Beauty Institute of America
460 State Road 436, Suite 200
Casselberry, FL 32707
(407) 797-2597

Fortis Institute
4081 E Olive Road, Suite B
Pensacola, FL 32514
(850) 476-7607 / (251) 402-4657

Florida School of Massage
6421 SW 13th Street
Gainesville, FL 32608
(352) 378-7891

Ridge Technical College
7700 State Rd. 544
Winter Haven, FL 33881
(863) 419-3060 ext 4808

Florida Academy
4387 Colonial Blvd, Ste 100
Ft Myers, FL 33966
(800) 324-9543 / (239) 489-2282

Soothing Arts Healing
Therapies School of Massage and Skin Care
12605 Emerald Coast Pkwy W, Ste 2
Miramar Beach, FL 32550
(850) 269-0820

Central Florida School of Massage Therapy
450 N. Lakemont Ave, Suite A
Winter Park, FL 32792
(407) 673-6776

Orlando School of Therapeutic Massage & Yoga
7575 Kingspointe Parkway, Suite 21
Orlando, FL 32819
(407) 673-6776
info@orlandomassageandtherapyschool.com

FSMTA 2020 Legislative Update



IAN MCINTOSH

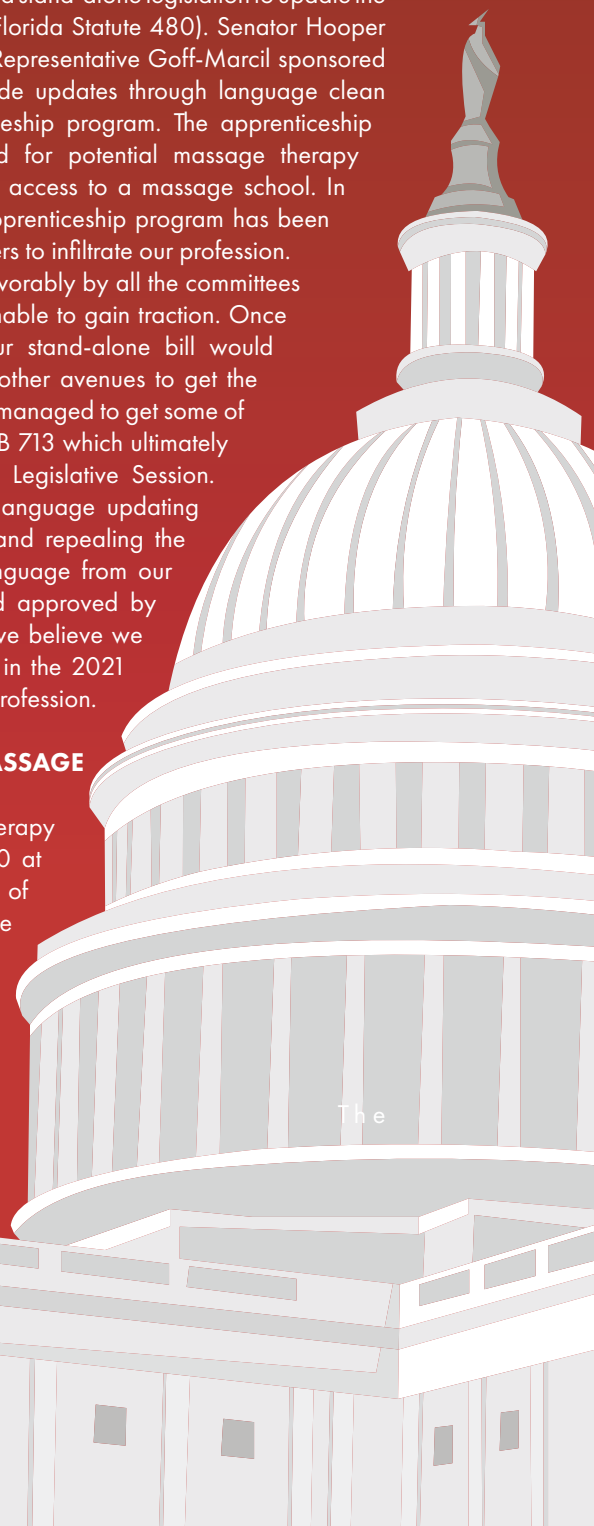
At the beginning of the 2020 Florida Legislative session, the FSMTA's Lobbying team introduced stand-alone legislation to update the Massage Therapy Practice Act (Florida Statute 480). Senator Hooper sponsored Senate Bill 390 and Representative Goff-Marcil sponsored House Bill 1341. These bills made updates through language clean up and repealing the apprenticeship program. The apprenticeship program was originally created for potential massage therapy students who did not have easy access to a massage school. In recent years it is believed the apprenticeship program has been another vessel for human traffickers to infiltrate our profession.

Senate Bill 390 was seen favorably by all the committees however House Bill 1341 was unable to gain traction. Once our Lobbying team realized our stand-alone bill would most likely not pass they found other avenues to get the language passed. Our Lobbyists managed to get some of the language from our bill into HB 713 which ultimately passed on the final day of the Legislative Session. Included within the final bill is language updating references to a national exam and repealing the apprenticeship program. The language from our stand alone bill was vetted and approved by the Department of Health, and we believe we can successfully pass legislation in the 2021 session that will help further our profession.

FLORIDA BOARD OF MASSAGE THERAPY UPDATE

Our Florida Board of Massage Therapy met live on January 8-10, 2020 at the Rosen Plaza in Orlando, all of the subsequent meetings have been through teleconference due to Covid-19. One of the meetings was an emergency rules discussion regarding distance learning for massage therapy schools. Other general board

continued on page 7





FSMTA 2020 Legislative Update

continued from page 8

meetings dealt with discipline, rules discussions, and board reports. We have received quite a few questions pertaining to the possibility of the reduction of live classroom CE hours. Currently we have over a year until renewal, so it is still required to obtain all 12 live classroom hours. If the pandemic persists this may change and we will keep you updated through email,

Facebook, newsletters, and our website.

