

connecting
stroke

Spring 2018



amta
american massage therapy association®
— NEBRASKA CHAPTER —



amta
american massage therapy association®
— NEBRASKA CHAPTER —

CALL FOR CANDIDATES

Call for Candidates is Open

The AMTA-NE Chapter wants YOU to be a part of the Team!

As a member driven organization, we are as strong as our volunteers. Network, have fun, and make a difference. Consider running, AMTA-NE needs YOU!!

(See page 3 for more information)

Celebrating 75 Years of Health & Wellness!

The American Massage Therapy Association (AMTA) is celebrating 75 years of health and wellness! What started as a small group of like-minded, dedicated massage therapy professionals in 1943 has grown to an association with more than 80,000 members—all of whom are just as devoted and dedicated to the profession.

Learn more!

www.amtamassage.org/anniversary

Share your member story!

As the largest non-profit association for massage therapists, students and schools, AMTA is celebrating our rich history while looking to the future for exciting advancements.

Share your story of how AMTA has impacted you and your massage career and you might be featured in an upcoming AMTA publication! Share your story now.

Visit: www.amtamassage.org for more details



amta
american massage therapy association®

Have you NOT been receiving our E-BLASTs???

If so, contact Mitch:
mitchell.lowrylee@amtane.org

Inside

President's Message
Letter From the Editor
Call for Candidates
AMTA-NE State Convention
Education Events
Become a Super Hero
From our Lobbyists
2018 AMTA-NE Convention
Sports
Honors and Awards

BOARD OF DIRECTORS

OFFICERS

President: Becky Ohlson
(402) 310-7583
Becky.Ohlson@amtane.org

Board Member 1: Mitchell Lowry-Lee
402-440-3627
Mitchell.Lowrylee@amtane.org

Board Member 2: Beverly Riley
(402) 707-2248
Beverly.Riley@amtane.org

Financial Administrator: Lora Van Etten
(402) 202-3231
Lora.VanEtten@amtane.org

Secretary: Lisa Bradley
402-429-0101
Lisa.Bradley@amtane.org

COMMITTEE CHAIRS

Newsletter Editor: See Board Member 1

Public Relations: See Board Member 1

Government Relations: Briana Cudly
402-690-8434
briana.cudly@amtane.org

Membership: OPEN

CSMT/ Emergency: OPEN

CSMT/Outreach: OPEN

Sports: OPEN

Communication Technology: OPEN

Online Elections Coordinator:
OPEN for 2018

Honors & Awards: Amber Fader
402-610-0638
amber.fader@amtane.org

Education: OPEN

President's Message



Congratulations, AMTA members!

Congratulations, AMTA members! We have so much to celebrate in 2018. AMTA is celebrating 75 years of health and wellness. If you haven't had a chance to read our association's historic timeline, please do. It is on the website and it's always remarkable to read where we started to where we are now. I'm not sure what the membership numbers were in 1943, but we have grown to over 80,000 members. That is remarkable! AMTA is the most trusted name in massage therapy which makes you the most trusted massage therapist. Be proud of your association and as always, advocate for your profession.

Our state's convention theme this year is Educate, Integrate, Celebrate... Moving Massage Forward. This theme summarizes what AMTA is all about. Education is typically the main spotlight for conventions. With each workshop, our hope is we help advance your knowledge about the human body and/or about a certain technique. Please make sure to read through our convention's offerings and register soon. If you can't make it to our state convention, you are always welcome to any of the other state's AMTA conventions too, or you can attend the National Convention which is being held in Washington D.C. this August.

Integration is the recent buzz word. The healthcare profession has a full spectrum approach of health, wellness

and healing which includes hands-on healing. Western Medicine can't fix everything, sometimes we must turn back to nature. The body knows how to heal, we just need to listen to what it is saying. There are many massage therapists who work alongside physicians, physical therapists, athletic trainers, chiropractors, and many other healthcare professionals. The future is ours to create and the opportunities are open to those who envision even more for our profession.

Celebrate! 75 years of AMTA. 75 years of promoting the massage therapy benefits to consumers. 75 years of building relationships. 75 years of continuing education. There is so much to be grateful for when it comes to being a member of AMTA. Each one of us has someone to lean on when trials come our way, when we want to learn more, and/or when we just want a massage!!! That's what makes AMTA so unique. It's about relationships.

As you begin your new year, remember your calendar should reflect less of what needs done and more of who you want to become. Lead life with your heart. Be generous. Be kind. And most of all, get a massage!!

