



Sunday News – February 6, 2022 – Well, you made it this far, and you never ended up like Bill Murray, stuck repeating the same day, over and over and over and... well you remember the movie! We hope that the groundhog near you forecast a short, and not a long remainder to winter. Nevertheless, if the forecast is bad, today's article offering should help to brighten your day! Speaking of repeating things, did you know that we never use the same #DadJoke question of the day twice, so keeping in that tradition, here is your #DadJoke of the day – "What is a trumpet player's favorite month of the year?" Think you know – well to be sure, read on – the answer is there somewhere...

Learning from the experiences of others is one definition of wisdom, and this podcast series is one that is highly recommended. 10 Episodes (and counting), each is packed with great information, for the student, or the master. Check out Let's Talk Massage with Randy Ellingson – visit <https://open.spotify.com/show/0q6Tbxum4YvRQrnWe3skH4?si=4zQIPW5XQWuEN9KNGZSTIQ&nd=1>

"As massage therapists, we're often told we need to keep up with the latest research to make sure our practice is as evidence-based as possible. Unfortunately, many of us have very little experience in reading and evaluating research, so keeping up with the newest evidence can be intimidating. How do we know if a particular piece of research is good, and should be considered when we create our treatment plans?" Continue reading here - <http://www.rmtedu.com/blog/guide-to-reading-massage-therapy-research>

Have you ever wondered what muscle repair looks like? This fascinating article showcases a recent discovery of just what happens as muscles repair themselves after a working. These are stunning images that show the process. They say a picture is worth a 1000 words, and we think this article is definitely worth the time you will invest to read it - <https://www.livescience.com/muscle-repair-by-roaming-nuclei>

Understanding what the body is dealing with, and how pain may be manifesting in your clients is part of the key to unlocking successful treatment. This article takes a look at one of the causes of pain – neuroinflammation – and does a deep dive into this common factor in many chronic health conditions. Read all about it here - <https://toddhargrove.substack.com/p/neuroinflammation>

This link is not to a specific article, but rather a massive resource for therapists. The International Journal of Therapeutic Massage and Bodywork is the go to scientific journal of massage therapy. Here is the link to this valuable resource - <https://ijtmb.org/index.php/ijtmb>

Self Care – it has been said before, but bears repeating often – we must take care of ourselves as therapists first, or we will be of no long-lasting help to our clients. This article highlights 6 Tools you should have in your self care toolbox. To fill your toolbox, just follow the link - <https://www.massagemag.com/6-tools-for-your-self-care-toolbox-132609/>

Shiatsu, and acupressure – this article takes a look at these two distinct, similar and yet separate modalities. Have a read by visiting - <https://ijtmb.org/index.php/ijtmb/article/view/391>

"After 'pain science' and 'biopsychosocial' the latest buzz word on our horizon seems to be 'patient-centered care' or PCC for short. Now for a buzzword, it is pretty poorly defined and we don't really have a strict description, but I think PCC is really how we should be implementing the BioPsychoSocial (BPS) model and what the BPS model was really meant to be about rather than the more pain focused version we have today.



This blog aims to focus on how we might apply PCC in the context of an active approach to treatment but don't be surprised if it meanders off course a bit." Continue reading here: <https://themtdc.com/a-simple-guide-to-patient-centred-exercise/>

"Why does exercise make you feel good? The popular idea is that exercise gives you "endorphins," and this explanation is actually not far from the mark. The word endorphin is short for endogenous morphine, which is an opioid "drug" that may start to flow when you move. In this post, I'll provide a detailed discussion of various mechanisms for "exercise induced analgesia" including activation of the body's pain inhibitory system. We need this system working well not just so we can get a runner's high, but to help prevent chronic pain. Regular physical activity might be the best way to maintain its health and proper function." Continue reading here: <https://www.bettermovement.org/blog/2020/exercise-induced-analgesia>

Finally – here is our FOUI article of the week – well, ok, not an article – instead, we have a podcast! If you want to fill your head with random knowledge, then this is right up your alley! Believe it or not someone has developed a FOUI podcast – and just in case you have been wondering what FOUI stands for – it is Fountain of Useless Information... check it out here, there are hours and hours, well ok, only 6 episodes, that you can listen to and learn all kinds of new, interesting, or who knows what – that's why its FOUI..... - <https://podcasts.apple.com/us/podcast/fountain-of-useless-knowledge/id1537549157>

Members – have you got accident insurance? You know, the kind that protects you by providing coverage if you tumble down the ski hill, or dislocate your shoulder playing hockey, or slice your fingers installing that new flooring in your clinic space. If your answer is no, then you really need to check out this member perk! Our insurance broker, Dusyk and Barlow has an incredible accident insurance plan that is exclusively available to CMMOTA members. Get yourself protected today! For more details about this and other CMMOTA membership perks, contact info@cmmota.com.

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Not yet a member of CMMOTA?? – there is no better time to start the process of joining our nearly 2000 members than 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.

#DadJoke answer – March! 😊
Happy February Everyone!

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