

connecting
the stroke

Spring 2019 Newsletter



Advocacy Into Action:

It's that time yet again to put advocacy into action!

The 2019 legislative session is in full force. We have new senators and committee members to get to know, but a lot of the same old bills. As I sit here writing this tonight there are 16 bills on our bill tracker, nine of which mention massage therapy, six of which we are watching more closely than the others.

LB314, LB497, LB507, and LB508 seek to tax massage therapy as a personal service. AMTA-NE is wholly opposed to these bills. Our argument is a very simple one: In Nebraska we do not tax healthcare. Massage Therapy in Nebraska is healthcare.

LB347 seeks to remove reflexology from needing a massage therapy license and into complete deregulation. AMTA-NE is opposed to this bill. Our primary concerns include public safety due to lack of enough education

and lack of oversight to ensure public safety. Other concerns include blurring scope of practice lines and the dismantling of the massage therapy profession.

LB244 seeks to establish a Mobile Massage Establishment License. AMTA-NE is in favor of this bill. Much thought and consideration went into this bill, the senators listened to our concerns from last year and have addressed them all. We are excited for the possibilities this option will bring to massage therapists, and the opportunities it provides to the public.

Continued on page 6



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american massage therapy association*

BOARD OF DIRECTORS

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CSMT/ Emergency: OPEN

CSMT/Outreach: OPEN

Education: OPEN

Communications/PR:
See Board Member 1

President's Message



Gather Learn Grow

This is the theme for our 2019 spring convention and we are also using this as our guide for the year when it comes to making decisions for upcoming events.

With these three simple words: Gather, Learn, Grow, my hope is that you will also look to them as a guidance tool for your professional career.

Gather: gives us the opportunity to feel supported and to know that you are surrounded by like-minded individuals. We can learn from each other, but also feel supported by each other. Our hope is to create many gathering opportunities for you throughout this year, not just with education, but fun social events too.

Learn: As healthcare professionals, we have to continue our education to stay informed and up to date on new research. Research that will influence our treatment plans, teach us new techniques, and inform us on what other healthcare professionals are utilizing as new treatments. Stay informed!

Grow: For growth to happen, we have to take in new information, process it, strategize how we will remember it by repetition or tactile stimuli, develop a new habit or thought process, then grow! Turn Information into Transformation.

A very simple and short message for you from me - however this newsletter is anything but short! We have information ready for the whole year. Your chapter volunteers are working diligently to create community and to help impact your career in a positive, impactful way.

We hope to see you in 2019!

Becky Ohlson, MEd, ATC, LMT
AMTA-NE Chapter President
becky.ohlson@amtane.org

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: Mitchell Lowry-Lee, 145 S 56th St Suite A, Lincoln NE 68510, 402-440-3627 mitchelllowrylee@amtane.org

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Letter from the Editor



Dear valued member,

It's hard to believe, but I've been serving as an AMTA-NE volunteer and elected official for five years. This has given me extraordinary opportunities to network throughout my town, state and the nation and bestowed an immeasurable amount of knowledge on me. In the last year, tangled among all that AMTA knowledge, I came across a statement somewhere that really stuck with me. It says, "The true benefit of belonging to an association is when you choose to associate."

How poignant and so true. Over the years, I've experienced the truth(s) of this statement first hand while advocating for you - Nebraska's massage therapists. The truth is, the more we put into it, the more we get out of it. When we choose to associate, the association is strengthened. Yet another truth is, we are only as strong as those we choose to lead us. This chapter has had many leaders and representatives over the years who have been willing to associate for their association and they have served this chapter's association and its members well. Will you be the next of them?

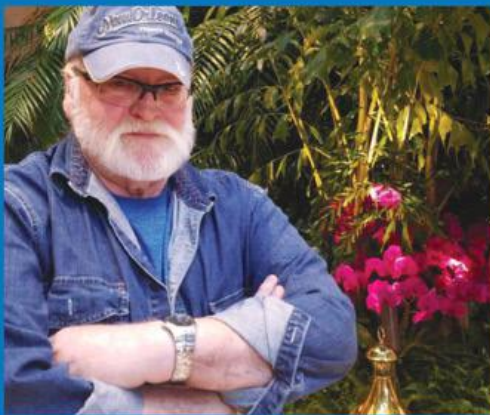
Over the past year, it's clear there has been an energetic, focused attitude to re-engage membership, shown by the urgency and frequency to which we deliver communications to you. That same fervor is focused on how we grow and take this association - and our profession - to the next level in the next decade.

