



Sunday News – July 31, 2022 – Ah, long weekends, full of fun, excitement, hopefully some time away getting out an enjoying life and de-stressing a little. Thanks for taking time out of yours to have a read through this week’s edition of Sunday News. We have articles on the reliability of the Straight Leg Raise Test, a great podcast on Oncology massage safety and considerations, a resource for those struggling with persistent pain, a guide to good therapist body mechanics and more... but first, as always, before we get started highlighting those here is the #DadJoke groaner of the day – “What is the best thing to do with a blue whale?” Find the answer to this one by reading on – the answer below somewhere...



We start today’s highlights with a research study that investigated the reliability of the Straight Leg Raise Test for Suspected Lumbar Radicular Pain. Reading articles like this always helps to serve as a reminder of all of the great special tests that therapists have at their disposal in evaluating and treating their clients.

Have a look at the results of this study by visiting <https://www.sciencedirect.com/science/article/abs/pii/S2468781222000285>

This week’s podcast highlight is a 45-minute conversation about Oncology Massage Safety and Considerations. If you are working with clients going through or recovering from cancer treatment, this is one conversation you will want to have a listen to – find it by visiting here <https://www.massagetherapycanada.com/podcast-episode-12-oncology-massage-safety-and-considerations/>

Pain is one of those things that therapists see in clients every day. Those who have persistent pain often look to their caregivers (doctors, nurse, therapist...) to provide understanding or to bring reason to why they are experiencing pain, and what they can do to make that pain go away. This next highlight is an entire website that is dedicated to helping individuals experiencing persistent pain. Have a look, and be sure to share it with those clients that may benefit from this resource - <https://www.tamethebeast.org/#tame-the-beast>

While we are on the topic of pain, this next article’s aim is to help the therapist avoid pain. We all know that ergonomics are important while delivering treatment to our clientele, and this article highlights important body mechanics that all therapists need to pay close attention to – check it out - <https://www.massagemag.com/the-fit-mt-body-mechanics-for-a-pain-free-massage-career-133918/>

Becoming an evidence-based practitioner takes time, and a good knowledge of research both that has been completed, and that which is ongoing. Understanding how to read that research, and understanding some of the nuances of research reporting is key to being an evidence-based practitioner. This article looks at one of those nuances and will help the reader to fully understand what evidence, or lack of evidence, really means. Have a look by clicking on this link - <https://s4be.cochrane.org/blog/2020/10/09/no-evidence-of-effect-versus-evidence-of-no-effect-how-do-they-differ/>



Have you heard of narrative medicine? If not, then this article that looks at narrative medicine, describes what it is and then asks if narrative medicine has a place in massage therapy practice. Find the resource here - <https://massagefitnessmag.com/massage/does-narrative-medicine-have-a-place-in-massage-therapy/>

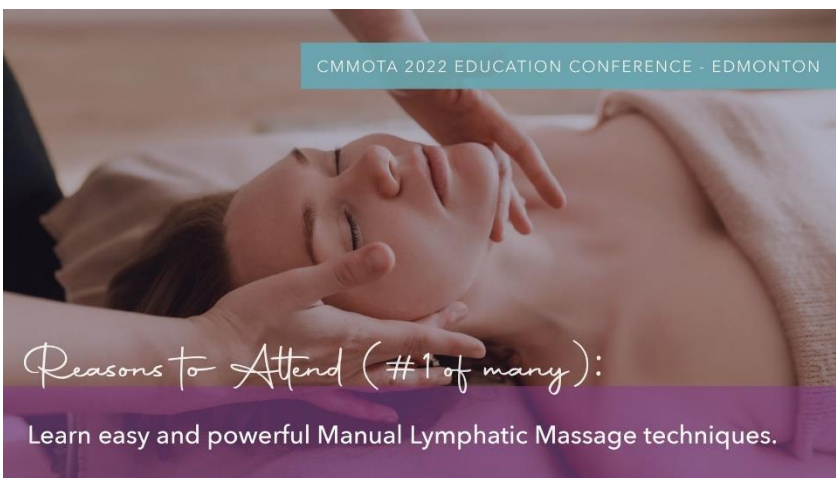
Finally – here is our FOUI article of the week – if you are out fishing this long weekend we hope that you don't get the same surprise this individual got. Have a look here at a world record Alligator Gar catch - <https://www.fieldandstream.com/world-record-gar-alligator-gar-monster-huge-mississippi/>

Members – Accidents can happen to anybody. If you have been practicing long, you know this to be true – after all you have likely helped many clients in their recovery process. Now, here is a quick question for you – what would happen if you had an accident that kept you from working? Do you have coverage, or does the thought of not being able to work cause you a little bit of panic? Have no fear! CMMOTA has a membership perk that will help to set your mind at ease. Through Dusyk and Barlow CMMOTA members have access to excellent priced Accident Insurance. This insurance is optional for members, but at a cost of less than \$2 per week you can be covered 24/7/365! For more details about this and other CMMOTA membership perks, contact info@cmmota.com.

Rumor has it that starting tomorrow (Aug 1) CMMOTA will be holding 3-day flash sales on individual courses and bundles throughout the month of August. Check out the [CMMOTA Facebook page](#) to see which course is on sale! Save \$\$ and register to attend a course at the CMMOTA 2022 Alberta Fall Continuing Education Conference. The conference is being hosted Sept 11-13, 2022 at the Fantasyland Hotel and Conference Center in Edmonton, and features 8 different course options – register by visiting this

EventBrite ticket site - <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 2050+ members than right now - here is the link to our application page <https://app.cmmota.com/apply>



#DadJoke answer:

Tell a joke and cheer it up! 😊

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.

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