

# intouch

Newsletter of the American Massage Therapy Association® New York Chapter • Volume 1, August 2020

## In This Issue

- 1 Government Relations Corner
- 2 Message from the President
- 3 Education Corner
- 4 Member Spotlight
- 5 Election Results
- 6 AMTA NY Announces 2020 Scholarship Award Winners!
- 6 AMTA 2020 Award Winners
- 9 A Tribute to Kathleen M. Doyle, PhD (1937-2020)
- 10 Pain Refugees
- 12 Boston Marathon
- 14 The Worker's Compensation Bill



## Government Relations Corner

LINDSAY BODKIN, LMT, BOARD MEMBER, GOVERNMENT RELATIONS CHAIR



This has been a strange and difficult time for all Licensed Massage Therapists. I think about how the profession has evolved over the years...how much adversity we have overcome...and how events during this pandemic sadly brought our profession backward. We've fought hard in NYS to be seen equally among our peers, and we have many respected professional relationships with medical doctors, nurses, physical therapists, orthopedists, chiropractors, etc. Each May, we educate legislatures at our state capitol about the benefits of massage and advocate for our profession. Each year, we make more progress. Even through this pandemic, we had many senators and assembly members validate that Massage Therapy is healthcare. Unfortunately, Governor Cuomo refused to properly recognize our Title VIII health profession license. We were unjustly categorized with personal care. Now, I realize our members' comfort levels regarding resuming work vary greatly. Some do not want to return until there is a vaccine; some never wanted to close their doors in the first place. I am sure there are many other professionals in the healthcare field who have wrestled with the same feelings and dilemmas. Regardless, the fact remains that we are a Title VIII health profession, and we have always and will always continue to advocate to be treated as such. I graciously invite all of you who were so wonderfully vocal throughout this pandemic to continue to rise up and allow your voices to be heard. We have a lot on the docket in regard to advocacy and lobbying. Details will be provided to you, and we will not be waiting until Lobby Day to be heard. We need all of you, though! Your GR Team and Lobbyist cannot do it alone; the more voices we have, the less likely they will be able to drown out the noise. They have to listen. We have to be heard. We are healthcare professionals and we are essential. I hope to see you at Lobby Day on May 4, 2021, and I hope to hear your voice before then!



The mission of the  
**American Massage**  
**Therapy Association®**  
is to serve AMTA  
members while  
advancing the art,  
science and practice of  
massage therapy.

## Circulation 5,500

*intouch* is published quarterly by the **American Massage Therapy Association® New York Chapter**, a non-profit professional organization of licensed massage therapists, massage therapy students and member schools. This publication welcomes contributions from readers. Submissions must include the author's name, address, telephone number and photo. Copyrighted material must be accompanied by a release from its holder. Submissions can be emailed to [office@amtany.org](mailto:office@amtany.org).

AMTA-NY reserves the right to accept or reject materials. Submissions may be edited for length or clarification. We assume no responsibility for errors, omissions, corrections, or modifications in publication. The opinions contained in this newsletter do not necessarily reflect those of the New York Chapter.

## Contact Information

AMTA-NY Chapter Office  
167 Chamberlain Road, Honeoye Falls, NY 14472  
Tel: 585.582.6208 • [www.amtany.org](http://www.amtany.org)  
[office@amtany.org](mailto:office@amtany.org)

## Message from the President

BY NICHOLAS BODKIN, LMT, AMTA-NY CHAPTER PRESIDENT



Over the last several months, we all have faced a reality that has changed our lives and our profession. I hope that you and your loved ones are well, and I want to acknowledge the ones who are not. We should take this opportunity to remember the NY families who have felt the tragic loss of loved ones. This time in isolation has forced many of us to miss out on life events, rites of passage, and friends and family. It has also brought us closer to others, in various ways, via the utilization of today's technology. One thing is for certain, however, there is no substitute for touch. It is obvious that LMTs are needed now more than ever as we begin to reopen our practices. I have had customers express how they are making massage a priority in their life moving forward, and that they will never take it for granted again. It's like the old saying goes, "You don't know what you have until you lose it." Sadly, there are those who have never experienced our services and who have formed their opinions of the profession based on stigmas and ignorance. Throughout the last several months it has become extremely clear that there is still a lot of work to be done to educate the non-consumers and those in Government about our profession. We are a diverse profession that allows for therapists to work in a variety of businesses (i.e. private practices, franchise businesses, sports teams, professional offices, chiropractic offices, PT and OT offices, hospitals, orthopedic clinics, and the VA to name a few). We are medical professionals who are invested in providing the best treatment possible for our patients. We are some of the most educated massage therapists in the country, we are leaders in the advancement of the profession, and we deserve to be treated as valued members of the health care community.

I am disappointed and appalled by the misrepresentation of our profession throughout this pandemic. Rest assured that the NY chapter will do everything in its power to address this issue. It is clear we have to come together as Licensed Health Care Professionals with one clear consistent effort for positive change to take place. Over the next several months, we will be pursuing this effort and we will be asking for your help in doing so. Please take the time to respond to surveys and letter writing campaigns. Documentation, solid data, and research will be our weapons in addressing the disparity our profession faces, and I hope you join us in overcoming the challenges of inequality we face as a Title VIII Profession.

Progress is possible with one clear voice that is supported by thousands!

