

FINGERPRINT

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Phoebe Lewis '12 and Tomaz Jeras,
her therapist colleague with the Swiss team.

SUTHERLAND-CHAN

In this Issue

Phoebe Lewis and the
Pro Cycling Circuit

1

Talking with S-C
Clinic Patients

3

Life After Graduation
Living the First Year

4

In Memoriam
Joe Smolders

5

Jennifer Interviews
Pat Benjamin

6

Bulletin Board

8

How Phoebe Lewis Set the Wheels in Motion

When Phoebe Lewis '12 graduated from high school, she faced a great unknown. She had no clue what she wanted to do with her life. So, like many, she “did the right thing: took a year off, got a job and started saving for the day I figured it out.” Fortunately, the figuring out part came relatively easily. One adventure during her year off found her in a job at the bobsled track during the 2010 Vancouver Winter Olympics. This experience opened her eyes to the world of working with professional athletes.

A keen athlete herself with a background as a competitive swimmer, Phoebe had received massage treatments from a young age and always found them beneficial. With her passion for sports, and equipped with the insights provided by the Olympic experience, studying massage therapy at Sutherland-Chan became a viable option.

After graduating from Sutherland-Chan in 2012, Phoebe worked in a sports therapy clinic in Brockville, before travelling to Europe. How she came to be the massage therapist for a professional cycling team is a slightly more twisted tale.

Phoebe is a road-bike rider and the Lewis family has always been hugely interested in cycling, often travelling to watch the World Championships – these races are the ultimate for any pro cyclist. Last year, as a way to take a break from her bartending job in Manchester, she took a trip to Belfast to watch the start of the Giro D'Italia race.

More on the next page...

(cont. from p.1) The Pro Cycling Circuit “is tough and tricky to get involved with. A lot of it hinges on who you know and the connections you have. I did some research and found out where the big teams were staying in Belfast and I went there to see which world-renowned cyclists I could see.”

Garmin Sharp, based out of Girona, Spain, is one of the biggest teams on the pro circuit. “With our jobs, you have to have great people skills. I saw one of the managers of the Garmin team and believing I had nothing to lose, basically begged them for a job, saying it was the ideal dream job for me and that with my qualifications, I would be an asset to the team.” A couple of weeks later, the phone rang with an offer “asking if they could fly me to Spain for a month-long trial at the pre Tour de France selection camp. From there, I worked the North American race circuit with them, and that opportunity basically paved my way into the world of professional cycling.”

The pro cycling season runs from January until November and the teams cover considerable ground. Each season is different and it is not uncommon for a person to work for more than one pro team. This year, Phoebe has been working with the “Optum Procycling Presented By Kelly Benefit Strategies” group, a team based out of California. There are vast differences in where the team is located and where they compete. “Where the team goes, you go. This year so far I’ve done a lot of travelling, from California to Qatar, England, Belgium, Holland, France, Germany, Alberta, Québec City, Montréal and Virginia.”

This sounds a lot like a paid holiday, until the nuts and bolts of the work are considered. Imagine the amusing logistics of flying, *alone*, from Toronto to Belgium with your personal luggage, a massage table and 16 bicycles. “It was me and four luggage carts.”

The routine can be grinding. Training days afford a bit of flexibility, with some opportunity to rest and even a chance to take a bike out for a pleasure ride. But on race day, things heat up and assignments include much more than massage. What follows is Phoebe’s description of a typical race day:

“6:00 am: Breakfast

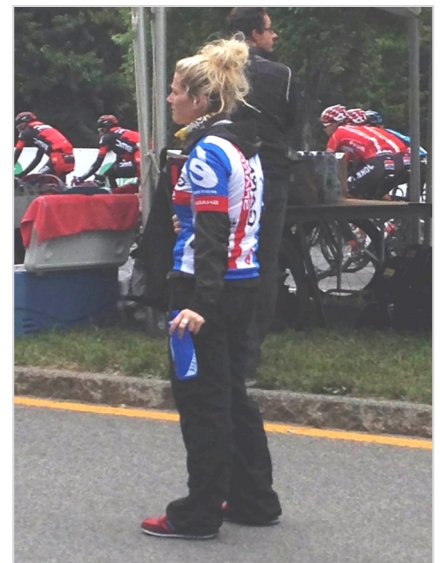
7:00 am: I’m prepping 75-90 bottles with water and electrolytes. And assembling the ‘feed-zone bags’ that contain fluids (2), gels (3), energy bars (2) and, usually, race paninis.

8:00 am: We make sure the team has all the proper clothing for the race, make lunches for the staff and pre-race food for the riders.

9:00 am: We travel to the start of the race. A typical race is 200+ km.

10:00 am: We’re at the starting line. Here, depending on the conditions, we collect any jackets and unnecessary layers of clothing.

After the race starts, we’re off to the “feed zone.” Every bike race has a feed zone and we have to get there before the racers. This can be a challenge because we’re looking for back-roads, to get around and ahead of the riders. In the Alps, options are limited by terrain. In places like Qatar, outside the cities, you’re literally on a highway in the desert with nothing but sand and camels! Not to mention a woman driving in Qatar being something of an anomaly – I was photographed a lot.



Phoebe waiting at the feed zone.

The feed zone can be difficult. You have to stand at the side of the road, searching for your team’s colours and holding either water bottles or feed bags. The riders come through, as fast as 45-60 km/h, and grab a water bottle or feed bag out of your hands as they fly by. I had a couple of mishaps in the beginning, but it’s a skill you acquire over time, until you become a master. Thankfully, the riders are forgiving. After they’ve passed through the feed zone, it’s back to the back-roads and another scramble to beat them to the finish line.

