Reach Bulletin

AGM 2010 - SAVE THE DATE!

The AGM this year will be on the morning of Sunday, April 18th at the Regina Travelodge. More details to follow at a later date. Please plan to attend - this is your opportunity to help the Board of Directors set the direction for the Association for the coming year, and to voice your opinion on the issues that matter to you. There is no cost to attend this meeting - as a member it is your right and privilege. Attendance earns three primary credits.

If you have any questions or concerns that you wish to bring forward for the meeting, please send them to the MTAS Office in writing well in advance of the meeting. The Nominations Form (for Board positions) and the Motions Form are both on page 22 of this newsletter.

This year we are trying something different - instead of an annual conference in conjunction with the AGM, we are offering a single 2-day workshop. This will be held on Friday and Saturday, April 16th and 17th, also at the Regina Travelodge. The presenter is Jim Bilotta - Soft Tissue Release. The cost is $290.00 per person including illustrated manual, if registered before March 1st. Meals are not included, and this workshop is approved for 14 primary credits. You will be required to bring a massage table, linen, pillow and towel. Lotion is provided. The registration form is on page 12 of this newsletter. Please note that the maximum number of participants is 36, so registration will be on first come, first served basis. The registration form and payment must be sent to the MTAS office to guarantee your space. Note that we will not accept payments by telephone unless we already have your completed registration form on file.

A block of rooms has been reserved at the Regina Travelodge for April 15th, 16th and 17th at the special rate of $115.95 single or double occupancy. The cut-off date for room reservations is March 15th. Please quote block ID#47776 when making your reservations in order to receive the workshop room rate.

For more information on Jim Bilotta’s workshops, please visit his website at www.softtissuerelease.ca.

CON-ED WINDOW UPDATE

The new window runs from November 1st, 2009 to October 31st, 2012. Please see the table on page 15 to determine the number of credits you are required to earn during the next three years, according to your year of graduation.

We strongly advise you to submit your credits for addition to your file as you complete them rather than waiting until the end of the window. If you update your file via the website, please note that you must also still submit the paper proof of attendance otherwise your file will not be credited.

If you have any questions about your credits or are experiencing difficulties with the website, please contact the office at 306-384-7077.

www.saskmassagetherapy.com
MTAS BOARD OF DIRECTORS & STAFF
Jolene Rigg: Interim President
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Provincial Office:
Lori Green: Executive Director
Jayne L. Little: Executive Assistant

Tel: 306-384-7077 e-mail: mtas@sasktel.net
Fax: 306-384-7175
#16 - 1724 Quebec Avenue, Saskatoon, SK. S7K 1V9

BOARD REPORTS

SECRETARY - WANDA LOFSTROM
Welcome, fellow massage therapists, to my first contribution to the newsletter. It's been a long time coming.......we're all busy, aren't we?

Well I promised a review on social networking online but if you pay attention to the news or papers, you'll usually find someone educating us, so we all should have reviewed our privacy settings by now, am I right? No? Well, you'd better do it now. Good, that's done. Now pause for some reflection. Are you conducting your life in accordance with our Code of Ethics? Your career can be affected by what pops up when your name is Googled. I spent my morning trying to find someone on Face book and within the hour I had 2 responses to my query on the whereabouts of this person. I learned a bit more by navigating through the friends pages as well. Old posts from 2 years ago still exist on some pages.....time to clean up the comments! Take a trip down Face book memory lane today, pretend you've never been down that road and you will see Face book in a new light as you ponder the choices you have in controlling who sees what on your pages.

Oh, and back to that "we're all busy" comment, I'm happy to say that I am proud to have found the ability within me to give some time to our Board and our Association. Please take the time to consider joining.

P.S. Stay tuned for my story on recovering from fibromyalgia and chronic fatigue syndrome in the next newsletter.

MEMBERSHIP - DARLENE MCCOSHEN
Greetings and Happy New Year to all members!

I hope that you all survived Christmas and are looking forward to our 2010 year. I am very excited to be part of your Board in the Membership Director position.

I wish to strongly express the importance of being a member in good standing, paying your fees on time and completing the required credits during the current window. If massage therapy continues to grow as it is currently doing, and legislation appears closer all the time, we MUST all individually strive to remain professional in our work ethics. Due to the high number of late membership fees and uncompleted Con-Ed, the Board has raised the bar and penalties have been assessed - both monetary and by revoking memberships, which can lead to very unsatisfactory circumstances for your practice.

Again, I stress - please, please be aware of the 3-year window and do what is required of you in a timely fashion. You are highly regarded professional health care providers - let's keep it that way. The Board is always open to your ideas and concerns, however these must also be handled in a professional manner.

I look forward to hearing from you or meeting you at the upcoming AGM and wish you nothing but the best in 2010.

CONTINUING EDUCATION - BARBARA SCHULTZE
Creating a Continuing Education Plan

Taking responsibility for your future
To stay competitive in your field you need to stay on top of your game and keep up to date with changes that are happening in your industry. This requires

(Continued on page 3)
continuous learning, planning and setting personal
goals. To help with this you need to make a per-
sonal continuing education plan. Where do you
want to be professionally in 1, 3 or even 10 years
from now?

We are at the start of a new continuing education
window, a new year, a new decade ... time to con-
sider setting some goals for yourself professionally.
Once you have determined your goals, you can
then decide on a budget and time. Think long-
term ... and don't let your budget decide your
goals. Remember, you have a 3-year window to
reach your professional development goals. But
don't wait until the last minute and waste your op-
portunity to reach your goals by filling your calen-
dar with courses that simply meet the association’s
requirements for continuing education. It's your
career ... only you can take responsibility for the
direction it will take and the satisfaction you will get
from your work. Improving your professional
knowledge is a lifelong investment. Remaining up-
dated and current makes you more a more valuable
therapist and helps you stand out in your field.

Assess your skills
If you want to improve your professional knowl-
edge, you need to assess your current skills.

Basic Knowledge:
  Anatomy
  Pathology
  Physiology
  Kinesiology

Technical Skills:
  Massage Techniques
  Muscle Energy
  Myofascial Release
  Cranial Sacral Therapy
  Remedial Exercise
  Sports Massage

Other Skills:
  Social skills
  Complex skills such as problem solving
  Management skills

Assess your interests
The next step you need to take is to determine
your professional interests. These will create a
guide for your continuing education.