Looking at the chapter's agenda for 2019, 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. It is clear that we must continue to do all that we did in the past and build on it with just as much, or even more, energetic passion as years previous. So remember, your association is only as strong as those who choose to associate within it. Will you choose to benefit by associating with your association? I know I will.

Sincerely,

Mitchell Lowry-Lee, LMT

AMTA- Nebraska Board Member/
Newsletter Editor
mitchell.lowrylee@amtane.org



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and authority on Myofascial Release.



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Online Elections



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— NEBRASKA CHAPTER —



ONLINE ELECTIONS

CALL FOR CANDIDATES 2019

2019 Online Elections - Apply by 2/25/19

AMTA-NE Chapter wants YOU to be part of the team!

Consider running or encouraging another AMTA Member to run for one of AMTA-NE Chapter's open volunteer positions!

Open Positions & Descriptions

Please click on the position title to view the entire description

Board Member 2-year term (2019-2021)

Eligibility:

- Professional Member in good standing for at least 1 year

Financial Administrator 2-year term (2019-2021)

Eligibility:

- In addition to being a Professional Member in good standing, you have fulfilled at least one of the following:
- Completed one term year as a chapter board member within the last three years.
 - Completed one term year as a chapter committee chair or member, within the last two years.
 - Completed one term year as a national board member, national standing committee chair or national standing committee member within the last two years.

Delegate 2-year term (2019-2021)

Eligibility:

- Professional Member in good standing for at least 1 year

Candidates will be asked to confirm they are/have:

- Professional Member (includes Graduate Member) in good standing & have fulfilled other eligibility requirements
- Signed the Chapter Volunteer (and/or Delegate) [Code of Conduct](#)
- Access to computer, phone & internet
- Able to commit for the entire term of office
- Willing and able to commit the time required
- Able to travel for volunteer activities if required
- Read the description for the position for which they are applying

To Apply:

Please go to <https://goo.gl/forms/JKIdogkvjMMDvS3J3> to apply online or contact our chapter's Online Elections Coordinator (tess.wortman@amtane.org) to receive an application. Also feel free to contact the OEC with any questions you might have.

Election results announcement & installation of newly-elected volunteers will take place at the AMTA-NE Chapter Annual Meeting, April 6, 2019

Honors & Awards

Once again, we will be recognizing individuals for their hard work and leadership with various awards at our State Convention in April. The chapter awards to be given include:

Chapter Meritorious

Pioneer

Humanitarian

Sports Massage Advancement

Community Service

Outstanding Educator

Outstanding Student

Government Relations Advocate

We would love for you to show your support of a fellow therapist(s) and your chosen profession by nominating someone who deserves to be recognized for their hard work and dedication. The nomination forms can be found on the website.

The due date for nominations is **March 1st**.

A celebratory poster for the 2019 AMTA-NE Honors & Awards. The top features the title "2019 Anniversaries Congratulations and Thank You!" in large blue letters against a background of colorful balloons. Below the title, the poster is organized into columns for different anniversary durations: 35 Years, 30 Years, 20 Years, 15 Years, 10 Years, and 5 Years. Each column lists the names of the recipients. The AMTA logo is prominently displayed in the center, and the AMTA Nebraska Chapter logo is at the bottom. The entire poster is decorated with confetti and streamers.