Becky Ohlson, MEd, ATC, LMT

This publication is published three times per year by the Nebraska Chapter of the American Massage Therapy Association (AMTA), a nonprofit professional Massage Therapy Association. This publication welcomes contributions from readers. Articles for publication must be typewritten and include legible signature, address, and phone number. Articles may be sent on a CD in Microsoft Word, Publisher, InDesign or Quark format. Ads sent on disk should include a print-out of final layout. Accepted file types include: Microsoft Word, Publisher, PDF, JPEG, TIFF, InDesign and Quark. Copyright material must accompany written permission by its holder. Submit Contributions to: Becky Ohlson, 1612 L Street, Lincoln, NE 68508. 402-310-7583 beckylmtatc@yahoo.com
The NE Chapter reserves the right to edit material for space and clarification, accept bids or reject materials, and assumes no responsibilities for errors, omissions, corrections or modification in publications. The beliefs and opinions contained in this publication do not necessarily reflect those of the NE Chapter of the AMTA.

Letter from the Editor



What does it mean to be an AMTA member? We as a board and I personally have been contemplating this question. Is it just something we as massage therapists say we are members of, without thought as to why? Or perhaps, does our membership exist primarily for the insurance coverage and great discounts you receive and need as a working professional? What does your AMTA membership and local association mean to you?

I would argue it should mean all of these things, but also so much more. Your AMTA membership means advancing the massage profession forward, and this is especially true in the state of Nebraska!

Your membership dues have been hard at work over the past year, defending against those who seek to send our profession backwards in standards and professionalism. Your membership dues have educated many therapists around the state, assisting in growing their knowledge base as professionals, further solidifying our profession as an integrative part in the healthcare industry, your membership dues have

helped pave the way for a newer massage therapists to grow and thrive in the profession by advocating for strict ethical standards and compliance.

Your membership dues are put to good work! However, all of these things your association does, are right now done with the dedicated help of only a handful of already very busy professionals, willing to make the time and effort to give back to their professional association by volunteering.

On a personal note, being a member and volunteering my time has opened so many opportunities to network with other professionals from around the state and the country, one's that I would have never imagined shortly after graduating from massage therapy school. Yes, there are times as one of your elected state representatives where have questioned why I would add to my already busy schedule and plate full of to do's by volunteering my already precious time. However the personal and professional reward for doing so has meant so much more to me than the sacrifice of time. I encourage you to volunteer. I say, if you are even thinking about volunteering, do it! IT IS WORTH IT!

Imagine the possibilities of what we could do as an association if more of our members agree to volunteer and give back to advance the profession forward. I know what you are thinking; you are saying to yourself, "I want to help, but I can not dedicate that much time." Well this chapter can use as little or as much help as you can give. From

simple tasks like making a phone call, to more complicated tasks such as helping a committee member finalize details of an upcoming event. Whatever amount of time you are willing to dedicate, is still time that is given back to moving your profession forward.

Looking at the associations agenda for 2018, it is clear that we must continue to provide you with excellent opportunities to advance your careers and the massage therapy profession, as well as maintain a strong government relations stance within our state; otherwise our profession could not only stay stagnant, but worse, fall backward

I am asking you personally to consider helping AMTA-NE by volunteering your time so that we, as your AMTA elected officials, can continue to advocate on your behalf efficiently and effectively. If you would like more information about how to volunteer for your chapter, please visit our website at www.amtane.org/volunteer

Sincerely,
Mitchell Lowry-Lee, LMT
AMTA-Nebraska Board Member/
Newsletter Editor
mitchell.lowrylee@amtane.org

Newsletter Advertising Rates

Size	Dimensions	Cost
Full page	7.5"w x 10"h	\$170
1/2 page	7.5"w x 4.75"h	\$85
	3.25"w x 10"h	\$85
1/4 page	3.25"w x 4.75"h	\$45
1/8 page	3.25"w x 2.25"h	\$25
Annual Subscription Rate		\$25

Newsletter Advertising Deadline

June 29, 2018

(newsletter deadlines are approximately one month before hard copy is due to reach our mailbox)

Advertising must be received by these deadlines to be considered for publication. All ads must be electronic or camera ready and accompanied by payment in full. Ads will not be billed. Make checks payable to the AMTA-NE Chapter and mail to Lora Van Etten, 1953 Jefferson Avenue, Lincoln, NE 68502

AMTA-NE Call for Candidates—*ONLINE ELECTIONS*



amta
american massage therapy association
— NEBRASKA CHAPTER —

CALL FOR CANDIDATES

Call for Candidates is Open

The AMTA-NE Chapter wants YOU to be a part of the Team!

As a member driven organization, we are as strong as our volunteers. Network, have fun, and make a difference. Consider running, AMTA-NE needs YOU!!

These elected positions are open in 2018

Professional and Graduate members in good standing may apply.

All positions are a 2 year term (2018-2020.)