Technical skills – what would you like to refine,
 improve or learn?
Research - do you enjoy reading scientific stud-
ies, investigating problems?
Artistic – are you innovative and have great
ideas?
Social – do you like to work in groups; are you
concerned with the welfare of others?

There are many options available for you to achieve
your continuing education goals. The Continuing
Education Committee has worked very hard to cre-
ate a variety of educational opportunities to help
you along this path. In addition to conventional
course options, MTAS approved self-directed study
options in 2007. These include:
  • Mentoring
  • Case studies
  • Literature reviews: magazine article, book
    or video
  • Group study
  • Online and home study course options

Refer to your orange Con-Ed Handbook for the
application forms for these alternative methods of
earning credits.

Other ways you can achieve your education
goals:
If you have innovative ideas, like working in groups,
or are interested in helping form the direction of
your association – you may want to consider
attending your AGM (3 primary credits), par-
ticipating on an MTAS Committee or becoming
a Board Member (8 secondary credits per
window).

There are so many great opportunities available to
you as a member of MTAS. Make your plan now so
you can achieve your professional goals.

THOUGHT FOR THE DAY
An education isn't how much you have
committed to memory, or even how
much you know. It's being able to
differentiate between what you know
and what you don't.  - Anatole France

(Continued on page 4)
Happy New Year to all of our members. We have once again moved into a new membership year and have maintained a database of 788 members. We have welcomed 5 new graduates as members in December, after successfully mastering the MTAS exams. We lost a total of 42 members due to moving (9), retiring (12) or failure to meet the membership standards required (18), unknown (3).

Every year the office continues to receive calls from members enquiring about their continuing education credits, or their renewal date. The office begins to send out renewal letters at the end of August annually - included in this notice is your current status of competency credits.

This year we saw the window closing for competency. Many members were looking for alternative competency credits that were geographically and economically feasible. I would like to remind you that MTAS provides free access to “TouchU.ca” which has many opportunities for you to access competency credits from your home or workplace computer. This website is featured on page 16 of this newsletter. I also would like to remind members that there are several online courses available listed on our website, as well as alternative primary activities listed in the orange continuing education handbook, which was mailed out to all members. You can also download the handbook by visiting the MTAS website.

We are committed to providing our membership with open communication and transparency in the Board activities; we do this through the Reach Bulletin newsletters, e-mail notices and website. We encourage all members who have not visited the website to take a few minutes and review the current information that is available to you, as well as your to update your personal profile information for your competency credits and contact information.

We are currently looking for individuals to fill positions at the Board level. Not ready to commit to the Board? Why not try a committee? We are always looking for participants to assist us and continue to develop a strong and professional Association.

I look forward to seeing many of you again at the Annual General Meeting in Regina this year on Sunday, April 18, 2010.

Legislation Update

The last two Newsletters I have provided you with the “what” and the “why” of MTAS pursuing legislation. I am looking forward to eventually letting you know the “when” in the next two years. We realize that there are many myths and rumours surrounding the legislation of massage therapy and are attempting to address these items to provide you with knowledge of the importance of regulation for the public as well as the profession of massage therapy in Saskatchewan.

We are pleased to announce that the British Columbia Massage Therapists’ Association has confirmed their attendance at our Annual General Meeting to speak on regulation. We have also invited the Ontario Association (OMTA) to send representation as well - their attendance is pending.

It looks like New Brunswick will be regulated next - public notice of the intention to create “The College of Massage Therapists of New Brunswick” was recently published. The Act should be approved in the legislature by summer 2010.

I am still looking for interested individuals to work with me on the legislation documents and proposals. Please contact me at execdir.mtas@sasktel.net if you are willing to work on this important issue.

The Saskatchewan government has asked us to provide answers to the questions listed below, do you have any input?

PRIMARY CRITERIA

1. Whether the Association will serve to protect the public against incompetence and misconduct that could affect the life, health, welfare, safety or property of the public and whether it is in the public interest that the Association be given self-regulating powers.

2. Whether the governing body of the Association can distinguish between the public interest and the self-interest of the Association and its members, and in situations of conflict will resolve the matter on the side of protecting the public interest.

(Continued on page 5)
3. Whether the Association represents persons practicing an identifiable profession or occupation.
4. Whether the primary object of the Association is to advance the professional development of their profession or occupation.
5. Whether there are a sufficient number of persons engaged in the profession or occupation to warrant the exclusive use by those persons of a name identifying that profession or occupation.
6. Whether the Association represents a majority of persons in Saskatchewan engaged in the practice of their profession or occupation.
7. Whether the services to be provided by members of the Association are of such a nature as to justify a requirement of adequate qualifications.
8. Whether academic and experience requirements for registration as a member of the Association have been established and area capable of with- standing independent appraisal.
9. Whether the Association has well-defined objectives that are supported by its members.
10. Whether there is an appropriate regulatory alternative.
11. Whether the Association has the ability to set acceptable standards of ethical and professional practice and conduct and in particular has established its own bylaws and code of ethics.
12. Whether the granting of self-regulating status will permit a monopoly that could unduly restrict the number of persons licensed to practice or hinders service to the public.

NEWLY APPROVED HOME STUDY COURSES - PRIMARY CREDITS

To help members eliminate some of the costs associated with completing Con-Ed, we are trying to locate more on-line and home study courses. If you know of any courses that you think would be beneficial to other members, please let us know (course name, provider name and contact information) and we will do further research.

We are pleased to advise that the Con-Ed Committee has recently approved the following home study courses for primary credits:

Freedom From Pain Institute - Myoskeletal Alignment Techniques Volumes I & II.
Each volume is 20 primary credits.
Contact: www.erikdalton.com or 1-800-709-5054.
(See ad on page 25)

Joanne d’Amico Massage Therapy - Physiology Review for the Massage Therapist.
20 primary credits.
Contact: www.joannedamico.com or 905-309-6611.
(See ad on page 26).

RMT POSITION IN REGINA

Regina Rehab & Family Medical Clinic is a unique multi-disciplinary rehabilitation facility consisting of Family Medicine, Naturopathic Medicine, Chiropractic, Physical Therapy, Massage Therapy, Myofascial Release, Acupuncture, Hypnotherapy, and Counseling services.

