



Sunday News – August 22, 2021 – Sunday, for many is a time that they set aside to do the things that they love, like playing a game with family, or reading the latest book on their reading pile, or just enjoying a cup of coffee while reading the latest edition of this news and research highlights for the week. Our #DadJoke question for this week – Which word in the dictionary is always spelled wrong? Find the groaner answer to this later in the post, and while your looking visit some of the material we are highlighting this week. After all trying to learn something new every day is an easy lifelong challenge we can all accept.

Our first highlight this week examines whether massage be the alternative to opioids? Check out this article about what is happening stateside - <https://www.massagemag.com/the-nopain-act-could-open-the-door-to-massage-therapy-as-an-alternative-to-opioids-129981/>

Where to work – it is a question that challenges the new graduate, as well as those who have been in the profession for years – here is an article that takes a look at massage in rural communities – check it out - <https://www.massagetherapycanada.com/thinking-big-in-a-small-town-exploring-the-benefits-and-obstacles-of-practising-in-a-rural-area/>

If you use lasers in your clinical practice here is a case study that you may want to check out!
Case Study: Low Level Laser Therapy for Radial Nerve Palsy

Laser Therapy Protocols: Adopted the 1000 mW semi-conductor laser device was used, delivering 830 nm in continuous wave at a dose of 20.1 J/cm² /point, and five points were treated per session (i.e., 1 treatment) twice a week for 3 months (total 24 treatments)

Conclusion: The present study demonstrated that LLLT was an effective form of treatment for radial nerve palsy. In addition, patients were advised to avoid any incorrect posture which might induce radial nerve palsy.

Read the full journal article here - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5958237/>

Do you have stomach sleeping clients who complain about neck and shoulder pain when they are waking up – if so, then this is an article that you will want to take a good look at - <https://erikdalton.com/blog/stomach-sleepers-headache/>

Sex and Gender – here is a great article on the differences between the two, and why both matter when it comes to health research – check it out here - <https://theconversation.com/the-difference-between-sex-and-gender-and-why-both-matter-in-health-research-162746>

And finally check out our FOUI article (totally not related to Massage or Manual Osteopathic Therapy in any way) – Sometimes you find some very interesting things even when you are not looking – check out this story of a sword found during backyard renovations - <https://www.cbc.ca/news/canada/ottawa/sword-found-ottawa-backyard-mystery-1.6121923>

#DadJoke answer, for the laugh... W-R-O-N-G, of course!

The 10 AM September 3rd Course Registration deadline for this years CMMOTA Fall Conference in coming up fast, but you can still register to attend one of the 10 in person Continuing Education Courses that are being offered this year at the CMMOTA Fall Conference – check them all out by visiting <https://www.eventbrite.ca/e/cmmota-2021-conference-tickets-152131811343> Courses are getting full, with several close to being sold out so register now



before the spots fill and you miss out on a course that you have been waiting to take in person.

Members – did you know that your membership includes Member Perks? Here is our membership perk highlight for the week. Noterro is just one of the many different software programs used for client charting, but did you know that CMMOTA Members get a 25% discount for the software? To find out more about this and other member perks, contact info@cmmota.com.

Not yet a member of CMMOTA?? – there is no better time to start the process of joining our growing association that right now - here is the link to our application page - <https://app.cmmota.com/apply>

Do you have a podcast/blog/article/YouTube source that you would be interested in potentially having us share? If so, please send a link to jeremy@cmmota.com.

Strong Hands, Strong Hearts, Strong Minds!
The CMMOTA Team