PRESIDENT, BOARD MEMBER, SECRETARY

*For more detailed position
descriptions please visit
www.amtane.org/volunteer.*

*Please read over this list to ensure
you have the skills, and tools needed
to successfully fulfill the position
duties.*

- Familiarity with your job description, found by clicking on the position links above. (After reading the job description, direct any questions to the president or current board member.)
- A team spirit and the ability to have fun being productive.
- A commitment to get the job done.
- A commitment to attend board teleconferences, and board and chapter meetings.
- Telephone to answer phone calls

and participate in teleconferences.

- Internet access to communicate with other members.
- Email access to receive email and documents.
- Transportation to meetings and chapter events.

2018 ELECTIONS TIMELINE

Please pay close attention to the following dates. Nominations and votes will not be accepted from the floor at the State Convention. Any vacant positions will be elected by the chapter board and will serve until the next election.

Feb 1, 2018: Accepting applications

Feb 28, 2018: Candidate applications close @ 5:00pm

March 14, 2018: Elections open

March 29, 2018: Elections close

April 5, 2018: Online Coordinator will

contact elected candidates

April 8, 2018: Elected candidates announced at State Convention Meeting and Oath of Office administered.

Online Elections Coordinator, Briana Cudly, will review your application to ensure candidate eligibility. Please complete the following before **5:00 pm on Feb. 20th 2018**

visit www.amtane.org/volunteer

- To fill out the volunteer online application
- Send Bio (max 500 words) and if you choose, a head shot or video.
- Sign the Chapter Volunteer Code of Conduct

Accepted candidates' pictures and bios will be published on the AMTA-NE website for members to view during the election process. Elections will be online via Simply Voting. If you have questions, please contact **briana.cudly@amtane.org**

Government Relations Report

From your GR Chair:

Whew! I am writing this less than 24 hours after the deadline for NEW bill introduction. We are through the first obstacle of this legislative session and heading into the next. I will let Kent Rogert of Jensen-Rogert & Associates summarize the details below, while I take some time to thank you.

You know my mantra by now, "Alone we can do so little; together we can do so much." Helen Keller really did know what she was talking about - where would we be without our amazing membership? I was told that several of the senators feel we are a "pain in the {neck}" which I feel we should wear as a badge of honor! Your phone calls, emails, attendance at meetings, and general pestering are making an impact. Not only are we making noise and not backing down, we are also educating our government officials about massage therapy. We need to continue this activism providing a precise and unified front: along with the all the carryover bills from last session, we have the Reflexology 407 Review Process and one new bill, LB958, on our plate.

There have been two 407 meetings, with two more slated for February 1 and March 1. We, along with other parties, have been asked to put together a proposal of what we would like to see for Reflexology regulation. If you would like more details, or to help with the process please contact our president, Becky Ohlson, at becky.ohlson@amtane.org. She is in need of volunteers to help with research and to provide input for the proposal.

On that note, with everything on the GR agenda in the next couple of months, I am looking for a few people to help me out, primarily with calling and emailing members every now and again or doing research here and there. If you are interested, please contact me briana.cudly@amtane.org or visit the website and fill out the volunteer form. I am happy to have however little or much you can give.

Keep your eye on the bill tracker, website, social media, and your email boxes. Things are about to heat up! Thanks for all do!

Briana Cudly, BS, LMT

Government Relations Committee Chair
briana.cudly@amtane.org

From our Lobbyists

Bill Introduction Ends; Massage Therapy in Decent Shape So Far

So far as we can tell, there was only one NEW bill introduced affecting massage therapy this session. (There are several bills looking at tax exemptions that we're still closely analyzing but we think we're in good shape). Senator Erdman from Bayard introduced LB 958, which would authorize a vehicle to be classified as a massage therapy establishment. Every year newly introduced bills get schedule a hearing, however one has yet to be scheduled for LB958. As soon as our office knows when that hearing is scheduled we will update AMTA-NE accordingly.

I've talked with Senator Erdman about it and he has indicated that he will not prioritize this bill in 2018. That doesn't mean, however, that it needs to be overlooked if the association so chooses to engage on it.

The biggest worry AMTA-NE has in 2018 is the slew of carryover bills that are still alive from 2017. Your tracker has all of those bills listed and their current status. If something moves, we'll let you know. What the tracker won't show you is that any piece of any bill can be amended onto any other like subject bill at any time with 25 votes. For example, let's say the tax package being supported by a majority of the legislature gives a large of amount of property and income tax relief at a cost of \$200M. Let's also say a majority of the legislature thinks we need to pay for half of that relief by eliminating some sales tax exemptions. Massage therapy is exempted from sales tax as a health care item...for now. Several bills last year that are still alive looked at that exemption as a way to pay for other tax relief. BUT...that is why you hired us...we'll watch that very closely and do what we can to keep from being a part of the conversation. What I can tell you is that your message on massage from last year seems to have stuck...massage is part of the healthcare system and should never be subject to sales taxes. LB 1084 was introduced on Thursday asking to eliminate a BUNCH of sales tax exemptions and massage is not one of them. Woo hoo!!

