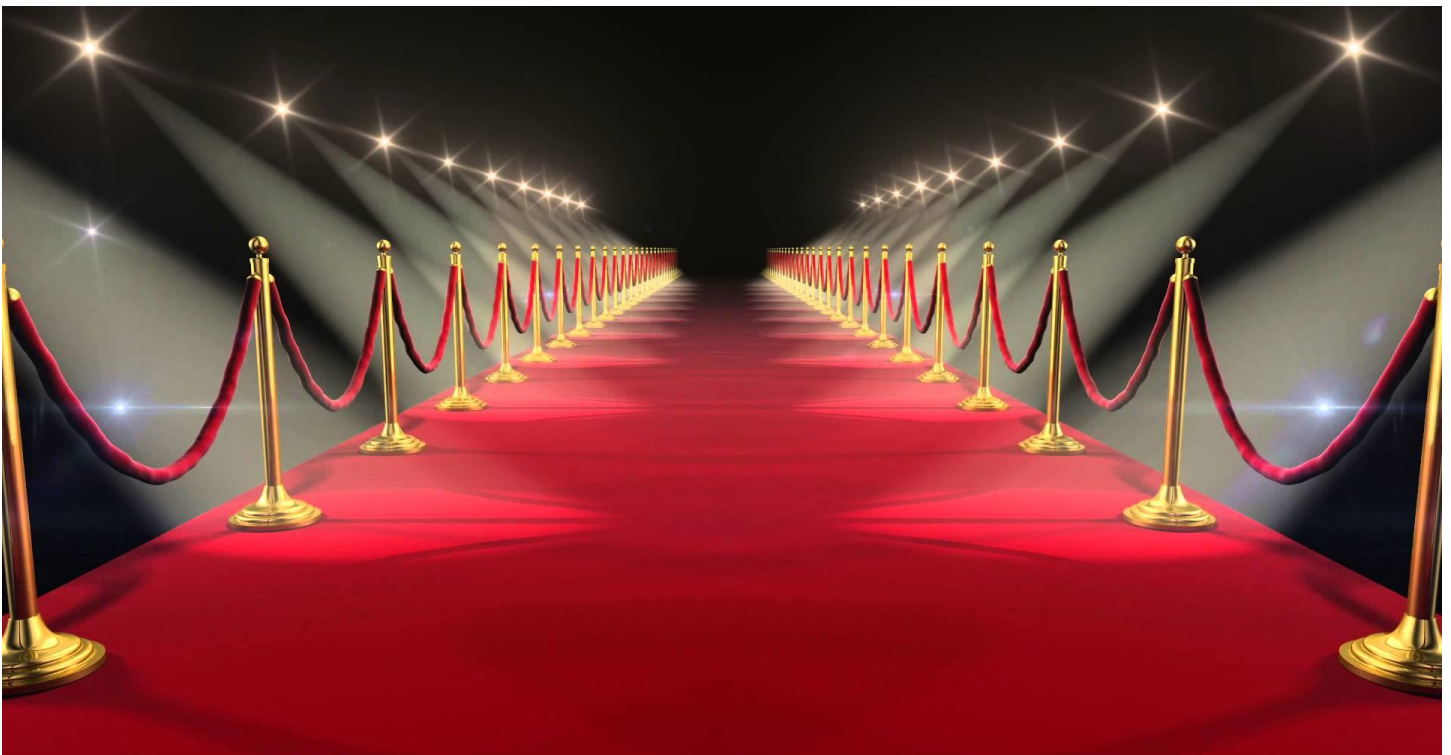


JOIN AMTA-KY APRIL 8-10, 2016



**CELEBRATING 10 YEARS OF OUR SPRING CONFERENCE,
WE'RE ROLLING OUT THE RED CARPET!**

PRECONFERENCE STUDENT AND EDUCATOR EVENT FRIDAY, APRIL 8, 9:00AM – 12:00PM

Student Class: Preparing for Your Future **Various Instructors**

Every year the chapter offers **6 hours of complimentary education and lunch** to massage therapy students. This is a great way to learn about the benefits of being an AMTA member, meet leaders in the profession, prepare for the licensing exam with Kentucky Licensing Jeopardy, and meet therapists from all over the state. Past presenters have included AMTA National leaders, the award winning AMTA-KY Sports Massage Team, and other industry leaders. Join us for a day to welcome you to the profession! Students are welcome to join us for the rest of the conference for **only \$90**, see pricing per day in the registration section.