We employ a dynamic, patient-focused, team-based approach to health and wellness, provide a superb learning environment both for massage and business, and have a great internal and external referral base.

Our clinic is a great place to learn and establish a great practice.

We are looking for full time and part time massage therapists. If you are interested in being part of our dynamic team, please send your resume to:

Bill C-56: Employment Insurance for the Self Employed

Full details may be found at: http://www.servicecanada.gc.ca/eng/sc/ei/faq_self_employed_workers.shtml#a33

What are these EI special benefits?
1. Maternity benefits (15 weeks maximum) are available to birth mothers only and cover the period surrounding birth (a claim can start up to 8 weeks before the expected birth date).
2. Parental benefits (35 weeks maximum) are available to biological or adoptive parents while they are caring for a newborn or newly adopted child. They may be taken by either parent or shared between them. If parents opt to share these benefits, only one waiting period must be served.
3. Sickness benefits (15 weeks maximum) may be paid to a person who is unable to work because of sickness, injury or quarantine.
Compassionate care benefits (6 weeks maximum) may be paid to persons who have to be away from work temporarily to provide care or support to a family member who is gravely ill with a significant risk of death.

To qualify for these benefits, self-employed workers must:
1. Belong to one of the following categories: Individuals who declare self-employed earnings when they file their tax return; or Employees whose employment by a corporation is excluded from insurable employment under the EI program because they control more than 40% of the voting shares of the corporation.
2. Opt into the program at least one year prior to claiming benefits and be responsible for making premium payments starting with the tax year in which they opt in to the program.
3. The self-employed pay the same premium rate that salaried employees currently pay. They are not required to pay the employer’s portion of the premium rate, as they do not have access to EI regular benefits.

The 2010 EI premium rate is $1.73 per $100 of insurable earnings. The 2010 EI premium rate for Quebec is $1.36 per $100 of insurable earnings. Starting in January 2006, Quebec began offering its own parental benefits program, giving rise to a rate that is different from that for the rest of Canada.

When would the measure be available?
1. Under the new legislation, self-employed Canadians are required to opt into the program at least one year prior to claiming benefits and are responsible for making premium payments starting with the tax year in which they opt in to the program.
2. The self-employed will be able to voluntarily opt into the EI program effective January 31, 2010, and those who register on or before April 1, 2010, will be able to collect benefits as early as January 1, 2011.
3. Payments of premiums for individuals opting in during the 2010 calendar year would be paid through their 2010 tax return. Self-employed workers can opt out of the program at the end of any tax year, as long as they have never received benefits.
Following up on our article in the last newsletter, this article discusses the basic **steps to acquiring a website** for your practice.

Acquiring a website, managing it and updating it can be as simple or as difficult as you want to make it. Just as you would "shop" before making a decision on a treatment facility or massage table for your practice, you should shop before acquiring a website provider.

One of the biggest mistakes therapists (or anyone else) can make when acquiring a website is to have a friend or a friend-of-a-friend create one for them. This friend may have the know-how to develop a website and may do it for a low price. BUT... in most cases they are NOT in the website business – it is a sideline for them. They will likely not be around for you down the road when you need them.

Recognize that not all websites are created equally. Cost effective website solutions for massage therapists DO exist and you don't need to spend $1000's of dollars to obtain a professional website. It pays to do your research!

**Plan your site**

Before you go off to find a service provider, you need to understand what you should be look for. What do you want in a website?

First, you will want to continue to reinforce your brand on your website. Use the colors and logo that identifies the practice in your website design – the ones you are using on your business cards, and letterhead.

Next, plan your website content – identify the information that you want to present to people about your practice. This will help you understand what services you should look for from a website provider.

A well planned massage therapy website should include:

**Educational content that educate your clients and potential clients:**

- What is massage therapy
- What are the benefits of massage therapy
- Who can benefit from massage therapy
- Answers to frequently asked questions
- Modality descriptions

**Marketing content that promotes you and your services:**

- Your hours of operation
- Offered treatments
- Treatment rates
- Directions to your practice
- Contact information
- Your qualifications
- Client testimonials

Value added content that enhances your client services (and save YOU time):

- Downloadable client intake form
- Online appointment scheduling

Product sale that make it easy for people to buy from you:

- Online gift certificate purchasing and electronic delivery

Acquiring website content is not a trivial task. Copyright laws prevent you from simply go out and copy what someone else has on their site or taking it from a book. You will need to create your own content OR look for a website solution that includes relevant massage therapy content. This will save your hours and hours of research and writing time.

**How to select a website provider**

Once you know what you want you can start looking for a solution. Here are some things to consider in your search for a service provider:

Ideally, try and partner with a solution provider that will take care of all of the technical aspects of putting your practice online – website creation, hosting, domain name acquisition, email accounts, e-commerce, etc.

We mentioned earlier the importance of website content. It is also important to keep that content fresh and up to date. With this in mind, look for solutions that will allow YOU to make simple website page edits and changes yourself – at no cost.

If the website provider needs to make all your content changes for you this will cost you money every time changes are required.

As much as you can, look for a one-stop solution. Value added website functions like appointment scheduling, gift certificate sales are important revenue building features of a website. Ideally, find a solutions provider that can deliver them all – this will save you from having to deal with more than one supplier.

While the above information is by no means an exhaustive list of facts, options and basic steps to acquiring a professional massage therapy website, the idea is to get you started in your research to acquiring a website for your practice. Thanks for your time!
MEMBER QUESTIONS

This column is in response to member questions on the satisfaction survey sent out at the end of last year. Since this was an anonymous questionnaire, we are not able to respond personally to individuals; however you are always welcome to contact the office at any time with your questions, issues or concerns.

1. **List of coming events.** This is on the left hand side of the home page of the MTAS website at www.saskmassagetherapy.com. There is no need to log in as a member to access this chronological list. Once workshops are over, the listings drop off and revolve to the next upcoming date. All workshops about which we have been informed are listed here. For a complete listing of ALL approved Con-Ed courses (does not always include workshop dates as some are older courses), you must log into the Members Only section of the website and go to “Continuing Education”.

2. **Annual holidays.** The minimum requirement for Saskatchewan is 3 weeks, increasing to 4 weeks after 10 years of employment. You can find the Saskatchewan Labour Standards Act at www.labour.gov.sk.ca.

