Pharmacology and Massage Therapy
BY SUSAN G. SALVO, MED LMT

Nothing in life is to be feared, it is only to be understood.
—Marie Curie

Many of your clients use drugs to reduce pain, to minimize disease complications, as hormone replacement therapy, or to decrease anxiety and depression, just to name a few. Drugs can be administered orally, by injection, inhalation, or through the skin or mucous membranes.

Learning about pharmacology and how it affects massage therapy should be a top priority for practicing therapists. What these medications do, how they are administered, and their side effects may alter your therapeutic approach with a particular client. Additionally, many clients have multiple chronic conditions that are managed by medications. These situations add layers of complexity to treatment planning. For example, your client may be taking oral meds for chronic high cholesterol, use insulin injections regularly to manage diabetes, and recently started using testosterone crème. Do you know what to do?

Initially, you must inquire about medication use during the client intake. This includes information regarding prescription drugs, over-the-counter drugs, and herbal supplements. These agents may have side effects and possible implications for massage therapy. Next, ask why they are taking them. Medications are used for many reasons. For example, a client may take aspirin to reduce fever, to manage shoulder pain, or prevent or reduce the risk of stroke or heart attack. Modifications will vary depending on how the client answers these questions. For example, a client who is taking oxycodone orally to relieve pain from a neck injury sustained five days ago during a car accident may require the use of stimulating techniques at the end of the session to help rouse an overly sedated client or assistance with sitting up and getting off the table.

Next, ask your client about side effects. The client’s primary complaint may be related to a drug side effect, meaning that a headache targeted for the relief through massage may quickly return if it is the result of a drug side effect. Be sure your client is informed so appropriate and realistic treatment decisions can be made. Lastly, ask how the meds are administered. For example, a client taking insulin would require avoiding the site of recent injection for 24-hours. Depending on client response, use appropriate treatment modifications.

The field of pharmacology changes quickly so having access to the most current information is essential. Massage therapists are advised to use several reference books in their current editions. Some Internet websites such as the FDA (www.fda.gov), Centers for Disease Control and Prevention (www.cdc.gov) and National Institutes of Health (www.nih.gov) contain current drug information, as well as information related to specific diseases. Pharmacists are another great source of information. Remember, a little pre-planning and a thorough intake can create the foundation for condition-appropriate and client-centered treatment plans.

From the President’s Desk

BY EUGENE WOOD

When is the last time you received a massage? All of the therapists that I talk to say that they need a massage but are too busy to take time away from their clients and office. I admit to being guilty of this way of thinking, as well. Isn’t it interesting that our clients make the time for self care and come to us, yet we don’t take the time to take care of ourselves? I have these conversations with myself all of the time: “My hip hurts and I really need to get a massage”, and the days go by and several weeks later I still haven’t scheduled a massage. In the beginning of my career, I used to exchange massages with a fellow practitioner. After a while, it never seemed to work out for a variety of reasons.

I bring this up because recently everything lined up correctly and I was able to schedule and receive that overdue massage from an AMTA member. I wonder how many of you let your massage therapist know that you are also a massage therapist? I always fret over that. It’s hard for me to let go and not critique the massage, however, that’s exactly what I want to do. I want to just “get into the zone” and let go. Anyway, I scheduled my appointment and it was such a learning experience that helped me on every level. On the physical level, my symptoms were relieved and I was out of pain. On the emotional level, I worked on letting go of the pain associated with the symptoms to loosen its grip. On the mental level, I looked at the business model and how the business was run, looking for ways to improve my client’s experience. Lastly if felt really good to pay the practitioner for a job well done and support an AMTA member. So, I guess in my own little way, I upheld the mission statement of AMTA, which is “To serve AMTA members while advancing the art, science and practice of massage therapy.”

So, go and schedule your long overdue massage and get the care you need to serve your clients.

