

inTouch

THE LAKESIDE GRADUATE NEWSLETTER

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Dear graduate,

Happy New Year!

With every New Year comes the closing out of one and the stepping into another year. Some of you may have made resolutions for change in the upcoming year and some may have already lost their luster. Last year a friend introduced me to an alternative – choosing a word for the year – a word that reflects a quality or attribute that represents an area of life where we are challenged. Words that came to mind for me were joy, acceptance, gratitude, and prosperity. I have lived with the word I chose for 2009 and have been mindful of the many opportunities to develop the quality the word represents. Try it out and see how it works for you in your personal/professional growth.



Waukesha, here we come! On February 1st Lakeside is opening a classroom at Westwood Health & Fitness Center. We will be offering both a 9-month and a 52-week class there each year. We will be offering an Ethics and Energetics course on March 9th at the new location free of charge to all graduates. At the dinner break, you can talk with faculty and staff and get some eats. To register, just go to the Lakeside website in the CE area. Hope to see you on March 9th.

The one thing that will be really important in your career in Wisconsin during 2010 is the passage of the Massage Therapy and Bodywork Therapy Licensing Bill. If you have not yet communicated with your representatives, the time is now. If you need some support, please let me know and I will get you additional information. This bill provides protection for your clients as well as for your business. There are practitioners offering massage who are not trained or competent. It's your opportunity to have your voice heard.

Warmly,

A handwritten signature in black ink that reads "Carole Ostendorf Ph.D."

Carole Ostendorf, Ph.D., PT

5 Questions for an Instructor

In each edition of **inTouch**, we will be profiling one of our instructors with the same five questions. This time around, meet **Dora Fronek!**

How would you describe the type of massage you give?

I think a previous client stated it best when she said “firm yet gentle; coaxing, comforting, restorative.” I have a fairly extensive background in modalities and techniques rooted in energy work and anchored by western science. I find the interplay of the two creates the best environment to assess what the client needs and coax it to a restorative balance. The body has an innate ability to heal, especially when it receives supportive guidance and it is my intent to provide this thru my massage.

What's your favorite music to work to? Anything really, and sometimes nothing is nice too if the client prefers silence. On a personal note, one of my most memorable experiences was receiving Reiki during a thunderstorm.

How's that for “Nature's Symphony”?

What's the craziest client experience you've ever had?

I share many of my own crazy experiences during classes for learning examples and I'm keeping the really crazy stories tucked away (maybe for a future book?) One experience I always find curious (and I know many therapists share this one with me) is to have the same presenting complaint from a majority of people all in the same week. It might be a week where everyone comes in with right QL pain, or left shoulder complaints....hmmm, something's just oddly crazy about that.

What was your biggest “ah ha” moment after starting your career?

Bring humbled at the greatness of this craft and the profound impact a simple gesture provides. In my various experience from being a student, having a practice, and teaching, it is so palpable that we can really make a profound impact on everyone, and that anyone at any stage of life, from fetal development until the time of passing can benefit from massage. It is imperative that we recognize how important our work is and that the world needs heartfelt touch and most importantly, how much niceness matters.

What does the future hold for you?

I am currently in school for Acupuncture and Oriental Medicine (yes, finally!) and will be combining my two favorite passions in a way that facilitate greater healing to those I am fortunate to treat.

Also, I am looking forward to hosting many gatherings, workshops, and events and would like to invite my friends and fellow therapists who are interested in getting/staying connected.



Kinesiology <<< REWIND!

Body Mechanics for the Massage Therapist

For longevity of the massage therapist's own health and ability to continue practicing, body mechanics may be one of the most important tools taught in school. Using your body properly will make you a more effective massage therapist and help you stay healthy and practicing for many years.

The proper body position is obviously dependent on the modality; the most effective body position will not use the pure force but will involve the use of leverage to deliver the pressure.

More and more clients continue to ask for “more” or “deeper” pressure. This sometimes pushes the massage therapist to use brute force rather than the leverage of the body.



Many believe that the lunge stance may be an optimal stance for delivering deep tissue, sports, and relaxation massage. The reason the lunge stance tends to be so effective is that the therapists' body weight is used to help in the amount of pressure and delivery of the stroke. This stance also enables the massage therapist to alter stroke pressure by changing knee flexion in the forward leg.

Remember the lever systems from kinesiology class. They were designed for range of motion and movement, not compressive forces. The largest key is learning to effectively use knees and feet while giving the massage and allowing your arms and hands to be more relaxed. Your body is your tool for doing massage - don't wear it out!