When they cross the line, we need to be ready with recovery mixes, drinks and their jackets so they don’t get cold. There are also ‘podium bags’ in case the team has a win, and when the riders do make the podium, it’s my job to clean them up and make sure they look presentable. I also have to check and see if any of the team has been randomly selected for anti-doping tests.

(cont. on p.7)

Clinic from the Other Side: They Actually Like Us!!

by
Eleanor Townsley
Administrator

Sutherland-Chan has always been very proud of the clinical program our students are offered. There is a great deal of depth to their experience, which we believe gives our students a distinct advantage over those attending other schools. Their curriculum offers them a chance to work with many different groups: seniors, pregnant women (including high risk pregnancy), MS and CNS patients, those who have had sports injuries, strokes or accidents, HIV and cancer patients, and those in a post-operative hospital environment. Wow – that’s quite a selection.


We know that this is a great experience for our students, but what about the patients who come to us at 330 Dupont for treatments? We wanted to learn more about why our patients come to S-C clinics and what do they think of our program. I approached two patients for their feedback.



Connie and Michelle
Francis-Smith, Pregnancy
Clinic instructor

The first was Connie Lim '13, an S-C grad who is now attending our Pregnancy Clinic each Wednesday. Connie knew about the clinic from her days as a student, and was pleasantly surprised when she received an email from our reception staff, and that the dates of the pregnancy clinic suited her perfectly. Not only did she sign up, but she also took flyers to her OB's office to assist with promotion. Connie has now been attending for four weeks and has been quite impressed: "The quality of the treatments has been excellent." As an RMT, she encourages dialogue with the students and also appreciates it when they consult their instructors in order to learn. She finds there is a good balance between the student being confident and self-directed and asking for assistance from the more experienced person in the room. From the minute she arrives, she's handled in a very professional manner and she appreciates this. Connie has referred two other individuals to the clinic and they all agree it's a great experience and good value for money!

Katie Flaherty's first experience at Sutherland-Chan was attending our Pregnancy Clinic 17 years ago! Why does she keep coming back? Katie's history with us is long and varied. Following the Pregnancy Clinic, she was diagnosed with multiple sclerosis and started to attend the MS clinic in order to help ease her symptoms. She found the massage to be very beneficial in improving the numbness and twitching she was experiencing. Easing these symptoms helped her to be less stressed as well. Katie's next experience was in our Breast Clinic, which she attended after her breast cancer diagnosis and her subsequent recovery journey. Although she knows there are many benefits of her massages, she particularly sees and feels it in the treatment of her scar tissue. She is now attending our regular student clinic in order to take care of the rest of her body, although she's looking forward to attending the specialty clinics again in January, 2016. Katie had nothing but good feedback for me. She has never felt unsafe here – she knows she's in good hands and will always get treated professionally. The students are well trained and knowledgeable but she knows the instructors are near, and that they are particularly active in the specialty clinics. She knows when the students have reviewed her file and appreciates that they are well prepared! She likes it that they ask questions, but also knows that she doesn't need to chat. She even took our Introduction to Massage course a number of years ago in order to help her understand the process. Her only criticism? She wishes that the terms were longer so she could come more often!

It was great to have such positive feedback. We have better trained students and now we know we have satisfied patients. That's a win-win! 

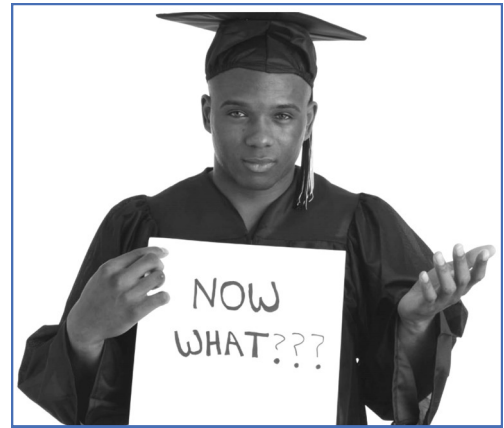


Eleanor and Katie

Life after Graduation: Advice for the First Year

by Tiina Hiis '14

When I was in school, I remember people telling me things like “enjoy it while you can,” “the real world isn’t all it’s cut out to be,” and “soon you’ll look back and wish you were in school again.” At the time, I thought they were crazy – in what world would I ever miss late night study sessions, group projects, or the anxiety and stress that comes with exam periods? Now that I have spent just over a year in this so-called “real world” I can see what they were referring to. After being in school for most of my life – continuing through both university and massage school after high school – I was pretty confident, but once I graduated, I was looking out into an unknown world. I was not alone in thinking: What if I don’t know how to treat someone? How do I know what the right type of clinic is for me? How much should I work? When you step into the working world, those cases that you discussed in school are no longer hypothetical – you are facing them in real-time, without two teachers and thirty other students with whom to discuss potential outcomes. Most of the time, it’s just you and your patient in a room, and you no longer have the option of calling in your student clinic supervisor for assistance.