Kent Rogert- Jensen-Rogert & Associates: AMTA-Nebraska paid lobbyist firm.

2018 AMTA-NE State Convention

Location

Country Inn and Suites By Carlson
Lincoln North

5353 N 27th St,
Lincoln, NE 68521

Phone: (844) 261-0841

Special Room Rate: \$99/night for
a 2 queen room or 1 king room;
mention AMTA-NE

Register now at:
www.regonline.com/2018amtanestateconvention

SCHEDULE OF EVENTS

April 7th

7:30am - 8am: Registration for
ReTensioning™ with John Macy

8am - 12pm: ReTensioning™

12pm - 1pm: Lunch on your own

1pm - 5pm: ReTensioning™

Social: 5:30pm - 7pm at Country Inn
and Suites (more details coming!)

April 8th

8am - 12pm: ReTensioning™
with John Macy

8am - 8:30am: Registration for
Table Manners

8:30am - 11:30am: Table Manners
with Rebecca Rose

12-2pm: Chapter Meeting with Lunch
1:30pm - 2pm: Registration for Online
Ethics & Build your AMTA website
with Ben Stone

2pm - 6pm: ReTensioning™
with John Macy

2pm - 5pm: Online Ethics and Build
your AMTA website with Ben Stone

Register now at:

www.regonline.com/2018amtanestateconvention



The theme for our 2018 AMTA- NE State Convention is:

***“EDUCATE, INTEGRATE, CELEBRATE...
MOVING MASSAGE FORWARD!”***

This year's convention has many great offerings for all massage therapists!

The information that follows is what you need to know

if you are thinking about taking advantage of

these wonderful education opportunities. We hope you will be able to join us!

Sunday Buffet: We will be offering a Southwestern Buffet which includes: Seasoned Ground Beef, Shredded Chicken, Spanish Rice, Refried Beans, Flour tortillas, and Corn Shells. Toppings include shredded lettuce, cheese, tomatoes, diced onion, guacamole, salsa, sour cream and jalapenos.

AMTA Members: Sunday Lunch is included if attending a workshop.

Non-AMTA: Lunch is \$15

All AMTA members are welcome to join us for lunch and the chapter meeting. \$10

STATE CONVENTION REGISTRATION

Early Registration by March 11th

2 day ReTensioning™ workshop with John Macy

AMTA members: \$350

Non-AMTA members: \$370

16 CEU's

Table Manners with Rebecca Rose

AMTA members: \$50

Non-AMTA members: \$65

Massage Student: \$20

3 ethics

Online Ethics and Build your AMTA Website with Ben Stone

AMTA members: \$50

Non-AMTA members: \$65

Massage Student: \$20

1.5 ethic CEU's, 1.5 non-hands on

Registration after March 12th

2-day ReTensioning™ workshop with John Macy

AMTA members: \$375

Non-AMTA members: \$395

Table Manners with Rebecca Rose

AMTA members: \$60

Non-AMTA members: \$75

Massage Student: \$25

Online Ethics and Build your AMTA Website with Ben Stone

AMTA members: \$60

Non-AMTA members: \$75

Massage Student: \$25

Class Information

ReTensioning™ with John Macy PT, PRC

This 2 day workshop, ReTensioning™, is a process of assisting a person to consistently move with better balance and coordination. The result is less strain and stress on the body and the mind as movement is generated in a way that fits the person's individual structure more naturally. Moving in this manner enables a person to independently continue improving their abilities and functioning.

In ReTensioning™ a person is guided to realign the balance of tensions in their body so that they rest in neutral – the lowest possible amount of activity physically and neurologically at that time. By doing this the person is able to begin each movement without carrying tension and imbalances from previous activity into the new movement. The result is that every movement starts from a clean slate, physically and mentally. In other words, people learn how to reset their tensional balances so that patterns from previous experiences can be prevented from interfering with how to best perform the activity now.

Supplies needed: massage table.

This workshop is an InterProfessional Education opportunity, so please forward this workshop information on to your **Physical Therapists, Occupational Therapists, Certified Athletic Trainers and Chiropractors**. The more integration we have, the more we learn from and about each other.



John Macy PT, PRC has taught psycho-physical reeducation through the use of the Alexander Technique since 1982 and after completing his degree in Physical Therapy in 1984 began to combine this with his therapy practice with patients. His training has included a variety of manual techniques including CranioSacral therapy, Myofascial Release, Muscle Energy, Strain-Counterstrain, and Postural Restoration. He has also studied movement arts such as yoga, tai chi, tae-kwon-do, modern dance and Pilates. Over the past thirty-five years John has worked to find the most effective ways to restore movement ability to people by incorporating his broad manual and neurological therapy training with the information he gained through his own movement learning processes. John has worked with a variety of people with movement dysfunction to integrate ideas from many disciplines into a coherent framework and develop an approach that is holistic and effective. The result is a unique perspective on how to think, touch and teach people that he is now teaching to others who wish to expand their ability to make a positive difference in their lives and the lives of others.

