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Moving To The Future

One **special notice** about our schools is our name change. All our schools are now named **The National Massage Therapy Institute**. We now have a new 600 hour program in our NJ, PA, DE, and VA schools.

The best thing about being a part of a massage school is that you can see the growth happening all around you. You see and experience the students and their excitement about their new profession.

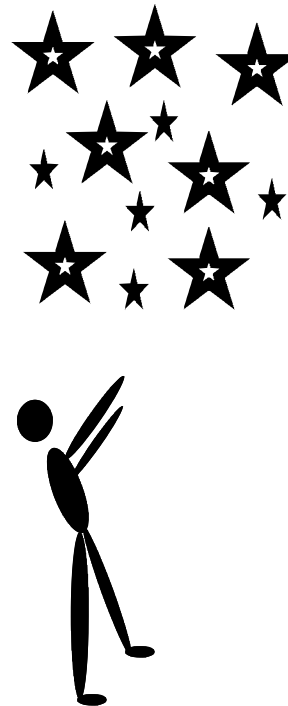
How many other career positions are out there that you can see a smile on someone's face at the end of the session or day. Where else can you feel grounded and relaxed while taking care of someone else? Where it is a necessity to be calm and relaxed.

We at the National Massage Therapy Institute are looking to the future and

including HIPPA regulations and spa management in our curriculum. Since massage therapists are working along side physicians and chiropractors more and more we need to understand the need for privacy using the HIPPA guidelines. Also, more and more spas have been asking that massage therapists learn about spa the business while in massage school so we are forging ahead and including that into our 600 hour curriculum.

We are also continuing to build our continuing education program. Check out page 2. We have included Medical Massage, Hot Stone, Canine Massage, Reflexology, Prenatal, and Shiatsu. Look at our website for other classes in various locations. If you have any suggestions for continuing education classes please let us know and we will look into them.

Our website:



REACH FOR THE STARS!

SPECIAL POINTS OF INTEREST:

- Graduate Corner
- From the Shore
- New at a Glance

Hooray To The Graduates of the First 600 Hour Program in Wilmington, DE.

Remember Your Ethics and Boundaries

Book Recommendation
Ethics of Touch
 By Ben E. Benjamin and Cherie Sohnen-Moe

When I read this book I thought, now this is the book we need. I have recommended that every in-

structor pick up a copy. It gives such detail and covers a lot of information, but does not make it overwhelming. Their coverage of the various relationships of massage are beyond compare. They include exercises and questions

that you ask yourself and, if you are an instructor, you can ask your students. They also list the Code of Ethics for a variety of associations. Pick a copy for yourself and see if you don't agree with a lot of others, including myself.

If you have any comments, have an article you would like to be considered for publication, or have classified ad you would like to place, please contact me at ljtville13@aol.com or through our website at www.healinghands.net

Abby's Horoscopes

Aries-March 21-April 19: A good nights sleep is what you really need. Don't listen to gossip, it will only get you in the middle of trouble. Lucky numbers: 3,6,9,22

Taurus-April 20-May 20: Communication with a loved one is very important. Excitement and surprises are around the corner. Lucky numbers: 1,2,14,35

Gemini-May 21-June 20: Think before you speak, don't forget that others have opinions too. Love is not as bad an idea as you think. Lucky numbers: 5,8,9,34

Cancer-June 21-July 22: Take a few steps back and enjoy the view. Life is always moving so fast, enjoy your vacation. Lucky numbers: 6,55,12,3

Leo-July 23-August 22: Your partner will give you the answer you want, just give them time. Relax in a quiet room, do something you enjoy. Lucky numbers: 6,14,2,29

Virgo-August 23-Sept. 22: Don't follow the crowd. Be who you are, people will respect you more. Make a new friend this month. Lucky numbers: 13,7,8,17

Libra-Sept. 23-October 22: Dive into your job, make your ideas your own. Tonight soak in a lavender bath... you need it! Lucky numbers: 7,4,15,10

