



Sunday News – September 11, 2022 – We are so glad that you have chosen to have a read through today's edition! Might we so bold as to suggest that after you finish reading all the great stuff that is being shared, that you head on down to the Fantasyland Hotel and Conference Center in Edmonton to have a walk through the CMMOTA Tradeshow. It is running today only from 10 AM to 6 PM. We have some great articles and other stuff to share today including how childhood pain can influence their future, how to understand pain, hospice massage, a look at how nostalgia can relieve pain, and much much more ... but first, as always, before we get started highlighting those here is the painful #DadJoke of the day – “What kind of vegetable is hip and cool?” Find the answer to this one by reading on – the answer below somewhere...

Have you ever heard a child complain about pain? This article is one that looks at how we should treat pain in kids – an important read, not only for therapists, but for parents as well – source this excellent article by clicking on this link -

<https://massagefitnessmag.com/massage/pediatric-pain-how-parents-pass-their-pain-to-their-children/>

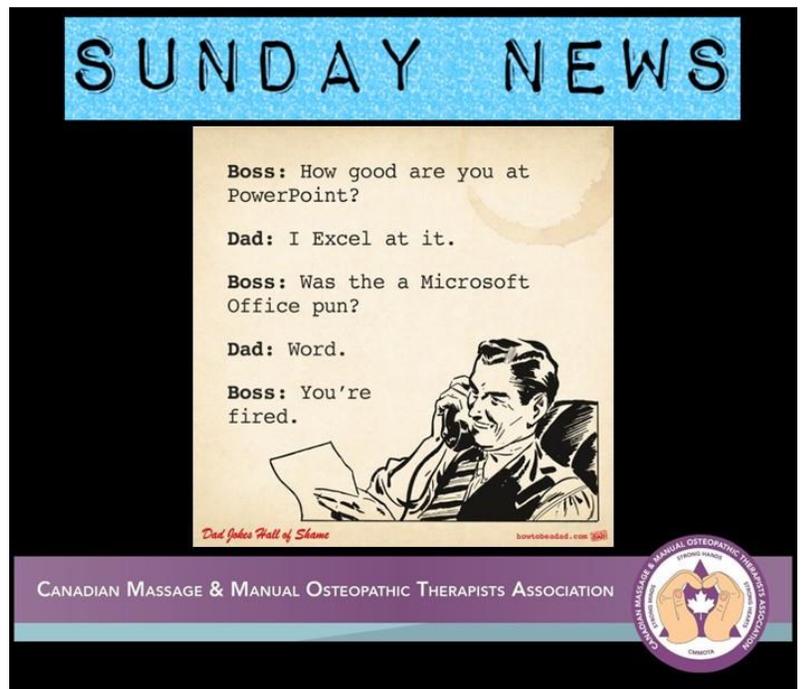
Pain is a major problem that many in society face on a daily basis. For some it is as simple as an annoyance that comes and goes, yet for others it can be debilitating which severely affects their quality of life. As practitioners, increasing your understanding of pain is important in helping to bring relief to the clients you serve. This article is a great one to help the reader gain a deeper understanding of pain – read it here - [https://www.cell.com/fulltext/S0896-6273\(07\)00533-8](https://www.cell.com/fulltext/S0896-6273(07)00533-8)

Massage Therapy for Hospice Clientele is one area of massage therapy that continues to grow. Being part of someone's end of life care plan can be both challenging and rewarding – but does it help. This next article is a Pilot Study that looked at the impact of massage therapy on the quality of life of hospice patients and their caregivers. Have a read by visiting <https://www.massagetherapycanada.com/study-impact-of-massage-therapy-on-the-quality-of-life-of-hospice-patients-and-their-caregivers-a-pilot-study/>

Ah, the good ole days! If only we could go back and relive some of those favorite memories! Reminiscing is a favorite past-time for many, but did you know that it can have some positive outcomes in regard to relieving pain! Have a look through this article that highlights some research that may lead to a suggestion for a different type of home care for those who suffer from chronic pain. Read all about it here - <https://www.psychologytoday.com/us/blog/the-athletes-way/202203/how-nostalgia-relieves-pain>

If you have clients that suffer from acid reflux like symptoms, this is one article that you are going to want to have a look at. The article comes from educator Erik Dalton, and covers the topics of Hiatal Hernia, Gastric Reflux and GERD. You can source this resource here - <https://erikdalton.com/blog/hiatal-hernia-acid-reflux-gerd/>

We have all heard it – most times it was ingrained in you as a child – sit up straight, stop slouching. Bad posture for years has been associated with things like back pain, but is that correct? This article would suggest that we need to re-examine our thinking on equating bad posture with back pain – have a read here - <https://theconversation.com/having-good-posture-doesnt-prevent-back-pain-and-bad-posture-doesnt-cause-it-183732>





Self Care/Home Care - Often times exercise can become incredibly complicated, and with complications some myths about exercise have risen within our understanding of exercise. This video, produced by Harvard Professor and author Daniel Lieberman, debunks some of those myths – worth the 5 minute watch - <https://bigthink.com/series/explain-it-like-im-smart/exercise-myths/>

Have you ever wondered why some clients respond better to your treatments than others? If this is you then having a read through this excellent article recently published by Massage Fitness Magazine is a must read - <https://massagefitnessmag.com/massage/skin-sensory-receptors/>

LEARNING TO READ RESEARCH – We have shared other articles on how to read and understand research – it is after all a key to moving to a more evidence-based practice! This specific article looks at one aspect of research, and will help the reader get a better grasp on what sampling methods are and how to choose the best one – have a look here - <https://s4be.cochrane.org/blog/2020/11/18/what-are-sampling-methods-and-how-do-you-choose-the-best-one/>

Finally – here is our FOUI article of the week – there are times in our lives when we think that things have disappeared for good. Sometimes it is a set of keys that get misplaced, or a lost wallet. Other times it is rare things, like a plant or an animal that is thought to have gone extinct, and then... it is rediscovered, like this orchid which hadn't been seen for 120 years, read all about it here - <https://www.cnn.com/2022/07/02/us/extinct-orchid-vermont-scn-trnd/index.html>

Members – Standard First Aid and Level C CPR certification is required to be recertified once every three years – but did you know that CMMOTA members can receive a discount on their recertification fees through St. John Ambulance? 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 2100+ members than right now - here is the link to our application page <https://app.cmmota.com/apply>



#DadJoke answer:

A Radish...! 😊

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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