



Sunday News

**"ABUNDANCE LIKE  
WANT RUINS A MAN"**

*~ BENJAMIN FRANKLIN ~*

CMMOTA

Sunday News – August 13, 2023

Have you taken a summer vacation yet this year? Taking time away is a necessity for self care, so we hope that you have or are planning on carving out some down time sometime soon! In the meantime, we are glad that you have chosen to check out this edition of Sunday News. We have an excellent podcast on exploring plantar foot pain, additional articles on how long to rest between sets of exercise, a myth buster article, another on suction cupping, some video highlights from this year's world massage festival, and so much more ... but first, as always, before we get started highlighting those awesome articles here is the #DadJoke of the day – "When does a joke become a Dad Joke?" Find the answer to this one by reading on – the answer below somewhere...

Podcast Highlight – Plantar fasciitis is one condition that plagues many. In this podcast educator Whitney Lowe discusses common causes of foot pain, muscle-tendon pathology and some treatment options for each one. Have a listen by visiting <https://www.abmp.com/podcasts/ep-348-exploring-plantar-foot-pain-whitney-low>

Who is in control of a massage treatment? This article examines that question and is a great reminder to all therapists that it is the client, not the therapist that holds control – have a read by visiting

<https://www.massagemag.com/the-massage-client-is-in-control-guest-editorial-133774/>

Self Care – Have you ever wondered while you are doing strength training how long you should be resting between sets? Recent research is once again changing the recommendation that used to be a minute between sets – have a read through this article to learn more - <https://massagefitnessmag.com/fitness/how-long-should-i-rest-between-sets/>

Myth Buster Alert – You have likely heard the slogan No Pain, No Gain – BUT is it true? This article looks at the science behind the slogan – have a read through it by visiting <https://theconversation.com/mondays-medical-myth-no-pain-no-gain-12298>

Every year Massage Therapists from all over North America gather for the World Massage Festival. Here is a link to the keynote speech from this years event – check out this 21 minute video and see what you may be able to glean - <https://www.youtube.com/watch?v=BsbQR6QYr0E&t=33s>

If you are looking to add a new modality to your practice suction cupping is one that you may wish to consider if you don't already have this technique as part of your skill set. This next article was brought to our attention by educator David Sheehan, and makes an excellent case for cupping – have a read through this insightful article at [https://cdn.shopify.com/s/files/1/0750/6755/6134/files/Vol\\_20\\_Issue\\_1\\_-\\_2022\\_Selena\\_Hagan.pdf?v=1690247340](https://cdn.shopify.com/s/files/1/0750/6755/6134/files/Vol_20_Issue_1_-_2022_Selena_Hagan.pdf?v=1690247340)

Career Longevity is something that all therapists have in the back of their minds because they know the stress and strain that providing treatment can put onto their own bodies. This is why the research being done in relation to this next resource is so incredibly important to the massage therapist industry. Ergonomics in massage therapy will be a game changer for future generations of therapists. To check out what is being done in relation to this project by the Massage Therapy Foundation we would encourage you to visit <https://massagetherapyfoundation.org/mtf-ergo-project/>

Although this article was written during the height of COVID, it is a good one to revisit as we feel that it may have gotten lost in the

COVID shuffle. The article itself focuses in on a questions surrounding rehab for heart patients – have a read by visiting <https://www.massagetherapycanada.com/cardiac-rehab-for-heart-patients-saves-lives-and-money-so-why-isnt-it-used-more-2/>

Here is something that you may not see every day, but did you know that some people have extra floating ribs. Turns out that anatomy text books might not always take this into consideration – so this is one article from Pain Science blogger Paul Ingraham that you may want to have a look at – check it out here - <https://www.painscience.com/blog/extra-floating-ribs-are-very-common.html>

Finally – here is our FOUI article of the week – They say 7 is lucky – and as this is week seven of our summer recipe series - if you have been to a country fair then this is one treat that many seek out. It is the all-time classic carnie food – the Corn Dog. You will be sure to win over any summer guests by serving these as a home-made treat – find the recipe by visiting <http://www.homeremedies.me/2023/06/corn-dogs-are-super-easy-to-make-at-home.html>

Have you heard of Trauma Informed Massage? This year we have Pam Fitch, an expert in Trauma Informed Massage Therapy, coming to provide two days of instruction in this very important field. There



*Heritage Classic Giveaway*



is still space to register to attend. Registration for this year's CMMOTA Fall Education Conference closes at 12 PM MT on September 9, 2023. Remaining Tickets are selling fast. Don't forget that registering for a paid course also gets you an entry in the Heritage Classic Giveaway! 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/> 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 - Have you ever considered adding shockwave therapy to your practice? Did you know that CMMOTA Members have an exclusive discount on the Virtual Shockwave Course available through



OrthoCanada!! 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 the nearly 2500 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:

When it becomes apparent. 😊



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