Idaho In Touch

A Publication of the American Massage Therapy Association - Idaho Chapter, Vol. 18 No. 3 Autumn 2010

Dear Members,
It is that time of year again where we can harvest the fruit of our labors and efforts. We have had a good year as a chapter. The spring convention held in Twin Falls was great. We had a good time seeing old friends, meeting new ones, and taking advantage of some great education opportunities. As we go to print most of you have had your unit meetings, and hopefully you attended them.

I personally represented the chapter at CVOP this year which is sponsored by AMTA National and provides opportunities for us to learn ways to better serve and meet the needs of our members. We also got to meet those who work in the national office and learn how they function. I also learned about the new website that they are rolling out this August in an attempt to make it more user friendly and easier to navigate. I would suggest you check out the changes they've made.

I also want to take this opportunity to inform our membership of the legislative effort going on in our state. We are again actively pursuing massage legislation in Idaho. In fact, most of you will be seeing a short survey we are sending out to get a sense of how you feel about this issue. Thanks to the effort of a massage therapist in the Northern unit who helped us get the ball rolling, we have a committee that is currently working on getting a bill written, and we have a Senator who has agreed to put it before our legislature. When the time comes for your support, we would appreciate your help in this matter. If you have any questions or information regarding this issue, please let me or your Unit Reps know so that we can best meet your needs. We are also looking for a Government Relations Chairperson, so if you have the time and would like to get involved with this effort, please let us know.

As always, we as members of the Board are here to serve you. If there is anything we can do to assist you, just let us know. A thought to leave you with:
"Life is a grindstone; whether it grinds you down or polishes you up depends on what you are made of."

Your President, Trisha Pennell

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DATES TO REMEMBER

Chapter:

September 11 - Western Unit Workshop, 6 CE's
September 16 - AMTA-Idaho BOD Meeting
October 22-23 - AMTA-Idaho Leadership Training

National:

September 22-25, 2010, AMTA National Convention in Minneapolis, Minnesota
October 19-22, 2011, AMTA National Convention in Portland, Oregon

MEMBER PROFILE

Name - Becky Olinger, LMP, NCTMB

City of residence? Lewiston, Idaho

Family status, children, pets?

Married to Bryan, a radiography tech employed by St. Joe's. We have a blended family of 7 children, with 3 still at home, and we have 2 goofy dogs.

Where do you practice?

Body Health & Relaxation Clinic in Clarkston, Washington, where I share office space with three other massage therapists

Where did you receive your massage training?

Moscow School of Massage, may it rest in peace...

What are your specialties?

I have been in practice for only a year so I am still searching for the modalities I want to add to my tool box! I really enjoy Deep Tissue, because that is what I like to receive. I recently took a class in Manual Lymphatic Drainage and have been working with a local doctor who is doing a lot of laser liposuction procedures; he includes 3 MLD sessions in the cost of the procedure and sends his patients to our office. Its very interesting work – not a population I ever considered working with!

Why did you become a massage therapist?

When I was in high school, I wanted to become a physical therapist, but life happened and that dream didn't! My previous employment presented the opportunity to work with people with soft tissue injuries as a result of the demands of their jobs. I wanted to learn how to give them relief but was limited in what I could do for them, so I decided to get the training to help them on a professional level.

What did you do before you became a massage therapist?

I worked at a local pulp and paper mill. Not only did I work production, but I also worked in health and safety, which was very rewarding but frustrating at the same time. I was extremely stressed and worked far too many hours. I knew I needed to change careers for my own health and sanity!

What are your hobbies and past times?

Spending precious time with my family, reading, camping, swimming, paper crafts, ...and whatever the kiddos are doing at the moment!

What other talents besides massage do you have?

Juggling and plate spinning – in other words just multi-tasking to keep up with my family.

What are your retirement goals?

I plan on being a therapist into the so-called "golden years" but would love to incorporate some level of teaching along the line. In a few years, I would love to open an Asian-inspired spa in the area.

How do you protect your arms and hands?

Yoga and a lot of stretching throughout the day. I do have a lot of upper-body strength (thanks to my previous employment), but I am doing massage five to six days a week, so I recognize the need to prepare myself for that schedule.