Right off the bat, choosing where to apply and what position to accept can be daunting. You might think you want to work in a spa environment, but what if you find it isn’t the right fit once you start? Unfortunately, that is a part of life that everyone has to deal with at some point or another. Many of my former classmates started off by splitting their time and exploring different styles of clinics and different ways to operate as self-employed practitioners; for some that meant trying out a spa and a multidisciplinary clinic; for others, a massage therapy clinic and setting up a personal practice in a rental space, or focusing more on house calls. Whatever the combination was, many have changed locations at least once in their first year of practice, and really, that is to be expected. You might have an idea



Tiina with T3 students Hubert Mak
and Benedict San Juan.

of where you want to work, but it is okay to admit, once working there, that it’s not the right fit after all. Starting off in a busy clinic with a number of RMTs working on the same days as you are can be a great way to get a lot of experience quickly, and also gives you the opportunity to bounce ideas off of other (probably more experienced) colleagues during breaks. Setting yourself up in a clinic where you have fellow RMTs nearby can make the whole experience of starting out slightly less nerve-wracking (and maybe you’ll make some great friends while you’re at it too!).

Comparing stories with former classmates, I quickly realized that most of us had struggled at one point or another to find balance in our lives once we started practicing. When I first started working, I went in full force. Not only did I split my time between two clinics, but I also started as a teaching assistant at Sutherland-Chan. My only day off was a Monday... sometimes. In the winter it was easy to justify working all weekend and late into weekday evenings – it was cold, what else would

I be doing?! But as the snow and ice started to thaw, I began to come back to reality – this was by no means healthy and definitely not a way to set up for a long career. Although I’m still splitting my time among three locations, I’ve now managed to find a much healthier work-life balance. I was missing out on seeing friends and family – not because I was too busy with school anymore, but because I was now over-committing myself to work. It’s easy to get caught up in the excitement of starting a new career, but by forgetting about life balance, I was already setting myself up for what could have been an early burnout, without *really* even starting my career! Eight months in, I finally found the right balance of working late on weeknights, and taking every other weekend off. Although some might prefer to work on weekends (which yes, tend to be quite busy for RMTs), I’ve found that for me, it is the best time to recharge and prepare for the week ahead. Some of the best advice I received starting out, was that once you find a schedule that works for you, stick to it. Build your clientele, establish your career, and make sure you take time for yourself! *(cont. next pg.)*



In Memoriam

Joe Smolders BA, DC was a much-loved Anatomy instructor at Sutherland-Chan through the 1980s. He died on June 28 of this year, at age 66, after a multi-year battle with cancer. A kind man and gentle spirit, he encouraged and challenged his students with good-natured humour. Joe's clinical practice was holistic and multidisciplinary – he continued to learn and integrate new treatment systems, even while in cancer therapy.


(cont. from p.4) Through talking with my former classmates, it is clear to see that we've all faced various challenges at some point in this first year, but we've also learned a lot about ourselves and about what we want out of this career. I want to share a few of their experiences with you:

» "Ashley and I always knew that we wanted to open up our own space. We didn't think it would happen for another few years, but an opportunity presented itself – we loved the space and location so much that we couldn't let it pass. Between the two of us, we've worked in 3-4 different clinics and were able to combine our ideas and knowledge about what type of space we wanted to open up and how we wanted to run everything." Ann H.'14

» "Ann and I have worked together before so we knew we'd make a good team. We share the same ideas and values and bring that to our clinic, Panacea. It's nice to know that we can rely on one another when stressful situations arise." Ashley C.'14

» "It has been challenging for me to find balance with work; however, I consider that to be a positive thing in a way because I love my job and there is a large enough demand that I am able to have a busy practice. After one year in the field I have finally found the right clinic for me, as well as the right amount of clinical work that allows me to strike a work-life balance." Erin M.'14

» "At first, the idea of working at a spa, providing relaxation massages while having a stable salary, seemed ideal for me. In reality, I was working much more than my former classmates for less pay. It wasn't sustainable. After I moved away from spas, I worked at a number of other clinics, some for longer than others. One was simply not busy enough and the commute wasn't worth it, while another just wasn't the right fit. I've never been great with confrontation or assertiveness, but I've learned that it's much better to be working somewhere for a short period of time than to settle and be unhappy... A few months in, I found a multidisciplinary clinic that was perfect for me. I was apprehensive to work somewhere where people come for treatment as well as relaxation massages, but after just a few weeks those fears dissipated. I now split my time between that clinic and a massage therapy clinic with a spa vibe, so it's a good balance. My bosses are nice and respect their RMTs, and I've been able to learn a lot from my colleagues. Words of advice to new grads: don't settle, read contracts thoroughly, do exchanges as often as possible since we need massages too, and make sure you put your happiness and needs first!" Lauren N.'14

The key thing to take from all of this is not to be discouraged if your first year of practice doesn't go as you imagined. This is a time for learning. Yes, you will see conditions that weren't discussed in school, and yes you might not choose the right clinic the first go around, but that is all a normal part of starting your career. Once you get the hang of things you'll realize, the "real world" isn't so scary after all! 

A Crash Course in the Profound History of the Massage Therapy Profession

Jennifer Schembri, Admissions & Social Media Coordinator,
interviews Patricia Benjamin PhD, LMT

Though I'm not a massage therapist, when Debra Curties handed me a copy of *The Emergence of the Massage Therapy Profession in North America: A History in Archetypes* a few months ago, I felt excited. It may have been because of my journalism background and love of books, but as I was flipping through the pages, the sheer depth of information was astounding. The first book of its kind to really explore the history of massage and the evolution of massage therapy as a profession, the text comes alive thanks to an intriguing cast of characters and more than 700 photos/illustrations. I recently had the pleasure of speaking with historian and author Pat Benjamin – a massage therapist herself – about her decade-long quest to put the pieces of this exciting story together.