From the beginning of the Covid-19 pandemic we have been in constant communication with our lobbyists and the Florida Board of Massage Therapy to ensure we are conveying helpful and accurate information as quickly as possible. We have passed these resources on to our FSMTA community in the hope to help

everyone make healthy, educated decisions. Please visit www.fsmta.org for all up to date information.

The FSMTA Legislative Team will continue to work strategically to ensure we move the massage therapy profession in a positive direction. Please contact me at legislativechair@fsmta.org if you have any thoughts or questions.

In Memoriam PATRICIA BOWES, PhD

Please join us in gratitude of the gift of her life as we mourn the passing of our dear fellow Tampa Bay Chapter member and 1st Vice President, Patricia Bowes, PhD.

She passed away peacefully from ovarian cancer at the home of her family, on April 17th in Indianapolis, IN. She was born to Drs. Paula and James Bowes in Salt Lake City, Utah. She graduated from St. Thomas Aquinas Catholic School and Shortridge High School in Indianapolis. From an early age, her talent for visual arts and music, and her desire to help others, shaped her life.

She received degrees from the San Francisco School of Fashion, a BA in Theater (Indiana University), MFA in Theater (University of Arizona), BFA in Art, Bachelor of Music and MA in Music Education (Florida Atlantic University), culminating in her PhD in Music Education (University of South Florida). She was the costume director at the Roundabout Theater, NYC; intern instructor, costume programmer at Juilliard; designer for the Rockettes and multiple other on and off Broadway shows. She lived in Florida for many years teaching art, music and de-

signing for Costume World in Coral Springs. She sang soprano with the Palm Beach Opera Chorus, the Music Guild of Boca Raton and gave numerous solo performances. She visited and taught in many places like Malaysia, China, Europe and Costa Rica. Pursuing a life-long interest in massage therapy and cranio-sacral bodywork, she received training as a LMT, an additional later career.

She is survived by her son David Bowes, five sisters, seven brothers, numerous nieces and nephews. She was preceded in death by her parents, niece Lodie Seastrom and nephew Matthew Bowes.

The family thanks family friend Beth Madden and Transitions hospice team for all their kindness and care. A celebration of life will be held in private by the family at a later time.

Memorial contributions may be made to a music/arts education [charity of your choice](#) or The Living Desert Zoo/Gardens in Palm Desert, California, educational resources; livingdesert.org/support/ways-to-give/.

EXECUTIVE AND NATIONAL AWARDS



Ambassador - Edwin Hooper II



National LMT of the Year -
Aaron Mattes



Executive Outstanding Service -
Kathryn Holcomb-Kirby



Executive Outstanding Service -
Lori Mears



Executive Outstanding Service -
Nancy Avishar



National Sports Massage
Therapist - James Fritschle

National Sports Massage Team - Tampa Bay Chapter

CONGRATULATIONS!

CHAPTER AWARDS



Central Florida Chapter
LMT of the Year - Jennifer Kimball



Central Florida Chapter
Outstanding Service -
Eileen Tatum



Central Florida Chapter
Sports Massage Therapist -
Stephen Thompson



Emerald Coast Chapter
LMT of the Year -
Wayne Kramer



Palm Beach Chapter
LMT of the Year - Pamela S. Smith



Palm Beach Chapter
Outstanding Service - Lesli López



Emerald Coast Chapter
Outstanding Service - Lisa Pate



Emerald Coast Chapter
Sports Massage Therapist -
James Fritschle



Sarasota/Manatee Chapter
LMT of the Year - Linda Endy

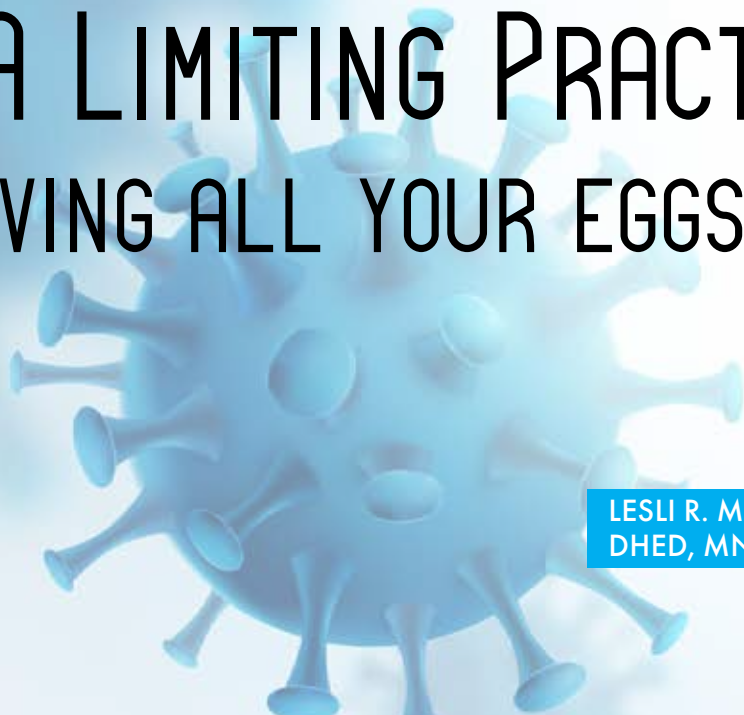


Sarasota/Manatee Chapter
Outstanding Service - Jack Ryan



Tampa Bay Chapter
Sports Massage Therapist -
Adrian Laramée

A LIMITING PRACTICE MODEL: HAVING ALL YOUR EGGS IN ONE BASKET!