For the Friday afternoon session; students may choose one of these additional classes:

Research 101 or Table Manners



Educator's Class: Integrating Anatomy and Physiology with Hands-on Work **Joe Muscolino, DC, Instructor (3 CE's) ***

Every year the chapter offers 3 hours of complimentary education and lunch to massage therapy educators. Join us this year to study with Joe Muscolino! This class will teach you skills immediately applicable in the classroom. The study of massage is often divided into science and hands-on classes, often with little connection between the two. This disconnect unfortunately proves to be a disservice to the therapist who is then less well equipped to work with clinical orthopedic (medical) massage clients. By integrating science with hands-on, the therapist marries a good brain with good hands and becomes an excellent therapist, one who can critically think to creatively apply manual therapy skills when working with clients. This class is a lecture format with interactive discussion. **Massage Table Required*

STUDENT AND EDUCATOR EVENT SPONSORED BY



INTRODUCING THE “QUIET ROOM”

There was actually a “quiet room” at last year’s conference when we realized we had an extra room, many people didn’t know about it, so this year we are bringing it back and trying to get the word out early. It will be a space to sit, relax, stretch out, take a nap, or whatever you need to do to find some relaxation during the hustle and bustle of the conference. Room location TBD.

SHARE THE RED CARPET WITH OUR AMAZING FACULTY



Joe Muscolino DC has been a manual and movement therapy educator for more than 25 years. He is the author of eight major publications with Mosby of Elsevier, including *The Muscle and Bone Palpation Manual, with Trigger Points, Referral Patterns, and Stretching, 2nd ed.*; and the author of *Manual Therapy for the Low Back and Pelvis: A Clinical Orthopedic Approach and Advanced Treatment Techniques for the Manual Therapist: Neck* (published by LWW).

He runs numerous continuing education hands-on workshops, including the Clinical Orthopedic Manual Therapy (COMT) Certification, around the US and internationally for manual and movement therapists and instructors.



Nancy Porambo MS, LMT, CNMT is a "Certified" Neuromuscular Therapist and prides herself in having mastered the art of structural integration. Nancy has a Master's degree in Clinical Health Psychology from the Philadelphia College of Osteopathic Medicine and taught psychology for Lehigh/Carbon Community College (LCCC). She is a "Board Approved" massaged therapist in the State of PA.

She was honored in the past with the "Teacher of the Year" award from Lehigh/Carbon Community College where she taught advanced psychology courses. She also taught psychology to honor students receiving college credits while still attending high school. In 2009, she authored the book "Professional Practice Concepts" and incorporates it into her nationally certified business/ethics class.

Nancy's class on "Fibromyalgia" is based on her extensive graduate research on the subject coupled with her many years of experience working with chronic pain patients.



Mary Alice Walter BA, LMT holds a bachelor's degree in psychology, graduated from SHI Integrative Medical Massage School, and is licensed in Ohio and Kentucky. She has been self-employed since 2005 and has mentored many new therapists along the way. Her basic philosophy in life is we are all meant to serve each other in whatever way possible. *Table Manners for Massage Therapists: How to Build an Excellent Practice, 2015*, is her second published work.



Doug Nelson LMT, BCMTB, CNMT began his career in massage therapy in 1977 and maintains a very active clinical practice. His particular interest has been the role of soft tissue in performance, serving as a neuromuscular consultant to teams in the NBA and NFL, in addition to dance companies and high level musicians.

