



amta
american massage therapy association
Kansas



***The Mission of the AMTA Kansas Chapter
is to advance the profession of massage therapy
through service to its members.***

SE Quarterly #3-M 2015



George Russell Is Coming To Kansas

George Russell is a bodyworker, chiropractor, and movement specialist based in New York. He works with muscle, joint and nerve problems in every part of the body, including the trunk, head, arms and legs, using an eclectic combination of manual techniques, counseling and exercise.

Dr. Russell is a master teacher of manual technique, therapeutic movement, postural analysis, and the management of injury and wellness. His classes are clinical and specific, focused on hands-on personal experience, clinical thinking and acting, humor, compassion and group process.

Dr. Russell is the Executive Director of Getting Better, an organization he co-founded in 2011 to share techniques, information and approaches between all

movement and touch professions, to improve the experience and quality of treatment and to educate the public about the benefits of touch and movement.

He supervises and mentors dozens of movement and touch professionals privately and in groups in New York City.

He has taught all over the country for the American Massage Therapy Association, including their 2014 national convention and the New York, New Jersey, Maine and New England conventions in 2014 and 2015. He teaches continuing education regularly for the Swedish Institute. He has taught yoga teacher trainings and assisted yoga classes at many places including Kripalu Center, the Iyengar Yoga Center of New York, and many yoga programs around the country. At Wesleyan and New York Universities, Dr. Russell taught anatomy, alignment, improvisation, and movement to actors and dancers at the undergraduate and graduate levels. He also teaches continuing education for chiropractors in New York and Connecticut.

Friday November 6, 5-9 pm CT

Postural Analysis for Bodyworkers

Learn to connect alignment with muscles, joints and regions of the body so you can help the client quickly and deeply. Learn to assess the way people stand and lie on the table, and learn to use that knowledge in your treatment. Learn about your own posture, and finally, exercises and stretches you can perform -- on the table or at home -- to address the major postural issues. This is a hands-on, practical, clinically focused class. Bring clothes that show your body that you feel comfortable in.

Comprehensive Postural Analysis and Muscle Techniques -- 4 hours

Hours 1 and 2: Definition of Posture, "Good" and "Bad" Posture, Alignment is Everywhere, Why Posture Matters, Basic Postural Interventions.

Learning Outcomes: The student should be able to define posture in their own words and to describe a person's posture in anatomical terms.

Hours 3 and 4: Basic Landmarks of Standing Posture, Differentiating a Foot, Head, Chest or Hip-centered analysis, Assess a Partner

Learning Outcomes: The student should be able to describe a partner's basic posture, choose clinical interventions, try them, and assess the result.

Saturday November 7, 9 am -5:00 pm and

Sunday November 8, 9 am-3:30pm

Getting to the Low Back

This course approaches the several things we think of as the low back, from the lower ribcage to the sitting bones. The anatomy of the area is briefly covered, as well as the miraculous multitasking of the lower back and abdomen, center of our core strength, seat of many of our most important organs, lifter of our legs, flexible support for much of the body's weight, and connector of our two weight-bearing organs - the legs - to the weight masses of the upper body, to make standing, balance, gait and gesture possible without falling over. Approaches to restoring both strength and flexibility in this crucial area will be discussed, as well as the role a healthy lower torso and legs must play in holding us together while at the same time leaving the upper body free for breathing, doing crucial things with our arms with grace and dexterity, and expressing ourselves to others.

Hours 1 and 2: Definitions of the Low Back, Anatomical Landmarks and Structures, Function and Dysfunction of the Low Back

Learning outcomes: The student should be able to describe the low back in several different ways and define the various structures the client is referring to when they say "Low Back" and define the major back dysfunctions and what structures they impact.

Hours 3 and 4: Analysis and Techniques for the Low Back

Learning Outcomes: The student should be able to perform techniques for the main structures of the low back, and demonstrate ROM and exercise for low back and related structures.

Hours 5 and 6: Practice -- Analysis, Hypothesis, Practice, Reassessment, and Protocol for the Low Back.

Learning Outcomes: The student should be able to analyze, verbalize an assessment of, devise and carry out procedures for a given person, to assess the effectiveness of their treatment, and lead a person through an exercise regimen for the low back.

Spinning the Hip - 360 degree techniques

The hip's movement involves numerous muscles and relates to the S/I, the low back, ankle and knee. And the hip is not in the front, or the side, or the back - it's the whole connection between the torso and the legs. We'll review anatomy and postural analysis, discuss problems, and learn new techniques for mobilizing and releasing the hip and its neighbors.

Hours One and Two: What is the Hip? Client and bodyworker ideas of the hip location. Anatomical and behavioral ramifications of location of "hip". Importance of low back, pelvis, sacroiliac joint and hip in understanding of what we call the "hip. Ilio-femoral articulation. Pelvis and sacroiliac joint as part of leg or as part of the torso

- implications for movement and treatment. Lower back v. hip joint - movements, compensations, injuries, muscles.

Hours Three and Four: Muscles and techniques of the hip joint per se. Psoas, Hamstrings, Piriformis and external rotators in general, Glut med, min, TFL, Adductors, Gluteus maximus. Muscles and techniques of the sacroiliac and lower back joints as they relate to the hip. Abdominals, Erector spinae, Quadratus Lumborum, Balance and stabilization of the femur and low back

Hours Five and Six: Postural and gait analysis - client education, relation of postural habit particular muscles involve. Implications of hip, knee, foot position, General balancing treatments for the hip, Mobilization of the hip joint per se, Janda maneuver, Mobilization from the knee and foot, Practice and integration, Evaluation and Questions

Please bring a massage table, sheets and towels. Dress in stretchy, not too baggy, athletic comfortable clothes.