WELCOME NEW MEMBERS!

Central Unit

Gavin Kastner	Hailey
Candida Miller	Twin Falls

Eastern Unit

Hailey Christensen	Shelley
Kathy Eakman	Pocatello
Debi Hales	Pocatello
Mark Myers	Alta

Northern Unit

Barbara Phillips	Spirit Lake
Allen Coahran	Moscow
Sara Murinko	Wallace

Western Unit

Joseph L. Mesa	Boise
Tanna S. Willis	Kuna
Michelle Vango	Nampa

Welcome!! Look for your unit representatives in the "AMTA-Idaho Officer Roster" later in the newsletter and feel free to contact them for information. You can also log onto the chapter website for more details at www.amtaid.org.

ORIENTATION & LEADERSHIP TRAINING TO BE HELD AT LAVA HOT SPRINGS

Since January 2005, the AMTA-Idaho chapter has hosted an annual Officer Orientation and Leadership Training in an attempt to assist new officers through an easier transition into their new responsibilities. Proven to be beneficial and successful, the training will be held this year on Friday and Saturday, October 22-23 at Lava Hot Springs. All new officers and existing officers who have not yet attended are required to attend the training. Some of the benefits resulting from past trainings are:

* Better comradery and team work amongst board members
* Clearer understanding of chapter policies
* Momentum, stimulation, and motivation
* Fewer complex problems through the year
* More productive and fluent performance from board members
* Better communication and support
* Punctuality in meeting deadlines

WE NEED YOUR POLITICAL LEADERSHIP!

* Are you looking for a way to give back to the association that gives to you?
* Do you have experience with legislative and/or political issues?
* Are you dedicated and committed?
* Do you have strong leadership qualities?
* Do you have internet access?

If you answered these questions 'yes' then WE NEED YOU!

The AMTA-Idaho Chapter is in desperate need of a Government Relations Chairman to lead us through the process of seeking state licensure for massage therapy. You will receive supportive guidance from the AMTA National Government Relations Chairman as well as financial support from the AMTA-Idaho GR treasury. If you would like to serve in this capacity, please contact Trisha Pennell at 208-521-4416 or strishamasther@q.com.

"It's not just great teachers that shape your life. Sometimes it's the absence of great teachers... Being ignored can be just as good for a person as being lauded." – Julie Roberts

SEEKING VOLUNTEER IN THE WESTERN UNIT

Want to serve but don't have the political expertise to serve as GR Chair? How about Western Unit Assistant Representative? This position is also an elected position and provides the opportunity to sit on the Board of Directors as a voting member twice a year. The Assistant Rep works together with the Unit Rep in planning the annual fall workshop and unit meeting and the state convention once every four years. Travel expenses to the board meetings are paid by the chapter. If you live in the Western Unit, please consider serving in this position by contacting Trisha Pennell at 208-521-4416, or strishamasther@q.com .

BENEFITS OF VOLUNTEERING

Volunteering to serve as an officer in the chapter is an exciting opportunity that provides many benefits:

- Attend the Annual AMTA-Idaho Officers Retreat and Leadership Training, expenses paid
- Learn more about the association, how it is structured, and how it functions
- Get to know other officers and therapists and exchange ideas on work and leadership
- Experience the fulfillment and reward that comes from becoming a contributing member of the world's largest non-profit massage association
- Build your confidence and professionalism through attendance at meetings, workshops, and conventions with other professionals

"Nothing is more humbling than the moment during an argument when you realize you're wrong." – Ruminations.com

NEW COLUMN TO BE PRESENTED IN NEXT ISSUE OF *IDAHO IN TOUCH*

It has been suggested that our newer members would be interested in learning about the history of our chapter. Therefore, I need your help. Please share with me any experiences you have had within the AMTA-Idaho chapter over the past thirty years. I will then share them with our members in the newsletter. Experiences involving any of the following would be fun to review:

* Learning and education events
* Legislative and political endeavors
* Service projects
* Social events
* Conferences and conventions
* Inter-chapter experiences
* Anything else worthy of remembering

You can send your submissions to Gayla Nickel, 445 Marjacq Avenue, Idaho Falls, Idaho 83401, 208-524-1696, or gohthermas@aol.com.