2019 Anniversaries Congratulations and Thank You!

35 Years	10 Years	5 Years
Veda E. Bennett	Julia Beutler Karina Christensen Susanna M. Clinton Kate Harris Jane Haumont Tonia A. Hunter Angie Korus Rhonda Laswell Rashelle Denise Mommens Lacey Tvetene Amy D. Williams	Brenda L. Adams Donna Ashcraft Whitney Benne Kayla Brooks Steve Carper Angela Carrender Bonnie Dominguez Devon Dreesen Caylah Joy England Andrea Foster Kathryn Harris Casey Kavan Cathleen Kelly Cynthia Matthes Julie McKinney Chancee Nolan Regina Palmer Russ Perry Laura Sheppard Amber Sheridan April Spies Jami C Toman Holly Wamstad Becca Weber Dallas Wilkie Callie Zohner
30 Years	20 Years	15 Years
C. L. Huber	Ron G. Beaman Colleen M. Brown Marie Irma Jacobsen Jody McAtee	Rania C. Baxter Patricia Nicholson Gregory A. Norton Dawn M. Peterson Theresa M. Schoonover Margaret R. Thomson Jean Thunker

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NEBRASKA CHAPTER

Honor & Awards reminders:

You can nominate a peer or colleague at anytime of the year.

Nominations for the 2019 Honors & Awards Social at the 2019 AMTA-NE State Convention are due by **March 1, 2019**.

For a full list of awards, descriptions and nomination forms are available online via our website.

Go to <https://www.amtane.org/honors-awards>

Amber Fader

AMTA-NE Honors/Awards Chair

Government Relations

Continued from cover page

This may seem daunting as you sit and think about these six bills and the impact they will have on your clients, practice, livelihood, and family. Believe me, I know how you feel! But then I take a deep breath and remember - I have the best job in the world. Here is a very short list of just **SOME** of the reasons this is true.

1. Everyday I get to help people feel and function better.
2. Everyone walking in the door is thrilled to be in my office. (Have you ever heard someone say, "Oh crap, I am not looking forward to my massage.")
3. I get to be the favorite part of people's day/week/month.
4. People say thank you to me almost every hour.
5. ***My coworkers encourage, support, and build each other up so we can be the best versions of ourselves.***

Number five is the reason I know we can deal with this daunting situation. We as a profession, association, coworkers, and fellow healthcare professionals will come together to fight these bills. It is really the only way we can do this. ***We pull together***, stay on message, and inundate our legislators with phone calls, emails, snail mail, and testify at hearings. ***We keep educating*** the senators, our friends, our families, other healthcare professionals and our clients as to what massage therapy is and what it means to be a massage therapist. ***We cultivate a reputation*** of fierce dedication to our professional standards, clients safety, and positive community relations.

GATHER LEARN GROW. This year's theme fits our mantra well - ***Alone we can do so little, together we can do so much.*** (Helen Keller). And in keeping with the spirit, we have created a new place to **GATHER LEARN GROW**, on your **all new** member website. This is a place you will find announcements and learn about upcoming hearings and changes to bills. There are also links to the bill tracker, all legislative bills, talking points, letter rubrics, and government contact info. As a member, you can subscribe to our calendar and have all this important information at your fingertips. Everything you need to know, in one easy spot. For the latest on government relations issues and to see the action in your advocacy please visit <https://www.amtane.org/government-relations>

Now, let's do this!

Briana Cudly BS, LMT

AMTA-NE Government Relations Chair

Communications and Technology Co-Chair

briana.cudly@amtane.org

Save the date!

AMTA
2019
NATIONAL
CONVENTION
October 24-26
Indianapolis, IN

2019 State Convention

Location:

Holiday Inn Omaha Southwest
3650 S. 72nd St
Omaha, NE 68124

Dates: April 5th - 7th, 2019

To register visit: www.regonline.com/2019amtanestatesconvention

Registration Fees

Ethic class: \$30

Saturday & Sunday Classes: (All prices are per day)
Early bird registration Before March 9th
\$130 AMTA members,
\$150 Non-AMTA members

After March 9th

\$160 AMTA members
\$180 Non-AMTA members



**Social hour included in Friday/Sat/Sun class registration.*

April 5th, 6th and 7th 2019

Gina Green, LMT

amta
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NEBRASKA CHAPTER

2019 STATE CONVENTION
GATHER • LEARN • GROW!

APRIL 5TH, 6TH, & 7TH
omaha, ne

Friday- Ethics: 5pm-8pm (3 Ethics Hrs)
Saturday- Myofascial Fluidity: 8am-5pm (8 Hands-on Hrs)
Sunday- Meridian Massage: 8am-5pm (8 Hands-on Hrs)

For More Info:

Gina Green, LMT
www.energyyogabygina.com

Friday afternoon, April 5th: 5pm-8pm (3 Ethics Hours)

Leadership Ethics Class: The various types of leadership and how that affects a personal perspective and values they apply while making ethical decisions.