He is the President of BodyWork Associates, a massage therapy clinic in Champaign, IL. Established in 1982, the clinic has two locations and a staff of sixteen therapists. His teaching institute, NMT MidWest, Inc. provides about one hundred trainings annually in Precision Neuromuscular Therapy™ across the USA and abroad. Doug is a guest lecturer at the University of Illinois Medical School, the Department of Family Medicine, and the Dance Department.

Doug has published articles in numerous journals and is a columnist for *Massage and Bodywork* magazine. He has published several books, including his most recent, *The Mystery of Pain*, Jessica Kingsley Publishers, London, was published in April 2013. Doug has been the recipient of numerous awards in his field, most recently the 2013 Massage Therapy Educator of the Year and the 2015 Pioneer Award from the Illinois Chapter of the American Massage Therapy Association.



Cheryl Chapman RN, LMT, is a pioneer in massage for Cancer and Mastectomy. An RN since 1965, certified in massage in 1988, she combined her extensive nursing experience of 23 years as an Oncology nurse, Hospice, HIV/AIDS, Cardiac and Postpartum nurse with her wide-ranging knowledge of massage and she produced a comprehensive hands-on training program. Cheryl studied Chinese medicine & massage in NY and China. In 1999 Cheryl became Holistic Nurse Certified (HNC), which further enriched her program. Director of Professional Massage Therapy Associates, specializing in massage for Cancer, Mastectomy, Breast surgeries, Cardio, Hospice, Pre/Post Natal, Infant and Baby instruction, Geriatrics and Relaxation Massage. After completing massage school, Cheryl saw a need for continuing education for Cancer training. In 1990 she taught her first class and has expanded her education program since then.

SCHEDULE OF CLASSES

FRIDAY, APRIL 8, 1:30PM – 4:30PM

Research 101

Nancy Porambo, MS, LMT, Instructor (3 CEs)

This course introduces a variety of research methods and will simplify the student's understanding of the scientific method of research. This course also teaches the therapist how to take the results of valid research and use it to promote the massage therapy practice. There will be examples and discussions throughout. **Meets the 3 hour requirement to renew your NCBTMB Certification.**

Assessment and Manual Therapy Treatment of the Psoas Major

Joe Muscolino, DC, Instructor (3 CEs)* **

After a brief review of the structure and function of the psoas major, this course is a hands-on experience with techniques for assessment (palpation) and treatment (manual therapy and stretching) of the psoas major. Palpation and manual therapy treatment of the psoas major will be shown in supine, seated, side-lying, 3/4 side-lying, and prone positions. Multiple stretch protocols will also be shown. (Note: Please either bring linens or wear "loose-fitting" shorts and shirt.) **Massage Table Required* ***Licensed Therapists Only*

Table Manners

Mary Alice Walter, LMT, Instructor (3 CEs)

What you think, how you feel, and how you conduct yourself all affect your image – in your own eyes as well as the eyes of your clients – as a professional massage therapist. Whether you are currently in school, newly licensed, or already practicing and want to increase your success, this class is for you. Understanding how much power you have to influence your own success can immediately boost your confidence and peace of mind and help you achieve your dreams.

FRIDAY, APRIL 8, DINNER AND KEYNOTE "WHEN MASSAGE MEETS NEUROSCIENCE"

DOUG NELSON, LMT, BCMTB, CNMT 5:00pm – 6:15PM

FRIDAY, APRIL 8, 6:30PM – 9:30PM

Ethics for the Massage Therapist

Nancy Porambo, MS, LMT, Instructor (3 CEs)

This course explores the NCB Code of Ethics and introduces case scenarios that challenge the massage therapist. Students will have the opportunity to discuss issues surrounding miscommunications, boundaries, self-disclosure, dual relationships and the recognition of your own belief system in conjunction with the therapist/client relationship.