Help make this column a success by uniting the past with the present and future endeavors of our chapter.

IDAHO BOARD OF DIRECTORS TO HOLD FIRST BOARD MEETING VIA INTERNET

The 2010 Fall Board of Directors Meeting will be held on Thursday, September 16, 2010, from 11:00 a.m. to 2:00 p.m. with the last hour reserved for legislation issues. If you have any items of business you would like to submit for the agenda, please mail or e-mail them to Trisha no later than September 10 (*see roster for contact information.*) This will be the first board meeting held via internet video. Please make sure to be there fifteen minutes early for instructions. Locations will be as follows:

University of Idaho in Moscow
Idaho State University in Meridian
College of Southern Idaho in Twin Falls
Idaho State University in Pocatello

More specific details about the locations will be e-mailed to you soon. All elected officers are required to attend chapter Board of Directors Meetings. All chapter members are welcome to attend but do not have a vote during the meetings; contact your Unit Rep for location details.

The first attempt at holding an electronic board meeting was made in 2004 via conference call, but the board was unable to make telephone connections with all board members, and the meeting was postponed to a later date.

WELCOME ABOARD, LENNY BURDICK!

After much searching, we are excited to welcome Ellen (Lenny) Burdick from Meridian as our new chapter treasurer! Thank you for volunteering to serve us, Lenny. We wish you much success, learning, and joy as you work with the other officers of the chapter in fulfilling the needs of our members.

> "Laughter and tears are both responses to frustration and exhaustion... I myself prefer to laugh, since there is less cleaning up to do afterward."
>
> – Kurt Vonnegut, *Palm Sunday*

AMTA-IDAHO MASSAGE LICENSING FIRST CONFERENCE CALL

The first conference call held to promote massage licensing in Idaho was held on August 10, 2010. Participants included the following:

Trisha Pennell, AMTA-ID President
Paul Weston, AMTA-ID Northern Unit Rep
Judy Silcock, AMTA-ID 3rd Vice President
Jean Robinson, ABMP Representative
Jeane Plastino-Wood, American Institute of Clinical Massage
Sally Hacking, AMTA-ID GR Consultant
Joe Roth, AMTA National GR Chairman

Activities Leading Up To Meeting

The group had a brief discussion on expectations of legislation and the process. Jeane has been reaching out to legislators over the last several weeks regarding the issue. She has provided them with licensing information from surrounding states. A legislation "draft" has been created and e-mailed to all participants. The draft is intended to establish a baseline starting point.

Moving Forward

Legislation

* Research regulatory customs within Idaho
* Research regulations of other healthcare professions
* Everyone will provide input of beginning draft via e-mail

Outreach

* AMTA and ABMP to survey members
* AMTA information and beginning outreach to members at Northern Unit Meetings
* AMTA-Idaho chapter to establish a spokesperson for the legislative initiative
* Send letters to Senator Hammond and Representative Chatterton reinforcing our gratitude and providing update on meeting and outreach plans

Group communication

* Participants will communicate via e-mail and will have future conference calls as needed.

IMA "CLOSES ITS DOORS"
OWNER SPEAKS OUT
(Ponte Vedra Beach, Florida, August 25, 2010)

MASSAGE Magazine recently learned that the IMA has gone out of business and is no longer renewing insurance coverage for its members.

IMA President Will Green sent an e-mail to IMA members on July 21, 2010, informing them that IMA's broker and insurance companies terminated their contract with IMA in April 2010 because IMA failed to pay at least $600,000 of premiums it had collected from its members.

In that e-mail, Green wrote that he fell into a depression upon learning that illegal actions had been committed in relation to his company. "I did not pursue a legal remedy," he wrote. "I went into a depression without even realizing it. I am not faultless. I began to sabotage the business through hurt and anger last year. I owe the insurance broker about $600,000 and am selling my farm and commercial building to pay that debt."