Eugene Wood
President, AMTA-NY Chapter

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Eugene graduated with a BS in Experimental Psychology in 1974. He has 30 years of business experience. For the past 15 years, he has held several positions in the field of computer training using his instructional design and project management skills, creating learning content and delivery of training. Eugene graduated from the Swedish Institute to realize his dream of becoming a licensed massage therapist. Email: eugenefmt@verizon.net
ARE CEH’s FOR YOU?

We all know that New York State says we must have CEH’s to renew our registration. Technically we don’t need them until we’ve been in service for 6 years after graduating from massage school - the end of our second registration period. Six years! Let’s think about that for a second. You could have a child and be sending him or her off to first grade in that amount of time. Can you really see yourself doing the same techniques, working the same way every day, for that long?

Beyond the boredom factor why wait until you ‘have to’ take classes before you do? Would you want to go to a doctor who didn’t keep up on the latest techniques? Or what if your tax guy didn’t know what was new when April 15th comes around? What we learn in school, as good as your school may have been, is just the basics. And the more you learn, the more you realize just how basic. Don’t get me wrong. I loved my school and I think I got a great education. But there is a lot of information to stuff into our brains in a short amount of time. Taking classes that can give you new techniques, more options, “tools in your toolbox,” when you are working with your clients is important. All bodies are different. All people react differently to trauma, illness, chronic conditions, and even what can help them to relax.

What classes are for you? Well, what interests you? What kind of clients do you work with? Are they the type of clients you want to be working on? Ah, now there is a question. Have you asked yourself that? What type of clients would you like to be working on? Maybe you have a lot of clients that have migraines, or cancer, or MS. Are you a runner? A dancer? Would you like to help other runners/dancers improve their performance? Do you have a family member who has fibromyalgia? Or a friend who is pregnant? From relaxation massage to cancer to pregnancy there is more that you can be doing.

‘But my clients are happy’ you say. Ok. But could they be happier? Could they be in less pain? More relaxed? Could your client retention rate be higher? Do your clients have a condition that you need to think about prior to ‘just doing their massage?’ There is no ‘just doing a massage’.

Thankfully, we are considered medical professionals in New York State. “Do No Harm” is something we need to think about every day. Do you have oncology patients but no oncology training? Do you know how you could harm them with deep tissue massage? Or with stroke directionality? Could you take your clients migraine pain from a 10/10 down to a 2/10? Imagine seeing the relief on their faces at the end of their massage. These are things you can learn, and so much more.

Beyond helping your current clients, classes can help you to open up your practice to a whole new demographic, which leads to increased income. It gives you opportunities to go out and help in your community. Maybe you want to do some pre-race massages for a charity run. Or volunteer at a local oncology event like Camp Good Days. Events like that are a great way to help in your community and again, can lead to marketing opportunities for you.

Ask yourself – what do you really want to learn? You can take online classes, you can get out and do a hands-on class – we are after all a hands-on profession. AMTA –NY offers classes throughout the year and at convention every April. If you have a class you are really interested in contact your Unit Chair and let them know, we are always open to member feedback and would love to hear from you! Want to volunteer? – Join CSMT –the Community Service Massage Team – through AMTA.
Is Lymphatic Balancing the Missing Ingredient to Success in Your Practice?

BY KERRY D'AMBROGIO, DOM, AP, PT, DO-MTP AND TRACEY CLARK DO (MP), DCMOEB

Many manual practitioners think of lymphatic drainage techniques as an area of specialty that may not factor into their practice and is only for patients with lymphedema. The belief that working with the lymphatic system will require taping techniques or complicated draping may have prevented practitioners from incorporating specific lymphatic work into their treatment. In fact, adding a principle based approach to lymphatic system support and balancing may be easier than thought and may be the answer to getting lasting results for some difficult cases that don’t seem to respond to current treatment protocols. The ability to incorporate lymphatic balancing into treatment will also promote healing from the inside out by helping to create an internal environment that is conducive to healing.