3. **MTAS should do research into better and more useful Con-Ed workshops.** We require your input regarding what you would like to see us bring to Saskatchewan. What do you consider useful? Let us know the names and contact information for any presenters you think would be valuable.

4. **Con-Ed workshop costs seem excessive.** Workshops presented by MTAS are not designed to generate a profit - we must, however, cover all associated costs (travel, accommodation, space rental, equipment rental etc.) We have no control over the fees charged by other course providers.

5. **WCB/SGI rates are too low.** The Inter-governmental Affairs committee has worked hard with both of these government agencies to increase rates. According to WCB and SGI, massage therapists are at the same percentage rate as physiotherapists. Rates are determined by the average fees charged by massage therapists throughout province. Until we have all therapists charging a compatible fee in rural, small city and urban centres, our rates may be perceived as low by some therapists.

6. **Offer more Con-Ed courses in Regina.** We try to offer workshops equally in the larger centres. When bringing in speakers from out of province, transportation to smaller locations can be a challenge.

7. **MTAS should recognize more varied Con-Ed courses.** In order to receive primary credits, course content must fall within the scope of practice of massage therapy. See your orange Con-Ed handbook for more details.

8. **Number of years practice before Con-Ed is no longer required.** All members, regardless of length of practice, must complete the Con-Ed requirement during each three-year window.

9. **We need access to health benefits.** We already have a member health benefits package - provided by Wiegers Benefits. See their ad on page 19 of this newsletter. This member benefit has been available since April 2007.

10. **We need an on-line discussion forum.** This has been considered by the Board, however moderation of the forum would require a considerable investment of time by volunteers. The office staff are not therapists, so are not qualified to moderate.
The MTAS office is pleased to announce our new arrival——a brand new, high-performance, multi-function photocopier!

We are now able to offer basic printing services for members. Rates are as follows (8.5” x 11”):

Black and white......$0.10 per copy
Full colour..............$0.25 per copy

Please contact Jayne at the office for more details. Tel: 306-384-7077 or mtas@sasktel.net.

The MTAS office in Saskatoon has a spacious classroom available for members who would like to host meetings, seminars, training, information sessions, etc.

The room is 18ft. x 26ft., with washable floor, fluorescent lighting, ample electrical outlets and data line. It will comfortably accommodate 8-10 massage tables, boardroom for 16 people or classroom style for 18 people.

Please call Jayne at the MTAS office for viewing, availability and bookings.

<table>
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<tr>
<th>RENTAL RATES:</th>
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<tr>
<td><strong>Full day rate</strong></td>
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<tr>
<td>Between 8am - 4pm, Monday to Friday.</td>
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<tr>
<td>$75.00</td>
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<td>$56.25</td>
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Rentals include: 6 x 8ft. classroom tables; 1 x 6ft. classroom table; 12 executive chairs; 8 stacking chairs; kettle; coffee maker; coffee supplies and cups; water and glasses.

We now have 12 lab coats available for those of you who do not own one. These can be rented for use at the U of S/MTAS Cadaver labs for $5.00 each. Available on the day of the workshop - first come, first served.

Cash only please.

We need interesting/educational items for publication in future issues of the Reach Bulletin.

If you would like to contribute an article, literature review, news item, story, picture, etc., please send it to the MTAS office.
“Nerve Mobilization: Low Back & Lower Extremity”
with Doug Alexander  www.nervemobilization.com

May 15th and 16th, 2010 - 9:00am to 5:00pm
Travelodge Hotel – 4177 Albert Street South, Regina

14 primary credits
$375.00 early bird rate if paid in full before February 19th
OR
$425.00 if paid in full after February 19th
OR
$450.00 in two payments
(1st payment $225.00 before February 1st, 2nd payment $225.00 must be post-dated before April 16th)

Registrations will be accepted on a first come, first served basis and places will not be held without payment.
Limited class size - first 24 people to register will be accepted. Minimum 16 therapists required.
Please bring portable massage table, linens and lotion.
Cancellations before February 19th - full refund less $50.00 administration fee; cancellations after February 19th – no refunds will be given.

Nerve Mobilization: Low Back & Lower Extremity - Registration Form

Name: ___________________________________________  Address: ___________________________________________

City: ________________________  Postal code: ________________________  Phone (daytime): ________________________

E-mail: ________________________

PAYMENT INFORMATION:
VISA/MC (circle one)  Credit card #: ________________________  Exp. date: ______________
Chq #(s): _____________  Signature of cardholder (to authorize payment): ________________________

PLEASE CHECK ONE BOX TO INDICATE YOUR PAYMENT PREFERENCE:
[ ] I am paying in full before February 19th - $375.00.
[ ] I am paying in full after February 19th - $425.00.
[ ] I prefer 2 payments of $225.00 (please include one current-dated cheque and one cheque post-dated no later than April 16th; if paying by credit card, first payment will be upon receipt of form, final payment will be April 9th).

MY SIGNATURE ABOVE AUTHORIZES MTAS TO CHARGE MY CREDIT CARD WITH THE AMOUNT(S) SHOWN.

Please send registration form and payment to:
Massage Therapist Association of Saskatchewan, Inc.
#16-1724 Quebec Avenue Saskatoon, Sask. S7K 1V9

Tel: 306-384-7077  Fax: 306-384-7175  E-mail: mtas@sasktel.net

LAST DAY FOR REGISTRATION (SUBJECT TO SPACE AVAILABILITY) IS APRIL 16TH, 2010.
(Please note that payment without registration form will NOT be accepted)
MTAS Cadaver Workshop

By Dr. Adel Mohamed
University of Saskatchewan, Saskatoon
107 Wiggins Road, Health Sciences Building (Room # TBA)

“Review of the Back – Anatomy & Pathology”

Saturday March 13th, 2010

Time: 9:00 a.m. – 5:00 p.m.
Cost: $125.00 GST included, prepaid & non-refundable
Credits: 8 primary CEU’s
Lunch: Pizza and pop

First 30 people to register will be accepted. Register early to guarantee your spot. Please bring a notebook. You MUST wear a lab coat (new U of S rule). MTAS has 12 lab coats available to rent for $5.00 each – first come, first served. Cash payments will be accepted on the day of the workshop.