Green is now encouraging his former customers to purchase insurance with a new company he claims to be affiliated with, the National Association of Massage Therapists. Green's entire e-mail is posted on: www.massagemag.com/MMIPresponse.

In efforts to provide full disclosure, The Doyle Group, publishers of MASSAGE Magazine and Chiropractic Economics, also offers insurance to massage professionals through MASSAGE Magazine Insurance Plus (MMIP).
(See www.massagemagins.com).

A comparison of all major liability insurance programs for massage therapists, including AMTA and ABMP, is located at www.massagemag.com/insurancecomparison.

(E-mailed by Massage Magazine, 5150 Palm Valley Road, Suite 103, Ponte Vedra Beach, Florida 32082, United States)

AMTA RESPONDS TO OWNER OF IMA ON LIABILITY INSURANCE ISSUES

In a response to an article in Massage Today about the demise of the International Massage Association (IMA), its owner, Will Green, refers to many issues of liability insurance coverage provided by massage therapy organizations. AMTA does not know why in his statement Will Green has referred to a relationship with AMTA regarding liability insurance, as we have never had discussions on insurance with him. Perhaps this is a typo in his email.

We would like to respond to his statements about the liability insurance of massage therapy organizations. It is very important for massage therapists to understand the differences between massage therapy organizations, the benefits they provide, how they are financially structured and supported and the type of liability insurance policy they provide. AMTA is a non-profit professional association, not a for-profit company selling insurance. One of the many important benefits of AMTA membership is our liability insurance. Because AMTA is a public company owned by its members, not privately-held as a for profit company that wants to be an association, AMTA annually releases information on its finances. We believe our members have the right to know about our financial health, including the security of our liability insurance policy.

Many claims are made in promotions of low-priced liability insurance plans. AMTA feels strongly that massage therapists should not be fooled by such ads, but should know the facts about their coverage and be confident that they are covered in their practice. We agree with Will Green that admitted insurance is the best type of liability insurance and that is why the AMTA professional liability policy has for many years been on a state admitted basis, backed by every state's guarantee fund. To our knowledge, we are the only national massage organization that has been issuing coverage through admitted insurance. AMTA and our insurance coverage are very financially sound.

Questions are sometimes raised about insurance policy limits. To many, this can look like smoke and mirrors and usually is confusing to anyone other

than those who work in the insurance industry. Our insurance coverage is the best available to massage therapists, because it covers many things other plans do not cover, it has the highest limits of coverage and it is admitted insurance.

Some basics are:

* Professional Liability Coverage
  $2 million/occurrence
  $6 million annual aggregate
* General Liability Coverage
  $2 million/occurrence
  $6 million annual aggregate
* Products Coverage
  $2 million/occurrence
  $6 million annual aggregate
* Personal Injury
  $2 million/occurrence
  $6 million annual aggregate
* Fire & Water Coverage $100,000
* Sexual Misconduct Allegation Defense
* Assault Coverage
* License protection

The aggregate is the maximum per year coverage for all of those types of claims for one person. AMTA goes to great lengths to ensure the stability and integrity of the insurance offered, because our reputation is on the line. AMTA provides a reserve fund which ensures that if claims against our members are ever beyond the annual limits of the policy, the association can cover the overage. That fund is reviewed annually as part of the association's financial audit, which ensures that AMTA's insurance will not face the situation that affected IMA, but more importantly it provides the assurance a practicing AMTA member needs when a claim is filed against them.

It is our hope that massage therapists will thoroughly examine all the benefits of AMTA membership, including our liability insurance policy and understand that joining AMTA not only protects their practice, but will foster their professional development, involve them in the AMTA community, backed up with a network of 51 chapters, electronic forums and continuing education opportunities, as well as advance the massage therapy profession.

(American Massage Therapy Association, 7-23-10)
For more information, log onto
http://www.amtamassage.org/news/072310release.html

YOUR VOTE COUNTS!

Voting is not only a right, but also an opportunity. Voting is one way that you as members shape our organization.