Within the hierarchy of healing, the principle that the movement of fluids is essential to the maintenance of health is one of the basic tenets of osteopathic medicine. Perhaps even more important is the concept that drainage must precede supply. This could be understood to be referencing the drainage of venous blood as a preparation for the delivery of arterial blood flow but we must not forget the incredibly important role that the lymphatic system plays in the purification of tissues, fluid balance, immunity and digestion. Dr. Andrew Taylor Still, the father of Osteopathy, emphasized that the treatment of the lymphatic system was vital for the treatment of disease and the maintenance of health and homeostasis. He stated “We strike at the source of life and death when we go to the lymphatics”.

The Lymphatic System

On a daily basis approximately 30 liters of fluid filters out of the capillaries with oxygen and nutrition into the interstitial spaces. Of that only 27 liters will return to circulation. The remaining 3 liters drains into the lymphatic system. The lymphatic system is made up of a network of thin tubes that run throughout the body called lymph vessels and oval-shaped organs called lymph nodes, which collect and filter lymph. Before passing into the capillaries of the lymphatic system, the fluid cleans the extracellular spaces of particulate matter, exudates and bacteria. Lymph vessels collect and filter this fluid in lymph nodes before directing it toward blood vessels near the heart. It is here that lymph re-enters blood circulation.

Returning lymph to the blood helps to maintain normal blood volume and pressure. It also prevents edema, the excess accumulation of fluid around tissues. The proper functioning of the lymphatic system is critical to our body’s ability to detoxify and regenerate tissues. The lymphatic
system filters out toxins and foreign substances, recovers crucial substances that have escaped from the blood, and helps maintain a healthy immune system.

If the lymph circulation stagnates due to injury or infection, toxins accumulate, and cellular metabolism is significantly compromised. The result is an increase in acid and toxins within the tissues causing pain, tension, and edema. These substances, along with the edema, need to be removed quickly from the interstitial fluid, in order to promote proper tissue healing and restore proper pain-free movement.

**History and Development of Lymphatic Balancing**

The history of lymphatic drainage techniques dates back to the late 1800’s when the faculty at the first osteopathic college in Kirksville, Illinois began research on distribution within the vascular and lymphatic systems. Frederic Millard, DO, one of Still’s students, published *Applied Anatomy of the Lymphatics in 1922*, which led the way for further research and development of specific techniques aimed at treating the lymphatic system. J. Gordon Zink, DO, FAAO, inspired by the work of Millard, expanded the concepts to include the Respiratory-Circulatory model placing a special emphasis on the influence of fascial restrictions on the flow of venous and lymphatic return and the importance of creating pressure differentials in the cavities of the body to encourage the ease of flow.

**Lymphatic Balancing** was designed by Dr. Kerry D’Ambrogio to treat excess fluid or swelling, fluid stagnation or lymphedema in the cranium, spine, rib cage, visceral system, and the upper (shoulder, elbow, wrist and hand) and lower extremities (hip, knee, ankle and foot). **Lymphatic Balancing** expands on the work and teachings of Dr. Emil Vodder (Vodder Method), Bruno Chikly MD (Lymphatic Drainage Technique), Dr. Albert Leduc PT, PhD (Leduc method) and osteopathic lymphatic pumping techniques. These techniques can be applied to a wide range of clientele within the orthopedic community.

**Lymphatic Balancing helps to restore proper joint biomechanics, functional range of motion, and postural alignment.**

**Lymphatic Balancing is appropriate with the following patient populations: pediatrics, adolescents, young adults, adults, and geriatrics.**

**Benefits of Lymphatic Balancing**

The outcomes of a **Lymphatic Balancing** include the restoration of proper joint biomechanics, functional range of motion and optimal postural alignment. This gentle, hands-on approach is efficacious in the treatment of back pain, sciatica, neck pain, headaches, rib pain, upper and lower extremity orthopedic dysfunctions, swelling, and postural asymmetry.