Table Manners with Rebecca Rose, LMT

On Sunday morning, please join Rebecca as she discusses and demonstrates proper draping techniques, bolstering and the ethics of creating professional boundaries.

In Massage Therapy and Bodywork, it is especially important to maintain firm boundaries, because the nature of our work already crosses certain social guidelines regarding modesty and touching. Draping is the physical manifestation of your professional boundaries. Attention to draping shows your clients that you respect their modesty and comfort, the spirit of the law, and professional ethics.



With completion of this course you will be able to:

- Articulate solutions to ethical difficulties
- Drape confidently in a variety of positions
- Explain how draping is associated with ethics

Supplies needed: table, sheets

Rebecca Rose has been licensed and practicing Massage Therapy in Nebraska since 1997, with an emphasis on modality integration and Bodywork Education. In addition to classes on massage for couples, infant massage, and QiGong, Rebecca offers individual instruction in self-massage for pain management through her massage practice. Rebecca lives in Lincoln with her family, and practices gardening for grounding and relaxation.

Online Ethics & Build Your AMTA Website Workshop with Ben Stone, LMT

On Sunday afternoon, this class will challenge you to identify and reflect on personal and business standards in your practice. You will discuss challenges often seen in massage therapy practices, discuss situations that all massage therapists face, and how to deal with these issues. You will learn about online professionalism, the basics about what it takes to create a website and why you need a website, as well as how social media outlets such as Facebook, Instagram, twitter and snapchat can help your business

The second half of this class will be a walk through workshop for setting up your own website offered free as a member benefit of the AMTA. You will need to have your AMTA user login information and a laptop or internet capable device. At the end of this segment you will have your online presence established and learn some best practices for websites.

(*Laptop or tablet recommended, cell phone discouraged. Get access to AMTA at amtamassage.org)



Ben Stone, LMT

Objectives:

Professional Ethics – 1.5

- Identify and discuss Professionalism and Online Professionalism
- Define discuss different tools to display your online reputation
- Identify and discuss 3 ways to manage Online reputation
- Define and discuss Online personal boundaries vs face to face personal Boundaries

Professional Website Workshop - 1.5

- Implement and discuss tools defined in Ethics Section to application of a professional website
- Create professional website using the AMTA's member benefits application

Bring

Your AMTAMASSAGE.org Login and Password

A laptop or suitable device for creating your free AMTA website

Ben Stone, LMT has been a licensed Massage Therapist since 2003 and is a Nationally Board Certified therapist with NCBTMB. Ben also graduated from the University of Nebraska Lincoln with a Bachelor's degree in Communication Studies. Ben's experience has taken him from serving in the US Army to teaching elective classes in massage

through the UNL campus rec center and working alongside chiropractors. He specializes in Deep Tissue Massage and is co-owner of Simple Wellness Massage in Lincoln, NE

Become a Chapter Superhero Volunteer

Below is a list of following opportunities

- Education co-chairs and team members
- Sports co-chairs and team members
- Outreach co-chairs and team members
- Communication co-chairs and team members
- Government Relations team members
- Newsletter Team Members
- Online Election coordinator

With all of these opportunities available, we will match your skills so that no matter the task, it will be easy and fun for you. If you'd like a challenge along with guidance, we can provide that for you, too. If being a leader is something that comes naturally to you and you want to share and/or build your skills, we have those opportunities as well. Being a professional helps show the maturity of the organization. That maturity will reflect with your personal and professional life. It all makes us better people.

For more information please visit www.amtane.org/volunteer



Summer Continuing Education Events

2018 Cadaver Workshop

Have you ever visualized muscle tissues and structures every time you work with your clients? AMTA- NE is pleased to announce the return of Cadaver Workshop in conjunction with The University of Nebraska- Kearney Health Sciences Education Complex. If you want a hands-on, close up view of many of the muscle structures you encounter on a day to day basis, please join us! Details below

Date: July 20th and 21st, 2018

Time:

Registration will be 30 minutes prior to each section

July 20th, Section 1: 9am – 1pm

July 20th, Section 2: 2pm – 6pm

July 21st, Section 3: 8am – 12pm

July 21st, Section 4: 1pm – 5pm

Cost:

AMTA members

Per section: \$95

Per day: \$175

Whole workshop: \$350

Non AMTA members

Per section: \$115

Per day: \$195

Whole workshop: \$370

Massage Therapy

Student

Per section: \$75

Per day: \$150

Whole workshop: \$300

Lodging:

UNK Centennial Towers West

\$22 - single adult room

\$29 - double assigned adult room

Supplies: \$6 (which includes two sheets, one towel, one wash cloth, one blanket, one pillow and one pillow case.) You have the option to bring your own supplies or pay the additional fee along with your room fee.