LESLI R. MCQUISTON LOPEZ,
DHED, MNM, LMT, BA (CMLDT)

As we slowly emerge from 'sheltering at home' during COVID-19 pandemic, LMTs look forward to connecting viscerally, tactilely, and energetically with our clients. Many of us have hope for returning to a sense of normal, pre COVID-19. Some of my colleagues are seriously rethinking how they will do business, or even

and office workers are transitioning to remote access from home or using other telecommuting alternatives. Educators are now teaching via Zoom and other similar platforms as school systems have closed to slow the spread of the COVID-19. Most notably, and relevant to our scope of practice, is the shift by continuing education providers to online platforms instead of live/hands-on seminars.

You might ask, "What if I only do hands-on massage?" That is the crucial question. In one case, a colleague decided, at 68 years old, that this was time to close her storefront business and semi-retire. By remaining licensed, she retains her ability to do massage, but her fees now shift to supplemental income to complement her monthly retirement stipend.

Dr. Wanda Gascot-Bonet notes the importance of diversification as a strong business model (see our recent April/May/June issue of *Massage Message Magazine*). The 'not having all your eggs in one basket' philosophy allows one to better weather the storm of economic uncertainty until face-to-face contact with clients is safe again. Take time to reimagine how you do what you do and how you might transition

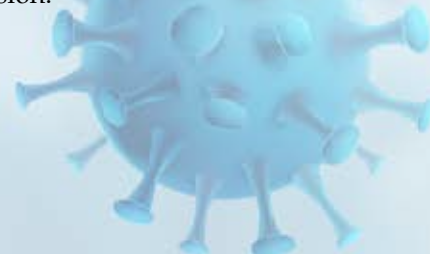
to a more stable financial practice model.

Take this time to practice self-care, take up activities that bring you joy, like going on nature walks, reading a good book, crocheting, hand-sewing face masks, playing or learning an instrument and, of course, staying connected with family, friends, and clients from a safe distance. Maintaining manual dexterity will allow you to get back to your clients in a healthy manner. Staying balanced will allow you to transition back to your practice with minimal discomfort and stress. As for the 'eggs' analogy, consider how your years of expertise and skill set could be redirected into different 'baskets' such as becoming a personal trainer or life coach, using your knowledge to develop marketable products related to massage, developing holistic products shipped directly to your clients or offering tutorials for online viewing by your clients and other therapists. Share your knowledge to benefit your bottom-line and promote our noble profession.



whether they will remain in business. From adversity, opportunity is born.

A great take-away from this current pandemic situation is the opportunity to re-envision our practices. We can take our lead from other workers who have adjusted to a new normal. Restaurant workers are distancing themselves from customers by shifting from dine-in to takeout and delivery,



UN MODELO DE PRÁCTICA LIMITANTE: ¡TENER TODOS LOS HUEVOS EN UNA SOLA CANASTA!



LESLI R. MCQUISTON LOPEZ,
DHED, MNM, LMT, BA (CMLDT)

A medida que salimos lentamente del 'refugio en casa' durante la pandemia de COVID-19, Los terapeutas de masaje con licencia esperan conectarse visceralmente, táctilmente y energéticamente con nuestros clientes. Muchos de nosotros tenemos la esperanza de volver a un sentido de normalidad, anterior a COVID-19. Algunos

cian de los clientes al pasar de comer en un restaurante a llevar y entregar, y los trabajadores de oficina hacen la transición al acceso remoto desde el hogar o las alternativas de teletrabajo. Los educadores ahora están enseñando a través de Zoom y otras plataformas similares, ya que los sistemas escolares se cerraron para frenar la propagación del COVID-19. Lo más notable y relevante para nuestro alcance de la práctica, es el cambio de los proveedores de educación continua a plataformas en línea en lugar de seminarios en vivo/prácticos.

¿Qué pasa si solo hago masajes manuales? Esa es la pregunta crucial. En un caso, un colega decidió a los 68 años que era el momento de cerrar su negocio y retirarse a medias. Al permanecer con licencia, la capacidad de

hacer masajes ahora cambia a ingresos suplementarios para complementar el sueldo de jubilación mensual.

La Dra. Wanda Gascot-Bonet señala la importancia de la diversificación como un modelo de negocio sólido (consulte nuestro reciente número de abril / mayo / junio de la revista MASSAGE MESSAGE). La filosofía de 'no tener todos sus huevos en una sola canasta' le permite a uno resistir mejor la tormenta de incertidumbre económi-

ca hasta el contacto de cara a cara con los clientes esté seguro nuevamente. Tómese el tiempo para volver a imaginar cómo hace lo que hace y cómo podría hacer la transición a un modelo de práctica financiera más estable.

Tómese este tiempo para practicar el cuidado personal, realizar actividades que le brinden alegría, como caminatas por la naturaleza, leer un buen libro, tejer a ganchillo, coser máscaras a mano, tocar o aprender un instrumento y, por supuesto, mantenerse en contacto con familiares, amigos y clientes desde una distancia segura. Mantener la destreza manual le permitirá volver a sus clientes de manera saludable. Mantenerse equilibrado le permitirá regresar a su práctica con un mínimo de molestias y estrés. En cuanto a la analogía de los 'huevos', considere cómo sus años de experiencia y habilidades podrían redirigirse a diferentes 'canastas', como convertirse en un entrenador personal o un entrenador de vida, utilizando su conocimiento para desarrollar productos comercializables relacionados con el masaje y desarrollar productos holísticos enviados directamente a sus clientes o tutoriales para que sus clientes y otros terapeutas puedan verlos en línea. Comparta su conocimiento para beneficiar sus ganancias y promover nuestra noble profesión.



de mis colegas están reconsiderando seriamente cómo regresar a trabajar, o incluso se preguntan si permanecerán en el negocio. De la adversidad, nace la oportunidad.

