



Light Touch

Spring 2018 Issue

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**AMTA-Montana Chapter
Call for Candidates
2018 Elections
Apply by 4/13/18**

AMTA-Montana Chapter wants **YOU** to be part of the **Team!**
Make new **friends**, have **fun** and make a **difference!**
Increase **awareness** of our wonderful **profession!**

Consider running or nominating another AMTA member for one of AMTA Montana's open volunteer positions!

Open Positions & Descriptions

Serving 2-year term 2018-2020

- [President](#)
- [Board Member](#)
- [Secretary](#)
- [AOD Delegate](#)

Open Positions & Descriptions

Serving 1-year term 2018-2019

- [Board Member](#)

Candidates need to

- Be a Professional Member in good standing
- Have computer & telephone access
- Submit [Application*](#), Biography and photo by 4/13/18 to amta.mt.elections@gmail.com
- [Sign Chapter Volunteer Code of Conduct](#)

Please contact Online Elections Coordinator w/any questions:

amta.mt.elections@gmail.com

Election results announced & installation of newly-elected volunteers will take place at our next Members Meeting in Helena Montana. May 4th at 6:30 pm.

2018 AMTA Montana State Convention

May 4th-6th, 2018 Hilton Doubletree
Helena MT

Friday May 4th

Charting and Billing

4-6 PM

2CE

Members Meeting

6:30-7 PM

Opening Night Reception

7-9 PM

Saturday May 5th

Lymphatic Drainage

9:00 AM-6:00 PM

8 CE

Sunday May 6th

Lymphatic Drainage

9:00 AM-5:00 PM

6 CE

Guest instructor

Diana L. Thompson

Handsheal.com



A note from the President.....

Spring is on the horizon, my fellow Montanans! It's been a long winter and I'm hoping you all are finding creative ways to carve out time for your own self-care and wellness! As the seasons change, our lifestyles do, too, and I'm hoping for all of you some time and space in your life to recharge, reboot, and take good care! We give so much of our energy out as healers, it's important to make that time for ourselves, too.

One thing that can help is time with friends to talk, connect, laugh, and share our ideas. This past September, the majority of our Board of Directors for the AMTA-Montana Chapter headed to sunny Pasadena, California for the AMTA National Convention. We came back after attending Chapter Leadership Training and Convention classes as we always do - full of excitement and new ideas to bring back to our membership at the state level! We also met in Missoula in early October for our annual Strategic Planning Meeting to discuss new continuing education offerings for the future and plan out state conventions. I think you'll be as excited as we are about our plans to offer smaller regional continuing education classes throughout the state in the next year! Our upcoming State Convention will be a great one, located in our state capitol May 4-6, and we're welcoming Diana Thompson who will be teaching lymph drainage most of the weekend and a short presentation on billing and charting on Friday afternoon.

I want to send out a big thank-you to one of our AMTA-MT members who we connected with in Pasadena, Lacie Angel of Kalispell. She spearheaded an effort to bring discounted and complimentary massage offerings to the wildland firefighters who worked so hard on behalf of Montanans to help control the fires that ravaged so much of our state this past summer. The effort was a huge success, with several massage therapists throughout the state signing up and Lacie helped coordinate and communicate with her contacts through the DNRC to distribute the information. It's been so heartwarming to see so many people reach out to help each other this year! Way to go everyone!

On a personal note, I want to thank the all the board members I've had the opportunity to serve with over the past several years. I started out as a member-at-large and convention chair, moved into a VP position and education chair, and most recently served as President. It's been quite a ride and I've enjoyed learning and elevating our profession with all of you. I won't be running for another term as President, but I feel great about the work that's been accomplished during my time on the board! Thank you so much for the opportunity to represent Montana's LMTs!

Blessings to you all,



Jessica Powell Riley, LMT
AMTA-MT Chapter President
Billings, MT

Did you know?

Many if not all LMTs have been asked to perform work or give advice that is outside of scope of practice. Here is a little refresher for those who haven't looked at the laws that are specific to massage therapy.

Let's have a look at the law in our state, as found in the Montana Code Annotated 2017 TITLE 37, CHAPTER 33.Part 4.Definitions.

"Massage therapist", "licensed massage therapist", "L.M.T.", "masseur", or "masseuse" means a person who is licensed by the board to practice massage therapy. The terms are equivalent terms, and any derivation of the phrases or any letters implying the phrases are equivalent terms. Any reference to any one of the terms in this chapter includes the others.

(4) (a) (i) "Massage therapy" when provided by a massage therapist means the application of a system of structured touch, pressure, positioning, or holding to soft tissues of the body, Swedish massage, effleurage, petrissage, tapotement, percussion, friction, vibration, compression, passive and active stretching or movement within the normal anatomical range of motion, the external application of water, heat, cold, lubricants, salts, skin brushing, or other topical preparations not classified as prescription drugs, providing information for self-care stress management, and the determination of whether massage is contraindicated and whether referral to another health care practitioner is recommended.

(ii) The techniques described in subsection (4)(a)(i) must be applied by the massage therapist through the use of hands, forearms, elbows, knees, or feet or through the use of hand-held tools that mimic or support the action of the hands and are primarily intended to enhance or restore health and well-being by promoting pain relief, stress reduction, and relaxation.