Supplies: paper and pen

Saturday, April 6th: 8am-5pm (8 Hands-on Hours)

Fascial Fluidity: sensing fluid flow through the various fascial tracks in the body. Learning to use intention and attention to move fluid through dehydrated or injured areas in the body. Creating softness and relaxation for the client.

Wear comfortable clothing.

Supplies: table, (optional to bring linens)

Sunday, April 7th: 8am-5pm (8 Hands-on Hours)

Meridian Massage: Learning which meridian controls specific groups of muscles and how to apply your massage skills systematically to provoke healing in the body.

Wear comfortable clothing.

Supplies: table, (optional to bring linens)

Additional Info:

These classes are open to other healthcare professionals: PTs, OTs, DCs, ATCs, Yoga, Pilates, and fitness instructors.

Holiday Inn Room Rates:

(Mention AMTA State Convention)

- \$104 per king bedroom
- \$104 per double queen bedroom

April 6th and 7th 2019



Dr. Joe Musculino



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— NEBRASKA CHAPTER —
2019 State Convention
GATHER • LEARN • GROW!

APRIL 5TH, 6TH, & 7TH
OMAHA, NE

Saturday-Orthopedic Assess/Deep Pressure Massage for the Neck 8am-5pm (8 Hands-on Hrs)
Sunday- Orthopedic Assessment the Thoracic Spine and Ribcage: 8am-5pm (8 Hands-on Hrs)

For More Info:

Dr. Joe Musculino

www.learnmuscles.com

Saturday, April 6th: 8am-5pm (8 Hands-On Hours)

“Orthopedic Assessment and Palpation Assessment and Body Mechanics for Deep Pressure Massage for the Neck”

This workshop consists of orthopedic assessment for the common neuromusculoskeletal conditions of the neck. We then cover body mechanics for deep pressure for working the neck in supine, prone, side-lying, ¾ side-lying, and seated positions. With proper body mechanics, you will learn how the neck can be worked deeply with little effort. We also learn how to palpate and safely and effectively work the scalenes and longus musculature of the anterior neck.

Clinical treatment strategy as well as precautions and contraindications are also covered. These manual therapy skills will empower you to do effective clinical orthopedic work. Throughout this hands-on workshop, Dr. Joe Muscolino reinforces the underlying mechanisms for each of the assessment and treatment techniques encouraging critical reasoning skills.

Sunday, April 7th: 8am-5pm (8 Hands-On Hours)

“Orthopedic Assessment and Palpation Assessment and Body Mechanics for Deep Pressure Massage for the Thoracic Spine and Rib Cage”

Class Description

Clinical Orthopedic Manual Therapy (COMT) for the Thoracic Spine and Ribcage covers the major clinical orthopedic assessment and treatment techniques for the thoracic spine and ribcage.

Class will cover postural, orthopedic, and palpation assessment for the common neuromusculoskeletal conditions of the region, including upper crossed syndrome. We then cover body mechanics for deep pressure for working the thoracic spine and ribcage. With proper body mechanics, you will learn how the thoracic region can be worked deeply with little effort. Throughout this hands-on workshop, Dr. Joe Muscolino reinforces the underlying mechanisms

for each of the assessment and treatment techniques, encouraging critical reasoning skills.

Clinical Orthopedic Manual Therapy for the Thoracic Spine and Ribcage is part of a larger Clinical Orthopedic Manual Therapy (COMT) Certification. The other hands-on workshops in this series cover the neck, low back/pelvis, upper extremity, lower extremity, and AFS.

Supplies:

- Massage table with face cradle
- Stool
- Bolster and pillow
- Sheets and face cradle cover
- Lotion/Balm
- Soft foam cushion (approx. 6x10 inches) or bath towel

Attire:

- Participants for neck class should wear an open-neck shirt that allows access to the neck and/or sports bra for females.
- Participants for the ribcage class should wear/bring a button-down shirt (put on backwards) and females wear a sports bra.