SATURDAY, APRIL 9, 8:00AM – 11:00AM, 2:30PM – 5:30PM

Precision Neuromuscular Therapy for Cervical Whiplash

Doug Nelson, Instructor (6 CEs) *

There are more than one million estimated cases of whiplash annually in the USA, making whiplash associated disorders a likely condition to be seen in massage therapy practices. In this seminar, participants will deeply explore the mechanics of whiplash, how the trauma of whiplash affects the neuromuscular system, and learn effective hands-on techniques to address the musculature affected.

**Massage Table Required*

Assessment and Body Mechanics for Working the Low Back and Pelvis

Joe Muscolino, DC, Instructor (6 CEs)* **

We begin with orthopedic assessment for the common neuro-musculoskeletal conditions of the sacroiliac joint and lumbar spine. We then cover body mechanics for deep pressure when working the lower back in prone and side-lying positions. With proper body mechanics, you will learn how the low back can be worked deeply with little effort. We also cover how to palpate and safely and effectively work the psoas major, both abdominal and femoral bellies. **Massage Table Required* ***Attendance at both days of the Low Back workshops (Saturday and Sunday) completes one of the six Clinical Orthopedic Manual Therapy (COMT) workshops required for full COMT Certification.*

Massage for the Cancer Client

Cheryl Chapman, RN, LMT, Instructor (12 CE's, Saturday and Sunday)*

This 12 hour specialized Cancer training is for the therapist who is ready for a paradigm shift, desires a well- rounded practice, has an interest in touch and bodywork for people in all stages of cancer, and to provide a safe, effective and compassionate touch. The hands-on techniques utilized are unlike those taught in massage school and provide an alternative to deep, invasive or painful therapy, and may be utilized immediately in any practice. **Massage Table Required*

Understanding Fibromyalgia- "The Mind/The Body"

Nancy Porambo, MS, LMT, Instructor, (6 CE's)*

This course reviews current scientific research on the development of FMS. It also examines variables such as heredity, personality and lifestyle in order to aid the student in developing a thorough understanding of the condition. Class time includes the identification of "tender points" as well as discussion regarding how to handle complicated cases. **Massage Table Required*

SATURDAY NIGHT SANCTUARY

If you've attended the spring conference in the past, you know a long day of education can be exhausting, if that's the case you won't want to miss our SANCTUARY. Enjoy a massage, yoga, or just "hang out." Our volunteers will be providing massage from 7-10 pm, donations will support the Massage Therapy Foundation. To volunteer in the SANCTUARY, please contact Adam Kelsey at (859) 240-0774 or secretary@amtaky.org.

SUNDAY, APRIL 10, 8:00AM – 11:00AM, 1:30PM – 4:30PM

Understanding and Treating Headaches

Doug Nelson, LMT, Instructor (6 CE's)*

Participants will deeply explore the headache phenomena, including cutting-edge research and manual therapeutic options for headache types including Migraine, Cervicogenic, and Tension Type headaches. Understanding the physiology of headaches allows therapists to provide more meaningful and effective treatment. Participants will learn a variety of beneficial techniques that can be used immediately. **Massage Table Required*

Stretching and Joint Mobilization for the Low Back and Pelvis

Joe Muscolino, DC, Instructor, (6 CE's)* **

We begin by discussing the fundamental concepts of stretching, beginning with basic stretching for the functional muscle groups of the lower back and then learning how to target each specific muscle with multiplane stretching. We then cover more advanced neural inhibition stretching techniques, including Contract Relax (PNF/PIR), Agonist Contract (the basis for AIS), and Contract Relax Agonist Contract stretching techniques. We also cover pin and stretch technique. We conclude with Arthro-fascial Stretching (AFS): Soft Tissue Joint Mobilization for Manual Therapists (including traction) for the lumbosacral spine. AFS is the only effective means of stretching the intrinsic fascia of specific hypo-mobilities of the lumbosacral spine. **Massage Table Required **Attendance at both days of the Low Back workshops (Saturday and Sunday) completes one of the six Clinical Orthopedic Manual Therapy (COMT) workshops required for full COMT Certification.*

Healthy Business Practices

Nancy Porambo, MS, LMT, Instructor, (6 CE's)

Healthy Business Practices examines the development and operation of a professional and solid massage therapy practice. Goal determination, business planning, marketing and office practices are explored and discussed. The course also presents methods and opportunities to attract and maintain a client base.

