

May 22, 1997

To:

*Representative Clifford Otto, Chair
Consumer Affairs*

From: Association for Wellbeing through
Massage and Bodywork
C/O Nancy L. Kohorn, C.P.K., Chair
200 Franklin Street
Wausau, WI 54403

RE: Position Concerning Statewide Regulation of
Massage and Bodywork

The Association for Wellbeing through Massage and Bodywork respectfully requests your attention to its position AGAINST the proposal for a Professional Massage Therapy and Bodywork Regulatory Act by the Wisconsin Coalition of Massage Therapists and Bodyworkers. Among our reasons are these:

- * Use of the words massage therapy incorrectly encompasses those practitioners whose focus is other than medical;
- * Massage therapy (as therapy is commonly used within the health/medical system) requires a therapy focused study beyond 500 hours;
- * The wide variety of modalities makes one licensing process impractical and expensive (see enclosures);
- * Present certification of practitioners within each modality requires observation of a code of ethics and testing for expertise in practice in the interest of public safety;
- * The practicality and benefit of state registration of practitioners with individual certification has not been investigated;
- * Laws already exist regulating illicit sexual acts and such actions need not be emphasized in connection with massage therapy and bodywork any more than in other regulatory acts.

Since we do not have representation on the Coalition and have not been satisfied that our concerns have been incorporated by them, the Association has taken this means for our concerns to be heard and considered in the legislative process.

Please let us know your views on this issue.

DESCRIPTIONS OF

Massage, Bodywork & Somatic Therapies Techniques

The definitions that follow provide a brief explanation of massage, bodywork, and somatic therapies techniques currently in practice.

Massage, bodywork, and somatic therapies shall be defined as the application of various techniques to the muscular structure and soft tissues of the human body. Application of massage, bodywork, and somatic techniques may include, but is not limited to, stroking, kneading, tapping, compression, vibration, rocking, friction, pressure, and those techniques based on manipulation or the application of pressure to the muscular structure or soft tissues of the human body. This may also include non-forceful passive or active movement, the application of techniques intended to affect the energetic systems of the body, and movement re-education. The use of oils, lotions, powders, or other lubricants may also be included.

The following technique definitions have been compiled from a wide variety of sources. While some were supplied by the developer of the technique, others were supplied by associations and educational institutions involved with the individual technique. Still others are a blending of information gleaned from several publications. Where specific publications have been directly quoted, credit has been given to the author.

For more information on techniques, refer to specific association (pages 44

thru 48) and schools (pages 56 thru 112) or as referenced in individual listings. In most cases, technique associations should be able to refer you to qualified training programs.

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ACUPRESSURE

Acupressure is an ancient healing art that uses the fingers to press key points on the surface of the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force to aid healing. Acupuncture and acupressure use the same points, but acupuncture employs needles, while acupressure uses the gentle but firm pressure of hands (and even feet). There is a massive amount of scientific data that demonstrates why and how acupuncture is effective. But acupressure, the older of the two traditions, was neglected after the Chinese developed more technological methods for stimulating points with needles and electricity. Acupressure, however, continues to be the most effective method for self-treatment of tension-related ailments by using the power and sensitivity of the human hand.

Foremost among the advantages of acupressure's healing touch is that it

is safe to do on yourself and others – even if you've never done it before – so long as you follow the instructions and pay attention to the cautions. There are no side effects from drugs, because there are no drugs. And the only equipment needed are your won two hands. You can practice acupressure therapy any time, anywhere.

My clinical experiences [Michael Reed Gach] over the past 18 years have shown me that acupressure can be effective in helping relieve headaches, eyestrain, sinus problems, neck pain, backaches, arthritis, muscle aches, and tension due to stress. I have also shown hundreds of acupressure students, patients, and friends how to use acupressure to relieve ulcer pain, menstrual cramps, lower back aches, constipation, and indigestion. You can also use self-acupressure to relieve anxiety and to help you get to sleep at night.

There are also great advantages to using acupressure as a way to balance the body and maintain good health. The healing touch of acupressure reduces tension, increases circulation, and enables the body to relax deeply. By relieving stress, acupressure strengthens resistance to disease and promotes wellness.

In acupressure, local symptoms are considered an expression of the condition of the body as a whole. A tension headache, for instance, may be rooted in the shoulder and neck area.

From: Successful Business Handbook ABMP 1993

Thus acupressure focuses on relieving pain and discomfort as well as on responding to tension before it develops into a "dis-ease," that is, before the constrictions and imbalances can do further damage. By using a combination of self-help methods such as trigger point stimulation, deep breathing, range-of-motion exercises, and relaxation techniques, you can improve your condition as well as feel more alive, healthy, and in harmony with you life.