Why did you decide to write the book and tackle such an expansive subject matter?

I've had a strong interest ever since I became a massage therapist in 1984. I felt that the massage therapy profession was lacking a real solid sense of our history – there were bits and pieces, but not the story of how the profession developed, particularly in North America, to become what it is today. I wanted to put it all together so that it was coherent and you could see the generations from what manual therapists were in colonial times to present-day massage therapists. My hope is that it will prompt people to see that there is a history, a continuing kind of history that you can follow just like your family tree, and that who we are as a profession today really comes out of that.



Pat signs books at her alumni
free lecture at the school.

Did you face any obstacles while writing it?

There were stories and articles written about pieces of the puzzle, but there was no sense of being a profession that you could trace back through the generations. I had no idea when I started that it would be like a home improvement project that gets bigger and bigger because you keep uncovering new information. Researching this book was a bit like that ancestry.com program, *Who Do You Think You Are?* The book is exactly like this program, except in addition to learning about the people, you're also learning about the profession.

Were you surprised by anything you learned as you researched?

Two things really surprised me, the first being about general massage. Today, when you get a massage, you most likely get a full body, health-promotion massage. This didn't exist before 1880 or 1890. The idea of a general massage came out of something called the "rest cure" which addressed an illness of high society ladies that was a lot like being stressed out or depressed. Part of the cure was to get a daily general massage. In an environment of same-gender-only massage, this created a demand for the masseuse (a perfectly respectable term for women who did massage at the time) and motivated women to go into the field.

The second surprising thing I learned was about an archetype discussed in Chapter 4 called the rubber. Surgeons used to hire women to be rubbers to assist with rehabilitation. I consider this to be the beginning of the manual therapy occupation because it allowed women to have a job outside the home that they've been dominant in until today, one of the few occupations where women could have their own business or their own practice. The importance of the development of the massage therapy profession to women's independence from colonial times to present day is a theme that spirals throughout the book.

Was there a turning point in the profession?

There were actually a few. Chapter 5 discusses the medical gymnast archetype who introduced manual therapy on a more professional level because they had gone to school for two years – they took massage therapy to a new level. This differs from the rubbers who weren't formally educated. When the medical gymnasts emigrated from Sweden and introduced the concept that we should know anatomy, physiology and pathology and that we should go to school and that part of that schooling should be in a clinic, it was a really important turning point. *(cont. next pg.)*


Who is your audience?

I thought that my primary audience would be the massage therapists, but as I was writing the book I discovered that physiotherapists (who usually speak about their profession beginning around WWI) really share their history with massage therapists. I had to put massage therapy in the context of its time and in the context of medicine and how medicine progressed and I feel that anyone who is interested in alternative medicine, including naturopaths, would be interested in this book.

What do you ultimately hope this book will do for the profession?

I hope it will give massage therapists more of a sense that we are a profession. Despite calling ourselves one and getting licensing and all the things that go with being a profession, a characteristic that has been missing is the sense of our history and an understanding of the foundation of that history. I also hope that the profession will have more of a coherent identity as natural healers. Massage therapists are of the tradition of natural healing; in fact, in the 40s when physiotherapy was becoming more a part of conventional medicine, those who ultimately evolved into today's massage therapists decided not to take that route and kept to their natural healer traditions.

Fast forward fifty years. What archetype do you think will emerge in 2065?

I think the massage therapist archetype is going to hold for a while. I can't foresee when it will end. And isn't this the way history really is? You may think things are always going to be a certain way and then something comes up that you can't foresee. But I believe that we're just at the beginning of the massage therapist archetype and it has a long way to go before it will evolve into something different. 

For more info about The Emergence of the Massage Therapy Profession in North America: A History in Archetypes, visit curties-overzet.com.




Who says there's no such thing as massage humour? T3 students Lauren Ho, Laura Coutts and Courtney Gayne in their Halloween costumes.

(cont. from p.2) After the race, it's back to the hotel and then the massages start. On a bigger team, we have three massage therapists for eight riders and I usually do two 45-minute treatments. Then, I have to find a laundromat to wash all the riders' race kits. On a 'stage race' like the Tour de France, the laundry has to be done every day."

Does this still sound like a paid holiday?! There are some perks. "All expenses like hotel, travel and food are typically covered. And working with professional athletes is amazing. They take great care of themselves and are very compliant with remedial exercise and stretching. And they are always appreciative of all the hard work we do."

While most of this article came together electronically as Phoebe sped across five countries/two continents, we did have the opportunity to meet recently in Toronto. With the 2015 season coming to a close, there is big news: Phoebe just signed on with the Spanish team for 2016, which will include travel to the U.S., Argentina, Belgium, Holland, Spain, Italy, Qatar, Germany, Slovenia, China and the jewel in the crown – the 2016 Olympics in Brazil.

