

Sunday News – February 13, 2022 – Do you find it hard to believe that we are almost halfway through the month. We want to remind you that tomorrow is Valentine’s Day – the day for love, to remind you to value those you love, and treat them a little extra special tomorrow. For today however, it is time to make a little time for yourself, to learn something new, or to refresh your knowledge base. So go grab a piece of velvet chocolate cake, and a glass of milk, and have a read. But first, seeing as we are almost halfway through the month here is our #DadJoke question of the day – “On a leap year how many months have 28 days?” Think you know – well to be sure, read on – the answer is there somewhere...

This article is one that will resonate with both Massage and Manual Osteopathic Therapists. Craniosacral technique is one that has become widely popular among therapists. This article, written by Karen Axelrod – an instructor for Upledger Institute, asks the question – what is the craniosacral still point? To find her answer visit

<https://www.massagemag.com/what-is-the-craniosacral-still-point-128122/>

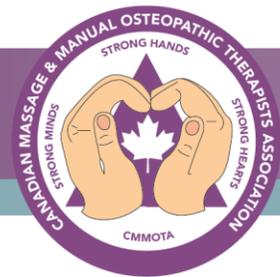
If you have clients that are using foam rollers as part of their home care, this is one research article that you should have a read through – entitled “*Perceived Pain Responses to Foam Rolling Associate with Basal Heart Rate Variability*” it was published in the June 2021 edition of the International Journal of Therapeutic Massage and Bodywork. You can find the full article here - <https://ijtmb.org/index.php/ijtmb/article/view/633/717>

Have you been finding an increase in TMJ presentation in your practice. If you have, you are not alone. Here is an article from a study coming out of Israel that looks at teeth grinding and facial pain due to COVID stress and anxiety. Have a look - <https://www.massagetherapycanada.com/teeth-grinding-and-facial-pain-increase-due-to-coronavirus-stress-and-anxiety/>

Podcast Highlight – as you know if you read the Sunday News on a regular basis, we like to find a good podcast to share regularly. This podcast episode of the Massage Matter Podcast is a San Diego Pain Summit Preview. Here is the introduction: “A 3-day conference in San Diego, during a wet and miserable February back home in England? Where do we sign up?! Yes, Matt has managed to finagle his way to attending the 2022 San Diego Pain Summit - but what is it, and why is it such an important conference? Rajam Roose, former massage therapist and founder and CEO of The San Diego Pain Summit, joins The Massage Collective to fill us in on the history of the summit - how it grew from the need for an event where participants could learn clinically relevant applications of pain research, how getting the first years Keynote speaker (Lorimer Moseley!) was a game changer, how the evening hot tubs and fire-pits result in amazing connections (we’re looking at you Adam Meakins & Ben Cormack’s Better Clinician Project!), plus how this years summit is shaping up to be the most interactive yet - whether you are there in person or joining online from the comfort of your sofa.” Have a listen by following this link - <https://podcasts.apple.com/gb/podcast/session-32-san-diego-pain-summit-preview-with-rajam-roose/id1530230556?i=1000550189488>

Have you ever wondered if the work you do as a therapist produces better results than, say an ice bath following exercise? Wonder no longer – have a read of this article which answers that question - <https://runningmagazine.ca/sections/training/injuries/study-massage-beats-ice-bath-for-improving-recovery/>





Smell. It alerts us to the world around us. Close your eyes for just a second and focus in on what scents you have currently surrounding you. Aromatherapy is another of those modalities that has been gaining in popularity over the last number of years. Here is a great article from John Hopkins Medicine that asks the question - *Aromatherapy: Do Essential Oils Really Work?* - have a read through - <https://www.hopkinsmedicine.org/health/wellness-and-prevention/aromatherapy-do-essential-oils-really-work?amp=true>

Do you ever trade services with another practitioner? Here is the story of one therapists experience - "I'm in a reciprocal care relationship with a massage therapist. I provide care every two weeks for her, and she for me. She approached me initially to address frequent, insistent headaches. I offered to exchange. I was looking to alleviate progressive lower body limitations afforded me from an unfortunate launch over my bicycle handlebars a decade back." Click here to continue reading <https://www.massagetherapycanada.com/my-sisters-keeper-reciprocal-care-relationships-translate-to-the-greater-good/>

Finally - here is our FOUJ article of the week - have you heard about a record breaking rogue wave that rolled its way west of Vancouver Island. The Ocean can be so fascinating, and like many things, we are only starting to touch the surface of the potential knowledge we can draw from a rolling wave - check it out <https://globalnews.ca/news/8607359/biggest-rogue-wave-vancouver-island-coast/>

Members - did you know that when you sign up for a Seminars for Health course, that you can save on the course fees because you are a CMMOTA Member? For more details about this and other CMMOTA membership perks, contact info@cmmota.com.

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> and from now until March 31, 2022 if you include the code **QUARTERDISCOUNT** in the how did you hear about us

portion of your application, you will save 25% on your 2022 Membership Fees!

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 - Same as any other year - all twelve of them do! 😊 Happy Early Valentine's Day everyone!

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