



Sunday News – July 3, 2022 – Welcome to July! We hope that you have had a great start to your long weekend, and we are glad you are here reading this today. We trust that you will find some great links to a video, resources, podcasts, and articles in the pages below. As always, before we get started highlighting those here is the #DadJoke question of the day – “Why did the duck say BANG?” Find the answer to this one by reading on – the answer is there somewhere...

This documentary, “Touched: A Massage Story,” follows Jonathan Grassi from struggling, new massage therapist to business owner. The 29-minute film, which also details the benefits of massage and the use of massage therapy worldwide, it made the rounds at film festivals last year, including the LA Indie Filmfest, DocuWest International Film Festival and the Illuminate Film Festival. You can watch the trailer here, consider it as a long weekend flick to watch - <https://www.bodyworkforliberation.com/documentary>



Although less common, behind the knee pain is not less important. Here is a great article to brush up on pain behind the knee, and how you may be able to help those clients that present with it - <https://massagefitnessmag.com/massage/pain-behind-knee/>

In this weeks podcast highlight you can join Massage Therapy Foundation President Robin Anderson and Stefan Shulz from Briotix as they discuss the fundamentals of ergonomics, and how ergonomic principles were studied in MT’s over the course of Phase One of the MTF Ergonomics Project- click here to have a listen - <https://massagetherapyfoundation.org/ergo-explained/>

Movement can be exhilarating! Here is a great article that will encourage you, and your clients to get out this summer and get moving - <https://themtcd.com/why-some-movements-are-incredibly-fun/>

Trauma can come in many forms and sizes. As therapists how we are aware of how trauma can be a part of the pain that our clients are experiencing and being informed of how that can inform our treatment plans can be incredibly important – this article has some great information about trauma informed massage therapy and is worth the read – check it out here - <https://intenthealth.ca/blog/trauma-informed-massage-therapy>

Not many therapists start their careers in Massage or Manual Osteopathic therapy right out of high school. Hearing other peoples stories of how and why they ended up as a massage therapist is interesting – here is one therapists story – From Athlete to Massage Therapist – read about their journey here - <https://www.massagetoday.com/articles/1625464238392/from-athlete-to-massage-therapist>

Here is a research article on Delayed Onset Muscle Soreness that is worth the read – it asks the question if research has been looking in the wrong direction for the last 100 years – worth a read - <https://www.mdpi.com/2076-3921/9/3/212>

Shoulder pain is something that therapist’s see on a near daily basis. This article takes a look at Rotator Cuff-Related Shoulder pain and asks the question is it time to reframe the advice “you need to strengthen



your shoulder". To read the full article follow this link <https://www.jospt.org/doi/abs/10.2519/jospt.2021.10199>

It has been said that "respiration is our primary and most important movement pattern... and also the most dysfunctional." This article looks at the roll that our respiratory patterns have on all types of pain, and a video serves to remind therapists of the Diaphragm Opening Technique. Check it out here - <https://erikdalton.com/blog/breathing-back-pain/>

Finally - here is our FOUI article of the week - treasuring hunting in the great outdoors can pay off - this article is about one treasure hunter who thought they had found a chunk of gold, what they got instead was an ancient treasure - read all about it here - <https://www.outdoorrevival.com/instant-articles/meteorite.html?chrome=1&D2c=1&A1c=1>

Members - did you know that as part of our Membership Perks Program you have access to a discount with Seminars for Health? This continuing education company offers both online and in-person continuing education courses like Dynamic Cupping, Assisted Stretching, Orthopedic Massage, and more which have been created from over 20 years of industry experience and the latest in relevant research. For more details about this and other CMMOTA membership perks, contact [info@cmmota.com](mailto:info@cmmota.com).

Have you heard? Registration for the CMMOTA 2022 Alberta Fall Continuing Education Conference is now open, and early bird pricing is in effect until July 21, 2022. The conference is being hosted Sept 11-13 at the Fantasyland Hotel and Conference Center in Edmonton, and features 8 different course options - check it out here - <https://www.eventbrite.ca/e/cmmota-alberta-fall-education-conference-tickets-350011272137>



Not yet a member of CMMOTA?? - there is no better time to start the process of joining our 2000+ members than right now - here is the link to our application page <https://app.cmmota.com/apply>



#DadJoke answer:

Because he was a Fire-Quacker ... 😊

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](mailto:jeremy@cmmota.com).

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