Some final advice for any who may be interested in pursuing this track? "If you are a slow-moving person, or aren't able to go with the flow, this is definitely not the job for you! This being said, I love my job. And perhaps best of all, you end up spending so much time with your team that they become like a second family." 

by Bruce McKinnon '90



Bulletin Board



Baby News

Leigh-Anne Best '16 cl

*Daughter Annalia Maria
born October 31, 2015*

Amy Courtney '15

*Son Charley
born August 8, 2015*

Loida Blas '01

*Son Markee Malachi
born June 26, 2015*

Amy Tracy '14

*Daughter Meylia Violet
born June 12, 2015*



*Congratulations to Deirdre
(Dee Dee) Piercey '14 on
her marriage to Brian Kai
on September 5, 2015*

Newsletter Committee

Editor

Debra Curties '84

Faculty Representative

**Bruce McKinnon '90
Tiina Hiis '14**

Admin Representatives

**Robert Rodbourne
Jennifer Schembri
Eleanor Townsley**

**We are all very interested
in your feedback and ideas
about the newsletter.**

**Robert Rodbourne
416-924-1107 ext. 19**

Alumni Special Feature Winners

APRIL: Ripley's Aquarium Tickets
Gwendolyn Stewart '00

JULY: \$100 Chapters GC
Kara-Lyn DeWilde '97

AUGUST: \$100.00 ConEd GC
Julie Norton '11

And, the history book draw winners...

**Myrtle Montoute '09, Marko Kaczor '16 cl,
and Linda Novick '79**



**Many thanks to T3 student Gavin Law
and all the others who have represented
S-C so well at the Terry Fox Run, Baby
Show, Scotiabank Toronto Marathon
and Pan Am Games!**

Help Keep Our OSAP Default Rate Among the Lowest in the Province

Repay your student loan
promptly. It's good for
your credit rating and for
the financial standing of
your practice.

It also helps ensure S-C
students have access to
loans in the future.

Welcome To New Staff

Faculty

J. P. Rimando '12

Student Clinic Instructor



**It's that time of
year again!**

**The Grad Ctte
has many events
in the works. We invite all S-C
alumni and S-C Clinic locations
to get involved.**

**Please check out our Facebook
page ([facebook.com/groups/
SutherlandChan.Alumni](https://facebook.com/groups/SutherlandChan.Alumni))
for event updates.**



Alumni Appreciation Draw

Alumni support the school in many
ways – recommending students is just
one example. Each year we collect
from new T1 students the names of
alumni who directed them to S-C and
place these names in a prize draw.

NEXT DRAW (September, 2016)

First Prize Kelvin Li '10

\$400 Home Depot Gift Card

Second Prize Nelson Jin '98

\$250 Winners Gift Card

Third Prize Sierra Dziadura '13

\$200 Con-Ed Gift Certificate

Fourth Prize Tara Van der Kolk '15

\$50 Starbucks Gift Card

*In addition, every S-C grad whose name
is listed by a new student during
Orientation will receive a
\$50 Know Your Body Best gift card.*

Registration Form

Seminar dates and location

Facility / Clinic

Name & Professional Designation

License #

Work Address

Work Phone

Fax

Email

Home Address

Home Phone

Total Amount \$

Method of Payment

☐ Visa

☐ Master Card

Credit Card #

Exp. date

Signature

Fax or Email Registration Form To:

Kinesio Taping in Canada
1041 Lesperance Rd.
Tecumseh, Ont. N8N 1W9
Phone: 519 979 2663
Fax: 519 979 2286
Email: drrogerb@yahoo.ca
Web Site: www.kinesiotape.ca

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Kinesio Taping is the original (elastic therapeutic taping) method with over 30 years of continuous research and perfection. We have developed all aspects of Pediatrics, Myofascial, Lymph, Sports, Hand, Face, Neurological and Equine taping. The Kinesio Taping Association has been around since 1984 with over 20 books having been published since 1994.

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Fax: 519 979 2286
Email: drrogerb@yahoo.ca
Web Site: www.kinesiotape.ca

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March 5-6, 2016

Toronto, ON

May 28-29, 2016



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INSTRUCTOR: Roger &/or Lana Berton

Roger Berton, DC, R.Ac, CKTI is a graduate of the National University of Health Sciences, Chicago, Illinois. He owns and operates Health Care Clinics in Tecumseh & Windsor, Ontario, and is a certified Kinesio Taping Course Instructor. He also worked as the Program Coordinator and Instructor for CDI's Registered Massage Therapy Program (Windsor, ON). Prior to his association with CDI, Dr. Roger Berton devoted three years to the Athletic Department of St. Clair College as Chiropractor, Acupuncturist, and Sports Nutrition Instructor for the Continuing Education Department. He has gained significant recognition being asked to present at The Canadian Athletic Therapists Association Annual Conference, The Action Sport Physiotherapy Symposium and The College of Chiropractic Sports Sciences Symposium. At this point in his career he has taught over 150 Kinesio Taping workshops across the world. These workshops are designed to enhance one's ability to apply this modality, one of the most non-invasive soft tissue treatments in use today.

Lana Berton, PT, CKTI is licensed with the College of Physiotherapists of Ontario. She is a member of the Canadian Physiotherapy Association and Ontario Physiotherapy Association. She graduated from the University of Windsor with an Honors Degree in Kinesiology specializing in Movement Science. She attended Wayne State University where she obtained a Bachelor of Science in Health Sciences and then a Masters of Physical Therapy degree. Her clinical interests are in Outpatient Orthopedics and Pelvic Health. She is a Certified Functional Abilities & Physical Demands Evaluator and a Certified Laser Therapist. She also performs independent medical assessments for various companies.

FACILITIES:

Sutherland-Chan Massage Therapy School
330 Dupont Street, Suite 400 Toronto, ON

Continuing Education Units: 16 contact hours will be submitted to the Provincial College. Kinesio Taping in Canada is an approved provider. Kinesio Taping in Canada reserves the right to cancel the seminar at any time with a full refund.