Una gran ventaja de esta situación de pandemia actual es la oportunidad de volver a imaginar nuestras prácticas. Podemos tomar la iniciativa de otros trabajadores que se han adaptado a una nueva normalidad. Los trabajadores de restaurantes se distan-

Navigating the Journey

By Debbie Roberts LMT

I recently made one of the most difficult decisions I have ever had to make. I decided that I had to close the physical location of my very loving practice. I grew this business from a baby. From just me seeing clients in one room, it grew to having nine wonderful people working with me. I know many of you have the same story. I have been a licensed massage therapist since 1988, but I have been a caregiver most of my life since the age of 13 when I went to work in a nursing home as a feeder and water girl, and later became a nurse's aide. For the first time in my life during this COVID-19 pandemic, I found myself with neither a place to work nor a profession. I felt as if I had lost my family. The clients coming in and the therapists were so very important to me. The move was crazy difficult both physically and emotionally. It's interesting how everything you work so hard for and value so much can end up in a 10x15 storage space. There were days when I cried so hard, I could not breathe. I am on the other side of it now, trying to adjust to the new normal. When I watch the news, I remember that I am blessed with so many things, and I try to focus on those blessings. I have been playing my guitar, doing art lessons through Zoom, walking, practicing yoga, writing, swimming, bike riding, cooking, delivering food to friends, and even giving a few virtual personal training sessions. But most of all I am trying not to beat myself up for the decision to close. There just wasn't a good answer to this one.

I have opened at least ten different businesses during my lifetime, and I have had people follow me for the entire 35 years in practice by being open and honest with them. I believe that, as a massage therapist

and a business owner, it is vitally important to keep your clients informed about the status of your practice. After sending out our recent update on the status of the facility, I received many well-wishes and personal notes from clients. I would like to share one of those notes with you to help keep you inspired.

Pam wrote,

"Debbie your last sentence captures it all, "There just wasn't a good answer to this one". You have built a very good reputation for yourself, Debbie. That will be the foundation of your return. I love your focus of gratitude. Without that, we negatively tip the balance of our lives. That isn't your life in those storage containers. They are tools that allow you to do your work, and they will have a new home sooner than you think. Your self-care is inspirational. Just kicked me in the butt!!!

Take care,
Pam"

This is just one of the many responses I received from clients that reminded me how love comes back. The following are some suggestions that might help you navigate your journey.

1. If you have not already done so, sit down and either write a note to your clients or send an email that is heart centered explaining where you are presently with your practice. I want to share with you part of the letter we sent in case you need help starting your own letter. "We have vacated our building but not your lives.

continued on page 13

Navigating the Journey

continued from page 12

- Due to COVID-19 and the government restrictions, we had to make the decision to downsize our business. As things return to normal, we will coordinate home visits for those that might desire that as well as seeing you in person at other fellow business owner's facilities until we can find a space of our own. Please know that we miss seeing you and this is just a temporary interruption of our services."
2. Set up a different email from your regular email to help you contain and answer the responses.
 3. Look at your finances honestly. If you took in gift certificates or money on account, add that up and subtract from your present account balance. To keep good faith, you might need to return some of that money. If you have a brick and mortar business, looking at your account of what is outstanding can help you determine how long you can or should stay in your physical location. We are refunding an extremely large amount of money, but it is the right thing to do. People appreciate your putting them first.
 4. Give people the option to use those gift certificates on your return to business. I secured two different one-room situations to give people the option to see us. Offer the leaseholder a percentage instead of committing to a rent. When people return it will be in trickles, not torrents.
 5. Make a plan for you. Each one of us feels differently about a return to business. Just know that fear has been instilled in many people, and with good reason. Do what feels right to you; follow your instincts to stay safe and to keep your good reputation.
 6. You may need a different intake form than before. (FSM-TA offers one on our website.) You may need to ask hard questions about your clients' health. Ask those questions in a caring light. Remind them that each of us is a new human being each day; so, to help serve them better, you would like to get an update on their health since their last visit with you.
 7. Do not discount your health or your services. You are important because you serve many people. Your finances are important to enable you to maintain and help as many people as possible. Give where you can but be reasonable about how much. Your big heart needs help during this time as well as the clients you serve.
 8. Make an emotional and physical plan. Most of us were so busy taking care of everyone else that we may have let our own health slide to the side. Write down 10 things you enjoy doing and get back to them. I certainly found myself again during this down time and it has been wonderful!
 9. Make a plan B if things do not return to normal fast enough for you. Take an on-line class in another field. Look at your past likes before you became a therapist and see if you can take this time to add to your resume. If it is not out of the question, right now is a great time to go back to college with everything being online. Look for grants and forgiven loans. Becoming a Certified Nursing Assistant is a great adjunct to who you already are as a caregiver. Nursing homes need them, hospitals need them, and hospice care needs them. It is a paid return on your investment.
 10. Morning pages are vital right now. The idea of morning pages comes from the book, *The Artist Way*. Get a notepad or journal and write whatever is in your head first thing in the morning. This is a way to clear your thoughts so you can move forward.
 11. Do not wait, do something positive towards your personal journey and recovery every day! I write my morning pages and I sit down and write a plan for my mental, physical, and spiritual health for each day of the week.
- My last piece of guidance is don't let negative thoughts rent space in your mind. Address those thoughts and let them go. COVID-19 is just a reminder for all of us to put things in order and seek out what is truly important to us! Life is a gift, so live it to the fullest.
God Bless, Debbie (Roberts)

OSHA Guidelines Inform our Re-opening Decisions Post COVID-19



LESLI R. MCQUISTON LOPEZ,
DHED, MNM, LMT, BA (CMLDT)

How can we effectively re-open our massage businesses while complying with current OSHA COVID-19 Guidelines? The easy response would be ‘safely and responsibly.’ That implies using standards already in place and additional guidelines developed due to this current pandemic. Guidelines, like outlines, provide us with possible and probable solutions to current and likely situations as they emerge. They suggest minimum standards while leaving level of compliance to the individual business owner or worker. Such decisions can frequently blur the line between purely legal and ethical choices. Therein lies the ambiguity.

