



Sunday News – August 28, 2022 – How has it come to this, the last Sunday of August. It feels like summer has flown by, and soon the leaves will begin turning, crop dust will be flying, and kids will be headed back to classes. We hope you are enjoying these dog days of summer and we are glad that you have chosen to have a read through today's edition! We have some great articles and other stuff to share today including a look at Massage Therapy and Mental Health Benefits, a refresher on the coccyx, a book review, and more ... but first, as always, before we get started highlighting those here is the #DadJoke groaner of the day – “Where does a volcano wash its hands?” Find the answer to this one by reading on – the answer below somewhere...



Mental health is one of the things that took a big hit over the last 2 years of pandemic coupled with other pressures. This article from the American Massage Therapy Association looks at Massage Therapy and Mental Health. Enjoy this good read here -

<https://www.amtamassage.org/publications/massage-therapy-journal/massage-mental-health-benefits/>

“Pain while sitting is a common client complaint, but massage therapists often disregard the coccyx as a possible pain generator.” In this article provided by educator Erik Dalton, the reader is invited to revisit the coccyx, and is encouraged to refresh and increase their knowledge on the importance of and treatment of coccyx and the soft tissues that are attached to it. To read the full article, which includes a short video please visit - <https://erikdalton.com/blog/dont-disregard-the-coccyx/>

Book Review – We see new publications enter the market from time to time that can be incredibly helpful in a therapists quest for continued learning. This next article is a book review of a new resource that may be of interest to you. The book is “Making Sense of Medical Statistics” – have a look at the review by visiting <https://s4be.cochrane.org/blog/2022/08/17/making-sense-of-medical-statistics-a-bite-sized-visual-guide/>

If you have been keeping up with this publication, we know that you have heard of evidence-based practice, but have you heard about patient centered care? If not then this article would be a good one for you as a health care provider to have a read through – it does a good job at explaining what patient centered care is, and gives your some practical advice on how to incorporate this concept into your practice as a health care provider - <https://theconversation.com/power-to-the-patient-person-centred-care-and-how-you-can-take-your-health-into-your-own-hands-187674>

If you provide care for pregnant clients this is one article that you will want to have a look at. It focuses in on special intake considerations that you would want to cover for your pregnant clientele – source this valuable article by visiting - <https://www.massagemag.com/yes-you-do-need-a-specialized-intake-form-for-pregnant-clients-136141/>

Most people are sick of hearing about COVID! We get it, however, as long COVID and the effects that it has on the body continue to show up, articles like this one are good to review. Post Exertional Symptom



Exacerbation (PESE) is just one potential component of long COVID. Learn all about it as you review this article - <https://longcovid.physio/post-exertional-malaise>

Finally – here is our FOUI article of the week – volcanoes are powerful, from making the ground shake during an eruption, to the destruction that a lava flow can bring to an area, their local effects can be devastating – just ask the people of Pompei... BUT did you know that a volcanic eruption can have worldwide consequences! Check out this article to find out how an eruption in Tonga had an around the world effect - <https://www.bath.ac.uk/announcements/powerful-tonga-volcano-eruption-triggered-atmospheric-gravity-waves-reaching-the-edge-of-space/>

Members – are you looking for a new coat, or perhaps a new pair of boots in preparation for the upcoming season? How about a set of new scrubs or some other item of clothing? If you said yes, then you definitely need to know about CMMOTA’s membership perk through Marks Work Warehouse. CMMOTA members receive a discount off all regular retail pricing at all Mark’s stores across Canada!! For more details about this and other CMMOTA membership perks, contact [info@cmmota.com](mailto:info@cmmota.com).

Did you know that CMMOTA is hosting a Tradeshow on September 11 from 10 AM to 6 PM at the Fantasyland Hotel and Conference Center as part of our 2022 Fall Conference? You should plan to come check it out.

Registration to attend a course at the CMMOTA 2022 Alberta Fall Continuing Education Conference is quickly coming to a close, with the registration deadline of noon Sept. 6 now just 10 days away. There is no time to delay! 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 to attend 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 2100+ members than right now - here is the link to our application page <https://app.cmmota.com/apply>



#DadJoke answer:

In the lava-tory...! 😊

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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