State Convention Social Events



As membership gathers for the 2019 AMTA-NE State Convention Weekend, why not join us for not one but two social events.

Friday April 5th, 2019 8pm-10pm

Join us For a Fun Social gathering to kick off the 2019 AMTA-NE State Convention.
\$10

Saturday April 6th, 2019 6:30pm-10pm

Join us after the 2019 AMTA-NE Chapter Meeting for our 2nd Annual Honors & Awards Social
\$15

To register visit*:

<http://www.regonline.com/2019amtanestateconventionsocialevents>

**Reminder: Fees for these social events are free to those registered for any education events during 2019 AMTA-NE State Convention*

Sports Massage Events

Hey Everyone!

I'm honored to be your new sports chair for AMTA-NE and look forward to meeting you! We are very excited for our upcoming sports weekend which includes our sports workshop with Wade Alberts and the Lincoln Marathon on May 4th and 5th, 2019.

Since we had such a positive feedback last year offering additional sports massage education, we will be doing the same this year. The sports massage class will be on Saturday May 4th, 2019. This class will entail professionalism within the sports medicine field, and will also include some hands-on skills to help with some chronic injuries you may hear from your clients. The Saturday class is not required for you to participate on Sunday. You have the options to only attend the Saturday workshop or you can participate in both days.

Like years past, we will be teaming up with Lincoln Track Club (LTC) for the Lincoln Marathon on Sunday, May 5th, and they will provide food, t-shirts, and door prizes, along with some FREE CEUs! If you'd like to take advantage of the full free offerings from LTC, come down on Saturday evening from 4-7pm and enjoy some food from Valentino's. We will also have the stadium open for you to drop your table off that night too - more details below.

If anyone would like to volunteer, before or after the marathon, we'll gladly give you a task/duty. This is a huge event, so the more we have helping, the smoother the day goes. Please contact me if you are interested. Thank you.

Chancee Nolan

AMTA-NE Sports Chair
chancee.nolan@amtane.org



Sports Massage Events continued

May 4th, 2019

Sports Medicine is a Team Sport

Presented by Wade Alberts

The world of sports medicine is an ever-evolving field. Sports massage is no exception. Want to catch up on the latest techniques and trends in our field? Do you have an interest in doing more work with athletes? Wade Alberts, LMT, two-time Olympic medical staff member, 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 will combine a focus on the role of massage therapy within a multi-disciplinary medical model, along with ethical scenarios unique to sports massage. The class will then put into practice some hands-on techniques and strategies dealing with common (and not so common) sports injuries.



"Sports Medicine is a Team Sport" presented by Wade Alberts

May 4th 2019
12:30PM - 5PM

Registration fees:
Massage students: \$20
AMTA: \$40
Non-AMTA: \$60

CEUs awarded: 4.5 total.

Wade Alberts

Time: 12:30pm - 5pm

Location:

Country Inn and Suites
5353 N. 27th St.
Lincoln, NE 68521
countryinn.com/LincolnNE
402-476-5353
Classroom entrance is on the south side of the hotel.

CEUs awarded:

- 4.5 total.
- 1 non-hands on
- 3 hands-on
- .5 ethics

Registration Fee:

- Massage students: \$20
- AMTA: \$40 which includes .5 FREE ethic ceu's
- Non-AMTA: \$60 which includes .5 FREE ethic ceu's

Supplies:

- Table
- Lotion
- Bolster
- Tennis/Lacrosse Ball

Attire:

- Wear Layers
- Sports Bra for Females
- Shorts

To register for this Sports education course visit:

<http://www.regonline.com/2019sportsmassageevent>

Want to finish your ethics requirements for state licensure? AMTA offers the online course: Sports Massage: Ethics and Building Trust. Review the unique ethical considerations appropriate to sports massage. Learn about transference, countertransference, special confidentiality requirements and workplace challenges, as well as how to manage vulnerabilities and boundary issues that arise in this specialty.

This course is 2.5 CE credits.