Location:

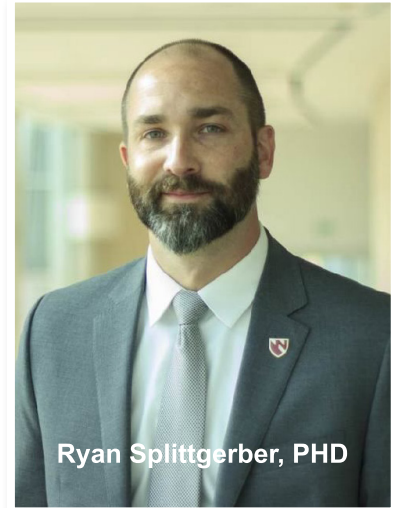
University of Nebraska-Kearney
Health Sciences Education Complex
2402 University Drive, Kearney, NE
68849

CE credits: 4 Non Hands CEUs per section

Registration: Open March 1st, 2018 visit www.regonline.com/2018cadaverworkshop

Instructor:

Ryan Splittgerber, PhD, is Assistant Dean at the University of Nebraska Medical Center (UNMC) in the College of Allied Health Professions. Dr. Splittgerber serves as the Director of the Gross Anatomy Laboratory in Health Sciences Education Complex located on the University of Nebraska-Kearney (UNK) campus. His primary teaching responsibilities include clinically oriented gross anatomy



Ryan Splittgerber, PhD

courses for Physician Assistant, Physical Therapy, and Medical Imaging and Therapeutic Science students. Dr. Splittgerber received his PhD in Neuroscience from the University of Alabama at Birmingham and trained in gross anatomy during his postdoctoral education at Vanderbilt University.

Courses

These courses are designed as a review of gross anatomy for massage therapists. Structured cadaveric lab sessions will explore anatomical relationships of muscles, nerves, bones and viscera of the human body. Lab sessions will be preceded by a brief classroom review of regions to be discussed.

Section one - Back & Upper Limbs

This section will begin with exploration of the intrinsic muscles groups of the back including the vertebral column and spinal cord. Extrinsic muscles of the back will segue into the structure and function of the upper limb. Emphasis will be placed on spatial relationship of muscles and nerves, in addition to bony landmarks.

Section two - Pelvis and Lower Limbs

This section will explore the structure and function of the lower limb, with emphasis on spatial relationships of the muscles, nerves, and bony landmarks. Additionally, Pelvic anatomy will be demonstrated, focusing on its relationships with the lower limb. Urinary and reproductive organs will also be discussed.

Section three - Thorax and Abdomen

This section will explore the organs of the thorax and abdomen. Anatomical donors will reveal the physical relationships of the heart and lungs. Function will be discussed with regard to anatomical features. The abdominal dissection will demonstrate the complex organization of the viscera and blood vessels within the abdomen. Additionally, the viscera will be removed to explore the posterior abdominal wall.

Section four - Head and Neck

This section is considered the crème de la crème of anatomical dissection. Participants will explore the complex relationship of muscles and nerves in the cervical region, followed by a demonstration of the muscles of the face. The brain will be removed and accompanied by a walkthrough of neuroanatomical structure and function. The cranial cavity will reveal the brain environment including origins of the 12 pairs of cranial nerves.

Sports Report

2018 Lincoln Marathon Post-Event Sports Massage

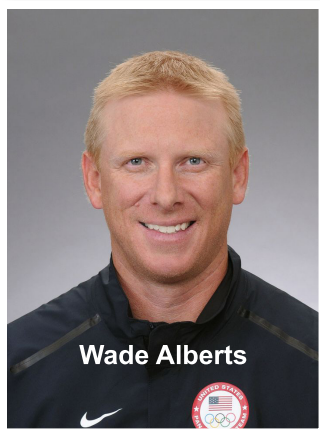
The Lincoln Marathon will be held on May 6th, 2018 in Lincoln. The Lincoln Track Club is gracious to invite us to participate and they fully support the work we do. They will once again be providing food, t-shirt, and door prizes.

Something new we are doing is extending your sports massage education. We will be offering a class on Saturday, May 5th, with Wade Alberts. The Saturday class is not required for you to participate on Sunday. You have the option to only attend the Saturday class or the Sunday class/event or you can participate in both days.