A handwritten signature in black ink that reads "Nicholas Bodkin".

Nicholas Bodkin, LMT  
AMTA New York Chapter President  
518.260.0432

## 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](http://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.



# Education Corner

LARRY ROCKWELL, LMT, EDUCATION COMMITTEE CHAIR

## WHO'S THAT NEW EDUCATION CHAIR ANYWAY?

I'd like to take this time to congratulate Pat Collins, our Chapter's previous Education Chair, who has been elected to the AMTA National Board of Directors. She has worked tirelessly on Education initiatives for our Chapter for many years. I wish Pat continued success as she now supports our members at the National level. I look forward to serving our NY members by providing quality education opportunities across the State.

First, let's talk briefly about the effects of Covid-19 on our Industry to date. First and foremost, we know it has affected all our paychecks adversely. Due to social distancing restrictions and the unknowns of how to practice massage safely, we had to make the difficult decision to cancel our 2020 Convention in Saratoga. Additionally, at the guidance of our AMTA National leadership, we have canceled all events and education offerings for the remainder of 2020. Typically, by this time of year, your Education Committee would be working diligently on the 2021 education lineup. However, we are unsure when or how we will continue our usual regional education offerings throughout the State. Rest assured, your Education Committee will do all we can to provide quality massage education for our members.

If you need CE's to maintain your current license, there is updated guidance from the NY Office of Professions: "In response to the evolving situation with the Novel Coronavirus (COVID-19), and for those licensees whose registrations are due to renew March 1, 2020 – January 1, 2021, the Department will grant an adjustment to all licensees to complete up to 100% of the continuing education as self-study, so long as it is taken from a Department-approved provider and is in an acceptable subject area for the specific profession." (per NYS)

More detailed information regarding general NYS CE requirements can be obtained [HERE](#). Specific information related to the NYS Office of Professions and Covid-19 can be found [HERE](#).

AMTA members are eligible for FREE online continuing education classes. You can view a complete list of free education offerings at the [AMTA National CE Website](#). Please note, before you take an online class for CE credit, be sure that it meets NYS requirements. For instance, business or marketing classes are not approved by NYS for credit. If the class does not meet NYS requirements it may not be eligible to be used toward renewing your state license.

Stay safe! If you have any questions please feel free to reach me at [education@amta-ny.org](mailto:education@amta-ny.org)



### About Me

Massage Therapy is a second career for me. Two weeks after I graduated high school, I was in Fort Dix, NJ where the Army taught me to do "what they wanted me to do" and then spent 3 years in Herzogenaurach, Germany doing it! I worked for 5 years in the Meat Department at various Price Chopper's in the Capital District and was part of their Management Training Program.

I retired from General Electric after many years in the Information Systems industry. I worked in various roles with GE such as developing computer programs for factory operations, writing programs designed for an IBM mainframe computer, managing a "help desk" for the GE Sales Organization throughout the US, and implementing telecommunications access in Latin America.

Upon retirement from GE, I attended the "Center for Natural Wellness School of Massage Therapy" located in Albany, NY to obtain my Massage Therapy certification. I joined AMTA while still a student in 2005. I passed my board exam in August of 2006 and opened my home business in Warnerville, NY in September of that same year. I found myself addicted to learning and using alternative techniques for massage therapy. This led me to attending many classes, some provided by AMTA and others. I also found that some of the techniques I really did not care for and consequently do not use in practice. However, as most of you, I still have many tools in my "tool box" which I use regularly. I maintain I never took a class that I did not learn something!

**CLICK HERE**

**Stay  
Informed**

**Sign up to receive**

  
MASSAGE THERAPY  
FOUNDATION

**newsletter and  
email updates**

# Member Spotlight

DONALD GOODALE, LMT, BOARD MEMBER, FINANCIAL ADMINISTRATOR



## FAREWELL, PAT. THANK YOU FOR FIFTEEN YEARS OF VOLUNTEER SERVICE TO THE AMTA-NY CHAPTER.

Pat Collins, NY State AMTA Past President, has left the building. She has taken a position on the AMTA National Board of Directors. Our state now has two seats on the National Board, so we are well represented. I met Pat in 2002 while we were studying massage at OSTM in Syracuse, NY and transitioning from executive business positions. After school, she started her business and volunteered with AMTA and brought a lot of folks into the organization along the way. I'm sure I'm not the only one who is happy to know she's not that far away!

### **When did you join AMTA?**

I joined AMTA as a student in 2002.

### **Why did you decide to join?**

I had been in the "high-tech" electronics industry just before massage school. Many of my friends and colleagues were not supportive of my decision to so drastically change my career. After some research into the professional organizations, I joined AMTA for the credibility and professional support that it gave me.

### **How long have you been volunteering?**

I have been a volunteer in some capacity all my life. From working in the education department of the zoo to working with the deaf community and the local senior center. I started with the AMTA early in my massage therapy career when asked to volunteer by a friend. It's a path that has grown dear to my



heart and I love supporting the profession and the massage therapy community this way.

### **What positions have you held in chapter leadership?**

I started as a Unit Chair when the AMTA had units. Then 3rd Vice President, 1st Vice President, President, Immediate Past President, President (again,) then Financial Administrator. I also held various Committee Chair positions: Membership, Government Relations, Convention and Education Committees.