In addition to the sports education course with Wade alberts, this additional course can help you complete your 3 required credits for state renewal.

Visit

<https://www.amtamassage.org/courses/detail/83/2-sports-massage-ethics-and-building-trust> to purchase this course.

Lincoln Marathon

May 5th, 2019

Lincoln Marathon Post-Race Massage Information

Once again, The Lincoln Track Club (LTC) is inviting you to participate in post-race event massage for the half and full marathon runners. LTC fully supports the benefits of recovery massage for the athletes. They are once again providing food, t-shirts, door prizes, and have graciously paid for your instructor, Wade Alberts. This speaks high volumes of support that LTC has for your profession and a big THANK YOU to your AMTA chapter for co-hosting this event with us!

The Post Race Massage Event will be located at Memorial Stadium, North Concourse 2nd Level, Gate 15. This event is indoors, take the elevator by the medical "tent" to the 2nd floor. Look for signs to show you the way, there will also be your AMTA volunteers there to guide you.

Parking will be available in the lot to the West of the Hawks Champion Center and just North of the Stadium. Lincoln Track Club will provide cleaning supplies, breakfast, and lunch; massage volunteers just need to bring their tables, time, and talents.

Attire: even though we are inside, the athletes will tend to absorb the temperature and bring it inside. Advisable to wear layers to be fully prepared, plus you can wear your new t-shirt provided by LTC.

Schedule

6:30am – 6:50am: Registration

7am – 12pm: Marathon (5 free hands-on CEUs)

At 7am, Wade Alberts will begin with some quick reminders and treatment strategies on post-event massage for the runners. Once the athletes begin to come in, he will continue to assist volunteers as needed, answer any questions that may come up during the event, and follow up with any concerns that may develop.

This event is managed separately by the LTC. This means you must register with this link in order to volunteer for the Sunday event.

Volunteers who want to perform Post-Race Massage for the 2019 Lincoln Marathon

Register at:

<https://tinyurl.com/2019-Lincoln-Marathon-Massage>

Please Note:

On the Post Race Massage registration page, all information is required to continue with the full registration. There will be a second page asking for your Company Name, Business Address, and website. Fill these out **ONLY** if you would like to be included in the business listing that is handed out to all the runners.

Early Bird Prize Drawing: Must be registered by **MARCH 20th** to be included in this drawing.

Registration for volunteering is open up to May 5th, so please still join if you decide to; we just can't guarantee a t-shirt for you.

Table drop off: Your AMTA chapter is providing a sports workshop on Saturday afternoon. After that class is over, the stadium will be open for you to bring your table to be stored securely overnight (less hassle in the morning). The stadium will be open from 5pm to 6pm. After you drop your table off, you can join in on the pasta feed which is next door to the stadium at the Champions Club. Pasta feed is FREE and open from 4-7pm.

If you have any questions regarding the event on Sunday, please contact me.

Gooooooooo Team!

Natalie George, LMT

LTC 2019 Lincoln Marathon

Post-Race Massage Coordinator

nebraskasportsmassage@gmail.com

Welcome New Members

Jacqueline Atkins – Lincoln

Maggie Bertsche – Lincoln

Nathan Carman – Waterloo

Josiah Hegwood – Lincoln

Deanna Kaster – Gretna

Miranda Lindula – Newcastle

Les Lundberg – Omaha

Cherisse McCoy – Omaha

Christina Robb - Silver Creek

Larissa Schenk – Omaha

Weslee Stewart – Lincoln

Ashley Taylor – Omaha

Ashley Totman – Papillion

Caden Turek – Omaha

Please extend a warm welcome to our new members of the AMTA-NE chapter. We are grateful you chose to be a part of the most TRUSTED and RESPECTED name in massage therapy! You are a part of our Nebraska community and we are all here for each other. We hope to see you in the future at our chapter events!