Scorpio-October 23-Nov. 21: Follow your intuition, it will lead you the right way. Don't think what could have been, think what will be. Luck numbers:

5,18,22,1

Capricorn-Dec. 22- Jan. 19: Take a load off tonight. Remember keep ears opened and mouth closed when it comes to friendships. Don't spend that last chunk of change you have. Lucky numbers: 11,9,21,1

Aquarius-Jan. 20- Feb. 18: Deal with finances straight on. Don't beat around the bush, it will only make matters worse. Love is about to find you. Lucky numbers: 18,23,11,35

Pisces-Feb. 19-March 19: Keep lines of communication free and clear. Your business needs you to be fair in what you do. Lucky numbers: 4,22,19,20
For entertainment purposes only.

Check Your Body

We also offer a Stretching CEU-check our listing.

It has been proven that individuals who add flexibility exercises to their daily routines can expect to gain an average of 20% more flexibility than those who do not stretch at all.

Flexibility is the ability to move your joint throughout its range of motion. Maintaining flexibility is necessary for the optimal performance of your body for both exercise and

everyday life. A body that is flexible is less prone to injury and to low back pain. Studies have shown that stretching may also improve circulation to joints and may actually help to decelerate joint

"Maintaining Flexibility is necessary for the optimal performance of your body for both exercise and everyday life!"

degenerative processes. Stretching at the end of a workout is also one of the most efficient ways to achieve permanent

gains in flexibility since muscle and ligament temperature are elevated at this time. Just remember that ballistic stretching is not an effective way to go. There is a good possibility that you can injure muscle tissue when doing ballistic stretching.

Remember to do your stretching before providing massage also before and after doing your workout.

Avoid jerky movements

Hold for 10 seconds

Work slowly

Massage for Swimmers by Joe Sharlip

Massage, often misunderstood & underrated, was first documented 2000 years ago by the Chinese as Anmo amma (press-rub) and Tui-na (push-pull). Hippocrates wrote of the medical benefits of massage, or "anatripsis", around 400 B.C. Today, *USA Swimming* recognizes those therapeutic benefits of massage by making therapists readily available to its swimmers-as attested by B.J. Bedford, the swim coach at the University of Hawaii, 7-time U.S. National Champion and 2000 Olympic Gold medalist.

Massage Therapy is proven to provide

many medical benefits, including: increased vascular and lymphatic circulation for better oxygen and nutrient flow into muscles; relaxation & softening of injured and overused muscles; reduced muscle spasms & cramping; increased joint movement & range of motion; reduced recovery time in athletes; release of natural pain killers called endorphins; relief for atrophied muscles. In fact, massage is 3-5 times more effective than rest in helping athletes recover from injury.

However, if you retain a therapist who utilizes the wrong techniques-especially

during your Taper or Competition-chances are your meet performance will suffer dramatically as certain neurological patterns established in training may get "short-circuited". Further, in sports massage it is critical that the therapist understand the inner workings of the specific sport in order to effect the best outcomes.

Here are a few pointers to recognize about sports massage. As part of **Restorative** work, **Recovery** massage focuses primarily on athletes wanting to recover from strenuous workouts or competition. Cont'd on page 3

From Our Graduates

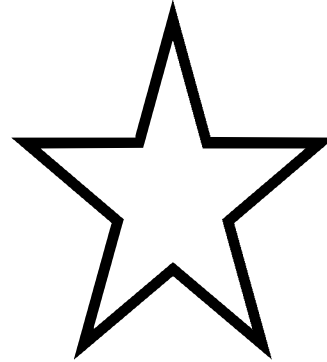
Massage is becoming more and more popular as it moves toward the mainstream. It is in high demand and I feel lucky to part of such a rewarding industry. DLI has prepared me for any opportunity that has come my way. In May of 2002 I started working with Carl Roberts and Atlantic Bodywork Center. Along with my teacher, John Knott, we started massage at the beach at a local resort called Sea Colony. This is the first ever, massage on the beach on the Del Marva peninsula, which made this opportunity even more exciting. This year more alumni including Kaity Economos, Michelle Schnupp, and Shannon Gingerich, have joined us. The success of this venture is outstanding, our sales and clientele have doubled and some days tripled, compared to last summer. We are privileged to be a part of something so rare & successful.