Kinesio Taping Agenda:**DAY 1 (KT1)**

7:45 am Registration
8:00 am Instructor Introduction and Biography
Introduction to Kinesio Taping: Basic Concepts, Theory and History.
10:00 am Break
Taping Applications for Selected Upper Body Muscles (basic muscle facilitation and inhibition)
12:00 pm Lunch on your own
1:00 pm Taping Applications for Selected Lower Body Muscles (basic muscle facilitation and inhibition)
3:00 pm Break
3:15 pm Taping Applications for Selected Upper & Lower Body Muscles
5:20 pm Questions/Answers
5:40 pm Conclusion

DAY 2 (KT2)

8:00 am Review of Concepts, Questions/Answers
8:30 am Introduction to application for correction techniques: Mechanical, Lymphatic, Functional, Space, Tendon and Ligament Corrections
10:00 am Break
10:15 am Corrective Taping for Clinical and Postural Corrections
12:00 pm Lunch on your own
1:00 pm Clinical Applications for Upper Extremities: high tone, low tone, neck, shoulder & scapular disorders
2:30 pm Clinical Taping Applications for Lower Extremities: Swelling, Patellar alignment, Knee Hyperextension
3:00 pm Break
3:15 pm Clinical Taping for Ankle and Foot Instability, Sprain/Strains, and Gait Dysfunction
5:20 pm Questions & Answers/
5:40 pm Conclusion

Agenda may change upon association mandates at any time.

Special notes:

Please bring scissors, shorts, a tank top and a yoga mat if possible. Taping of the body is required.

Course Objectives:

- 1) Understand the concepts of Kinesio Taping.
- 2) Review muscular physiology as it is related to Kinesio Taping.
- 3) Learn application skills during lab session.
- 4) Comprehend the various cutting techniques and their clinical applications.
- 5) Learn a time efficient method to relax overuse syndromes/spasms, to stimulate weak muscles and to decrease pain and swelling.
- 6) Learn to do taping to gain mobility and stability.

Who should attend? PT's, RMT's, DC's, OT's, PTA's, R.Kin, R. AC's, CAT(c)'s, D.Ch's and other medical professionals.

SEMINAR FEE:

Early Bird Fee: \$550.00

If applicant registers 30 days prior to the seminar.
Fee thereafter: \$600.00

Seminar fee includes workshop, tuition, 4 rolls of Kinesio Tape, continental breakfast, educational package consisting of the KT1/2 book and a two membership to an interactive website.

Enrollment: Early registration is encouraged. This course reaches capacity quickly. We advise that you fax or email your registration form to us as soon as possible to guarantee your place at the upcoming seminar.

Cancellation and refunds:

Registration fee, less an administrative fee of 20% will be refunded if cancellation notice is received 15 days prior to seminar. No refunds will be given after that date. However, you will be able to transfer courses.

For Upcoming KT3 Seminars

Visit us at www.kinesiotape.ca

To be eligible for a KT3 or KT4 course, KT1 and KT2 must have been completed a minimum of 3 weeks prior to the seminar date. No exceptions.

Contact for Registration

Kinesio Taping in Canada
1041 Lesperance Rd.
Tecumseh, Ont. N8N 1W9
Phone: 519 979 2663
Fax: 519 979 2286
Email: drrogerb@yahoo.ca
Web Site: www.kinesiotape.ca

Learn Bamboo fusion

Bamboo Fusion is an ancient therapy that uses heated bamboo sticks of various lengths and replaces the hands of the therapist. Elements of Shiatsu, Traditional Chinese, Thai and Indian Ayurvedic techniques are combined to create a relaxing and luxurious spa massage. Bamboo Fusion Massage improves circulation, sensory nerve perception and provides a deep sense of relaxation and serenity. Specifically, it relieves neck, shoulder and upper back pain and helps to improve mental clarity, lifts depression and aids in removal of toxins. A heating pad is used to keep the sticks warm throughout the duration of the treatment. Each Bamboo Kit includes an educational DVD.

Frequently Asked Questions about Bamboo Fusion

1 What is the difference between “hot stone” and “bamboo massage”?

- Bamboo is easy to use with minimal set up and cleaning.
- Leverage is used to easily adjust pressure.
- Bamboo pieces are lightweight to use and are portable/easy to carry.

2 Does the bamboo stay warm?

- The Bamboo sticks are solid so they heat evenly and hold the heat well.
- The Bamboo sticks are continuously rotated back into the heating pad for re-use.
- Friction from the strokes also promotes heat.

3 How do you clean and sanitize the bamboo?

- In between each treatment, use anti-bacterial wipes (safe for use on hands and face) to wipe down each piece.
- Change the pillow case on the heating pad every time you change your table linens.
- Bamboo has natural anti-bacterial properties – it contains silica and is very dense.

4 How do you heat the bamboo sticks for a full body massage?

- We recommend the 14”x 26” king size Thermotech Automatic Digital Moist Heating Pad.

5 Can the therapist “palpate” using the bamboo pieces?

- Therapists can feel tightness and adhesions in the tissue similar to when using their hands.

6 Are the clients able to detect that you are using tools?

- Clients feel the soothing warmth associated with the bamboo.
- Well into the treatment, clients often ask “when are you going to start using the bamboo?” The treatment has a very luxurious feel.

7 How long will the bamboo set last?

- When properly used and cared for according to the directions in the package insert, the bamboo set will last for many years.