What is OSHA? Why is adherence to its guidelines important? How does this current COVID-19 pandemic affect adherence to its guidelines?

The Occupational Safety and Health Act of 1970 (OSHA) was enacted by the U.S. Congress to ensure that workplaces met minimum standards of safety and healthy conditions. The mission of OSHA is to educate, train, provide outreach, and assist businesses toward compliance with OSHA standards. Similarly, Florida LMTs adhere to minimum standards of professional practice. Whereas OSHA ensures employee safety, our practice act, Chapter 480, ensures public safety and

therapist adherence to current Florida law and regulations related to massage therapy.

Prior to the enactment of OSHA standards, no consistent minimum safety standard existed in workplaces around the United States. Workers were at the mercy of unregulated business practices. Prior to 1939, when the FSMTA was founded, rules, regulations, and laws specific to the massage therapy profession did not exist. It is paramount to best practices and a sound business model to have and adhere to minimum standards of operation and behavior within one’s profession and place of work. These standards provide a level of transparency, keeping the public informed while giving therapists a template to follow. Today, most laws related to the massage therapy profession can be traced back to the legislative efforts of FSMTA’s 85 charter members and their vision of our role as health care providers. First, we do no harm (Hippocrates).

The current global situation with COVID-19 has prompted additional OSHA guidelines specific to workplace safety (OSHA, March 2020), and procedures and protocols for reducing the spread of the virus. All businesses need to review standard OSHA guidelines and then begin to reimagine their prac-

tices through this newer, more stringent filter. Therapists who work as independent contractors will have more control over their workspace decisions; however, maintaining strict compliance with preventative protocols will be equally important. Therapists working in spa or massage chain settings will need to be proactive with their employers in terms of acceptable conditions for returning to work. This is where choice and ethical behavior become a serious consideration.

The newest guidelines developed by OSHA factor in what supplies workers need to implement safe practices and what additional modifications beyond normal safe hygienic practices are recommended for controlling the spread of COVID-19. Two major considerations are personal protective equipment (PPE) and increased workplace sanitation measures. These two factors address three principle elements of virus spread: exposure risk, sources of exposure, and routes of transmission.

OSHA guidelines for hierarchy of control are categorized as: engineering, administrative, community. Engineering includes high-efficiency air filters, ventilation rates in work environments and physical barriers, such as plastic shields.

continued on page 15

OSHA Guidelines Inform our Re-opening Decisions

Post COVID-19

continued from page 14

Administrative controls include safe work practices, such as limiting face to face contact, staggering staff shifts, limiting client capacity in work environments, scheduling by appointment rather than walk-in, and encouraging a work culture of staying home when sick. The community control seeks to develop training for proper donning and doffing of Personal Protective Equipment (PPE), including gloves, gowns, face shields, face masks, and respiratory protection.

Licensed Massage Therapists (LMTs) and Estheticians must consider the following steps for safe practice operation and to minimize risk of exposure:

(1) Have each client complete an intake form that includes information and history specific to COVID-19 possible exposure (FSMTA has provided one for its members' use).

(2) Add more frequent wipe down of 'high touch' areas, such as common and shared spaces (waiting room lobby, bathroom, all entryway door handles),

(3) Separate appointments for clients with additional time between clients to 'sanitize or reset' the workspace,

(4) Staggered work schedules for therapists or estheticians, with specific days and times, to minimize contact between employees, reducing exposure to someone positive for COVID-19.

Section 5 (a) (1) of OSHA guidelines 'requires employers to provide their employees with a workplace free from recognized hazards likely to cause death or serious physical harm' (OSHA, 2020, p.4). With an incubation period of one or two to 14 days, COVID-19 exposure presents such a hazard. Possible symptoms may include fever, persistent dry cough, shortness of breath, and lasting headache. The fact that many individuals have tested positive while being asymptomatic creates more urgency to apply containment efforts where many people might congregate in close contact (churches, salons, bars, gyms, hands-on massage sessions).

OSHA defines risk factors in terms of lower, medium, high, and very high risk. These factors are categorized as follows:

Lower risk- includes jobs where workers have minimum occupational contact with the public and or co-workers.

Medium risk- includes occupations and jobs requiring frequent and/or close contact (within six ft.)

Massage therapists and estheticians are in this category.

High risk- healthcare delivery and support workers (medical transport workers, mortuary workers (due to increased risk exposure of pathogens, bloodborne and otherwise)

Very high risk- healthcare workers, laboratory technicians handling COVID-19 specimens, morgue workers (due to routine aerosol generating procedures).

Do you employ therapists and or estheticians? If your answer is yes, make it a priority to develop procedures for prompt identification of possible COVID-19 symptoms and measures for appropriately isolating such cases from others present in the workspace (with routine temperature checks of clients and workers). Include considerations for absenteeism of workers related to virus. Define your social distancing policies and procedures and your sanitation measures for between client visits. Do daily wipe down of high touch areas within your business location. Some points to consider include promoting frequent and thorough handwashing, promoting a culture of responsibility (if sick, stay home!), re-enforcing proper respiratory etiquette (sneeze or cough into tissue or sleeve at elbow to minimize aerosol spread), and limiting personal contact (hugging, hand shaking). Consider routine cleaning procedures that use EPA approved products against emerging viral pathogens. Provide additional 'no-touch' trash receptacles and readily available tissues for clients. Sanitation stations must be well

stocked daily.