### **What will you miss the most after moving to the National board position?**

I already miss the "day-to-day" with the people who have become more than just colleagues - my AMTA-NY family. I'll always carry this family close in my heart!

**Pat, we are so grateful for your service and wish you the best of luck in all your future endeavors.**

# Election Results

**CONGRATULATIONS TO ALL NEW AND RE-ELECTED VOLUNTEERS.**



Due to the cancellation of our in-person Annual Membership Meeting, our 2020 Elections were carried out electronically. Votes were cast in record numbers by 297 of our NY Members. This new Online Election system was adopted at our Virtual 2020 Annual Membership meeting and will be used going forward.

Thank you, **Jennifer Niemi, LMT, Online Elections Coordinator**, for implementing this change quickly and efficiently while maintaining the confidentiality and security of our elections.

## 2020 Elected Volunteers



**President**

Nick Bodkin (2-year term)



**Financial Administrator**

Donald Goodale (1-year term)



**Board Member**

Melanie Olivieri (2-year term)



**Board Member**

Lindsay Bodkin (1-year term)



**Secretary**

Kyle Hierholzer (2-year term)



**Delegate**

Shania Sonneville (2-year term)

### WHAT IS THE ASSEMBLY OF DELEGATES?

The Assembly of Delegates (AOD) is a group of AMTA members elected to provide input on items of interest for the association as it relates/impacts their state, as outlined in policy. Delegates serve a 2-year term and they represent the massage therapy profession in the AOD and related activities as they pertain to the profession in their state. Read more about the Assembly of Delegates [HERE](#).

# Award Winner



## AMTA NY Announces 2020 Scholarship Award Winners!



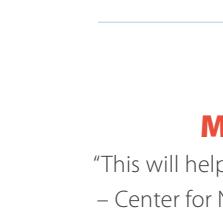
BY JAMIE ROSS-STASIO, LMT, SCHOLARSHIP COMMITTEE CHAIR

**HANDS DOWN, THE BEST!**  
Congratulations to all our 2020  
Scholarship Award winners!



### 1st Place **Grace Williams**

"I am so grateful to the AMTA NY Chapter. I look forward to being able to make a positive impact on the community through my hands-on service as an LMT." – OSTM, Rochester, NY



### 2nd Place **Mike Andryszewski**

"This will help me provide for my family."  
– Center for Natural Wellness, Albany, NY.



### 3rd Place **Cori Kresgi**

"I am so incredibly grateful for this award. The funds are going directly toward my payments this semester at Pacific College."  
– Pacific College, New York, NY

## AMTA 2020 Award Winners



BY ED PACYNA, LMT, AWARDS COMMITTEE CHAIR

This year's awards were given to recognize and honor both AMTA members and members of the community that have advocated, supported and contributed to the advancement of the profession of massage.



### **Lindsay Bodkin LMT** **Meritorious Award: To acknowledge diligent volunteerism done in an altruistic manner.**

The 2020 Meritorious Award recipient is Lindsay Bodkin. Lindsay has volunteered as a Delegate, and is currently volunteering as the Government Relations Committee Chair, the Convention Committee Chair, and the Massage Therapy Foundation's Finance Committee Chair. To date Lindsay has been the driving force coordinating the Covid-19 response, working with chapter leaders and our lobbyist to keep the chapter informed with the latest information.



### **Kyle Hierholzer LMT** **President's Award: Selected by AMTA-NY President**

The President's Award was awarded to Kyle Hierholzer LMT in recognition of his tireless efforts to support the work and the members of the AMTA-NY Chapter. His voice is always heard when someone is needed to step up to help on a committee or workgroup. His thoughtful approach and follow-through to all tasks and his selflessness and dedication to our profession is humbling.



### **Robert Fiorentino LMT** **The Sports Achiever Award: To honor and acknowledge their accomplishments in the area of sports massage.**

Robert Fiorentino is the recipient of our 2020 Sports Massage Achiever Award. He has been committed to the Massage Therapy industry and advancing our profession in the area of sports massage and education for many years. He has spent the last 10 years working with FANY, an event where cyclists travel 500 miles across the state of NY, treating athletes and promoting the value of sports massage. In addition, he works internationally with a bike ride from Germany to London and a similar event in the United States called Bike Across America.

He has worked with the Rutgers swimming team for many years, treating athletes by using orthopedic and sports massage techniques. Just this year he has worked with the State University at Bowling Green providing sports massage for the girls swim team for their Mid America event. He has been involved with countless triathlons and duathalons over the course of many years.

Robert is a passionate educator and works closely as a Teaching Assistant with James Waslaski in the U.S. and abroad. He assists in teaching Clinical Sports Massage and Sports Injury Prevention. He is a NYS and NCBTMB approved educator offering a variety of sports and orthopedic continuing education modules. He works as a Certified Personal Trainer and is Nationally Board Certified in Therapeutic Massage.

"Robert is one of my top teaching assistants in seminars throughout the world. In an industry where manual therapists take many advanced workshops, but cannot properly apply the work, Robert stands above the crowd in maximizing performance and eliminating pain." - James Waslaski, Published Author & International Lecturer, Chronic Pain & Sports Injuries, 2008 Massage Hall of Fame



### **Kimberly Corpus LMT Humanitarian Award: To acknowledge the "heart" of massage in action.**

This recipient started their massage career in 2006, and immediately cultivated their passion for helping patients with the greatest of needs and the least access to massage therapy. This person has authentically and passionately embraced the compassionate spirit for which our profession is so well regarded.