2016 POST-CONFERENCE with DOUG NELSON

MONDAY, APRIL 11, 8:00AM -4:00PM



"...If you are interested in learning how to better help your clients, communicate with other healthcare professionals, and grow your practice, I highly recommend PNMT. These courses taught me how to problem solve to better serve my clients."

Michele Montgomery Chicago, IL

Doug will teach a 6 hour post-conference, the registration fee is \$195. The chapter's portion of the proceeds will be donated to the Massage Therapy Foundation.

Precision Neuromuscular Therapy and the Golf Swing

Golf is a popular sport that is played by nearly 29 million people in the USA alone. The physical demands of golf are often overlooked, which can lead to pain and discomfort in both recreational and serious golfers. Precise soft tissue strategies are specifically targeted to the biomechanics of the golf swing can help golfers play more effectively and also prevent possible injuries. This also becomes a wonderful sub-specialty for massage therapists, offering golfers very specific treatment protocols tied to the demands of the golf swing.
**Massage Table Required*

REGISTRATION INSTRUCTIONS

Complete your contact information and check the classes you want to attend. If registering by mail, you should expect to receive a confirmation within 3 weeks.

First Name _____ Last Name _____

Email Address _____ Address _____

City _____ State _____ Zip _____

Phone Number _____

BADGE & RIBBON INFORMATION

First Name for Badge _____

Professional Therapist or Student Therapist AMTA Member Number _____
(Required for member fee rate)

REGULAR REGISTRATION RUNS THROUGH FRIDAY, MARCH 25, 2016- A \$20 EXTENDED REGISTRATION FEE WILL BE ADDED AFTER THIS DATE

Member Registration Fee

- Friday Educator Class \$0
- Full Registration \$240
- 2 Day Registration \$180
- 1 Day Registration \$150

Non-member Registration Fee

- Full Registration \$290
- 2 Day Registration \$220
- 1 Day Registration \$170

Student Registration Fee

- Friday Student Event \$0
- Friday Dinner/Class \$30
- 3 Day Registration \$90
- 2 Day Registration \$60
- 1 Day Registration \$30

Post Conference \$195

Extended Registration after March 25 \$20

PAYMENT INFORMATION

Total your fees. Include either a check or credit card information with your registration. Mail this form with payment to: **AMTA KY Chapter, c/o Collette Wilson LMT, Registrar, P.O. Box 576 Pewee Valley, KY 40056. You can also register online at <http://ky.amtamassage.org/>.**

Total Amount Due _____

Check, make payable to "AMTA-KY Treasurer" or MC Visa Discover AMEX

Card # _____ Security Code _____ Exp. Date _____

Printed Name on Card _____

Rooms available at the Clarion for the special rate of \$91/night + tax, call 859-233-0512, ask for the AMTA-KY room rate. Available through March 18, 2016.

CHECK THE CLASSES & MEALS YOU WILL ATTEND

NOTE: One meal is included in your fee for each day you are registered (EXCEPT POST CONFERENCE)

Friday, April 8, 2016 3 CE

- Student Event*- Various Instructors (9:00-12:00)
- Educator's Event: Integrating Anatomy and Physiology with Hands-on Work* -Joe Muscolino (9:00-12:00)
- Research 101*-Nancy Porambo (1:30-4:30)
- Assessment and Manual Therapy Treatment of the Psoas Major*-Joe Muscolino (1:30-4:30) ****Licensed Therapists Only**
- Table Manners*- Mary Alice Walter (1:30-4:30)
- Ethics for the Massage Therapist*- Nancy Porambo (6:30-9:30)