The Lymphatic Balancing courses at the D’Ambrogio Institute topics include:

- How to first decide if lymphatic balancing is a priority.
- The history, principles, and neuromuscular basis of **Lymphatic Balancing** and the significant anatomy of the lymphatic system and supporting structures.
- How to conduct a thorough specific orthopedic evaluation using ARTS (Asymmetry, Range of Motion, Tension Tests and Special Tests) of the cranium, spine, thorax, abdomen (viscera), and upper and lower extremity.
- Charting results of the evaluation and formulating a treatment plan.
- How to determine the proper sequence of treating the Total Body Lesion.
- Performing **Lymphatic Balancing** on the nodes, vessels, and tissues of the cranium, spine, thorax, abdomen, and upper and lower extremity.
- The clinical importance of **Lymphatic Balancing** for the treatment of excess fluid, swelling, or lymphatic stagnation in relation to muscular skeletal dysfunctions.
- Integrating **Lymphatic Balancing** with other treatment modalities taught at the D’Ambrogio Institute.

Lymphatic Balancing is taught as three courses (Total Body Approach and a Local Approach for the Upper & Lower Quadrant). The courses can be taken in any order.

**SAVE THE DATE | APRIL 7-9, 2017!**

**Lymphatic Balancing Total Body Approach will be presented at AMTA-NY Convention 2017.**
**AMTA Sports Massage Team ROC the Ride**

**BY SHANIA SONNEVILLE, SPORTS MASSAGE CHAIR**

On Saturday August 27, 2016 The Bike MS tour rode through Genesee Valley Park in Rochester, NY. The Rochester Bike MS is also known as ROC the Ride. The Bike MS Tour goes through Keuka Park in July and Evengola State Park near Buffalo in early August and finishes up with the Rochester location in late August. The AMTA-NY Sports Massage Team was present at just two out of the three events this year due to too few volunteers to cover the third. Christine Kiebzak, the Bike MS manager was very hopeful that we will be back next year with the same level of enthusiasm for the athletes as they do so much appreciate what we do.

For those diagnosed with Multiple Sclerosis, the symptoms can range from numbing and tingling sensations, to paralysis and blindness. The progression of MS is unpredictable and defined as the interruption of information exchanged within the nervous system and brain. There are some cyclists that have been diagnosed with MS who are still able to ride. For those who are unable to ride, the loving support of their friends and family is clearly present.

Bike MS is a fundraising cycling series that rides throughout the country in different cities. The rides vary from 15-150 miles and can be covered in one or several days. The efforts of Bike MS have raised over $1 billion dollars for the National MS Society.

The AMTA-NY Sports Massage Team began working on athletes at 1pm under a tent provided by the MS Bike Tour. Christine, the tour manager, did a great job setting up a wellness village for athletes that allowed them to get a sports massage, take a yoga class and get an assessment by a chiropractor. Yoga classes were provided every 30 minutes by Cycle Swami Yoga. Assessments were also given to athletes by Dawn’s Acupuncture and Focused Health Chiropractic.

The AMTA-NY Sports Massage Team had two tables set up to give complimentary sports massage to cyclists that participated in the 18-100 mile ride. There were 156 riders at the ROC the Ride event, 30 of whom rode one hundred miles. The youngest 100-miler was 14 years old and the oldest was 74. The athletic level of each rider varies but at the end of the ride the participants feel tired and appreciative of even a little bodywork. Katy Heneghan, LMT from Rochester is a member of the AMTA-NY Sports Massage Team and participated in this event last year. Michele Ruggiero, LMT drove from Syracuse to volunteer. This was her second event in 2016 as a member of the AMTA-NY Sports Massage Team.

This was the team’s second year participating in this high energy and fun event. The weather was beautiful with sun, and a light breeze cooled us while we worked and listened to live music. Complimentary food was provided by Carraba’s to cyclists and volunteers. Other vendors included Nedloh Brewing, Blue Toad Hard Cider and Honeyoye Falls Distillery.