Lunch will be provided on Saturday, and snacks through out. Please if you have any nutritional need or allergies let us know so that we may try to accommodate you!

Cost will be \$10 per CE hour for AMTA members (\$160 for the weekend) or \$15 per CE hour for non-members (\$240 for the weekend) and non-members are always welcome!!

Of course if you are only able to make Friday or Saturday/Sunday we would still love to see you!

Conference fees will be taken at the event.
CHECKS ONLY - made payable to AMTA Kansas please.

See you at the
Saline County Sheriff Department
251 North 10th Street
Salina, Kansas

Where to Stay

AmericInn
1820 West Crawford, Salina Kansas
Call 785-826-1711

for the \$55 AMTA rate

Optional Link

www.americinn.com/hotels/ks/salina

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***"When you reach for the stars, you may not quite
get one, but you won't come up with a handful of
mud either."***

-L Burnett



1/4, 1/2, and FULL Page Available

In Our Backyard

Government Relations Update

Hello AMTA KS Members,

I know we, as the Board of Directors, speak to you about the need for licensure, all the time. I also know that while most of you know it will make our whole situation as therapist better, you are also still on the sidelines asking..."so what is this really going to do for ME".

Here are the top three reasons you should get involved and help see this thing through Legislature. 1. Practice Growth. If we are recognized as reputable, safe, knowledgeable practitioners of the skill of massage therapy, across the state, we will begin to gain the trust and respect as professionals of many in the health care industry. We will also not have the stigma of "are we prostitutes?", thus leading more people to recognize the health benefits of massage. These two benefits of licensure alone will lead to us being able to command what we are worth! 2. Safety. With the "red lights" more or less put out on the massage side, we will, in time have to deal less and less with the seedy people who come sniffing around. Licensure will also give us respect and the benefit of having law enforcement on our side with limited questions about our involvement. Law enforcement will not even think about if we are the questionable ones or not.... 3. Respect. With a standardization of education and "lifting up" of the profession, we WILL see, in time, the recognition of the value of the work we do. Nurses, Chiropractors and other professionals have all had to fight this fight, for respect, it is no different for massage. Once the world sees we are well educated, capable and trustworthy we will have the respect we deserve.

I would just like to remind you that we would not think in this day and age to use a plumber or electrician who was unlicensed...or go to an OB/GYN who had not had a back ground check, so why would we expect people to come to us without these things.

Yes, many of us do not directly have issues in our communities, of known prostitution or human trafficking, but as you have surely read in the headlines, this is an issue effecting Kansans. Many of us live in very small towns where we are on a first name basis with other health care

professionals, who know what we do and recommend us to their clients. On that note us small towners also know our law enforcement officials as well. I also know from fellow MT's that have gone to city hall to get whatever local red tape taken care of, that even in small towns, they still wonder what we are up to and treat legitimate therapist like they are street walkers.....City folk do not have the luxury of knowing most everyone around them. They are the ones who see the ugly side of this struggle. They are the ones who get to see the questionable place open down the way, or if they call the cops on a person asking for "services" we do not offer, get the third degree instead. This is unacceptable behavior and it is all because they are uneducated and we do not have a license to back us up! We NEED licensure, even if not directly, and it is best if we govern ourselves as opposed to having someone else do it for us!

We lost our battle last winter due entirely to apathy..... We were told that ONLY half of those communicating with Representatives supported licensing. I understand we cannot all drop what we are doing and run to Topeka at the drop of a hat, but we are all perfectly capable of using our well exercised hands to send emails! This year when called upon PLEEEASE!!! Support licensure to raise our profession, protect our titles, and protect our practice! We need this, we deserve this and it will not happen unless we ALL voice our support!!!!

Your AMTA KS President, Paige Harper

The chapter is now seeking new energy and new volunteers to fill the Government Relations Committee to continue their important work. If you would like to volunteer or have any questions, please contact [Paige Harper](#).

"Be less curious about people, and more curious about ideas" -M. Curie

Volunteers Wanted

In an effort to make things less burdensome on all of us, we are asking for wee bits of help! For our November education weekend we need several

small things....4 cases of water, brownies, cookies, fruit (apples and self contained not so sticky fruit is best), nuts, etc. If you are able and willing to bring one or more of these items please contact Debbie at debbiemal1amtaks@gmail.com. Thank you!

Optional Link

Next Newsletter Due Out In January 2016

We want to hear from you!

Share your voice today

Your Board of Directors has an open door policy. Please approach any one of board leaders at any time with you thoughts, opinions, ideas and things you would like to happen.

Notice, we have many leadership positions still available. Contact the the Chapter President, [Paige Harper](#) if you are wanting to join in the AMTA-KS BOD Adventure! Wanting to be involved, but not be in charge? Join one of the many committees available:

Communications/Marketing, Events, Continuing Education, Fundraising, and Government Relations.

The AMTA-KS Board of Directors is here to serve it's members!

"A candle loses nothing by lighting another candle"
Annonomus

Your AMTA Kansas Board of Directors

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