(b) The term DOES NOT INCLUDE providing examinations for the purpose of diagnosis, providing treatments that are outside the scope of massage therapy, attempts to adjust, manipulate, or mobilize any articulations of the body or spine by the use of high-velocity, low-amplitude thrusting force, exercise, exercise instruction or prescription, or the use of tape when applied to restrict joint movement, manual or mechanical traction when applied to the spine or extremities for the purposes of joint mobilization or manipulation, injection therapy, laser therapy, microwave diathermy, electrical stimulation, ultrasound, iontophoresis, or phonophoresis.

37-33-404. Exemptions -- rules. (1) The provisions of this chapter do not limit or regulate the scope of practice of any other profession licensed under the laws of this state, including but not limited to medicine, dentistry, osteopathy, podiatry, nursing, physical therapy, chiropractic, acupuncture, veterinary medicine, occupational therapy, naturopathic medicine, cosmetology, manicuring, barbering, barbering nonchemical, esthetics, electrology, professional counseling, social work, psychology, or athletic training.

(2) A continuing education course instructor is not required to be licensed as a massage therapist.

(3) A massage therapy student, when enrolled in a board-approved program and while practicing the skills of massage therapy designated as a school-sanctioned activity and under the supervision of a licensed massage therapist, is not required to be licensed.

(4) The provisions of this chapter do not limit or regulate the practice of Native American traditional healing or faith healing.

(5) (a) The provisions of this chapter do not limit or regulate the practice of any person who uses:

(i) touch, words, and directed movement to deepen awareness of existing patterns of movement in the body, as well as to suggest new possibilities of movement. Exempt practices under this subsection (5)(a)(i) include but are not limited to the Feldenkrais method of somatic education, the Trager approach to movement education, and body-mind centering.

(ii) touch to affect the human energy systems, energy meridians, or energy fields. Exempted practices under this subsection (5)(a)(ii) include but are not limited to polarity bodywork therapy, Asian bodywork therapy, acupressure, jin shin do, qigong, reiki, shiatsu, and tui na.

(iii) touch to effect change on the integration of the structure of the physical body. Exempt practices under this subsection (5)(a)(iii) include but are not limited to the Rolf method of structural integration, Rolfing, and Hellerwork.

(iv) touch to affect the reflex areas located in the hands, feet, and outer ears. Exempt practices under this subsection (5)(a)(iv) include but are not limited to reflexology.

(b) The exemptions in subsection (5)(a) apply only if:

(i) the person is recognized by or meets the established requirements of either a professional organization or credentialing agency that represents or certifies the respective practice based on a minimum level of training, demonstration of competence, and adherence to ethical standards; and

(ii) the person's services are not designated as or implied to be massage therapy.

So what does this mean to those of us in the trenches, trying to provide the best care we possibly can for our clientele?

1. We must hold a license from our state. Working without a license is working outside of the scope as provided by law.
2. We can use Swedish movements, stretching and ROM, hydrotherapy, skin brushing/scrubbing/lubrication, and offer recommendations for self-care and stress management. We can also determine whether a client can safely receive the treatment we are offering, and recommend/refer to another practitioner if needed.
3. We cannot diagnose. At all. We cannot purposefully perform spinal or articular manipulation. We can't prescribe exercise. We may not use tape to restrict joint movement. We cannot use the tools specific to chiropractic/other medical care, as listed in the law. We cannot inject, we cannot use ultrasound or prescribe electrical stimulation. We cannot provide manual or mechanical traction.

We also need to be aware of the fact that if we do qualify under the exemptions, we need to clearly delineate between those practices (energy work, reflexology, etc) and massage therapy.

We must remember and be diligent about working within our scope of practice; to do work outside of that, we are not only putting our own practices/livelihoods at risk, we are risking our profession in general.

Remembering your WHY

Whether you have been in this industry for many years or you are just starting out, you made a conscious decision to become a massage therapist. When I was beginning my journey, and just getting comfortable with the idea going back to school after being a stay-at-home mom for 10 years, I shared with a few close friends and family members that I was considering massage therapy as a career. I got one of two responses. First and foremost, people were supportive and excited for me. But there were a few people who wrinkled their noses and said, "Ew, why?" They invariably said something about gross feet or hairy backs or whatever. We've all heard similar things, I am sure.

Over the years, my answer to that question has remained steady. I find it fascinating to ask fellow LMTs or massage students what their WHY is, as in, how do they respond when people ask them that question. Here is a list of some of the most common responses:

- I get to help people feel better!
- I get to work one on one with people.
- I get to have flexibility with my hours.
- I get to work for myself.
- I get to help people get healthier and stay that way!
- I love helping people.
- I love the skill and the art of bodywork.
- I want to work in a quiet environment.
- I healed using massage therapy and I want others to have that experience.
- I get to make somebody's day better!
- I want to work in a: spa, gym, hospital, assisted care facility, hospice, chiropractor's office, cruise ship, etc.
- Everybody loves his or her massage therapist!
- I feel great when I get a massage.
- When I get massages, I no longer need to take (x pharmaceutical... for pain or sleep usually) and I want others to experience this!

This list could go on and on. But when we look over it, we can see some extraordinary commonalities. People in this profession are helpers. We love to help in many ways, it is fulfilling to us. Also, people who choose massage therapy love wellness. A client once told me that I am her favorite person because when she sees me, she leaves feeling whole. It was a wonderful compliment, and it speaks to how powerful massage therapy can be in a person's life, and how it can assist with feeling whole, or well!

So back to the initial question: What is your WHY? I encourage you to recreate your list, to go back and find the joy in the service and healthiness of what we do. In the end, a bit of self-examination can help remind us why we do what we do.

My own WHY is included in the above list, by the way. And now, I am off to schedule myself a massage! 😊

Gayle Royer – Newsletter Editor