Our National Board of Directors tackles various issues that face our organization and the massage profession. As the top leader in the profession, AMTA not only has a voice in these issues but also is often the initiator of the 'road to solutions.' With new technology we now have better access to candidates. There are multiple opportunities to learn about each candidate to better understand their vision and goals for the future of the AMTA and the massage profession. If the candidate has established a social media site, members will have the opportunity to connect with the candidate in this interactive manner. You can now access candidate information at the AMTA official election website; there you will find a link(s) at the bottom of each candidate's bio information page, if any social media have been created. ***Join in, become a more informed voter.***

We need to ensure that our organization, remains on top as the leader in the massage profession, and continues to be well represented. Our voice counts in this profession. Your voice counts in this organization. Make a decision to support one of our core values, 'to be a membership driven organization' and **vote**. That is what 'member driven' means. ***So take a minute, review the candidates and cast your vote by December 1.***

2010 Election Timeline

November 1-5:	A link to the online ballot will be sent via electronic mail to all voting members.
December 1:	Completed ballots are due.
January 1:	Results will be announced no later than January 1 on the AMTA Web site.
March 1:	New officers assume office.

Please contact Gail Friedman at 877-905-2700 x168 or gfriedman@amtamassage.org if you have questions.

SCIATICA OR A PAIN IN THE OSSA COXA?

Great fun and learning was sponsored by the AMTA-Idaho Central Unit during their annual fall workshop hosted by Patti Slagel. Six massage therapists attended the class held on Saturday, August 21 at the beautiful Intrinsic Health Center in Twin Falls.

President and co-owner of the Idaho School of Massage Therapy, instructor Cindy Langston Mason began the class with floor exercises in the ancient art of Do-In.

In four short hours, she gave the students a clearer understanding of the amazing dance of the human spine and the progression from a healthy back to the nemesis we sometimes call low back pain, pelvic pain, or sciatica – all of which can be experienced as nagging pain or debilitating pathology.

The class also learned the differences and connections between the pain syndromes of sciatica and myofascial pain along with treatments utilizing trigger point therapy, a manual treatment. Time was spent classifying the three types of postural alignment that affect spinal pain along with both standing and seated assessments of posture and gait. Strength tests were practiced on partners along with Straight Leg Rise Test for disc herniation evolution and detection.

Cindy gave the group an opportunity to experience some self help techniques with the use of Miracle Balls and the Thumbby. What therapist isn't looking for additional ways to improve their own postures and work on their own aches and pains?

The continuing education and unit meeting proved to be fun time spent with other therapists, productive learning improving the skill level of each therapist, and the adaption of new techniques to take back to their clients.

Cindy proved to be an excellent instructor incorporating fun into her education process. Hostess Patti Slagel highly recommends her to other units for continuing education classes.

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Chapter Facebook
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National WEB page
www.amtamassage.org

AMTA-IDAHO VIDEO RENTAL FORM

1. Place a check in front of your selection. Limit one selection per order.
2. Fill out the needed information and sign the copyright agreement.
3. Mail the order form together with a check or money order to "AMTA-Idaho."
4. Mail to: Shelley Hitz, 4075 East 169 North, Rigby, Idaho 83442.
5. You may list any suggestions, requests, and/or questions at the bottom of the page.