Going Green!

Lakeside's InTouch Alumni Newsletter is being distributed by email only, so if you know a graduate who isn't receiving it, but has an email address to share, have them contact us so we can put them on the list!

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LAKE'SIDE'S

Associate Degree Program

Have you heard the **BUZZ** about Lakeside's Associate Degree Program?

Become an expert in the massage therapy field...
discover how Lakeside's Associate Degree in Massage Therapy will get you there!

Why should I obtain an Associate's Degree in Massage Therapy from Lakeside?

- Learn from some of the most respected massage therapy instructors in the field such as Bob King, Ruth Werner (author of *A Massage Therapist's Guide to Pathophysiology*) and Howard Weingarten, an associate of Whitney Lowe.
- Gain unique, hands-on experiences through the internship component, working side-by-side with massage therapists and other health professionals in a variety of environments.
- Obtain valuable advanced skills including a personal trainer's certification to take your practice to the next level!
- To emerge as a leader in the massage therapy industry and health care as a whole!

What our students say about their experience in the ADMT program

"The ADMT program has made me a more thorough and complete massage therapist. I have a better understanding of posture and better ways to assess a client. I really know how to meet the needs of my clients without hurting myself. The variety of classes is a great way to add wonderful new tools to my many techniques. It is wonderful to have the classes prepare you to get your personal trainer certificate. I listen and constantly gain teaching techniques from the many different instructors during the program. I had a fantastic experience in the program."

- Robin Lozada

Alumni!

Do you know anyone who is interested in beginning a career in massage therapy? Recommend that they attend the next open house! All they have to do is tell the admissions coordinator at the open house that you sent them to. Then you can pick up your free gift at Lakeside anytime!

BONUS: If your friend enrolls in Lakeside's Core Diploma Program you will receive \$250 off of your next continuing education course offered by Lakeside.

Upcoming Milwaukee open houses:

January 22, 2010 from 6-7:30pm
March 12, 2010 from 6-7:30pm
May 7, 2009 from 6-7:30pm

Upcoming Waukesha open houses:

February 9, 2010 from 6-7:30pm
February 23, 2010 from 6-7:30pm
March 9, 2010 from 6-7:30pm

CONTINUING EDUCATION opportunities

Orthopedic Massage: Upper

Extremity: The repetitive nature of many occupations has led to an epidemic of upper extremity disorders. This course provides valuable tools to help you address these complaints with your clients. Covers upper extremity disorders, such as frozen shoulder, rotator cuff tears, tennis elbow, carpal tunnel syndrome, nerve entrapment syndromes, and others. Class work will include detailed anatomical and biomechanical information, hands-on work, and case studies designed to help your full understanding of this complex area. Taught by Howard Weingarten

DATES: FRI, FEB 5 – SUN, FEB 7 2010

LOCATION: LAKESIDE'S MILWAUKEE CAMPUS, 1726 N. 1ST STREET

HOURS: 24 **COST:** \$360 **COST TO LAKESIDE GRADUATE COST:** \$270

Mind, Body, Mood, and Mas-

sage: This course is designed to explore the physiology and psychological connections between mind, body, and mood as they relate to the human experience. The course will explore the concepts of personal change due to cellular and tissue memory and the possible impact resulting from massage therapy sessions. Therapists will be exposed to centering exercises and dialoging strategies that are supportive of clients during a massage session. The course is a combination of didactic and experiential presentation intended to explore shifts in therapeutic approaches within the

individual therapist in working with clients. Instructor: Carole Ostendorf, PT, Ph.D. and Thomas Ryan, CHTSS.

DATES: FRI, MAR 5-SUN, MAR 7, 2010

LOCATION: LAKESIDE'S MILWAUKEE CAMPUS, 1726 N. 1ST STREET

HOURS: 24 **COST:** \$360

LAKESIDE GRADUATE COST: \$270

Ethics and Energetics: The course is intended to explore the relationship between therapists, working with clients, and the challenges to ethical behavior that are enhanced with clients in an altered state or non-ordinary state of consciousness and the implications for the Standards of Practice for professional massage therapists and bodyworkers.