As of May 11, 2020, Palm Beach County joined the rest of Florida in Governor DeSantis' Phase 1 reopening efforts. Miami-Dade and Broward counties were still excluded due to high levels of COVID-19 positive cases. As of June 15, 2020, most counties in Florida are in Phase 2 Reopening Plan. There are still restrictions on bars, gyms, and movie theaters in Palm Beach, Broward, and Miami-Dade counties. Additionally, there is currently a spike in positive cases of COVID-19, being attributed to farm-workers and their close-quarters living conditions. This is occurring in northern Florida as well as in Lake Worth Beach, in Palm Beach County. Health officials are actively reaching out to individuals in these hot spot areas with communication and materials in targeted native languages, such as Maya and Spanish, the need to socially isolate and quarantine when testing positive to reduce the spread of the virus.

The Governor has reiterated that this process will be based on updated COVID-19 data, and individual municipalities may require more stringent restrictions on doing business based on their specific needs and concerns. Miami-Dade, Broward, and Palm Beach Counties must submit a written request to enter Phase 2 of the Recovery Plan. That said, individuals are encouraged to stay informed on any updates in status. Keep informed via daily and weekly press conference updates and your local news station. Helpful websites include <https://www.fsmta.org/covid-19-update>, www.osha.gov, www.cdc.gov, www.cdc.gov/niosh, <https://florida-healthcovid19.gov/>.

References

United States Department of Labor Occupational Safety and Health Administration (March 2020). Guidance on Preparing Workplaces for COVID-19. Retrieved online from <https://www.osha.gov/Publications/OSHA3990.pdf>.



Covid-19 Client Intake Questionnaire

Initial

- 1. Current Temperature _____ °F
- 2. My temperature has not been above 98.6°F in the past 72 hrs. _____
- 3. I have not knowingly been in contact with anyone diagnosed with Covid-19 in the past 2 weeks. _____
- 4. I have not had any of the following symptoms in the past 2 weeks:
Fever, Cough, Shortness of Breath, Persistent Chest Pain or Pressure. _____
- 5. I acknowledge I am receiving Massage Therapy knowing that social distancing cannot be adhered to during my massage session. _____
- 6. In the event I contract Covid-19, I will notify my therapist as soon as possible. _____

COVID-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing. Your Massage Therapist has put in place preventative measures to reduce the spread of COVID-19; however, your massage therapist cannot guarantee that you will not become infected with COVID-19. By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by receiving massage therapy and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my massage therapy appointment. On my behalf I hereby release, covenant not to sue, discharge, and hold harmless my massage therapist, their massage establishment, and any interested parties from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of my massage therapist or the establishment where massage therapy services are received, whether a COVID-19 infection occurs before, during, or after participation in any massage therapy session.

Client Signature

Date

Client Name (print please)

LMT Signature

Date

A Solution for Anesthesia Dementia

DON MCCANN, MA, LMT, LMHC, CSETT



Joanne, a 50-year-old client, was very stressed when she came for a session and shared that her 80-year-old mother, Alice, showed signs of advanced dementia after her gallbladder surgery three months ago. The doctors sent her to a rehab center, but she was not progressing so they placed her in a long-term Alzheimer's unit. Joanne thought that advanced dementia would not have come on this quickly but didn't know what to do. The doctors were saying that there was a good probability that she would never recover. They admitted that the anesthesia was very likely the main source of her decline and said if she had not recovered by now she probably never would.

I suggested that Joanne bring Alice in for Cranial/Structural therapy. I explained that the glymphatic and lymphatic systems of the brains of the elderly were often compromised and incapable of flushing out anesthesia which often resulted in an almost immediate onset of dementia-like symptoms. If left untreated, these symptoms could become permanent. She said Alice had already been given medication that would have stimulated her brain to flush out the anesthesia toxins. I explained that the system was probably sluggish and clogged. Even drug therapy was not enough to effectively flush the anesthesia toxins from Alice's brain. Joanne wondered why the doctors were not aware of this. I explained that the glymphatic and lymphatic systems of the brain were just recently discovered. Also, doctors were often taught that the cranial bones don't move and were unaware that manipulating the cranial bones could stimulate and actually pump both the glymphatic and lymphatic systems of the brain. The pumping of the glymphatic and lymphatic systems would often improve their function even after the treatment; so Alice would be less likely to have waste products, toxins, drug residues, anesthesia or inflammation build up again in her brain. A highly functioning glymphatic and lymphatic system leads to much healthier, functional brain homeostasis.

When Joanne brought Alice for treatment, it was obvious she was having difficulty understanding why she was there. Alice's agitated state was not uncommon for

someone with her symptoms. Fortunately, I had a technique called the Quick Release. By holding specific acupuncture points and then mobilizing the occiput to gently stretch the dura and mobilize the cranial motion, I could create a calming effect. Alice was now in a relaxed comfortable state on the table. I applied the Cranial/Structural Core Distortion Releases (aka CSCDR) to fully mobilize the cranial bones in all their ranges

of motion and release the distortions in the cranial mechanism. This fully prepared her cranium for pumping the lymphatic

and glymphatic systems using the Cranial/Structural Frontal/Occipital Decompression (aka FOD).