SELECTIONS and FEES

_____	The 10-Step Protocol: CranioSacral Therapy; John E. Upledger, D.O., OMM.		$10
_____	Muscle Energy Techniques for Muscle Dysfunction; Leon Chaitow, Osteopath		$10
_____	Positional Release Techniques; Leon Chaitow		$10
_____	Massage for Sports Health Care: For Enhanced Athletic Performance and Recovery; Benny Vaughn		$10
_____	Myofascial Pain Syndromes: Trigger Point Therapy - Hip, Thigh, Calf; Janet Travell, M.D.		$10
_____	Soft Tissue Release; Stuart Taws		$15
_____	Japanese Hot Stone Massage; Mark Hess and Shogo Mochizuki	NEW	$15
_____	Active Isolated Stretching, Assisted, 1-2; Aaron L. Mattes		$10
_____	Active Isolated Stretching, Unassisted; Aaron L. Mattes		$10
_____	Human Anatomy: Upper Extremities; Robert D. Acland, FRCS		$10
_____	Human Anatomy: Lower Extremities; Robert D. Acland, FRCS		$10
_____	Human Anatomy: The Trunk; Robert D. Acland, FRCS		$10
_____	Human Anatomy: Head and Neck, 1-2; Robert D. Acland, FRCS		$15
_____	Neuromuscular Therapy: Its Science and Philosophy, 1-3; Paul St. John		$15
_____	Neuromuscular Therapy: Cervical Injuries, Postural Analysis, Pelvic Stabilization, 1-3; Paul St. John		$15
_____	Neuromuscular Therapy: Pain Mechanisms of the Low Back, 1-3; Paul St. John		$15
_____	Neuromuscular Therapy: Shoulder, Upper Torso, Spinal Column, Extremities, 1-3; Paul St. John		$15
_____	Neuromuscular Therapy: TMJ Dysfunction, Hands, Feet, Eyes, 1-3; Paul St. John		$15
_____	Neuromuscular Therapy: Neuromuscular Components of Scoliosis, 1-3; Paul St. John		$15

NEW and DONATED VIDEOS

_____	Onsen Treatment of Pain Functional Assessment and Correction of the Lower Body, Vol. 2; Rich Phaigh (This video series was donated missing Vol. 1; however, I have Vol. 1 in a binder and will include it)	$15
_____	Onsen Treatment of Pain Functional Assessment and Correction of the Upper Body, Vol. 3, 4; Rich Phaigh	$15
_____	Sports Massage, Vol. 1, Myofascial Techniques; Richard M. Royster II, M.A., L.M.T., C.A.	$10
_____	Sports Massage, Vol. 8, An Introduction to Acupressure and Sports Massage; Carol Kresge, L.M.T.	$10
_____	Sports Massage, Vol. 10, The Chiropractic Approach to Soft Tissue Manipulation; Dr. Sandra Boon, D.C. and Dr. Louis Leonardi, D.C.	$10
_____	Healing Stone Massage, Vol. 1; Carollanne Crichton	$10
_____	Healing Stone Massage, Vol. 2, Carollanne Crichton	$10
_____	Mastering Pregnancy Massage; Leslie Stager, R.N., L.M.T.	$10

Please send the designated video to:

Name: _____ Phone: _____

Address: _____
PO Box or Street Number City State Zip Code

E-mail: _____

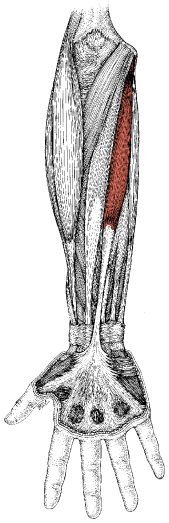
I am enclosing _____$10 _____$15 to cover shipping and handling cost both ways.
I agree to return the rented video(s) in good condition and will not duplicate it while it is in my possession.

_____ _____
(Signature) (Date)

I am also enclosing a donation of $_____ to be used for the AMTA-Idaho Video Library.
Suggestions, Requests, Questions:

NMT Spotlight on Palmaris Longus by Judith DeLany, LMT

The forearms and hands are the most important tools used in massage therapy. Preventing the development of career-ending pathology is a critical, yet often overlooked, step in self-care. When these muscles are neglected, consequences can range from nagging, aching arms, wrists or hands, to debilitating chronic pain.



Palmaris longus (PL) is a great example. This long (extrinsic) muscle courses from the medial epicondyle to attach broadly onto the palmar fascia which, in turn, spans into five directions, each of which projects toward a digit (ray). Its tendon is the only anterior forearm tendon to remain outside the flexor retinaculum at the wrist, making it distinct from the flexor carpi tendons. (Fig.1)

Although the muscle belly *may* be absent on either arm or both, its palmar fascia is always present (Platzer 2004). Its tendon may be more easily distinguished from the carpal (wrist) flexors by having the person place all five digital pads together, with the metacarpophalangeal joints flexed and the fingers and thumb extended (as if picking up a marble with all five digits). It may be necessary to flex the wrist simultaneously to make the tendon more distinct. (Fig. 2)

PL may be strained with loaded wrist flexion. The associated palmar fascia may be injured with the use of hand tools that can inflict trauma, such as when pounding on an ice pick, sculpting tool, or kitchen chopper, when twisting with pressure while using trowels in gardening, or when applying pressure with hand-held tools in massage therapy. Associated trauma can result in shortening of the connective tissue of the palm, similar to that seen in Dupuytren's contracture.