This recipient fused their massage therapy education with their love for children and perinatal patients. This person is certified in pediatric massage, pediatric massage with special considerations, pediatric oncology and pediatric hospice, and has worked with patients in nurseries, NICU, med centers and private practice.

This recipient has supported families and children who live with special needs, live with cancer, terminal illness and other major health conditions. Often sacrificing their own time this person has provided the children in hospice with comfort and care during their final moments.

Not only is this recipient a Birth Doula but also a founding member of the doula cooperative in Rochester and has volunteered countless hours as doula for high risk mothers as well as providing support for couples whose children are born sleeping.

This person is a CIMI and NCBTMB approved provider and instructor for Crouse Health. Has developed courses for AMTA, NCBTMB, Crouse Health, New York Massage Alliance and Northwestern University of health and science. Is a contributing author to the *Massage Therapy Journal* and *Principles and Practices Massage Textbook*. Has served on our own AMTA-NY committees and currently serves on the Society for Oncology Massage Board.

A quote from a family member with a special need's child said it best: "Her integrity is immeasurable as is the care and compassion she gives her patients"



### **Rebecca Marino The Kathleen M. Doyle, Ph.D Government Relations Award:**

Rebecca has been the AMTA-NY Chapter voice in Albany for 11 years. Prior to joining OA, Rebecca served as Vice President of Government Affairs at CHMS where on behalf of her clients, she advocated for funding, garnered approval for dozens pieces of legislation and prevented harmful policies from coming to fruition. Rebecca also successfully navigated state regulatory affairs, obtaining favorable outcomes for her clients.

Rebecca served as Director of Operations and Legislative Director for NYS Senator Betty Little. In this role, she drafted and gained passage of legislation with statewide implication and local significance, as well as constitutional amendments related to the Adirondack Park. In addition, Rebecca was one of the drafters of the Shared Municipal Services Incentive program. At the same time, she also served as the Committee Director for the NYS Senate Local Government committee, coordinating the activities of one of the Senate's largest committees and negotiating the local government portion of the State Budget.

Rebecca worked in the Office of Special Projects under Governor George E. Pataki, where she provided policy research for the Governor and his senior advisors. She began her career in public service in the NYS Assembly, as a Legislative Aide and Chief of Staff to Assemblywoman Betty Little.

Through her varied experiences, Rebecca has developed in-depth knowledge of the State legislative and budget processes with specific expertise in aging and long term care, economic development, energy and environment, public health, local government, manufacturing, professions, and transportation. She holds a Bachelor's degree from the University of Delaware.

We are blessed to have had Rebecca lobbying for AMTA-NY LMTs for the past 11 years. She is passionate about our industry and works tirelessly on advocating for us as health professionals. Her efforts to change and create new legislation as well as prevent legislation that could be detrimental to our profession, go above and beyond. Her expertise regarding the ins and outs of our state government has proven to be invaluable when navigating the complexities of legislative processes. We are honored to present Rebecca Marino with the newly renamed, Dr. Kathleen M. Doyle, Ph.D. Government Relations Award! Thank you, Rebecca, for your dedication to our profession.

## AMTA 2020 Award Winners *continued*



### Cindy Hawks LMT

**Kristen Sykora Award: To honor an AMTA member who exemplifies professionalism, is passionate about massage, embodies excellence, stresses continuing education and preserves privacy in the workplace.**

Cindy has contributed many hours of volunteer care to veterans at Clear Path for Veterans and many hours of volunteer educational hours for the Crouse Health Veterans' program. Every one of those hours was done so with a deep sense of compassion and a joyful smile.

In the year 2017 alone, Clear Path calculated that Cindy contributed over 200 hours of volunteer services there. She has continued to provide the same volume of volunteerism in 2018, 2019 and is on track for repeating her commitment in 2020. Considering a typical work week of 40 hours, that amounts to over 5 weeks of volunteering. Considering AMTA's acknowledgement that most therapists provide 19.5 hours of massage a week, that amounts to 10.8 weeks of volunteer service per a year.

Cindy provides volunteer massage therapy services to Veterans and family members at Clear Path events as well as individually at Clear Path's wellness center. She also, in her private practice, provides volunteer massage to family members. One recent wife of a Veteran acknowledged "I didn't realize how bad I felt until after my massage with Cindy." She went on to explain she dedicates her time taking care of her husband, who after a life of Service now lives with COPD, PTSD, as well as Cancer. She spends her time taking him to multiple appointments and waiting for hours at the VA while he receives treatments. Her life is wrapped around his care, and one afternoon a few weeks ago, she was 'unwrapped' by Cindy's generosity.

Aside from her massage therapy service volunteerism at Clear Path, she has provided volunteer hours supporting the education of fellow therapists. She has served as clinic coordinator for the Crouse Health Massage for Veteran's program, many hours of which were unpaid as she went above and beyond. Massage therapists in the program are unaware that she has provided clinic coordination hours voluntarily too. Her educational work, although discrete, has helped many therapists gain confidence and experience while working the Veterans and family members.