The FOD compresses the cranial bones, thus putting hydraulic pressure on the glymphatic and lymphatic systems; and then uses the cranial motion to manually pump both systems. Alice lay quietly during this procedure and, at one point, was snoring. This was a very good sign. Dr. Mercola states that the glymphatic system is functioning at its highest level when people are in deep sleep.¹ After her treatment, Alice came out of her deep relaxation and stated she felt good. We scheduled five weekly treatments and Joanne took Alice back to her Alzheimer's unit. At Alice's next session, she was much more alert and knew where she was. The staff at the Alzheimer's unit reported significant improvement in her memory and awareness of her surroundings. Alice also began questioning why she was in an Alzheimer's unit. The same techniques were again applied, and Alice showed more signs of being her normal self.

After the fourth session Alice was no longer displaying signs of dementia, so Joanne met with the Alzheimer's unit staff to see if she needed to be confined there. They decided to move Alice to assisted living. Alice drove herself to her fifth session without needing directions from Joanne, who accompanied her. After the session, Alice said she was going grocery shopping and didn't need a list.

Alice's improvements coincided with the application of Cranial/Structural therapies. She is just one of many examples of elderly people having dementia-like symptoms following anesthesia who improved with Cranial/Structural techniques.

Additional complications are often brought on by medications for pain and blood pressure, antibiotics, statins, etc. which cause reactions that

doctors cannot predict, and for which they have no solutions. Cranial/Structural therapy has proven successful in helping these clients.

Many clients of all ages with compromised glymphatic and lymphatic systems have had similar challenges after anesthesia and then responded to treatment in the same positive way as Alice. Manual Cranial/Structural therapy is a viable treatment that pumps out accumulations of medications and toxicity, thus restoring the normal function of the glymphatic and lymphatic systems of the brain.

(Please visit www.StructuralEnergeticTherapy.com)

¹Dr. Joseph Mercola, Lack of Sleep Promotes Alzheimer's by Preventing Critical Detoxification. www.Mercola.com. 04/02/2015



Muscle Balancing and Joint Stabilization Using Targeted Muscle Testing And Quick Self Fixes



DR. JOHN JOSEPH RAY, MMT, MBA

This class gives you the tools to help YOU and Your Clients strengthen and balance the muscles, tendons, and fascia around the joints. Most clients (and massage therapists) have both tight AND weak muscles and fascia. Both are usually involved with their pain. Loosening the tight muscles is only part of the solution!

Strong, yet flexible muscles provide more stability around the joints. The result is less chance of injury, quicker recovery times, and more natural, unrestricted movement. In this class, you will learn and practice Muscle Balancing and Joint Stabilization techniques that are easy to learn, easy to do for yourself, and easy to teach your clients, family, and friends.

This course draws upon extensive research, providing tools you can use to quickly identify and strengthen weak muscles and tendons around the joints - for yourself and for your clients. In order to help prevent injury and recover faster from existing injury, while doing repetitive movements (like mas-

sage) year after year, the joints need stability. Joint stability requires loosening of tight muscles AND strengthening weak muscles.

This class is the perfect way to help YOU and help Your Clients to keep doing what you and they want to do comfortably. As an example, I sprained my ankle once while doing some intensive rock-climbing. My ankle was okay enough to walk out of the woods and get home. But by evening, the inflammation had kicked in and I couldn't move my foot without a lot of pain. Meanwhile, I had a full load of clients scheduled for the next day.

I wasn't worried though, because I'd been doing the Muscle Balancing and Joint Stabilization techniques on myself daily. I woke up in the middle of the night and noticed that I was able to get up and walk with no pain. By morning, it was fine. I worked on a full day of clients, and I hardly noticed any discomfort in my ankle at all. These techniques work! Many of my clients, including athletes, desk workers, yoga instructors, massage therapists, car-

penters, musicians, and many more, have had similar experiences.

Here's how the Muscle Balancing techniques work:

Tight fascia (or connective tissue) can cause joint fixations that disrupt blood flow, lymphatic flow, and optimal nerve conduction. These processes are necessary for muscle-tendon strength around joints. When portions of the muscles and their tendons are weak, they tend to go dormant to protect against injury and to conserve resources.

The Muscle Balancing techniques wake up these 'sleeping' muscles and make them instantly stronger. You will see this for yourself right away in this class. Even people who appear strong, like weight lifters or body builders, will often show weakness around certain joints in response to muscle testing. Sometimes, muscles become chronically tight because they're compensating for weakness in other muscle-tendon units. Exercise does not always strengthen tight muscle-tendon units that are compromised due to fascial restrictions around the joints. The Muscle Balancing techniques do strengthen these units.

We, as professional massage therapists, often do a great job of loosening up tight muscles and releasing fascial restrictions, when we have the right tools (such as Direct-Indirect Technique). However, if the associated joint has some weakness and/or restriction, the other muscles and fascia around it often have to compensate, and they will tend to tighten up again very quickly. This is sometimes the pattern of a person who feels relief from a session for a short period of time, but starts hurting again soon afterwards.

continued on page 20

NEURAL RESET THERAPY® COMES TO FLORIDA

LAWRENCE WOODS



The very first Neural Reset Therapy® (NRT) workshop for the state of Florida was held in Orlando in March 2019. The students were amazed at how easy, fast, and effective NRT is for the treatment of trigger points in muscular tissue. Mindaloo Lao-Scott was the outstanding NRT instructor. Read what some of them wrote on their class evaluations: "Mindaloo was hands down the best instructor ever! I feel amazing and cannot wait to put this into practice." "I believe this is a game changer in the field of bodywork. Massage therapists will increase their career longevity and help so many more people out of pain with exceptional results." "So many more people are in need of this." "I know a lot of tricks for the pecs, but NRT beats them all!"

What the therapists have discovered is that NRT is truly a unique way of releasing muscles by more directly "talking" to the nervous system.

After all, muscles only do what the nervous system tells it to do. They do not act on their own. You were taught in massage school that you needed to stroke, pound, compress, squeeze, twist, or stretch muscles in order to get them to relax and release the trigger points. In fact, that has been the point of view for massage therapy instruction for thousands of years. What if all that was unnecessary?