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MTAS Cadaver Workshop – The Back
Saturday, March 13th, 2010
Registration Form

Name: ___________________________________________ MTAS #: __________________________
Address: ____________________________________________________________________________
City: ___________________________________________ Postal code: __________________________
Phone (home): _________________________________ Phone (work): _________________________
E-mail address: ______________________________________________________________________
VISA/MC (circle one)Credit card #: ___________________________ Exp. date: _______________
Chq #: _________ Therapist signature: __________________________________________________
Total payment: $___________ I AUTHORIZE MTAS TO CHARGE MY CREDIT CARD WITH THE AMOUNT SHOWN

Please send registration form and payment, by March 1st, to:

Massage Therapist Association of Saskatchewan, Inc.
#16-1724 Quebec Avenue Saskatoon, Sask. S7K 1V9

Fax: 306-384-7175 E-mail: mtas@sasktel.net

(Please note that payment without registration form will NOT be accepted)
SOFT TISSUE RELEASE WORKSHOP - JIM BILOTTA
Friday, April 16th and Saturday, April 17th, 2010 (9:00am – 5:00pm)
Travelodge Hotel
4177 Albert Street South, Regina.

Don’t delay; space is limited to 36 participants!

Name: ___________________________ MTAS #: ___________________________
Address: __________________________________________________________________
City/Province/Postal Code: ____________________________________________________
Daytime telephone: ___________________________________________________________
E-mail: _____________________________________________________________________

COST (includes a colour comprehensive illustrated manual, lecture notes & certificate):
$290.00 if registered before March 1st ($325.00 after March 1st).

METHOD OF PAYMENT (please make cheque payable to MTAS):

VISA/MC (circle one) Credit card #: ___________________________ Exp. date: ____________
Chq #: ________ Therapist signature: _______________________________________________

Total payment: $__________ I AUTHORIZE MTAS TO CHARGE MY CREDIT CARD WITH THE AMOUNT SHOWN

CANCELLATION Policy:
This event is non-refundable due to the limited space availability.

Deadline for registration is March 15th, 2010. Once you are registered you will be sent a confirmation letter including all relevant information regarding the course, including hotel information.

For more information, please visit Jim’s website at
www.softtissuerelease.ca

For inquiries regarding registration, please contact:
Jayne L. Little - MTAS Office
Phone: 306-384-7077 Fax: 306-384-7175 E-mail: mtas@sasktel.net

RETURN REGISTRATION FORM AND PAYMENT TO:
MTAS
#16 - 1724 Quebec Avenue,
Saskatoon, Sask. S7K 1V9
“The Business of Extremities” Workshop

This seminar is a collaboration between the University of Regina and the Chiropractors’ Association of Sask. They have very generously extended an invitation to MTAS members and have applied for competency credits (pending approval).

The morning will focus on the business of running a practice in Saskatchewan and the afternoon with have an anatomy review, a radiology review, and sessions on the treatment and diagnosis of upper and lower extremity pathologies.

Saturday, March 20, 2010 from 8:00 am - 5:15 pm.
Registration fee (lunch included) - early bird: $200 (before February 28); $250 after February 28.
Centre for Kinesiology, Heath & Sport - University of Regina
3737 Wascana Parkway, Regina

Payment: cheque only; payable to the CAS, 3420A Hill Avenue, Regina, SK S4S 0W9.
Notification of registration withdrawal must be received in writing; a $50 administration fee will apply.
Submit registration form and cheque to: Chiropractors’ Association of Saskatchewan
3420A Hill Avenue, Regina, SK. S4S 0W9
For more information or to receive a registration form: Tel: 306-585-1411; Fax: 306-585-0685
E-mail: sengland@saskchiropractic.ca

Dr Vodder Manual Lymph Drainage - Basic Training Program
(Regina)
This is the first segment of four classes, and is a pre-requisite for Therapy I.
This is an intensive course involving extensive hands-on work. The basic strokes and their application to each body part are taught. The theory covers anatomy and physiology of the lymph vessel system, connective tissue, effects of MLD and contraindications. Lymphedemas are described with an emphasis on how Manual Lymph Drainage can affect them.

Class time: 40 hrs (practical 32 hrs, theory 8 hrs).
For further information go to:

Course cost $895.00.
Credits: 40 primary.
Contact:  Sylvia Krueger, RMT
Phone 306-757-7173
E-mail skrueger@sasktel.net

BOARD EXAMINATIONS
SUMMER 2010

The summer Board Examination dates are:

Saskatoon: June 12th and 13th
Regina: June 26th and 27th

Specific locations and times to be determined.

We will soon be sending out applications to those of you who are qualified as examiners - please save these dates.
We look forward to working with you all again.
SUGGESTIONS NEEDED FOR WORKSHOPS

We urgently need your input into the types of Con-Ed workshops and classes that you would like to see MTAS bring to Saskatchewan. Ideally we would like to provide 4-6 workshops each year, and hope to offer them in different locations, according to demand from the membership.

If there are specific presenters or topics in which you feel there may be significant interest from other members, please advise Jayne or Lori at the MTAS office with contact names and phone numbers of the presenters, so that we can plan for the coming year’s events.

REMEMBER: we do this for your benefit, to help you earn Con-Ed credits and grow professionally.
If we do not hear from you, it is difficult for us to know what to provide.

SPACE STILL AVAILABLE IN BOTH OF THESE UPCOMING WORKSHOPS:

**Cadaver Lab** on March 13th with Dr. Mohamed at the U of S. There are 7 spaces still available. See registration form on page 11 of this newsletter - registration deadline has been extended to March 1st.

**Doug Alexander Nerve Mobilization** on May 15th and 16th in Regina. 10 spaces still available. Registration form is on page 10 of this newsletter.

IF WE HAVE TO CANCEL THESE WORKSHOPS DUE TO LACK OF INTEREST, IT MAY AFFECT OUR ABILITY TO BRING THEM BACK. WE VALUE OUR RELATIONSHIPS WITH THESE EXCELLENT PRESENTERS AND DO NOT WISH TO JEOPARDIZE FUTURE EVENTS.

PLEASE REGISTER NOW!

CPR/ Standard First Aid

There seems to be some confusion over the requirement for these mandatory courses.

You are only required to recertify **EVERY THREE YEARS**.