Cindy embodies the example of team-based care. She has coordinated and managed massage therapy fundraisers for Clear Path, VA family support group events, and more. She helped to acquire and facilitate a Massage Therapy Foundation community service grant. Through this work, again much of it being voluntary, she has helped massage therapy gain respect from our allied partners in health care.

To date, it is estimated, conservatively, that Cindy has provided over 2,000 hours of volunteerism to Clear Path for Veterans, to Veterans, and to family members. Her hours, her spirit, and her compassion have left imprints on the hearts of our area Veterans and their family members that will last a lifetime.

Cindy Hawks exemplifies a truly compassionate spirit. She constantly hoists the needs of others above her own needs and always finds the time to help. A Veteran's daughter shared she recently visited her father, a WWII Veteran at his retirement home on Christmas and New Year's day.

Somehow, she finds the time to volunteer aside from time spent as a busy mother, Girl Scout Leader, school volunteer, and private practice massage therapist.



**2021 AWARDS  
CALL FOR NOMINATIONS**  
**Please contact Ed Pacyna  
awards@amta-ny.org**

# A Tribute to Kathleen M. Doyle, PhD (1937-2020)

BY REBECCA MARINO



## KATHLEEN M. DOYLE, PhD, EXECUTIVE SECRETARY FOR THE MASSAGE THERAPY PROFESSION

The State of New York and the American Massage Therapy Association - New York Chapter lost a true champion with the passing of Dr. Kathleen Doyle. Dr. Doyle served for 30 years at the New York State Education Department, Office of Professions. Many were not aware that in addition to serving as Executive Secretary of the Board of Massage Therapy, Kathleen also served as Executive Secretary of the following Boards: Psychology, Clinical Laboratory Technology Practitioner Professions, Applied Behavior, and also served as the administrator of the Psychotherapy Institute Review Unit.

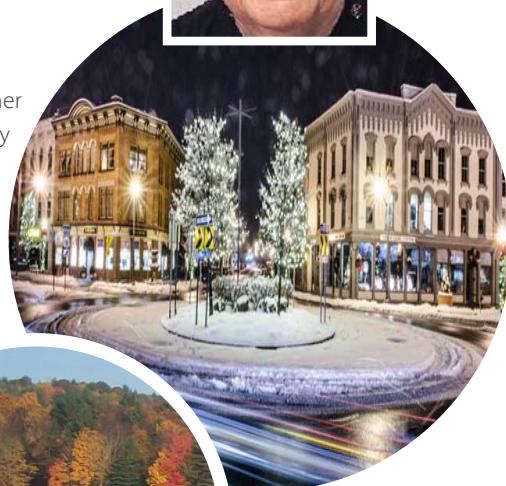
Despite a large portfolio and responsibilities, she was responsive to us whenever we had a question, concern or needed her advice and counsel. Dr. Doyle was an extraordinary advocate, supporter and defender of the massage therapy profession in New York. She worked tirelessly to educate others on the health benefits of massage therapy. When AMTA-NY helped get mandatory continuing education enacted into law, Dr. Doyle collaborated with us on the language and subsequent regulations. On the occasions when proposed legislation was detrimental to Licensed Massage Therapists, Dr. Doyle worked with us to educate lawmakers and their staff on the unintended, negative consequences of the legislation, usually preventing its passage. Because of her skill, passion and tenacity, Dr. Doyle created a unique partnership with our AMTA-NY Chapter.

Dr. Doyle regularly attended the AMTA-NY Chapter's Annual Convention and always brought her strong, positive message to our members. She took the time to speak individually to members and listen to their thoughts and concerns, creating a bond with both the individual members and the organization as a whole.

I began working with AMTA-NY Chapter in 2009, after leaving the New York State Senate. I made sure one of my first calls was to Dr. Doyle whom I knew would be a powerhouse for any project we wanted to get done. Immediately, we hit it off. Both proudly from Glens Falls NY, she remained active in our community where she served on the Glens Falls Planning Board. Kathleen was a mentor who taught me the history of the profession and licensure in New York State. She was a friend who was only a phone call or email away and always willing to help. Both having the Irish "gift of gab," our conversations often were lengthy, and I always left them renewed with both fresh knowledge and energy. There was nothing Kathleen did not know about the State Education Department, massage therapy, the history and original intent of the laws and regulations governing massage therapy. Our best tribute to the true historian and steward of the massage therapy profession in New York is to continue her good work. Rest in peace Dr. Kathleen M. Doyle. You have lived a noble life, and we are all the better for having had you here.



Kathleen M. Doyle, PhD



Glens Falls, NY, where Kathleen lived and worked



Dolores Cottrell-Carson, DDS has been administratively appointed as the Interim Executive Secretary for Massage Therapy at the NYS Office of Professions. Dr. Cottrell also serves as the Executive Secretary for Dentistry, Optometry and Chiropractic professions.



# Pain Refugees

BY NICOLE MILLER, LMT

## Insert Massage Therapy Here

One night while watching PBS NOVA episode Addiction, I heard the term **opioid refugees** for the first time. Immediately fascinated by the term, I grabbed my laptop and immersed myself in further exploration. Then I came across the term **pain refugees**.

