



Sunday News – November 27, 2022

Can you believe that this is the last week of November – just goes to show that time keeps marching on, and we must be having fun cause it seems like time is just flying by! We hope you enjoy a read through this edition of Sunday News. We have some excellent articles on vascular compression in soft tissue therapy, seven ways to stay grounded and keep your business on track, joint play, modern manual therapy and upgrading your point of view, research around plantar fasciitis treatment, and much much more ... but first, as always, before we get started highlighting those here is the majestic #DadJoke of the day – “Why did the girl keep her trumpet out in the snow?” Find the answer to this one by reading on – the answer below somewhere...

Do you remember learning about vascular compression when you were taking your training? Perhaps this article would be a great opportunity to brush up or refresh your memory – it is a great article from educator Whitney Lowe – check it out by clicking through to <https://www.academyofclinicalmassage.com/vascular-compression-in-soft-tissue-therapy/>

With all the chaos of the last two years it sometimes feels like we have been weathering a storm of hurricane like proportions – but how do we stay grounded when the adversities of life come out way? Here is a great article that shares 7 ways that you can stay grounded and keep your business on track through the storm – check it out here - <https://biotone.com/blogs/intouch/7-ways-to-stay-grounded-and-keep-your-business-on-track>

Refresher – Did you know that most of the theory related to Joint Play comes from a book written in 1964 – perhaps now would be a great time to have a look back at joint play assessment, and how it can influence your assessment skills related to joint movement – have a look at this excellent article and video from educator Erik Dalton - <https://erikdalton.com/blog/joint-play-the-mennell-way/>

Perspective, and understanding perspective is one of the greatest keys that we can use to unlock knowledge and wisdom. One cultural anthropology professor put it this way – perspective is being aware of the lenses that we use to view the world, and the lenses that others use to view the world. This article takes a look at the different lenses that need to be used to understand modern manual therapies – have a read to gain perhaps a new or enlightened perspective here - <https://www.massagemag.com/modern-manual-therapy-upgrade-your-points-of-view-137282/>

Research Article – If you are looking for evidence regarding the treatment of Plantar Fasciitis then this is one article that you will want to take a look at and bookmark. Entitled *Does manual therapy improve pain and function in patients with plantar fasciitis? A systematic review*, the conclusions drawn are positive! Check it out by visiting this site <https://pubmed.ncbi.nlm.nih.gov/29686479/>

Self Care/Home Care – Running – if you read Sunday News often you will know that this is one activity that we supply articles about often. Here is a very well written article from the Washington Post that takes a deep look at the question “Does running really wreck your knees?” – Read the full article by visiting <https://www.washingtonpost.com/wellness/2022/10/19/running-knee-injuries/>





We love journal articles that focus in on Massage Therapy – this one comes from the International Journal of Therapeutic Massage and Bodywork and is entitled “*Massage Therapy: A Person-Centred Approach to Chronic Pain*” Here is an excerpt from the header: “Person-centred care is an emergent movement within evidence-based medicine that has the potential to transform the health care system. Person-centred care is a collaborative approach in which health care professionals’ partner with patients to co-design and deliver personalized care with a focus on physical comfort, emotional well-being and patient empowerment. By embracing person-centred care through two-way communication, patient engagement, and self-management strategies, massage therapists have the potential to further reduce suffering associated with chronic pain in our society.” – Check out the full article here - <https://ijtmb.org/index.php/ijtmb/article/view/713/845>

For our MOT readers, here is a case study that you should be very interested in, entitled “*Case Report on Visceral Manipulation in Adolescent Idiopathic Scoliosis*” and written by 2 osteopaths and a physical therapist from Argentina – have a look here - <https://ijtmb.org/index.php/ijtmb/article/view/733/849>

Finally – here is our FOUI article of the week - Have you ever found yourself in the middle of a meeting, or of a treatment, and you suddenly realize that you have been daydreaming? This article does a good job of explaining what happens when we daydream, and the importance that daydreaming has in our lives – check it out here <https://neurosciencenews.com/daydreaming-memory-hippocampus-21669/>

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#DadJoke answer:

She liked playing Cool Jazz!!! 😊



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