Class description

How proficient are you at making sound, clinical judgments when dealing with a client? Two-time Olympic medical staff member, Wade Alberts, LMT presents 'Expert Intuition: Fact or Fiction'. Wade has been a member of USA Swimming's National Team medical staff since 1999 and has worked in conjunction with some of the nation's best sports physicians, athletic trainers, physical therapists and chiropractors. This presentation brings into focus the role of massage therapy within a multi-disciplinary medical model. The class will then put into practice various hands-on techniques and strategies dealing with post-event massage for runners.

4 CEUs awarded: 1.5 lecture, 2.5 hands-on.



After class is completed on Saturday, you can join in on the pasta feed which is happening at the Champions Club west of the stadium.

Sunday morning, bright and early, we'll be preparing for the marathon runners.

CEU's awarded: 5 hands-on

Wade Alberts has worked with USA Swimming's national team beginning in 1999. He graduated from Nebraska Wesleyan University with degrees in exercise physiology and massage therapy. Wade was a 9-time NCAA All-American and 2-time National Champion as a member of NWU's track team. In May of 2013, he completed a secondary education degree from the University of Nebraska-Kearney. Wade owned and operated a sports massage practice in Dallas, Texas from 1996 to 2010, when he relocated to his hometown in Ainsworth, Nebraska. In addition to operating a private clinic, Wade contracts to universities and professional teams throughout the United States. During his career, Wade has had the honor of working the 2008 and 2012 Summer Olympics with USA Swimming and the United States Olympic Committee.

Location

May 5th class location will be on UNL's campus. The exact location of the classroom will be set later this month. Please stay up to date by checking our website and facebook page.

May 6th: Memorial Stadium, North Concourse 2nd Level, Gate 15. We are indoors, take the elevator by the medical tent to the 2nd floor.) **Event Registration** at www.regonline.com/2018lincolnmarchmarathonmassage

Schedule of Events

May 5th

1pm - 5pm: Workshop with Wade (4 CEUs total: 1.5 lecture, 2.5 hands-on)

5pm - 7pm: Free Pasta Feed at Champions Club

May 6th

6:30am - 6:50am: Registration

7am - 1pm: Marathon (5 free hands-on CEUs) Includes FREE breakfast and lunch

Registration for Saturday Sports Massage Education

Early Registration

\$20 Massage Students

\$30 AMTA members

\$50 Non-AMTA member

Early Registration ends March 24th

*** A huge THANK YOU to Lincoln**

Track Club for supporting massage and covering some of our expenses to help set your price at a reasonably low rate.

Registration after March 25th

\$25 Massage Students

\$40 AMTA members

\$60 Non-AMTA members

Register for volunteering with the Sunday Marathon event by March 24th and receive free marketing in the runner's packet and on the Lincoln Track Club's website.

www.lincolnrn.org

Register by **March 24th** to get your name put in a drawing for a mini-tablet given by Lincoln Track Club. So many great incentives -- why wait?

You can register anytime up to the day of the marathon, but you will not

receive any marketing through LTC, your name will not be in the drawing for the mini-tablet from LTC, and we cannot guarantee a T-shirt.

Lincoln Track Club will provide cleaning supplies, you just need to bring your table and yourself!

Registration will be online (Registration Link when Ready)

Any questions?

Contact

Natalie George: for any questions pertaining to Sunday's marathon event
402-601-0391

nebraskasportsmassage@gmail.com

Amber Fader: for any questions pertaining to Saturday's event and anything education related.

402-610-0638

amber.fader@amtane.org

Honors & Awards

This year at our spring convention we will be recognizing individuals for their hard work and leadership with various awards. The following awards will be given:

- Chapter Meritorious
- Pioneer
- Humanitarian
- Sports Massage Advancement
- Community Service
- Outstanding Educator
- Outstanding Student

If you would like to nominate someone for any of these awards, the nomination forms can be found on our website at www.amtane.org/honors-and-awards. The due date for nominations is March 1st.

AMTA: Nebraska would also like to recognize the following members for reaching their 5 year incremental anniversaries

Anniversaries in 2018!

5-year Anniversaries

Chelsey Ashby
Mallory Carstens
Conrad Cunningham
Anthony Goodson
Michelle Harlan
Paige Helaney
Julie Holly
Janeen Jensen
Mitchell Lowry-Lee
Shaley Millsap
Rae Minten
Patty Morgan
Xyn Ripley-Busek
Heidi Schneider
Christina Schumacher
Cassie Snodgrass
Mandy Sommer
Lora Van Etten
Anissa Williams
Vyanne Zink

10 year anniversaries

Kimberlie Donner-Adrian
Natalie George
Sheila Houser-Zealand
Dennis Jenkins
Hillary Lucero
Georgia Mack
Kaleena Setzkorn
Kathy Timmins
Shelly Troyer
Jeanne Wacha

15 Year Anniversaries

Amanda Boucher
Jana Carlson
Shelly Charvat
Pamela Eisenhauer
Stacey Hansen
Michele Haynes
Amanda Skiles
Melissa Taylor
Janice Von Helm
Jill Will

20-year Anniversaries

Shayla Dieter
Jennifer Jahns
Karen Putman
Debra Quandt-Smedra

25-year Anniversaries

Heidi Piccini
Amy Seiler

30-year Anniversaries

Lisa Bradley
Sue Kozisek
Charlotte Wiebe

Thank you all for continued support and dedication to the AMTA and to the massage therapy profession!