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**Scholarship 2016**

**BY DEB HASTINGS**

Attention massage students! Be on the look out for AMTA-NY scholarship flyer in your school in September! The flyer contains guidelines on how to submit an essay for a complimentary AMTA-NY student membership and a chance to win one of three scholarships!

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**Northern New York Update**

**BY CLAIRE SANTERRE**

It’s Fall already and there is a wonderful class coming to the Northern NY Unit in Lake Placid on November 1-3. ACE Massage Cupping Level 1 with William F. Burton Jr. LMT, CMCE the offers 22 Continuing Education Credit Hours.

James Waslaski is also returning to Lake Placid to teach Integrated Manual Therapy & Orthopedic Massage for Lower Body Conditions. Register soon for this Jan 8-10th class that offers 18 Continuing Education Credit Hours.
AMTA-NY Chapter Convention 2017
BY LINDA TOOMEY

APRIL 7 - APRIL 9, 2017

After celebrating the success of the AMTA-NY Convention 2016 that was held in Albany, NY, the Convention Committee was right back on the job planning the next Convention for 2017. The Committee is an amazing team that works together all year round to produce a quality annual convention for you, the massage therapist. We are excited to announce that the 2017 annual convention will be held in Tarrytown, New York, at the DoubleTree Hilton on Friday, April 7 through Sunday, April 9. A variety of classes and instructors are being scheduled with the purpose of creating a focus on learning and expanding your practice; thus, the Convention’s theme:

“Stretch … Grow … Thrive”

Among the instructors are Susan Salvo who will be teaching on a variety of topics, such as Pharmacology and Massage; Pathology: Cardiovascular & Neurological Diseases; Business & Marketing: Gain the Edge; Massage and Research: The New Frontier; and Ethics: The Heart of Massage Therapy. Popular at the AMTA-NY Conventions are courses offered by the International Alliance of Healthcare Educators (IAHE). The IAHE - 2017 line-up includes Healing From the Core, taught by Lori Chinitz as well as Lymphatic Balancing Total Balance with Kerry D’Ambrogio. Kelly Lott will present several classes including Facial Massage, Miracle Migraine, Pregnancy Massage, and Postpartum/Labor. Stay tuned - there are more class announcements yet to come. Meanwhile, mark your calendars for the April 2017 Convention today!

Craniosacral Therapy Alliance
CST Education and Training

In New York City This Fall:
“CST Exploration Days”
Instructor: Gina Flores, LMT, CSTA-CP
6 CEUs • NCBTMB NY • $125
September 24, 2016
October 8, 2016

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The CST Alliance offers a complete curriculum of world-class CST education and training nationally and internationally. Certification is available.

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NCBTMB #451232-10 • 603-948-2820
I am excited to announce AMTA-NY CSMT’s Emergency Response Team is now a member of the New York State Voluntary Organizations Active in Disaster (NYS VOAD)! NYS VOAD is the forum in which organizations share knowledge and resources through preparation, response and recovery to help disaster survivors and their communities. Members of the NYS VOAD form a coalition of nonprofit organizations that respond to disasters as part of their overall mission. The Emergency Response Team will be providing massage to first and second responders and emergency staff members during training drills and disasters. They will not be working with the public.

Here are the benefits of our being a member of the NYS VOAD:

- It will provide training and mock drills for the CSMT Emergency Response Team.
- It provides the Chapter and CSMT with a perfect forum with which to educate those organizations involved in emergency response in the role and value of massage therapy during a deployment.
- It would open doors for the Chapter to network with personnel from key emergency response organizations.
- When a disaster happens, AMTA-NY CSMT Emergency Response Team would have information as to who is providing services when and where.