This course qualifies for 5 primary credits, which may be counted once per window.
NEW BENEFIT FOR MEMBERS

We are very pleased to announce that Continuing Physical Therapy Education at the U of S has invited our members to participate in their new distance learning initiative, online learning. They have developed this in response to the challenges faced by the PT community with respect to how far people have to travel for courses in Sask., and the expenses incurred - the same challenges faced by many MTAS members. CPTE has developed an online learning initiative using the ECHO 360 video streaming format available at the U of S. They will be offering online video streaming learning opportunities now. The first one is FREE of charge so health professionals can see it and learn to use the format. The lecture is on "Meeting the Global Health Challenge - The Role of Rehabilitation". It is just over 60 minutes. Dr. Michel Landry, the Past President of the Canadian Physiotherapy Association, delivered the lecture. In the online version, learners will see the power points, SEE and HEAR the presenter, and can also answer the evaluation questions online!

All of the info is available on their website www.usask.ca/cpte. Future offerings will be listed there as well. The registration form for this first offering is available on the MTAS website (they have to register people even though this one is free, so they can provide a username and password to enter the interface), along with an instruction sheet.

As this is a free course, CPTE has not applied for Con-Ed credits, but we wanted to send this out to you anyway, so that everyone is aware of this new opportunity and technology. If our member response is positive, CPTE will consider having their courses approved for Con-Ed credits in the future.

As this is a U of S initiative, please do not contact the MTAS office with questions, as all of the information we have been given is included here. If you require additional information, you may contact:

Stacey Lovo Grona, BScPT, MSc, Program Director
Continuing Physical Therapy Education
Clinical Assistant Professor
School of Physical Therapy - University of Saskatchewan
Tel: 306-966-7473
stacey.lovogrona@usask.ca

CFES Fitness Knowledge Home Study Program

Approved by MTAS for 35 Primary Competency Credits

Registration fee: $195.00 [plus GST/S&H]

To find out more, call toll-free 1-877-494-5355 or visit our website: www.canadianfitness.net
Learn and Earn MTAS Approved Competency Credits Online - *Free!* at MassageTherapyPractice.com a.k.a. TouchU.ca

Learn and earn from the comfort of your own home, day or night, 24-7!

The website is fully automated with instant access to courses, streaming video clips, onsite testing and certificate generation. We also keep an account page for you where you can access all courses you have ever taken and reprint any certificates you may have lost!

TouchU also offers courses for Massage Clients as well as Massage Therapists and MTAS members get free access to them all!

**MTAS HAS PAID FOR ALL MEMBERS TO HAVE FREE ACCESS TO THIS SITE, SO WE WOULD LIKE TO SEE MANY MORE OF YOU SIGN UP AND USE THIS VALUABLE RESOURCE.** You will have to create an account on the new web site. This is done by clicking on the “Sign Up Now” button (circled in the image at right).

Enter your contact information in the screen that opens next and make sure that you enter the MTAS Association discount code of *mqrzy43xj997* (circled in the lower image at right).

Whenever you would like to take a course, log in and “purchase” the course for $0.00. You will not be asked for any credit card information, but do complete the shopping cart process.

Then the course will be instantly available to you by clicking on the course name in the menu bar at the left or by accessing it via your account page.

**New ... Stability Ball Course**

**Upcoming... Fascial Anatomy!**
Get Online with the Massage Therapy Website that makes the difference

Free Trial
www.massagemanEdger.com

Here is what you get:

A professional massage therapy website
   You’re a professional, you site should be too

On-line bookings
   Eliminate nearly 90% of your phone tag

Electronic client records including SOAP
   Minimize your paper files

Client billing including financial reports
   You and your accountant will love this

Marketing tools
   Bring new clients close & existing clients closer

Much much more
**Member Competency Credit Requirements 2009-2015**

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<td>Con-Ed Window I</td>
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**Explanation of table:**
1. All Graduates 2007 and before require 40 credits in each window.
2. 2008 Graduates require 26 credits in CE I and 40 credits in CE II.
3. 2009 Graduates require 13 credits in CE I and 40 credits in CE II.
4. 2010 Graduates require 0 credits in CE I and 40 credits in CE II.
5. 2011 Graduates require 0 credits in CE I and 26 credits in CE II.
6. 2012 Graduates require 0 credits in CE I and 13 credits in CE II.
7. 2013 and 2014 Graduates require 0 credits in CE I and CE II.

**Continuing Education Requirements** - MTAS believes it is important to let members develop in their own direction and that it is also prudent that members keep public safety and their professional reputation the primary concern. Therefore a baseline of 40 competency credits over a three-year period had been established as a reasonable minimum level of effort for members to keep trained and current.

**Grace Period for New Graduates** - New members who have just graduated from a 2200-hour massage program and have successfully completed the MTAS Board Examination will have a grace period of two (2) years before being required to earn education credits. This two-year period is interpreted as beginning the year after the year of graduation, (e.g. a 2009 graduate’s grace period would be 2010-2011). New graduates will be permitted to carry forward up to and including a maximum of 40 competency credits earned during this time.

**Competency Credits (formerly known as Con-Ed Units or CEUs)** - Are classified as primary (primary knowledge/technical massage related courses) and secondary (other related modalities or subjects – maximum of 12 credits). The policy requires 40 credits (28 primary minimum) in a three-year period. Credits are considered only for courses taken AFTER graduation.

**Carry Over** - Credits for secondary courses cannot be carried over into the next window. Credits for primary courses (not required to meet the current 3-year window requirements) can be carried beyond the three-year period to a maximum of ten (10) credits (primary) into the next period. (MTAS Committee Policy and Procedures – February 25, 2001).

**Subject to change**
Long-Term Care Insurance

Looking after yourself tomorrow...starting today

People are living longer today than ever before.
- According to Statistics Canada, 21% of the population will be over the age of 65 by the year 2026. We’re living longer because we’re taking better care of ourselves through exercise, better eating habits and improved healthcare.

But living longer costs money...
- It is characteristically Canadian to think that the government will look after us in our old age. The reality, however, will likely be quite different. If you become chronically disabled or mentally impaired, your provincial government plan might cover only a portion of the care, assistance and supervision you may need.

