



Sunday News – September 5, 2021 – Happy Long Weekend! With this being the unofficial start of fall, this week’s #DadJoke is a must – What do you call a pumpkin that watches over you? To find the punchline of this Dad Joke read through this post, and while your reading, check out the news and research articles we are highlighting this week!

Self Care is so incredibly important for Career Longevity as a Therapist. Here is a great article surrounding self care for the shoulder – be sure to check it out - <https://www.massagemag.com/self-care-of-the-shoulder-with-active-isolated-stretching-130221/>

We have all heard that exercise is essential to health, but here is a great article that highlights how exercise helps muscle health – check it out here -

<https://www.massagetherapycanada.com/how-exercise-sparks-the-growth-of-blood-vessels/>

It has been a few weeks since we highlighted a podcast – but this is one that should not be missed. As it is the long weekend, find the time to have a listen on the importance of Massage Therapists learning from other Massage Therapists – here is the link to this 45-minute podcast - <https://themtdc.com/rmts-learning-from-rmts/>

For those of you who run your own business, if you find yourself struggling to draw attention to your business through advertising, then this article is one that you may want to have a read through - <https://emilyrudow.com/blog/my-writing-process-and-how-to-use-framing-to-produce-consistent-creative-output/>

Not everyone will like this article, but with the world of massage therapy moving quickly to evidence informed or evidence based practice, this article is something for therapists to consider – entitled “The Myth of Healing Hands” - <https://www.painscience.com/articles/therapeutic-touch.php>

And finally check out our FOUI article (totally not related to Massage or Manual Osteopathic Therapy in any way) – Did you know that rattlesnakes make different sounds with their tails based on threat? – read this interesting article to find out more - <https://www.msn.com/en-ca/news/technology/rattlesnakes-change-their-rattle-frequency-based-on-nearby-threats/ar-AANvdfc?ocid=mailsignout>

Members – did you know that your membership includes Member Perks? Here is our membership perk highlight for the week. As a member you have access to some great online courses at www.pdworkshops.ca! To find out more about this and other member perks, contact info@cmmota.com.





#DadJoke punchline – A body-gourd. (is that dead pan silence I hear? - 😏)

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