



Sunday News – March 17, 2024

Happy St. Patrick's Day! We hope that wherever you are today, that the luck of the Irish rests on you as you enjoy all that you have planned for your day. We are super stoked that you have taken the time to have a read through this edition of Sunday News! We hope that you will enjoy the great video, podcast, research, and other valuable articles highlighted in this edition! Now, as always, here is the #DadJoke of the day to get this edition started – "What did one puzzle say to the other puzzle?" Find the answer to this one by reading on – the answer below somewhere...

If you talk to most therapists in our industries of massage therapy and manual osteopathic therapy you will find that "the thing" that drives and motivates them is helping their clients. This article, entitled *How Are Patients Values and Beliefs Taken into Account When Practicing Evidence-Based Healthcare?*" is one that is worth taking 5 minutes to have a read through. It does an excellent job of explaining what Evidence Based Healthcare is – have a read through by visiting

<https://s4be.cochrane.org/blog/2024/01/05/how-are-patients-values-and-beliefs-taken-into-account-when-practicing-evidence-based-healthcare/>

Video Highlight – Here is a great video for those of you who are constantly looking for home care that you can provide for your clients who are suffering from sciatic pain. Be sure to check out this great 6 minute video where you are guided through a series of exercises and stretches to help alleviate the causes of sciatic pain – have a look here - <https://www.youtube.com/watch?v=k71yD9W8rms>

Pain in the forearm and elbow is something that you will see in clinical practice. This article and accompanying video from educator Erik Dalton looks specifically at the techniques which can be used to mobilize the Radial Nerve. Have a peak through this insightful and educating article by clicking here - <https://blog.erikdalton.com/an-introduction-to-the-neurodynamic-techniques-used-in-mat/>

Podcast Highlight – this highlight comes from the Thinking Practitioner Podcast. In this episode entitled *Ageing Gracefully, Breathing Well, and Long COVID Recovery*, Til Lichau talks with Jan Sutton, one of the first Rolfers trained by Ida Rolf to teach her work, about his life and work; about aging well; and about his take-aways from his ongoing COVID recovery process. Have a listen by visiting - <https://advanced-trainings.com/thinking-practitioner-podcast-ep-67-long-covid-jan-sultan/>

With the time change last week collectively we have seen many people suffering with the lack of sleep. Sleep deprivation can come from more than just the seasonal daylight savings time change, and this article examines a different type of sleep pattern disruption and how massage therapy can help. This article entitled *Research Literacy: Massage & Sleep – Does Massage Therapy Improve Sleep in Infants and Their Mothers?* is sure to be one worth the 5 minute read – check it out here - <https://www.amtamassage.org/publications/massage-therapy-journal/research-massage-sleep>

If you have ever had a client that has one of those awful headaches raging over the eyes, and your treatment just has not alleviated any of the pain, then this is one article from educator and blogger Richard Lebert that you should take the time to check out. Entitled *Corrugator Supercilii: small muscle ...big headache*, it may just give you another possible approach and area to focus on for this type of headache. Find it here by clicking on this link - <https://www.rmtedu.com/blog/2015/11/9/corrugator-supercilii-small-musclebig-headache?rq=concussion>





Research Highlight – If you have ever wondered if Swedish massage has an effect on blood pressure, look no further – have a read through this research article from a Clinical Trial entitled *Effects of Swedish Massage on Blood Pressure* sourced here - <https://pubmed.ncbi.nlm.nih.gov/16290894/>

Finally – here is our FOUI article of the week – the food that we eat can help us with a variety of different things. Sometimes it can hinder too, like eating too much sugar (especially if you're a diabetic). This week's FOUI article is all about a part of the food that we eat. Some say that it is what keeps you full, others that it is essential for digestion, but what all does it actually do? To find out what some of the roles that fibre plays check out this informative article - <https://theconversation.com/dietary-fibre-affects-more-than-your-colon-how-the-immune-system-brain-and-overall-health-benefit-too-221384>

Don't Miss Out on Early Bird Pricing!!! CMMOTA is returning to Saskatoon, SK this Spring with a 2-Day Continuing Education Conference on April 21 & 22, 2024, **AND** to Edmonton, AB with a 2-Day Conference on May 5 & 6, 2024! Course offerings in Saskatoon include Advanced Assessment & Treatment of the Foot & Ankle, Athletic Taping, Craniosacral Techniques, Manual Therapy for Temporomandibular Joint Dysfunction, Business Basics, and Body Psych 101: Foundations, while course offerings in Edmonton include K-Taping Women's Health, IASTM – Upper & Lower Body, and Acupressure & Meridian Massage. To learn more about the Saskatchewan conference, find out pricing, and to register visit <https://cmmota.com/event/cmmota-2024-sk-spring-education-conference/> To learn more about the Alberta conference, find out pricing and to register visit <https://cmmota.com/event/cmmota-2024-ab-spring-education-conference/> Early Bird Pricing is on Now!!!

Members – did you know that as part of our Partner Perks Program you have access to a discount with Seminars for Health? This continuing education company offers both online and in-person continuing education courses like Dynamic Cupping, Assisted Stretching, Orthopedic Massage, and more which have been created from over 20 years of industry experience and the latest in relevant research. 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 join the more than 2600 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.

#DadJoke answer:
You look put together!



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