…and long-term care is expensive.
- In terms of numbers, private nursing homes can cost more than $3,000 per month. Government nursing homes can cost less but often have incredibly long waiting lists. Home care providers, charge a rate of approximately $35 per hour. Less skilled care, like assistance with eating or light housework, can cost over $15 per hour.

What’s the solution?
- Long-term care insurance provides you with the service and support you need to maintain your day-to-day activities should a chronic illness or cognitive impairment keep you from being able to take care of yourself. It permits you also to receive the care you need in the comfort of either your own home or a nursing home. Long-term care insurance is an important part of your financial strategy, protecting you against what might happen tomorrow.

Information courtesy of Manulife Financial at ttp://www.manulife.ca/Canada/lk2.msI/Public/LB_LC.
**Review of Course: Myofascial Mobilization & Release**

Instructor: Natale Rao  
Held: October 2009 in Regina  
Written by: Dianne Fraser RMT

Here we go again. It’s the first morning of the course and we’re about to take turns introducing ourselves and stating why we’re there. We can all appreciate the importance of this exercise, but how many times in a person’s career does one have to do this? Wait, this is a new variation – we break up into pairs, interview our partner, then introduce them to the group. A fresh take on an old method.

Freshness and intelligence were themes that ran throughout this myofascial course. For those in the class that had experience in myofascial release, the instructor had lots to offer in enriching our understanding. For those that were new to fascia work, he gave a beautifully descriptive and concise introduction to the structure and function of fascia. The instructor, Natale Rao, is soft spoken, enthusiastic and has a fun sense of humour. He has a way of putting everyone at ease, creating a relaxed but focused learning environment.

With 22 students in the class, I was impressed with Natale’s diligence in making sure he got around to each participant on every technique to check for accuracy and comprehension. His corrections were directed not only on the technique being practiced but also on the therapist’s body positioning, posture and degree of effort. He consistently placed his hand on top of each therapist’s hand to encourage us to get the “feel” of fascia technique. Assessment technique covered both visual and hands on skills, showing us how to read the tissue and detect fascial restrictions through palpation.

Natale’s teaching style is interactive, encouraging questions and discussion. His lectures were supplemented with excellent slides and we got an opportunity to view the extraordinary video, “Strolling Under the Skin”, that was such a big hit at the first International Fascia Research Conference. I found the course to be hugely relevant and easily integrated into a clinical therapy setting.

Natale came to Regina from BC, where he runs a massage practice in Salmon Arm, one with a focus on myofascial therapy. With 30 years of experience as a massage therapist and 20 years as a faculty member of the West Coast College of Massage, Natale has a depth of knowledge that is apparent in his clinical techniques and thoughtful answers.

So what brings a massage therapist/instructor from small town BC to Saskatchewan? Having an interest in physical therapy, I often seek out massage therapists when I travel. When in NYC in 2007 I had a treatment at Taylor Techniques from Carrie Taylor who specializes in myofascial release. I have experienced different types of fascia work and I found her approach especially effective. Looking to enhance my training in myofascial therapy, I asked where I could go to learn this type of work. She gave me Natale Rao’s name with her highest recommendation. Turns out she’s a Canadian, was a student of Natale’s at the West Coast College of Massage in Vancouver and both her parents grew up in Melville, Saskatchewan.

I give this course a high rating for the effectiveness of the techniques, the extensive knowledge of the instructor and the quality of the teaching. I look forward to Natale Rao’s return to Saskatchewan as he has five other courses in myofascial therapy that he’s designed and is currently teaching in BC and Alberta.

Natale Rao
On August 29, 2009, I was slated to present my research on the same program as a world renowned physiotherapist. My research was on how innominate bone position testing or APAS testing was superior to the current focus on SIJ testing in cases of low back pain. The audience composed of physiotherapists at the doctorate and masters levels.

How does it feel to address such a knowledgeable audience? It is rather intimidating, not to address the audience, but to consider the level of questions afterwards, in the question period. Thankfully, the questions were not extremely difficult to answer.

The presentation consisted of a 1.5 hour lecture presentation and a 2.5 hour demonstration presentation.

In the lecture, I focused on how the majority of disciplines are looking at the SIJ testing and not at innominate bone position tests. I used the example of the book entitled MOVEMENT, STABILITY AND LOW BACK PAIN as edited by ANDRY VLEEMING of the Netherlands (now residing in Belgium), who heads the Spine and Joint Clinic in the Netherlands and with whom I have personally spoken about this subject. In this book, which was a compilation of papers by the most eminent of physiotherapists, chiropractors and medical persons, the consideration of SIJ testing was given high priority (3.5 pages of references in the index) and nothing was mentioned about the adductors in low back pain.

I asked: Could we be focused on an illusion? I showed how the standard standing SIJ test is flawed. How? I showed that for every positive of the standard standing SIJ test which is of the landmarks of PSIS to sacrum with hip flexion or torso flexion, a negative is shown in the same test using the PSIS to sacrum landmarks and substituting hip ABD for hip flexion. The supposed stuck SIJ in hip flexion and/or torso flexion has the PSIS move superior and lateral to the sacrum. How can a "stuck" SIJ move apart when hip ABD is used after a showing of a "stuck" joint in hip or torso flexion?

I showed two new tests to the group that are not in use today anywhere that I know of:

1. The SIJ hip ABD test using the PSIS to Sacrum with hip ABD.
2. The APAS or standing innominate bone position test using the landmarks of ASIS to ASIS, PSIS to PSIS, and ASIS to PSIS (R&L) with hip ABD using the 25 cm increments to the allowable for the patient being tested.

Next, the outcome of each test was discussed and the indicated therapy protocol. After a break, during the demonstration time, several of the physiotherapists asked to be treated as present methods had not addressed their particular problem. All were impressed. One very difficult case was brought in for me to assess and provide guidance during therapy. The client showed a great change in postural factors and was very impressed.

The experience has given me confidence to present this to other institutions. I will soon be at Corbett Hall in the U of Alberta to give a presentation to a professor in the Physical Rehabilitation Department during February. Further, I have been contacted by Dr. H. Chen of the U of T. He has referred me to contact a professor at the U of BC. It will be interesting where this will take me.