The course assumes that participants have had an introduction to professional ethics in massage therapy prior to taking the course. The course will be held 2pm-9pm on Tuesday, March 9th. There will be a break from 6-7pm, when light refreshments will be served. This class will be held at Lakeside's new classroom at Westwood Health and Fitness, 2900 Golf Rd, Pewaukee. This class is being offered FREE to Lakeside Students and Graduates!. Advanced registration is required. (Graduates: check the Lakeside Graduate box and select "Print to Mail." Your registration will give you a total amount due; we will take this off after your registration has been processed and your alumni status has been confirmed.)

DATE: TUE, MARCH 9, 2010

LOCATION: LAKESIDE'S WAUKESHA CAMPUS, 2900 GOLF ROAD, PEWAUKEE

HOURS: 6 **COST:** FREE TO GRADS

Lotus Hands I: The level one class is an introduction to the Lotus Hands approach of assessing musculoskeletal conditions. You will learn to locate tension in the body using a unique therapeutic diagnostic method. Lotus Hands is a mindful orthopedic approach; this class focuses on both detailed anatomical precision and the importance of a present mind. In level one you will learn how to blend together hand techniques from CrainioSacral, Myofascial Release, Tui Na and Neuroenergetic Release, in a systematic way of assessing the many layers of tissue in the body. It will also serve as an introduction to the sitting meditation practice of the Shambhala tradition. You will be able to offer your patients a complete session that will be both therapeutic to the patient and informative to you. You will also understand how to perform a quick patient assessment if your desire is to implement other modalities into your treatment. This class is also approved by the Wisconsin Physical Therapy Association. Instructor: Doug Bertram, L.Ac., MTCM, LMT. **This course is required for participation in Lotus Hands II*

DATES: FRI, MAR 19-SUN, MAR 21, 2010

LOCATION: LAKESIDE'S MILWAUKEE CAMPUS, 1726 N. 1ST STREET

HOURS: 24 **COST:** \$360

LAKESIDE GRADUATE COST: \$270

Intro to Body Memory Body Memory Recall (BMR) is a premier massage therapy modality that supports the natural release of protective muscle guarding, fascial restrictions and suppressed bioenergy that has accumulated from old injuries, stored emotions, stress, surgeries, abuse and trauma. BMR integrates myofascial release, cranial sacral therapy, viscera myofascial release

CONTINUING EDUCATION opportunities

CONTINUED

and energy work into one simplified approach. This intro seminar will provide you with training in these techniques and the BMR healing path which ultimately transforms body memory at the cellular level. Instructor Jonathan Tripodi is a pioneer in the field of mind-body therapy and the founder of the BMR approach. For the past eighteen years, he has uncovered the secrets of body memory and its relationship to pain, stress, illness and behavior. He currently practices BMR at Global Healing Therapies in Virginia Beach, VA. Jonathan is also the author of "Freedom from Body Memory - The Courage to Let Go of the Past & Live Creatively." His book is provided to all students who register for the Intro to Body Memory seminar.

Instructor: Jonathan Tripodi, BA, BS, NCTMB

DATES: THURS, MAR 25 - SUN, MAR 28, 2010

LOCATION: LAKESIDE'S MILWAUKEE

CAMPUS, 1726 N. 1ST STREET

HOURS: 31 **COST:** \$550

If you have any questions, please contact Megan at 414-372-4345, ext. 21, or email her at megan@lakeside.edu

For a complete listing of these and other classes, see the continuing education section of our website - www.lakeside.edu

THE LAKESIDE SCHOOL OF MASSAGE THERAPY

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Legislative Update

Update on the Proposed Massage Therapy and Body- work Therapy Licensing Bill

by Carole Ostendorf, Ph.D.

The massage licensing bill (AB-588/SB-388) is now pending in the Wisconsin legislature, but it will not pass if your state assembly representative does not know that it is important to you.

Would you please call or email the office of your state representative this week? You can find out who they are and how to contact them at: <http://www.legis.wisconsin.gov/w3asp/waml/waml.aspx>

All you have to do is tell the staff person that you support mandatory licensing (AB-588/SB-388) for everyone who provides massage therapy in Wisconsin and want to know if your representative does, too. You can call after hours and leave a voice message, but make sure to leave your name, home address, and phone number.

This is a milestone in a move to a legitimate status in the Health Care community in Wisconsin. There are many massage practitioners who have no education and are presenting themselves as massage practitioners or even massage therapists with minimal or no education. That is not only confusing the public, but also taking business away from you, legitimately trained individuals.

Please take this opportunity to support the massage therapy and bodywork therapy profession.

Please feel free to contact Carole at Lakeside School of Massage Therapy with questions or comments at carole@lakeside.edu.