



Sunday News

**"IT IS EASIER TO ABSTAIN  
THAN TO RESTRAIN"**

*~ FRENCH PROVERB ~*

CMMOTA

Sunday News – July 30, 2023

Another month in the books, and summer nearly half way through – hard to believe that we have come to the end of July. We are excited to have you read through this edition of CMMOTA Sunday News. We have some excellent articles on skin cancer prevention, trauma informed massage therapy, a podcast highlight, and so much more ... but first, as always, before we get started highlighting those awesome articles here is the #DadJoke of the day – “What’s worse than raining cats and dogs?” Find the answer to this one by reading on – the answer below somewhere...

Summer is a great time to get out into the Sun – but long-term sun exposure brings a risk to our skin – Cancer. As therapists we have a unique exposure to the skin of our clients, and while it is not our place to diagnose, it is well known that early detection of skin cancer leads to higher likelihood of long-term survival. If you want to know more about what to look for we suggest that you have a look at this excellent article - <https://www.massagemag.com/the-fit-mt-as-summer-approaches-prevent-skin-cancer-142849/>

Seven weeks from the date of this publication, CMMOTA is going to be hosting a course on Trauma Informed Massage Therapy – there is a link to conference registration below. When it comes to why trauma informed treatment is important this excellent article

explains the why – it can be found here – <https://massagefitnessmag.com/massage/why-massage-therapy-needs-to-be-trauma-informed/>

Podcast Highlight – have you ever wondered what it takes to open up your own clinical practice and become a successful clinic owner? Drawing on the experiences of others can be helpful when you are considering stepping out on your own. If you are a clinic owner, or if you are considering becoming one this podcast is one you will want to have a listen to – check it out by visiting <https://www.abmp.com/podcasts/ep-347-all-islands-meet-underwater-doug-nelson-and-jennifer-crozier>

Business Tip – if you are currently a clinic owner, or considering stepping out on your own to start your own independent clinical practice one of the things that you are going to need to consider is renting space. This article looks at things that you may want to consider when looking at your next lease – have a read by visiting <https://www.massagetoday.com/articles/1678127298672/negotiating-your-lease>

Do common pain meds have any benefit in athletic performance? This article is an interesting read on how Ibuprofen may affect both strength and fatigue – have a read by visiting <https://www.painscience.com/bibliography.php?aidar21>

If you have ever had a client with a broken bone who has had to have it cast, then you know the potential that they have for things like muscle atrophy that will likely occur over the course of the healing process. This article looks at the results of a recent study that suggests that there may be a way to help prevent this muscle/strength loss – have a read through it by visiting <https://theconversation.com/broke-your-arm-exercise-the-other-one-to-strengthen-it-103241>

We love great resources, and this next link is to the Summer Edition of Massage Therapy Media Magazine – this edition has some great articles in it and we highly recommend having a read through this incredible resource – find it here – <https://www.massagetherapymedia.com/mtm-magazine-summer-2023>

Resource Alert – if you or someone you are treating is dealing with Chronic Pain then this next resource is one that you will want to look


at or share. Coming from the continent of Australia this resource contains clinically supported information, tips, support and personal stories to help you or your client in managing musculoskeletal pain. You can visit this excellent source of information by visiting <https://painhealth.csse.uwa.edu.au/>

Posture is one of the things that many of us studied in school, and how posture can affect the body and how well it functions. While we know that research has found a lack of evidence between “poor posture” and pain, author and educator Erik Dalton in this article suggests why we should continue to evaluate and correct postural imbalance – have a read here - <https://erikdalton.com/blog/upper-cross-controversy/>

Finally – here is our FOUI article of the week – this week during our summer of recipes we are highlighting an all-time coffee time favorite – yummy stuffed donuts. If this is a dish you have never tried to make before, we would challenge you to try it and send us a picture of the results that we can share with other Sunday News readers – here is a link to the recipe - <https://www.allsarahrecipes.com/2023/05/stuffed-donuts.html>

Miss Early Bird? You can still register for a course at this years CMMOTA Fall Education Conference. Remaining Tickets are selling fast and the opportunity to registration for all courses ends September 7, 2023. The conference will be hosted at Westerner Park, 4847A 19 St., Red Deer, AB. For more information on the conference please visit <https://cmmota.com/2023-fall-conference/>

## EDUCATION CONFERENCE:

A photograph showing a person's head and neck being gently held by a practitioner's hands. The person's eyes are closed, and they appear to be in a relaxed state. The background is a soft, out-of-focus indoor setting.

LEARN HOW YOU CAN GO BEYOND  
CRANIAL RHYTHM AND INTO MID-TIDE  
AND LONG-TIDE WHICH ARE THE DEEPER  
EXPRESSIONS OF FLUID POTENCY IN  
THE CRANIAL SYSTEM.

or to register right now visit <https://www.eventbrite.ca/e/2023-cmmota-fall-education-conference-tickets-638464694087> This conference is open to all Massage and Manual Osteopathic Therapists from ALL associations, so please share this information with your non CMMOTA colleagues and friends. Members do have preferential pricing, but all are welcome.

Members – Accident 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 Partner 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 Partner Perks, contact [info@cmmota.com](mailto:info@cmmota.com).

Not yet a member of CMMOTA?? – there is no better time to join nearly 2450 members of this incredible association - here is the link to our application page

<https://app.cmmota.com/apply>

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).

#DadJoke answer:  
Hailing Taxi's. 😊



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