Indicators for treatment of PL include:

- Diagnosis of Dupuytren's contracture (see below)
- Prickling sensation to the palm and anterior forearm (from trigger points)
- Tenderness in the palm, especially when working with hand-held tools

Dupuytren's contracture is a hand deformity in which the palmar fascia contracts and thickens over time.

The characteristics of Dupuytren's contracture (Taleisnik 1988) include:
Stage 1: A nodule of the palmar fascia that does not include the skin, with no change in the fascia.
Stage 2: A nodule in the fascia with involvement of the skin.
Stage 3: Same as stage 2 but with a flexion contracture of one or more fingers.
Stage 4: Same as stage 3 plus tendon and joint contractures.

Due to slow progression, observation and minimal or no treatment are often indicated initially for Dupuytren's contracture. A non-surgical intervention of injection coupled with forceful finger extension may be indicated. (Cailliet 1994) Surgical excision of the fascia may be necessary and the hand may lose up to 25% of its grip power as a result.

Heredity may be a factor in Dupuytren's contracture, however, it is important to rule out trigger points as part of the problem. (Simons et al 1999) Trigger points in this muscle may simulate Dupuytren's contracture and may even produce flexion contracture of the fingers. A distinguishing feature is that while Dupuytren's may cause a painful palm, only trigger points in PL produce the prickling sensation. Simons et al describe a spray and stretch

technique that covers the anterior forearm and hand that is often beneficial to this condition. NMT hand and forearm protocols are also effective. For hand and forearm treatment protocols, visit www. nmtcenter.com/articles/.

The value of contrast hydrotherapies should not be underestimated, especially when followed with stretching. Not only is this therapy readily available and very inexpensive, it can easily be self-applied, especially to the forearms and hands.

Prevention of injury is the foremost key to maintaining healthy hands. Particular care should be exercised when using tools that can damage the palmar fascia. Work gloves, alternative tools and employed help should be considered for jobs that might place stress on the tissues of the palm.

References:
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Judith DeLany serves as director of NMT Center, writes textbooks for Elsevier Health Sciences, and lectures internationally in the field of neuromuscular therapy. For more information regarding her work, visit nmtcenter.com or call toll-free at (866) 571-7942.

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THANK YOU, ELIZABETH!

The AMTA National Board of Directors has accepted the resignation of long-time Executive Director, Elizabeth M. Lucas. During her more than 10 years as Executive Director, and in her years before that as Director of Communications and Marketing, Liz provided AMTA, the National Office, and staff with outstanding leadership, while carrying out the direction of the national board.

The board will begin its search for a new Executive Director for both AMTA and the Massage Therapy Foundation. In the meantime, Shelly Johnson, who has been AMTA Deputy Director for more than eight years, will function as Interim Executive Director. All AMTA day-to-day activities will continue as scheduled.

The Idaho Chapter would like to thank Elizabeth for all of her contributions and wish her all the best as she pursues other career opportunities.

"Sorry your card won't arrive in time for your birthday. I bought a belated birthday card, so I had to wait a few days before mailing it."
– Linda Lee, *Reader's Digest*

AMTA-IDAHO NOW ON FACEBOOK!

Check it out! You have two options for joining:

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* Go directly to the page with http://www.facebook.com/stacy.penrodfisher#!/pages/American-Massage-Therapy-Association-Idaho-Chapter/105956276114997

If you have any question, feel free to contact Stacy Fisher at 208-695-7228, stacy@raphamassage.com.

Thank you, Stacy, for keeping us informed online!

Check out the AMTA-Idaho CHAPTER WEBSITE

www.amtaid.org
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