Research involves knowing your subject well, but seeing it from a new angle - one that others have missed or overlooked. This method will make all more effective in low back pain treatment. I feel that physiotherapy will become more effective, but I have not received as much interest from other disciplines. However, I feel that many would benefit from this new test. I have had limited contact from the chiropractic field. Some medical practitioners have come to my office to see how the protocol works.

A research paper on this subject was to be published by a Jeremiah Jorgensen of the USA, but I am not sure of the status of his research at present. Another physio from Texas would also like to do a paper on this topic for her Masters level project. The future will be interesting.

Those who would like to contact me about the research may phone me at 306-825-8889 or by e-mail at dtias@sasktel.net.

Best regards,

Ed Liepert, CNMT, NA, Physio Aide
MTAS Provincial Board of Directors
Nomination Form

According to the MTAS BYLAWS the Provincial Board of Directors shall consist of no less than nine provincial representatives. All Directors are to be nominated at the Annual General Meeting. Board members are required to attend a minimum of six Board meetings per year and participate in MTAS committee work. As a Board member, you have the opportunity to create support for and advance the profession of Massage Therapy in Saskatchewan. To sit as a member on the Board you must be a member in good standing, and have a full practicing membership. You or anyone you nominate cannot participate on the Board if you are a student, hold a non-practicing membership, are an administrator or instructor at a massage therapy school, hold auxiliary status, or own a business that may be a conflict.

As a member in good standing of the Massage Therapist Association Inc, I hereby submit my name to stand for election to the Provincial Board of Directors.

NAME: __________________________________________________

ADDRESS/CITY/PC: ___________________________________________________________________________

PHONE: (HM) _________________ (WK) __________________  (FAX) ______________________

E-MAIL: __________________________________________________

SIGNATURE: ___________________________ DATE:_____________________

Directors’ terms of office:
Directors serve a recommended term of two years and not more than three consecutive terms.

* Please attach a brief biography with your form *

Massage Therapist Association of Saskatchewan, Inc.
Annual General Meeting - Motion Form

Date: __________________

Motion: _____________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

Moved by: _____________________________

Seconded by: ___________________________

* Please write neatly and clearly *


**Get a HANDLE On Neurodevelopmental Differences**

A 12-hour course that will forever change your strategies in dealing with learning & behavioural challenges

**Saturday, May 1st and Sunday, May 2nd, 2010**

9:00 am to 4:30 pm

Regina Ramada Hotel and Convention Centre
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HANDLE® (Holistic Approach to NeuroDevelopment and Learning Efficiency) is an effective non-drug treatment alternative for people of all ages, and for a wide range of issues, including:

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- general learning disabilities

“The HANDLE treatment approach has changed how I both evaluate and provide treatment to all the individuals and families that I see. HANDLE provides a method to address the underlying issues of the diverse pediatric population that I work with. It combines many different frames of reference into one easy to implement approach that my families have found easy to perform in their homes. HANDLE makes difficult and perplexing problems easier to understand while providing effective holistic methods of treatment. It makes you see peoples actions in a truly new way.” J.H., OTR/L

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International lecturer, author, and
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(NCBTMB) as a continuing education Approved Provider.
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- Myrtle Beach, SC • March 19-21
- San Jose, Costa Rica • May 1-8
- Los Angeles • May 21-23
- West Palm Beach, FL • June 18-20
- Providence, RI • July 23-25
- Seattle, WA • Aug. 27-29
- Richmond, VA • Sept. 24-26
- Tucson, AZ • Oct. 22-24
- Austin, TX • Nov. 19-21

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Joanne D’Amico RN, RMT  
www.joannedamico.com  
jdamico@cogeco.ca OR Tel: 905-309-6611
Visceral, Neural & Global Joint Manual Therapy Seminars

An integrative approach to evaluation and treatment of any musculoskeletal dysfunction requires assessment of the structural relationships between the viscera, and their fascial or ligamentous attachments to the musculoskeletal system. All viscera have physiological motion that relates to normal pain-free movement; so knowledge of these relationships and the anatomy involved are essential to see patients within an integrated framework (Visceral Manipulation).

An integrated approach also requires attention to mechanical relationships between the cranium/spine hard frame to the dura and neural elements. Neural Manipulation provides assessment and treatment approaches to address restrictions of the dural and neural components not commonly focused on with musculoskeletal symptoms.

Global Joint Treatment applies an integrative approach to the treatment of joints. It evaluates all aspects of the joint including the nerve, artery, bone, capsule, and ligaments, as well as visceral and emotional connections. It incorporates soft tissue mobilization of the associated bones while looking at direct and indirect relationships between the bones of the body.

Visceral Manipulation:
- Organ-Specific Fascial Mobilization; Abdomen 1 (VM1)
  - Apr 15-18 Ottawa, ON
  - Oct 14-17 Calgary, AB
  - Nov 4-7 Vancouver, BC
  For additional courses in North America, go to www.barralinstitute.com

Neural Manipulation: Neuromeningeal Manipulation;
An Integrative Approach to Trauma (NM1)
- Nov 5-7 Albuquerque, NM

Global Joint Treatment
- Jul 10-12 Palm Beach, FL (GJTU Upper)
- Jul 15-17 Palm Beach, FL (GJTL Lower)
- Jul 23-25 Sedona, AZ (GJTS Spine)
- Jul 29-31 New Orleans, LA (GJTS Spine)

Fascial and Membrane Technique
- Oct 22-25 Seattle, WA (FMT Torso)
- Oct 27-30 Seattle, WA (FMT Extremities)
- Nov 3-6 Harmac, Mexico (FMT Cranium)

Muscle Energy - Upper & Lower Quadrant
- Jun 25-27 Chicago, IL (MET Lower)
- Aug 6-8 Boston, MA (MET Upper)
- Aug 27-29 Seattle, WA (MET Lower)
- Oct 15-17 Calgary, AB (MET Upper)
- Dec 10-12 New York, NY (MET Lower)

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Size: 12” x 18”.

EDUCATIONAL BROCHURES

Full-colour promotional brochures are available from the MTAS office in bundles of 25 (minimum order 25), at the production cost price of $0.20 each.

The price includes GST.

25 brochures - $5.00
50 brochures - $10.00

Shipping for up to 50 brochures is by Canada Post and is included in the above prices.

For larger orders, shipping will be by bus or Canada Post, whichever is least costly, and shipping charges will apply. Please contact us for more information.