THE STONE MESSAGE COMPANY
BAMBOO fusion COURSES
COMING 2016

CERTIFIED BAMBOO FUSION COURSES
COMING SOON TO TORONTO

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YOUR REPERTOIRE OF MODALITIES AND
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study jade Hot stone therapy

Jade Stone Massage incorporates heated stones that are placed on the body or used for massage. The stones are cut and polished to various shapes and sizes. Traditionally, Jade has been used to attract love and bring money. When used for massage, Jade is a protective stone to heal stressed organs and discharge toxins. It slows the aging process and strengthens the body's natural defenses.

Frequently Asked Questions about Jade Stone Therapy

1 What is the difference between “BASALT” and “JADE” stone therapy?

- Jade stones are polished and cut to a variety of different sizes.
- Due to their variety of shapes and sizes, more advanced techniques are introduced making this an ideal course for those already familiar with basic hot stone therapy.
- Clients say that the jade stones feel very silky and smooth on the skin.
- Less stones are used to achieve the same results.
- The stones are fragile so care must be taken not to drop the stones as they may crack or chip.

2 Do the jade stones stay as warm as the basalt stones?

- The jade stones hold the heat equally as well as the basalt stones. Similar to basalt, the larger the stone, the longer it will hold its heat.

3 Can jade stones also be chilled?

- Yes, jade can also be used cold. Used cold, they are ideal for reducing inflammation and acute injuries, relieving pain and congestion due to sinus pain, and is ideal for use on the face. The best way to chill the stones is in a bowl of cold water. Ice can also be added to the water.

4 How do you clean and sanitize the jade stones?

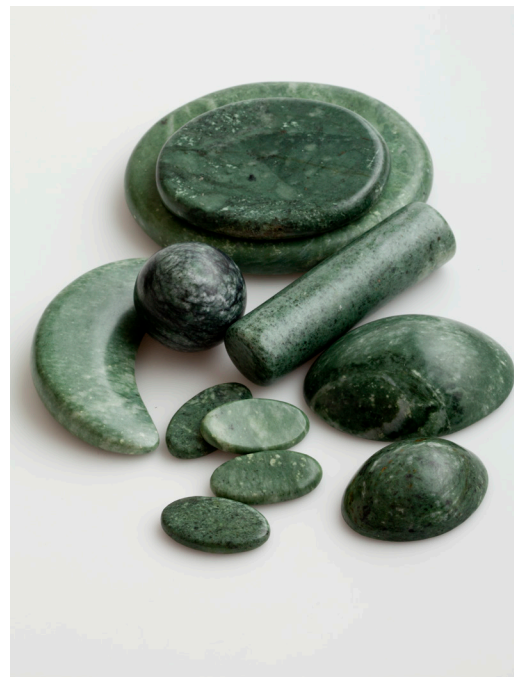
- The jade stones are polished making them non porous and very easy to clean. Simply wash them in warm water with The Stone Massage Company's Sweet Orange and Lemongrass Stone Wash, rinse, then spray with The Tea Tree & Sacred Sage Purifying Stone Spray.

5 How do you heat the jade stones?

- We recommend the 6 qt stone massage heater. This heater will hold between 20-24 stones. If you are only using a few stones at the time or want to make them more portable, you can warm the stones between a folded 14"x 26" king size Thermotech Automatic Digital Moist Heating Pad.

6 How are jade stones sold?

- Most therapists buy the stones as a set. The Deluxe Jade Stone set is designed specifically for full body treatments. Jade Stones are also sold separately.



THE STONE MASSAGE COMPANY

Jade stone courses

coming 2016

CERTIFIED HOT STONE JADE COURSES
COMING SOON TO TORONTO

*INTRODUCE THIS LUXURIOUS HOT STONE
TREATMENT INTO YOUR PRACTICE – YOUR
CLIENTS WILL BE BACK FOR MORE!*

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THE
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RMTCEUs has been a leader in delivering high quality continuing education workshops to RMTs in Ontario for over 9 years. Among some of the first Instructors to focus workshops specifically for RMTs, Victoria Sambleson RMT, and Sharon Madsen RMT, have dedicated themselves to developing and facilitating workshops designed to specifically focus on learning new skills and refreshing old ones.

Spring 2016 Workshop Schedule



Therapeutic Kinesiology Taping

8 CEUs (category A)
\$380 + HST

March 12 - 13, 2016 - Toronto, ON
May 14 - 15, 2016 - Ottawa, ON

This new kind of taping is taking the health care industry by storm. Be one of the few RMTs in Ontario comfortable and confident enough to use this taping method. You've seen Chiro's and Physios use this tape on clients, now learn this powerful and highly effective technique for yourself.

[Full Course Description](#)

[Register Now](#)



Joint Mobilizations

8 CEUs (category A)
\$380+HST

April 2-3, 2016 - Toronto, ON

Learn how to integrate joint mobilizations into treatments for low back pain, pelvic pain, IT band syndrome, knee and ankle conditions, frozen shoulder, epicondylitis, and carpal tunnel to list a few.

[Full Course Description](#)

[Register Now](#)



Positional Release Methods

8 CEUs (category A)
\$380 +HST

April 16-17, 2016 - Toronto, ON
May 7- 8, 2016 - London, ON

You will learn several extremely effective, non-invasive techniques derived from osteopathic methodology which will seamlessly integrate into your massage practice. Excellent for any clients, including those with chronic pain, fibromyalgia and athletic issues or injuries.