Along with beach massage, I and others have been able to work many different places which has enabled us to further develop our skill. Because of my schooling at DLI, I have a good foundation. The confidence to work with different types of people.

There are many key things that I have learned so far:

- 1) Make sure you love what you do, your client will know.
- 2) Develop great communication skills and attitude. Being welcoming and cheerful makes a big difference when it comes to repeat clients.
- 3) Stick with it! It takes time to develop clientele.

By Anna R. Dienna



Massage for Swimmers Cont'd from page 2

Remedial massage is used to treat minor to moderate injuries. **Rehabilitative** massage addresses significant injury – its goal to minimize negative compensating patterns, postural, and gait issues in the uninjured parts of the body while the injured parts heal. As a client, it is critical for you to know that each phase requires specific therapeutic strategies and techniques to insure optimal results.

More important, as Masters swimmers

you need a massage therapist who understands what to do and *not to do* during your taper, on deck and post-event. During the *taper*, the massage should be stimulating, superficial, fast paced and short in duration. No deep work should be done, and the massage should be pain free. During *Competition*, the therapist should concentrate on the muscles being used by employing light relaxation techniques that encourage circulation, and do not negatively “re-

program” trained muscles which could lead to cramping or loss of motor strength in the water. Post-event massage reduces muscle tension, swelling, and soreness. Disruptions in fascial organization can be corrected and circulation improved into dysfunctional areas of muscle tissue.

Cont'd Next Edition

News

National Re-certification News

If you haven't looked at the news from National Certification Board you should. Some things have changed. To Re-certify, instead of needing 50 continuing education units, you now need 48 credits that includes 6 credits in Ethics. You still, however, need 200 hours of massage &/or bodywork sessions. There are several ways that you can receive credits for recertification. Check them out at www.ncbtmb.com.

New Jersey News

Since Governor Whitman passed the

law to require massage therapists in N.J. not much has been accomplished, as far the website is concerned. I did find out that “at this time the Rules and Regulations are under review and so far the requirements are 500 hours of education. In 4 years how far do you think they should be. Approximate same thing is occurring in Pennsylvania. We as massage therapists



should have developed our own alliance.

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Recipes

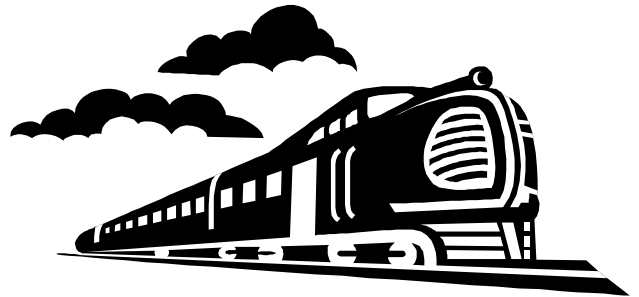
Massage Butter Recipe

- 1/2 C Apricot Kernel Oil
- 1/2 C Grapeseed Oil
- 1-2 Tbls grated Beeswax
- 10-20 drops Essential Oil

Melt the oils and wax in micro-wave for approx. 1 minute on high. Stir with a toothpick until all wax has melted, then add the essential oils. Don't microwave the essential oils. Put in the fridge to set. You're Done!! If it isn't hard enough, re-melt and add more wax.

**Now Enrolling for our
New 245 hour**

**SPA PROGRAM
Includes Theory and
Techniques of Spa
employees**



FROM THE SHORE

Down here in Egg Harbor things are going well. Congratulations to the classes of May 2003. Good Luck in all you do, you will be missed. Welcome to the newest member of NMTI, Kathy DeClemente. You are doing a great job. Instructor Abby Trost and student Lya Gonzalez volunteered at the Relay for Life in Williamstown. The day was hosted by the American Cancer Society.