Education Event



Cost:

AMTA Members

- Per section: \$80
- Per day: \$150
- Full workshop: \$300

Non AMTA Members

- Per section: \$100
- Per day: \$170
- Full workshop: \$340

Massage Therapy Students

- Per section: \$60
- Per day: \$110
- Full workshop: \$220

Lodging:

There are many hotels in Kearney. Prices range from \$50-\$160 per night. Here are a few options:

Hampton Inn 507 Talmadge St. 308-234-3400	Country Inn & Suites 105 Talmadge St. 308-236-7500
--	---

Holiday Inn 110 S. 2 nd Ave. 308-237-5971	Microtel Inn & Suites 104 Talmadge St. 308-698-3003
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Ramada 301 2 nd Ave. 308-237-3141	Fairfield Inn & Suites 510 W. Talmadge St. 308-236-4200
---	--

UNK Dorm

lodging is available again this year for \$29/night.

If you would like to stay in the dorms, please contact UNK directly.

The following form will need to be filled out by **July 1st**.

<https://www.unk.edu/offices/reslife/Forms1/conferences-individual-request-form.php>

Once the form is complete an invoice will be sent to you and will need to be paid online by **July 8th**.

Walk-in guests and payment at check-in are not allowed.

Please direct all questions to UNK:

Office: 308-865-4844

Email: conferences@unk.edu

CE credits: 4 non-hands on CEUs per section

Instructor: Satera Nelson, MS

Date: July 12 and 13

Time: (Registration will be 30 minutes prior to each section)

July 12, Section 1: 9am – 1pm

July 12, Section 2: 2pm – 6pm

July 13, Section 3: 8am – 12pm

July 13, Section 4: 1pm – 5pm

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

Registration: <http://www.regonline.com/2019cadaverworkshop>

Satera obtained a bachelor's degrees in Nutrition Science and Ethnic Studies from the University of Nebraska-Lincoln in 2013. She then worked as a teaching assistant for Human Anatomy at the same university for 2.5 years. She continued her education with a masters in Medical Anatomy from the University of Nebraska Medical Center in 2017 and was recruited to work for UNMC as a faculty member a couple of months later. She enjoys traveling, reading, and spending time with her family.

A social will be held for all participants starting at 7pm on July 12th. Appetizers will be provided. More details will be provided at a later date.

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. Any questions feel free to reach out

I hope you can join us for this unique learning experience

Amanda Rawson

Membership Chair

amanda.rawson@amtane.org





New Massage Therapy School opening soon – Kearney, NE!

REN Institute of Massage Therapy will be enrolling students two times per year. If you know someone in central Nebraska who is interested in becoming a massage therapist, please have them contact Amanda Rawson, Director of Education, at 308-455-8250 or info@thereninstitute.com or visit our website: <http://thereninstitute.com/>

REN Institute of Massage Therapy

5609 1st Avenue, Suite B
Kearney, NE 68847



Massage Therapy Positions Available – Kearney, NE

U Med Spa & Weight Management in Kearney, NE is looking for licensed massage therapists to join their team. This beautiful, high-end spa will be opening at its new location this spring. U Med Spa will be the exclusive spa for five up-scale hotels and two convention centers.

U Med Spa is seeking massage therapists for various positions: full-time, part-time and as needed for large events such as, bridal showers, wedding parties, bachelorette parties, couple massages, etc. This opportunity is open to those who are looking for employment or contracted work. Experience is beneficial; however, all skill level therapists are welcome to apply.

To inquire, please call Sue Howe, Spa Director, at 308-224-2131 or email resume to sue@umedspacearney.com.

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Calendar of Events 2019

April 5th - 7th | Omaha, NE
Spring Convention

May 4th | Lincoln, NE
Sports Workshop

May 5th | Memorial Stadium
Lincoln Marathon

June 1st | Statewide
Submission Deadline for
Summer 2019 Newsletter

June 8th | Statewide
Ad Submission Deadline for
Summer 2019 Newsletter

July 12th/13th | UNK/Kearney, NE
Cadaver Workshop

Oct. 20th - 26th | Nationwide
National Massage Therapy
Awareness Week

Oct. 24th - 26th | Indianapolis, IN
AMTA National Convention

Nov. 1st | Statewide
Submission Deadline for
Fall/Winter 2019 Newsletter

Nov. 8th | Statewide
Ad Submission Deadline for
Fall/Winter 2019 Newsletter

Visit our website at www.amtane.org
for more updates on calendar of events!



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