



THE MASSAGE THERAPISTS ASSOCIATION OF B.C.

WHAT COULD A PROFESSIONAL ASSOCIATION DO FOR US?

After listening to Alan Morinis, our guest speaker at the last Annual General Meeting, it became clear that it was a priority to establish our own professional body in addition to the registering section of the A.P.M.P.

Since that time the present Board has been laying the groundwork that will allow us to set up a Professional Association in the Spring of 1982. Marc White, one of the Board members has been chairing the Professional Association Committee which has been researching constitutions and bylaws of other health care practitioners, and a draft constitution and bylaws was prepared. This was reviewed by the Board and circulated to ten other members outside the Board for input.

Following is a copy of the revised constitution and the definition of Massage Therapy that we used in the bylaws. The bulk of the rest of the bylaws are similar to the licensing body and the O.M.T.A. (Ontario Massage Therapy Association). If you would like a complete copy, please send \$1.00 to Marc White, 1937 West 2nd, Vancouver, V6J 1J2.

The Professional Association differs from the Association of Physiotherapists and Massage Practitioners (A.P.M.P.) in that the A.P.M.P. is primarily the licensing and examining instrument for the Ministry of Health, whereas the Professional Association's mandate would be to increase public and professional awareness of massage therapy, and to provide the necessary support services for existing members, students and potential students.

It is suggested that we call the Association the "Massage Therapist Association of B.C.", as this would allow for an easy listing in the telephone directory. However, in order for us to do this we need to poll our members to make sure that over 60% of the present membership would like to see a professional body established, and that they would consider joining such a body. We plan on calling you to find out your response.

One of the most exciting aspects of having our own Association is that we will have full access to our membership dues, and be able to do the promotional and support work that is necessary.

At this year's Annual General Meeting, we will go over the constitution and hopefully elect an interim Board of this new professional body. Please get in touch with us if you want to be involved in the first year's excitement. As we hope to focus on promotional material, it would be very useful if some of the Board members have graphic, audio-visual or promotional background.

The Board
Part III, A.P.M.P.

CONSTITUTION

1. The name of the society is "The Massage Therapists Association of B.C." with its head office in Vancouver, British Columbia, Canada.
2. The purposes of the society are:
 - (a) To promote the science, art and philosophy of massage therapy for the betterment of public health.
 - (b) To represent its membership before governmental and regulating bodies concerned with massage therapy.
 - (c) To foster and encourage professional growth among its members.
 - (d) To encourage high standards of education for students of massage therapy.
 - (e) To increase the awareness and knowledge of the general public concerning the benefits of massage therapy.
 - (f) To liaise with and recommend potential students to recognized schools of massage therapy which meet the standards of the Association.

CONSTITUTION cont.

Under the "BYLAWS" section Part 1 - Interpretation 1 (d) we have defined Massage Therapy as follows: "Massage Therapy" shall mean the science, art and philosophy of treating through the manipulation of the soft tissues of the body and shall comprise, embrace and be composed of the following acts, practices and usages:

- (i) techniques of massage and manipulation of the soft tissues of the body;
- (ii) hydrotherapy - application of water in all its forms;
- (iii) actinotherapy - application of light rays;
- (iv) thermotherapy - application of heat and cold;
- (v) remedial exercises;
- (vi) the use of vibrating and/or oscillating machines;
- (vii) the use of electromodalities where training and qualification standards as adopted and approved by the Association have been met.

IF YOU WOULD LIKE A COMPLETE COPY OF THE CONSTITUTION AND BYLAWS, PLEASE SEND \$1.00 TO COVER COPYING COSTS.

MUSCLE ENERGY

By Patricia Pucher, B.A.; R.M.T.

"Muscle energy" techniques demand co-operation between patient and therapist, who apply force and counterforce respectively to stretch tight musculature and fascia. Forces applied by the patient are from precise positions along specific lines and the counterforces applied by the therapist are equally as exact.

For example, if your patient's adductor muscles of the right femur test tighter than the adductor muscles of the left femur, the right leg should be carefully abducted by the therapist until reaching the first stages of resistance. The therapist would then instruct the patient to adduct the limb with moderate intensity, for a short duration, against the counterforce of the therapist's hand. This can be repeated a number of times abducting the leg further each time as muscle lengthening permits.

This technique can be applied to the soft-tissue surrounding and supporting all of the joints - the ribs, spine, pelvis and extremities, loosening the muscles and fascia which limit the range of motion.

It is a technique which is being taught by one of its finest advocates - Dr. Paul Kimberly. Dr. Kimberly is a Steurnberg Professor and former professor of 'Anatomy' and 'Osteopathic Manipulative Technique' at Kirksville College of Osteopathic Medicine. He retired last year and spends his time lecturing and teaching, and has a private practice in Florida. He has been an examiner on various Osteopathic boards and teaches regularly with other osteopaths such as John Mennell at Michigan State University, in the "Institute for Continuing Education in Osteopathic Principles".

Dr. Kimberly has been invited to do a workshop in B.C. on "Muscle Energy" technique in the fall of 1982. We are awaiting his reply.

References:

- Goodridge, J.P., Muscle Energy Technique: Definition, explanation, methods of procedure; Journal of the American Osteopathic Association, December 1981.
- Kimberly, P., Formulating a prescription for osteopathic manipulative treatment; Journal of the American Osteopathic Association, May 1979.
- Moran and Pruzzo, An Evaluation and Treatment Manual of Osteopathic Muscle Energy Procedures; CEOP Inc., Valley Park, U.S.A.