[Full Course Description](#)

[Register Now](#)

Being Heard

Improving Your Communication Skills with the Help of Horses

8 CEUs category A (CMTO approved)

As prey animals, horses are masters at reading subtle non-verbal communication cues that humans often over-look or dismiss. In this **2 day** workshop, allow the horses to teach you to pick up on these communication subtleties and show you how your awareness of them can enhance your relationships with your patients and co-workers.



In this workshop, you will learn to:

- Sharpen your verbal and non-verbal communication skills
- Set healthy boundaries with patients & healthcare professionals
- Understand your energy output and how it affects others
- Work effectively in a healthcare team environment

"The horse work has certainly affected me both personally and as an RMT. Horses are amazing teachers as they are honest and demand your presence. They helped me become a more effective communicator; taught me how to take charge, lead and be more body aware and present...all very useful in my work! The lessons I learned from the horses were invaluable and I would highly recommend this workshop!" - Amy Weiner RMT



2016 Workshop Schedule

- **March 19 - 20, 2016** (5 spots available)
- **April 9 - 10, 2016** (ONLY 1 spot available)
- **July 9 - 10, 2016** (6 spots available)

8 CEUs Category A (CMTO approved)

9:00am - 5:00pm each day

\$425 + HST

early bird special: **\$395**^{+HST} (register up to 30 days prior to workshop)

***** includes hot lunch, snacks and all materials**

Location: Horse Spirit Connections Farm Tottenham, Ontario (approx. 45 mins north of Toronto)

Facilitator: Victoria Sambleson, RMT and Facilitator of Equine Experiential Learning.

For more information, please contact at 416-505-7962 or connectingwithhorses@hotmail.com

To Register visit **www.connectingwithhorses.ca/workshops**

This workshop brings you together with horses in a fun, safe and unique experience.

All of the exercises are done ON THE GROUND. No horse experience necessary.



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www.trimesters.on.ca

New for 2016

In celebration of our 21st year of Trimesters, we are offering our 3 day, 20 hour training: M.T. for Pregnancy at a **special cost of \$400** for 2016.

Earn your 10 CEU's by saving \$160!!!!

The \$400 fee will also apply to those who are returning to take another 2nd or 3rd primary training with Trimesters!

Sign up now to participate in this great opportunity!

Massage Therapy for Pregnancy

This 3 day, 20 hour training goes beyond the content taught in M.T. schools to provide a solid theoretical and practical foundation in Pregnancy Massage. The participant will be successful in creating effective goals and treatments for their pregnant clients relative to their stage of pregnancy and their state of well-being. Clear guidelines related to signs and symptoms, contraindications, and any medical issues will also be addressed.

The R.M.T. as Labour Support Provider/Doula

This training enables R.M.T.'s to enter the birthing environment with comprehensive skills in both Labour Support/Doula work and Massage Therapy. The participant will clearly understand the anatomy and physiology of labour and how comfort measures and M.T. result in excellent care for the birthing family to help promote safe, healthy, and satisfying birth experiences.

The R.M.T. working with Infants & Children

This course teaches participants about the realities for parents with their infants from birth and beyond. The participant learns how massage can be taught to families to augment their parenting skills, how massage therapy can be adapted for children and for families with special needs. Most importantly, the focus is on the role that the Massage Therapist can play in educating families in the need for healthy and respectful touch with their children.



Also for Spring 2016! 1 day training in Acupressure for Pregnancy & Birth
20 hour trainings = 10 CEU's Category A

Expand your Perinatal Clinical Excellence by working with us in 2016!

One last time, we're going back to...

COSTA RICA

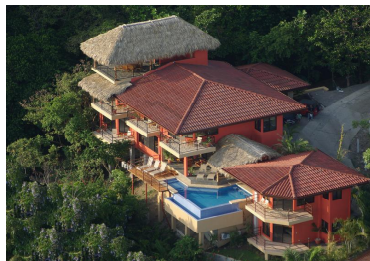
Aren't you about due for a tax-deductible business trip?

Ian Kamm and Victoria Sambleson present our final Costa Rica trip:

Feb 27th – March 5th, 2016

"The location & house were amazing. Doesn't get any better than an ocean view, monkeys at your door, & a beach a short walk away."

Sjoukje Remark, Continuum Wellness, Toronto



photos Paul Fellner and Simon Remark

**At the magnificent Casa Alegria and Vista Oceana
Manuel Antonio, Costa Rica**

UPDATE:

ONLY THREE ROOMS REMAINING.

Check website for latest availability.

COSTA RICA pricing:

- Fabulous rooms with **three** payments of **\$595 CDN per person**
(7 nights 7 breakfasts, 5 dinners, sunset cruise, 5 CEUs. Based on double occupancy, incl. taxes)
- ocean views, balcony and en-suite bath in every room
- CEU packages: additional 4 CEUs \$250
- Please note: travel to and from SJO Costa Rica is at your own expense.
- Free transfers to/from San Jose & our houses (if you match our dates)
- All of our prices are in Canadian dollars.

VANCOUVER and VEGAS

Don't want to be distracted by monkeys, parrots and rain forest?

Take Assessment Review in **Vancouver** (end July or early August, 2016)
or Massage Therapy in Water in **Las Vegas** (21-24 Sep 2016).

Please register now. Small groups fill up fast.

(call, register on-line or download registration form)

www.donvalemassage.com 416-573-2486 ian@donvalemassage.com