Welcome New Members

Jorden Barlow --- Lincoln, NE
Michelle Brewer --- Bellevue, NE
Jayme Ditsch --- Alliance, NE
Beth Gideon --- Burwell, NE
Kelly Hecht --- Omaha, NE
Sara Johnson --- Burwell, NE
Kyra Kapuaala --- Omaha, NE
Janiel Kimble --- Imperial, NE
Angela Kroeker --- Bennington, NE
Shelley Noecker --- Omaha, NE
Debra Peterson --- Bellevue, NE
Jamie Richey --- Lincoln, NE
Jonathan Serrano Chairez --- Omaha, NE
Liz Tyrrel --- Lincoln, NE
Sierra Wentworth --- Atkinson, NE
Mary York --- La Vista, NE

AMTA-NE chapter is very excited to have so many new members and proud to see more joining. We are excited to have you all partaking in this new adventure with AMTA-NE! You can stay current with our local chapter through our newsletters, website, and facebook page. We will be providing member gatherings throughout the year and would love to see you. Our local chapter is here to provide support, networking, and guidance during your journey as a massage therapist.

**AMTA- Nebraska's
Website has been
recently updated,**

Check it out!

www.amtane.org

Simple Wellness Massage is a local Massage Therapy Office looking for a massage therapist to join our dedicated team of professionals.

Looking for at least two years of experience as a licensed massage therapist. Seeking a motivated professional to help out with performing massage in a busy office. Additional qualifications and skills, such as in sports massage, deep tissue, shiatsu, myofascial, neuromuscular or pregnancy massage, will be regarded favorably.

Room Rental or Employee options available. Flexible scheduling and training available. We can offer the right candidate the opportunity to work in a nurturing team environment with training and flexible scheduling available.

Job requirements:

- Current Nebraska Massage Therapy License
- Strong attention to customer service
- Ability to communicate effectively (orally and written) in a courteous and professional manner with customers, co-workers and management.
- Maintain client confidentiality.



5600 South 59th Street Suite #202
Lincoln, NE 68516
www.SimpleWellnessMassage.com

MESSAGE THERAPIST NEEDED

Full or part-time.

Great Location. In business for over 23 years.

Winner of 2017 Sarpy County People's Choice Award

CONTACT

No Body's Perfect Massage Therapy
2414 Cornhusker Rd
Bellevue, NE 680005
Next to Heartland Chiropractic.

CALL

402 293 8758

Ask for Jo or Trish

For More Information visit

<http://nobodysperfect.massagetherapy.com>



amta

american **massage therapy** association

— NEBRASKA CHAPTER —

“Alone we can do so little; together we can do so much.”-Helen Keller

Let's Work Together!



For more information on ways in which you can make a difference visit

www.amtane.org/volunteer

Associate Newsletter Editor
AMTA-Nebraska Chapter
1612 L Street
Lincoln, NE 68508

PRSRT STD
U.S. POSTAGE
PAID
LINCOLN, NE
PERMIT NO. 140

DATED MATERIAL—PLEASE EXPEDITE



Online	AMTA-NE Call for Candidate Applications	Feb 1st- 28th
Online	AMTA-NE Online Elections OPEN	March 14th-29th
Country Inn & Suites, Lincoln NE	AMTA-NE State Convention	April 7th & 8th
Country Inn & Suites, Lincoln NE	2018 AMTA-NE Chapter Meeting	April 8th
UNL City Campus	Lincoln Marathon- Sports Workshop	May 5th
Memorial Stadium- Lincoln NE	Lincoln Marathon-Post Race Massage	May 6th
Location- TBD	AMTA- NE Board Meeting	June 24th
Summer 2018 Newsletter	Advertising Deadline	June 29th
UNK- Kearney Nebraska	Cadaver Class	July 20th & 21st
Washington, D.C	Assembly of Delegates Meeting	Aug 8th
Washington, D.C.	AMTA National Convention	Aug 9th-11th
Lincoln, NE	Market 2 Market-Post Race Massage	Oct. 6th
Lincoln, NE	Good Life Halfsy- Post Race Massage	Oct. 28th
Location- TBD	AMTA-NE Board Meeting	Oct. 21st
Fall/Winter 2018 Newsletter	Advertising Deadline	Nov. 2nd

2018 AMTA-NE Calendar of Events