It is no secret that in America, chronic pain is one of our largest health care concerns, and with that the opioid addiction epidemic. Chronic pain is defined as pain lasting daily for three or more months. Currently, it is estimated that 11-40% of the U.S. population lives with chronic pain.<sup>1,2</sup> Among Veterans, the number is estimated to be higher, approximately 65% live with chronic pain.<sup>3</sup> Add to this, an estimated 8% of adults in the U.S. live with high-impact chronic pain.<sup>4</sup> Acute pain, pain that lasts less than three months, is attributed to surgery, injuries, tissue damage, childbirth or similar episode. It is also prevalent yet though shorter in duration, often resolving in days or weeks. Aside from defining pain according to length of experience, pain can be classified by type and sources including nociceptive, neuropathic, inflammatory, headaches, cancer pain, nociceptive pain, psychogenic...

**Yes, pain is pervasive and pain is complex. Our understanding is shallow compared to its depth.**

During the past decade, the scope of chronic pain and gravity of the opioid epidemic have been intertwined. Going forward they deserve

differing considerations from a therapeutic perspective. For decades, opioid prescriptions were recognized as a first-line treatment for both chronic and acute pain. It is estimated that of people who are prescribed opioids, between 21-29% of people misuse opioids while 8-12% develop an opioid disorder.<sup>5</sup> If you think the percentages seem marginal, let's add perspective. In 2017 there were 47,600 opioid overdose deaths in the U.S. That is the same as 2 bus crashes or 1 plane crash every day. That same year, more people in the U.S. died of opioid overdoses than in car crashes.<sup>6</sup> Now, with a better understanding of the risks of addiction and its magnitude, pain treatment guidelines have changed, impacting patients of the past and patients of the future.

In 2016, the Center for Disease Control established updated guidelines for prescribing opioids for both acute and chronic pain. These new guidelines encourage primary care providers to alter the initiation of opioid therapy, specifically to avoid it for chronic pain and to limit prescription dosage and length of treatment for acute pain. The report states "**Nonpharmacologic therapy and nonopioid pharmacologic therapy are preferred for chronic pain,**" and it identifies Cognitive Behavioral Therapy and exercise among other therapies.<sup>7</sup>

1 <https://www.ncbi.nlm.nih.gov/books/NBK458655/>

2 <https://www.cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm>

3 [https://www.research.va.gov/pubs/docs/va\\_factsheets/Pain.pdf](https://www.research.va.gov/pubs/docs/va_factsheets/Pain.pdf)

4 <https://www.cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm>

5 <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis>

6 <https://ohsonline.com/articles/2019/02/18/nsc-motor-vehicle-deaths.aspx?m=1>

7 [https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fmmwr%2Fvolumes%2F65%2Fr%2Fr6501e1.htm](https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fmmwr%2Fvolumes%2F65%2Fr%2Fr6501e1.htm)

## **Some of you may be wondering why massage therapy was not mentioned here. Keep tuned for more information.**

**Opioid refugees** are people who depended on opioids as a primary treatment in pain management, and now with new national guidelines for prescribing opioids from health organizations such as the CDC, these refugees have experienced a reduction in access to opioid prescriptions. These patients have a long history of living with pain and history of opioid use that started before the change in pain guidelines. Many of these patients are now facing simultaneous health challenges: the management of pain, commonly experienced for a significant length of time, as well as the management of opioid reduction. **Pain refugees** include people living with moderate to severe pain who have not or will not consume opioids as a first-line treatment. This emerging population has grown since the change of guidelines.

Recall, 11-40% of Americans live with chronic pain. Early research suggests the new guidelines have achieved the intended results of a decrease in opioid prescriptions.<sup>8</sup> However, there is concern that limiting access will result in decreased visits to primary health care providers, illicit opioid use, or other negative outcomes.

## **Keep in mind, these opioid refugees and pain refugees are our clients and patients too.**

Essentially, we can expect that as the use and dosage of opioids decrease, dosages and use of massage therapy will increase. Yes, clinically, massage therapy can be measured in terms of dosage. The CDC **has** identified massage as one option to manage pain, among others.<sup>9</sup> Let's be precise, massage therapy is not identified in the official guidelines published in 2016, yet massage is listed officially on the CDC website as a recommended option in the Information for Patients section. Add to that, the U.S. Department of Health & Human Services officially identifies massage therapy as an indicated therapy for pain management.<sup>10</sup>

Massage Therapy professional organizations, such as the host of this publication, are helping all of us, as well as our allied partners in health care, understand massage therapy better. The American Massage Therapy Association provides access to the latest in **research** relating to massage therapy and pain, while the Massage Therapy Foundation aims to provide more access to massage therapy research opportunities.

## **Game On.**

It is an exhilarating time for our profession. The demand for our work is expected to increase. The level of involvement in our care will likely evolve given the progression of patient's pain care needs. Two national governmental organizations specifically identify our work. Major massage therapy professional organizations are cultivating communication between patients, massage therapy, and other healthcare providers.

Collectively, these events and initiatives will allow our profession to discover its place in this chapter in the history of U.S. health care.