At the present time, there are 25 CSMT members of Emergency Response Team. The majority of them are in the NY/LI and Hudson Valley Unit. The upper regions of NY are in need of Emergency Responders. The requirements to be on the Emergency Responders Team are:

- Be a Professional AMTA member in good standing and carry AMTA insurance.
- Sign the AMTA Volunteer Code of Conduct
- Hold a current New York State Massage Therapist license.
- Successfully complete a CSMT training program provided by AMTA-NY.
- Serve as a volunteer for at least one AMTA-NY CSMT event per year; two if you are a member of the Emergency Response Team
- Sign an agreement to abide by the designated dress code, standards of conduct, and established procedures while representing the AMTA-NY at community events.

Applications may be completed online at amtany.org, click on Volunteer and click on Application. Please consider joining our team!

Here is what CSMT Outreach has been up to…

**EVENT:** ACS Relay for Life of Southern Saratoga  
**LOCATION:** Shenedehowa High School – Clifton Park  
**DATE:** Saturday, June 18th, 2016  
**TEAM LEADER:** Larry Rockwell

**EVENT:** NYC Brain Tumor Walk  
**LOCATION:** Randall’s Island  
**DATE:** Saturday, June 25th, 2016  
**TEAM LEADER:** Donna Webb  
**TEAM:** David DeLucia, Nayda Maymi, Patricia Wilcox, Lle-Anne McKenzie

**EVENT:** Camp Good Days’ Supportive Spouse and Friends Weekend  
**LOCATION:** Branchport  
**DATE:** Saturday, August 20th, 2016  
**TEAM LEADER:** Christine Bailor – Goodlander, RN, LMT, CSI  
**TEAM:** Melanie Olivieri, RN, LMT, Beth Bergmann, LMT, Phil Wackerfuss, LMT

A list of events can be found on our website and in the news blasts. We can always use volunteers for these events. Not only do you get to spend time with your fellow therapist, you get to give to your community. Please consider giving your time, energy and wonderful hands to some very worthy events.

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**Online CEH’s**

**Did you know you can complete all of your NYS required CEH’s through online approved providers?** AMTA is an approved provider of NYS and offers more than 50 online classes. Classes are in a variety of subjects and are as low as $15 per credit hour.

For more information visit: www.amtamassage.org/courses
How many massage therapists haven’t had clients with neck pain and loss of motion due to postural inadequacies and/or injuries? I’m excited to share that the Southern Tier Unit of AMTA-NY is hosting Tess Contos to teach a structural integration class. Restore Cervical Function: Treating Structural, Fascial & Muscular Restrictions will be held in Johnson City on November 12th & 13th.

Tess explains how exciting it’s been teaching these new techniques and the “wow factor” results. She says that with these techniques, we help guide our clients through structural pattern dysfunctions with very little impact on our own bodies. The class will cover care strategies, assessments, self-care techniques, cervical anatomy review, tweaking technique and body mechanics.

Now that we’ve shared the “what” we’d like to share the “why” our cervical curve is important and the significance of keeping our clients and ourselves in a full range of motion. The nervous system in the neck controls functions such as breathing, reflex control for coughing, swallowing, gagging, balance, digestion, state of wakefulness, muscle control, sensation & blood supply to the head, neck, shoulder, arms and hands. In the Restore Cervical Function class, you will learn how the systems of the body (nervous, muscular, fascial and structural,) interact within the cervical spine. You’ll learn how to translate an assessment into a treatment plan to help restore motion as well as to recognize imbalances for future prevention of injury.

I hope to see you there! Don’t forget, early registration saves $$$. Register before October 14th to save $160. If you are travelling further than an hour away, contact Chelsie Cronell for information on ride share and room share.

Register Now!! November 12th and 13th. Restoring Cervical Function with Tess Contos at the Johnson City Senior Center, 30 Brocton Street, Johnson City. Contact Chelsie Cronell, Southern Tier Unit Chair (607) 287-6389 with any questions.
SAVE
THE
DATE

2017 AMTA NY
CONVENTION
April 7-9, 2017

Doubletree Hilton
455 South Broadway
Tarrytown, New York, 10591

Keep Track of all
CE Credits in One Place

The AMTA National website has a great tool to allow you to "self-report" all courses you take anywhere! To do so, simply log in to www.amta.org click on "Update Education Credentials". This tool allows you to put all credits that you have taken anywhere all in one place!