Many of you have injured your bodies while trying to heal others. Is that a good thing? What about the client? Do they really have to be put through another deep tissue massage session in order to get relief? I certainly felt that way for many years as a certified neuromuscular therapist. It was not until I reviewed two laws of physiology that

were discovered more than a century ago that I realized that much faster and more effective results could be had without stressing the therapist or the client.

Allow me share a story that illustrates how truly unique NRT is. One day I received a phone call from one of my clients who was recovering in a nearby hospital after receiving knee replacement surgery two days earlier. The left knee joint that had been replaced was stuck in muscular spasm and would not allow her to bend it. As you may know, people need to start walking right after surgery so that adhesions will not form and cause a loss of range of motion. She said in desperation, "I need to participate in rehab but no one here can get my knee to bend so I can start walking. Please help me!" She was in luck because my next client was stuck in a meeting and could not come for her appointment. I drove over to the hospital right after her phone call.

What would you do as a therapist for this client? She weighed 350 pounds and was lying in a hospital bed. The newly operated knee was wrapped with gauze and oozing fluid. You could not do deep tissue work. You could not stretch or pull on the lower extremity. Lymph drainage ther-

apy could not be performed with all the soft tissue having been tightly bandaged around the affected area. A physical therapist could not apply electrical stimulation, hot compresses, or other modalities. The staff was stymied in trying to achieve any progress on getting this client through rehabilitation and to avoid complications after her surgery.

There was no worry or fear on my part. I simply walked over to the contralateral side of the body and performed a couple of NRT resets utilizing the mechanoreceptors embedded in the muscles that surrounded the knee that had not been operated on. Yes, you read that correctly. I walked over to the right side of her body to do something to communicate to the brain so that the left knee that had been operated on could freely move again. The NRT process creates a neurological reset to allow muscles to immediately normalize and release all trigger point activity. It may be performed on the same side

of the body where the target muscles are located or from the contralateral side. It took less than a minute to perform. She was immediately able to get up out of bed and participate in the rehabilitation exercises.

THE RESULTS
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TO DELIVER FOR
THEIR CLIENTS
ARE IMMEDIATE
AND LONG-
LASTING. THERE
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TO RUB OR
HOLD. THIS IS NOT
ENERGY MEDICINE.

continued on page 20

NEURAL RESET THERAPY® COMES TO FLORIDA

continued from page 19

The results that a therapist should expect to deliver for their clients are immediate and long-lasting. There are no newly discovered magical points to rub or hold. This is not energy medicine. NRT is based on Sherrington's Law of Reciprocal Inhibition and Pfluger's Law of Symmetry. These two laws of neurophysiology gave us a roadmap of how to directly access the control centers that govern muscular function. It was the overlaying of those two laws on top of our new scientific understanding, developed over the last decade or two, of how the brain actually works that led to the development of Neural Reset Therapy.

NRT gives the therapist new tools to work on previously inaccessible areas. Have you ever tried to release the iliopsoas muscle for a pregnant woman? You might think that you could possibly stretch it which would not be a good idea if it was heavily invested with trigger points. Positional release would be an option if the client was not very far along in the pregnancy.

You definitely would not want to do any direct work on this muscle in this situation. Try another scenario. Your new client comes in with pelvic floor disorder. NRT would allow you to easily reset these muscles without violating any practice acts or embarrassing your client.

If you are tired of doing the same old stuff and getting the same results, visit the NRT website to check on upcoming classes this year in the Florida area at neuralreset.net.

A message from FSMTA President, Crystal Howard:

In 2018, I traveled a considerable amount and found myself in a number of discussions with massage therapists throughout the US. Consistently, I was hearing from therapists praising the results they received through NRT and even telling me that NRT was practically the only modality they used. I was curious and began looking for information when I received a call from Mindaloo

Lao-Scott.

She was scheduled to teach a class at the Central Florida School of Massage Therapy in October but needed some assistance getting the word out. I informed her that I had not met one LMT in Central Florida that was utilizing NRT and callouts at our chapter meetings had shown that none of our members were practicing or had even heard of it. This is where the importance of an introductory CE class, like those we hold at our Chapter Meetings, comes in to play. Unfortunately, the Central Florida Chapter presentation schedule was already completed for 2019 but Mindaloo and I discussed a one hour class for LMTs in the Orlando and Tampa area to learn about the technique and receive a demonstration of its effectiveness. With the support of Central Florida and Tampa Bay FSMTA Chapters, we were able to assist in launching the first Neural Reset Therapy class in Florida. This is what our FSMTA community is about...sharing knowledge and supporting each other in success.

Muscle Balancing and Joint Stabilization Using Targeted Muscle Testing And Quick Self Fixes

continued from page 18

In this class, you learn how to quickly test and strengthen weak muscles and tendons around the joints, including spinal joints. For both You AND your Clients! A wonderful "side effect" when you help your clients create strength and balance around their joints is that it makes it easier for you to loosen up their tight muscles and fascia.

This class can help you, the therapist, maintain strength and well-being while you do your work - and any

other activities. And it can help your clients, too. I think it's something everyone can benefit from learning and using regularly. I use the techniques myself every day.

About the Instructor:

John Joseph Ray is a Master Massage Therapist, Author, and Continuing Education Provider. He has a passion for helping clients experience lasting relief from painful conditions. He enjoys teaching therapists how to help

their clients achieve optimum results, while taking good care of themselves as they work. Information about John and his classes can be found at RayofLightMassageTraining.com (or rolmt.net). John is a Board Approved Continuing Education Provider through the NCBTMB. His classes are listed with CE-Broker. He is a member of the Fascia Research Society.

FSMTA Social Media Guide

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