## **ADDITIONAL SOURCES:**

<https://labblog.uofmhealth.org/rounds/taking-opioids-for-chronic-pain-may-make-it-harder-to-find-primary-care>

<https://www.cdc.gov/drugoverdose/prescribing/guideline.html>



**Note:** *Nicole Miller, M.S., L.M.T. is a nationally recognized massage therapy educator. She is AMTA's 2019 Humanitarian Award Recipient and AMTA New York Chapter's 2019 Meritorious Award Recipient. Nicole is the creator of the Hands & Hearts Veteran's Massage Education program, hosted by Crouse Health. For the past 15 years, she has volunteered and worked at Crouse Health as a massage therapist and Integrative Health educator. Recently, she has joined the Syracuse Veteran's Administration, providing massage therapy services to patients visiting the medical center. She respectfully acknowledges that the opinions expressed in this article, and on any media platform that is not an official VA site or host, are her opinions and are based on her experiences at the Veterans Massage Education Program clinic at Clear Path for Veterans, her experiences as a volunteer, and information gained through various sources, many of which are noted here. The information expressed here is exclusive of her work at the Veteran's Health Administration and is not representative of the Veteran's Health Administration. Please visit <https://www.va.gov/health/> for further information regarding Veteran's Health Administration policies, publications, directives, and more.*



*Special thanks to Cindy Hawks, L.M.T. Cindy was awarded 2017 Volunteer of the Year by Clear Path for Veterans. She has provided several hours of outreach and volunteerism to Clear Path, Crouse Health and other Central New York non-profit organizations. She harbors an extensive history of providing therapy to veterans, patients who live with cancer, and patients who live with trauma. We are grateful she shared her background in education and her passion for writing, as she served as the editor for this article.*

<sup>8</sup> <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2737896>

<sup>9</sup> <https://www.cdc.gov/drugoverdose/patients/options.html>

<sup>10</sup> <https://www.hhs.gov/sites/default/files/prmtf-final-report-2019-05-23.pdf>



# Boston Marathon

BY KELLY CARTUS, LMT, MASSAGE THERAPY FOUNDATION CHARITY RUNNER



## I AM GOING TO BOSTON

We are currently living in unprecedented times. I originally wrote this article in January, 2020. That seems a lifetime ago. So much has transpired since then, and the world is in what we in New York State call a "pause" due to the COVID-19 outbreak. All major group events are getting cancelled, including the Boston Marathon. Since it was just recently announced, there is no concrete information as to how things will be handled for those of us who are running on a charity bib. We are awaiting information from the Boston Athletic Association, John Hancock, and the Massage Therapy Foundation. Further, as we progressed through this scary time in our lives, it seemed appropriate that my road to Boston needed to take a backseat for a while. Thus, as you read through the article, I left most of it as I originally wrote it back in January, but did alter a few things to reflect the uncertainty surrounding the event. I know we are all so hopeful for good news and better times ahead.



I am going to Boston. Those are words many runners dream of saying. The Boston Marathon is historic, grand, some say it is the "grandfather" of all marathons, for the majority of runners it is unattainable, and for me, something I have never thought possible. But thanks to being chosen by the Massage Therapy Foundation to run for charity, I will be running the Boston Marathon.

I am going to Boston. Running is not easy for me. I have hardware in my knees, little to no cartilage in both, and I didn't start running until I was 47 years old. How crazy is that? I first ran an obstacle run with a group of friends from massage school. It was short, just for fun, there was no training involved, and it raised money for breast cancer research. A winning situation all around! Well, I did it, had so much fun, went

home and told my husband that I wanted to run a half marathon. He took it in stride, instantly became my coach (he is a trained and accomplished athlete and coach), and just like that I trained for and ran a half marathon. That was 8 years ago. When I finished, I was good. I was done running. Famous last words...

I am going to Boston. Fast forward to summer of 2016. More than 4 years had passed since running that first half marathon. Somehow I decided I needed to start running again. It coincided with my career focus and eventual National Certifications in Medical Massage, Sports Massage,

and SportStretchUSA. I felt like re-starting my running would give me a better understanding of everything that is important to me in the Sports Massage focus of my massage career. It is now June, 2020, and I now have 14 half marathons under my belt, a full marathon (Philadelphia, 2018), a handful of 5K's, a handful of 8K's, a quarter marathon, and some 10K and 15K's. At some point, I finally decided to call myself a runner.

I am going to Boston. I am not the fastest of runners, but I do okay. I have my good days, bad days, and sometimes it really takes a lot to muster up that training mojo. I am so fortunate there is a great running community here in Buffalo, NY. I have formed great friendships, and I have a tremendous support network which starts with my husband. He continues to be my coach, he gives me that gentle nudge when I need it, he also knows when to tell me to take the day off, and he is my biggest cheerleader. I have many run friends whom I can count on for support; I participate in weekly group runs, which hold me accountable, allow me to commiserate with others when things are hard, and give meaning to the term "run tribe". And, an extra bonus, my massage career has blossomed due to my running habit! Paired with my certifications, my knowledge, and my experience, running has brought me so many wonderful clients. It has also brought me great collaborations with other local LMT's, PT's, Orthopedic MD's, and other bodyworkers. I continue to take classes that help advance my knowledge, my career, and also help me to be a better educator.

Thanks to the Massage Therapy Foundation for choosing me to run on their behalf. It is a huge undertaking on so many levels. I am not going to lie, the fundraising goal is just as, if not more, intimidating than the Boston Marathon itself. But I made a plan, and together with my husband, and with the generous support from so many of my friends, family, colleagues, we did reach the goals set before me. That said, I will continue to justify my being chosen by training hard and working hard to further fulfill the responsibilities bestowed upon me. In lieu of the intense training for Boston right now, I am doing several virtual runs to get me through the Summer and Fall seasons. At that point, I hope to know more about what is happening with the Boston Marathon and when I can resume hardcore marathon training.