For any questions about this, or to access log-in information, please contact AMTA National at 1.877.905.0577.
## Officers

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Kyle Hierholzer (2015 - 2016)  
Jasmine Pitter (2016 - 2017)  
Donald Goodale (2016 - 2017)  
Melanie Olivieri, Serving Delegate Alternate, 2016

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## AMTA New York Activities

### Face Toning Massage

**October 22, 9-5**  
7 Hours CEUs

**Until Sept. 23rd:** $115 AMTA Members, $144 Student Members, $175 Non Members

**After Sept. 23rd:** $125 AMTA Members, $154 Student Members, $185 Non Members

Learn how to perform a 1 hour and 30 minutes hydrotherapeutic face toning massage treatment, while standing in the entire time. Entire class is devoted to learning, practicing, and refining a sequence of massage strokes that improve facial musculature, along with tightening and toning of the neck and upper chest. This treatment has helped clients achieve a deeper relaxation. Clients will see a toning difference in their skin and muscles after the very first treatment. Great method for managing those extra zits or muscle and giving clients a fresh look. Students will receive extensive how-to build skills, 12 facial tutorials and sample facial massage crème.

**Student Requirements:**  
Please dress modestly and wear no jewelry or perfumes.

- 2 sets of sheets 
- 3 bath towels 
- 2 bath sheets 
- 2 washcloths 
- 14 washcloths

### Migraine Miracle®-Cold Stone Therapy

**October 23, 9-4**  
6 Hours CEUs

**Until Sept. 26th:** Early Bird Pricing  
$110 AMTA Members, $144 Student Members, $175 Non Members

**After Sept. 26th:** $125 AMTA Members, $154 Student Members, $185 Non Members

**KELLY LOTT**  
LMT P.M.S., AMTA  
Provider #1155516-61, CMRO

**Certified LMT**  
She graduated from the CSGM School of Massage in 1999, and has over 20 years of experience in her profession and practice.

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Provider #1155516-61, CMRO

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The treatment is a combination of cold marble stones, which are used to stimulate the brain and relax the body. This treatment is a combination of cold marble stones, which are used to stimulate the brain and relax the body. The treatment is a combination of cold marble stones, which are used to stimulate the brain and relax the body.

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AMTA-NEW YORK Chapter
167 Chamberlain Road,
Honeoye Falls, NY 14472

AMTA-NEW YORK Calendar of Events

AMTA NATIONAL CONVENTIONS
2016 Milwaukee, WI
2017 Pasadena, CA
2018 Washington, DC

VOLUNTEER OPPORTUNITIES
Community Service Massage Team (CSMT) and the Sports Massage Team are always looking for volunteers for events. Be sure to check our website www.amtany.org under calendar of events to see what is coming up in your area!

You can also contact the Team Chairs:
Shania Sonneville , Sports Massage Team Chair
shania.lmt@gmail.com • 315.576.3321
Samantha Paige-Graeber, CSMT Chair
ladystar44@icloud.com • 845.355.8015

SAVE THE DATE
2017 AMTA-NEW YORK Convention
April 7-9, 2017 | Tarrytown, New York
Doubletree Hilton | 455 South Broadway

Useful Links

AMTA NATIONAL OFFICE
www.amtamassage.org

NYS EDUCATION DEPARTMENT OFFICE OF THE PROFESSIONS
www.op.nysed.gov/prof/mt

MASSAGE THERAPY JOURNAL
www.amtamassage.org/journal/home.html

MASSAGE & BODYWORK MAGAZINE
www.massagemag.com

MASSAGE TODAY
www.massagetoday.com

MASSAGE THERAPY FOUNDATION
www.massagetherapyfoundation.org

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