



Sunday News

Without rain nothing grows! Learn to embrace the storms of your life.

CMMOTA

Sunday News – January 15, 2023

The winter days are cruising along, hard to believe that we are already halfway through January! We are pleased to see that you have taken the time to read through this edition of Sunday News. We have some excellent articles on five effective tools for Sports Massage Therapists, Seven ways we perceive our environments, Exercises for Lower Back Pain, Hamstring Massage Mobilization, research articles, and much much more ... but first, as always, before we get started highlighting those here is the #DadJoke of the day – “What do you get when you step on a piano?” Find the answer to this one by reading on – the answer below somewhere...

Have you ever contemplated what you should consider taking next when it comes to continuing education? This article highlights 5 Effective Tools for Sports Massage Therapists, that you too may want to consider adding as part of your practice – have a look by visiting <https://www.massagemag.com/5-effective-tools-for-sports-massage-therapists-137371/>

Business Tip – If you are designing or redesigning your clinical space, then this article is one that you should have a read through – it describes 7 ways that we perceive our environments, which of course can go a long way in providing your clientele with a better perception of your treatment – have a read by visiting -

<https://theconversation.com/5-senses-in-fact-architects-say-there-are-7-ways-we-perceive-our-environments-193179>

Self Care/Home Care – if you find yourself, or a client, suffering from low back pain this article provides 6 different stretches that can be utilized to help relieve tight muscles associated with this condition – find them here - <https://www.aarp.org/health/conditions-treatments/info-2022/exercises-for-lower-back-pain.html>

Hamstring tightness and injury are something that therapists see on a regular basis. In this article with accompanying video, educator Erik Dalton will refresh your knowledge base and give you some helpful insights into providing treatment to the hamstrings. Find it here - <https://erikdalton.com/blog/hamstring-massage-mobilization/>

We love highlighting newly released professional journal articles – this piece published in the International Journal of Therapeutic Massage and Bodywork is a case study entitled *Massage Therapy as a Complementary Treatment for Stiffness and Numbness Post Cervical Spinal Cord Injury* – read the study and its conclusions by visiting <https://ijtmb.org/index.php/ijtmb/article/view/745>

Concussion treatment protocol may be changing – check out this “Cool” new report on research that has been done – read all about it here - <https://www.psychologytoday.com/ca/blog/standing-strong/202212/the-latest-in-concussion-treatment-and-recovery>

If you are fortunate enough to work together in a multi-disciplinary clinical setting, then you may well understand what the writer of this article is trying to get across to their readers. This article makes a great case for a multi-disciplinary approach – have a look and read by visiting <https://link.springer.com/article/10.1186/s12998-022-00466-w>

The latest version of the International Journal of Therapeutic Massage and Bodywork has been released – check it out by visiting <https://ijtmb.org/index.php/ijtmb/issue/view/77>

Perspective is a HUGE part of gaining understanding, and being able to look at any situation through the eyes of another is largely beneficial to being able to better respond. This article is that perspective from those who struggle with Chronic Pain and Illness –

simply put “the things that they wish others knew” – find this important perspective here -

<https://www.psychologytoday.com/us/blog/turning-straw-gold/202212/what-those-chronic-pain-and-illness-wish-others-knew>

There are many people out there suffering with Functional Pain. Providing consistent relief for this sector of clientele can go a long way in creating a successful practice. Here is a great article from the American Massage Therapy Association on Massage Therapy for Functional Pain – have a read through this excellent article by visiting <https://www.amtamassage.org/publications/massage-therapy-journal/massage-for-functional-pain/>

Success as a therapist can be looked at in a multitude of ways, but success as a massage therapy clinic owner is key on financial health. This article looks at 3 very important financial reports that every clinic owner should be evaluating regularly – check them out here - <https://www.massagemag.com/these-3-financial-reports-for-small-business-will-measure-the-health-of-your-massage-practice-137814/>

Finally – here is our FOUI article of the week – did you know that only recently it was confirmed that there was in fact a Roman Emperor named Sponsian – for years he was considered to be a fake, but recent examinations of a series of coins have confirmed that he did in fact rule – have a look at this article to learn more - <https://www.bbc.com/news/science-environment-63636641>

Members - is it time to replace, or perhaps upgrade your Massage Table. Did you know that CMMOTA Members have an exclusive discount on Sukha tables and accessories through OrthoCanada!! For more details about this and other CMMOTA Partner Perks, contact info@cmmota.com.

Not yet a member of CMMOTA?? – there is no better time to start the New Year off right by joining this incredible association - here is the link to our application page <https://app.cmmota.com/apply>



#DadJoke answer: Foot Notes !!! 😊



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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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last treatment?

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AND YOUR BODY MISSES A GOOD MASSAGE

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