As of April 2020, I had raised the required funds necessary to run the 2020 Boston Marathon on the Massage Therapy Foundation charity bib, and I am very proud of that. Even though the Boston Marathon was at first postponed, and now cancelled, and we do not yet know our options moving forward, I am still accepting donations for the Massage Therapy Foundation. It is this foundation that validates my chosen career, that of Massage Therapy. The Massage Therapy Foundation is a 501c3 foundation that exists for charitable, scientific, and educational purposes. It serves



to advance the science and art of massage therapy through education; to promote the development of knowledge, scientific advancements, and community services in the massage therapy field; and provides funding for research, education, and community outreach initiatives. I am honored to be a part of the fundraising efforts for this foundation, whether I end up running the 2020 marathon virtually, or (my real hope) representing the Massage Therapy Foundation for the 2021 Boston Marathon. For those who wish to donate, here is the link for [donations](#) to my page:

[DONATE NOW](#)



Thank you! I am going to Boston, I am running the Boston Marathon, and I am so very lucky.



**amta**  
american **massage therapy** association®  
**New York Chapter**

**President Nick Bodkin**

South Glens Falls, NY • 518.260.0432  
[president@amta-ny.org](mailto:president@amta-ny.org)

**Secretary Kyle Hierholzer**

Syracuse, NY • 315.569.4549  
[secretary@amta-ny.org](mailto:secretary@amta-ny.org)

**Financial Administrator Donald Goodale**

East Hampton, NY • 917.359.4055  
[finance@amta-ny.org](mailto:finance@amta-ny.org)

**Board Member Lindsay Bodkin**

South Glens Falls, NY • 518.330.6498  
[boardmemberbodkin@amta-ny.org](mailto:boardmemberbodkin@amta-ny.org)

**Board Member Melanie R. Olivieri**

Buffalo, NY • 716.713.5087  
[boardmemberolivieri@amta-ny.org](mailto:boardmemberolivieri@amta-ny.org)

**New York State Delegates, AMTA National Convention**

TC Pelletier (2019 – 2020)  
Shania Sonneville (2020 – 2022)

**COMMITTEE CHAIRS**

**Awards Committee**

Ed Pacyna

**Community Service/Sports  
Massage Team Chair**

TC Pelletier

**Education Committee**

Larry Rockwell

**Government Relations Committee**

Lindsay Bodkin

**Membership Committee**

Larry Rockwell

**Communication Committee**

Kyle Hierholzer

**Convention Committee Chair**

Lindsay Bodkin

**Scholarship Committee Chair**

Jamie Ross-Stasio

**Online Elections Coordinator**

Jennifer Niemi

# The Worker's Compensation Bill Has Passed in the Senate AND the Assembly!

BY LINDSAY BODKIN, LMT



We would like to extend a very special thank you to Senator Ramos and Assemblywoman Woerner for their support to include LMT's to be able to bill for Worker's Compensation. Both legislators have been diligent and relentless in gaining support from their colleagues and we cannot thank them enough for the work that they've done regarding this issue!

While Massage Therapy has been a service that can be billed to worker's comp, LMT's currently do not have the authority to directly bill worker's comp for services rendered. This Bill, should it become law, will allow for LMT's to directly bill to the insurance company for worker's compensation claims.

Next step...the Governor's Office! All that is left for this Bill to become law is for the Governor to sign the Bill. We will need YOUR help! Please keep your eye out for our Call to Action email in the coming weeks that will provide you with a template letter to send to Governor Cuomo.

Thank you for your continued support and advocacy!

**Share this publication with your friends and ask them to join us in our efforts to protect the profession.**



The mission of the american massage therapy association® is to serve amta members while advancing the art, science and practice of massage therapy.

## Useful Links

### AMTA NATIONAL OFFICE

[www.amtамassage.org](http://www.amtамassage.org)

### NYS EDUCATION DEPARTMENT

### OFFICE OF THE PROFESSIONS

[www.op.nysesd.gov/prof/mt](http://www.op.nysesd.gov/prof/mt)

### MASSAGE THERAPY JOURNAL

[www.amtамassage.org/journal/home.html](http://www.amtамassage.org/journal/home.html)

### MASSAGE & BODYWORK MAGAZINE

[www.massagemag.com](http://www.massagemag.com)

### MASSAGE TODAY

[www.massagetoday.com](http://www.massagetoday.com)

### MASSAGE THERAPY FOUNDATION

[www.massagetherapyfoundation.org](http://www.massagetherapyfoundation.org)

## Social Networking

To network online with AMTA, visit [www.amtамassage.org](http://www.amtамassage.org) and click on the corresponding social media icons at the bottom of the page, or follow these links:



### FACEBOOK

[www.facebook.com/amtanychapter](http://www.facebook.com/amtanychapter)



### TWITTER

[www.twitter.com/AMTANY](http://www.twitter.com/AMTANY)



### LINKEDIN

[www.linkedin.com](http://www.linkedin.com)

Search Groups: American Massage Therapy Association (AMTA)



### YOUTUBE

[www.youtube.com/amtамassage](http://www.youtube.com/amtамassage)

\*Facebook and Twitter pages are linked so that information from Facebook will automatically be posted to Twitter.