Saturday, April 9, 2016 (8:00-11:00, 2:30-5:30) 6 CE unless noted

- PNMT for Cervical Whiplash*- Nelson
- Assessment and Body Mechanics for Working the Low Back and Pelvis*-Muscolino
- Massage for the Cancer Client* - Chapman (12 CE continues through Sunday)
- Understanding Fibromyalgia: The Mind/The Body*- Porambo

Sunday, April 10, 2016 (8:00-11:00, 1:30-4:30) 6 CE unless noted

- PNMT: Understanding and Treating Headaches*- Nelson
- Stretching and Joint Mobilization for the Low Back and Pelvis*- Muscolino
- Massage for the Cancer Client* - Chapman (continued from Saturday)
- Healthy Business Practices*- Porambo

Monday, April 11, 2016 Post Conference (8:00-11:00, 1:00-4:00) 6 CE

- PNMT and the Golf Swing- Nelson

FRIDAY LUNCH FOR STUDENTS AND EDUCATORS ONLY

- Regular Meal
- Vegetarian Meal
- Dietary Restrictions/Allergies
- No- I won't be attending

SATURDAY LUNCH

- Regular Meal
- Vegetarian Meal
- Dietary Restrictions/Allergies
- No- I won't be attending

FRIDAY DINNER

- Regular Meal
- Vegetarian Meal
- Dietary Restrictions/Allergies
- No- I won't be attending

SUNDAY LUNCH

- Regular Meal
- Vegetarian Meal
- Dietary Restrictions/Allergies
- No- I won't be attending

List Dietary Restrictions/Allergies: _____

IMPORTANT CONFERENCE POLICIES

CANCELLATION AND REFUND POLICY: All cancellations must be in writing by letter, fax or email and submitted to AMTA-KY Chapter. An administrative fee of \$25.00 will be assessed on all cancellations postmarked/date stamped by April 1, 2016. Cancellations postmarked after April 1 are non-refundable.

AMTA-KY CHAPTER DISABILITY POLICY: This event is in compliance with the Americans with Disabilities Act (ADA). We verify that the facility meets ADA Accessibility Guidelines and that we can provide additional assistance to individuals falling under the ADA, and can provide reasonable accommodations to enable a person with a disability to participate in the meeting or event. If you will need assistance, contact Collette Wilson (502) 876-1991.

TABLE POLICY: Any person who is enrolled in a class requiring the use of a massage table must either bring a table or make arrangements to share a table prior to the class. **NO TABLES WILL BE AVAILABLE FOR RENT AT THIS EVENT.**

RELEASE: You hereby assume responsibility for 1) your safety at the conference 2) complying with the instructor's or staff's directions, and 3) disclosing any contraindications prior to receiving a massage in class.

PHOTOGRAPHY/VIDEO: By attending this event you hereby give AMTA-KY Chapter permission to use any photographs and/or video images of you in future communications and marketing materials without further payment to you.

CONTINUING EDUCATION: AMTA-KY Chapter is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Courses at this conference are accepted by AMTA, NCBTMB, and the Kentucky Board of Licensure for Massage Therapy.

QUESTIONS? Call either Collette Wilson, Education Chair, at (502) 876-1991 or Karen Tyson, 3rd VP, at (502) 338-0163.



Collette Wilson, LMT, Registrar
AMTA-KY Chapter
P.O. Box 576
Pewee Valley, KY 40056

<http://ky.amtamassage.org/>

SAVE THE DATE!



Clarion Hotel Lexington
1950 Newtown Pike
Lexington, KY 40511

- Room rates \$91 plus tax
- Free parking
- Breakfast included
- Room share up to 4 guests
- Room Registration Deadline
is **March 18**

To reserve a room call:
859-233-0512
Ask for AMTA-KY Rate

April 8-10, 2016

Earn 6-24 CEs at the 10th Annual AMTA-KY Spring Conference

Full Registration, for members, is \$240 until March 25

18 CEs are \$13/hour including 3 meals

CE Post-Conference with Doug Nelson

An amazing faculty and course selection!