The origins of acupressure are as ancient as the instinctive impulse to hold your forehead or temples when you have a headache. Everyone at one time or another has used his or her hands spontaneously to hold tense or painful places on the body.

More than 5,000 years ago, the Chinese discovered that pressing certain points on the body relieved pain where it occurred and also benefited other parts of the body more remote from the pain and the pressure point. Gradually, they found other locations that not only alleviated pain but also influenced the functioning of certain internal organs. (*Definition from the book, "Acupressure's Potent Points" by Michael Reed Gach, Director of the Acupressure Institute.*)

For more information, please contact the American Oriental Bodywork Therapy Association on page 44 or the Acupressure Institute on page 58.

※ ALEXANDER TECHNIQUE

A powerful method of psychophysical re-education developed by Australian actor F. Matthias Alexander at the beginning of this century. He summed up the work as "giving nature her opportunity." Alexander believed our natural functioning is impeded by faulty habit patterns of thinking and movement which are transmitted via the nervous system to the musculature caus-

ing inappropriate tension and distortion of the musculo-skeletal system. Particularly deleterious is interference with the natural balance of the head on top of the spine. When the head balances correctly, it enables the back to lengthen and widen and the whole system to move with graceful lightness and ease. AT is not a system of exercises or physical conditioning, but a learning process in which the student becomes able to identify faulty habit patterns, consciously inhibit them, and then initiate action by engaging the correct head-neck-back relationship, which Alexander called "primary control." Treatments, referred to as lessons, are recommended in a series of 20 to 25. Training to become a teacher is three years (1600 hours).

For more information, please contact the North American Society of Teachers of the Alexander Technique, page 45.

AMMA/ANMA

AMMA (sometimes spelled anma) is the traditional word for massage in the Japanese language. It comes from the Chinese tradition of massage, anmo. This form of bodywork is based on the principles of Chinese medicine and is over 5,000 years old. When anmo was brought to Japan, the technique was further refined into its own therapeutic art form, amma. The amma techniques encompass a myriad of pressing, stroking, stretching, and percussive manipulations with the thumbs, fingers, arms, elbows, knees, and feet on acupressure points along the body's 14 major meridians. Amma brings to our culture the ancient art and wisdom of traditional Japanese massage. Through the structure of kata (choreographed movement), amma teaches us the importance of rhythm, pacing, precision, and form in massage. Shiatsu—a style of bodywork popularized after World War II—developed from the amma tradition.

Unlike Western massage, amma utilizes no oils and can be done through clothing with the client either sitting up or lying down. This makes amma an extremely flexible style of massage suitable to a wide variety of client needs and environments.

For more information, please contact the Amma Institute of Traditional Japanese Massage on page 58 or The New Center for Holistic Health Education and Research, page 96.

APPLIED KINESIOLOGY

From *Alternative Healing*, by Hugh Burroughs & Mark Kastner: "Applied Kinesiology is a healing system which evaluates and treats an individual's structural, chemical, and mental aspects. It employs muscle testing and other standard methods of diagnosis. Applied Kinesiology therapeutically utilizes nutrition, manipulation, diet, acupressure, exercise, and education to help restore balance and harmony in the body and maintain well-being throughout life." Dr. George Goodheart, a chiropractor in Detroit, Michigan, discovered the technique in 1964 during a patient treatment. After applying a few seconds of deep pressure on the man's severe muscular dysfunction, he found that the problem was eliminated. His wide background in a variety of therapies assisted him in his development of the technique. Dr. John Thie developed a simplified version of Applied Kinesiology called "Touch for Health" in 1970. See *Touch for Health*.

For more information, please contact the International College of Applied Kinesiology, USA, page 81.

AROMATHERAPY

The use of essential oils, which are extracted from herbs, flowers, resin, woods, and roots, are used in body and skin care treatments. Used as a healing technique for thousands of years by the Egyptians, Greeks and Romans, all used essential oils to aid

relaxation, improve circulation, and to help the healing of wounds. Aromatherapy diffusers are utilized to fill the massage room with the scent of the oils. Specific essential oils are blended by the aromatherapist and added to a carrier oil, such as almond oil, to be used in the massage. Each of the oils has its own unique characteristics and benefits. Use of this technique declined as the modern pharmaceutical industry developed; however, the French chemist Gattefossé revived the art by coining the term 'aromatherapy' and by publishing a book on the subject in 1928.

For more information, please contact the American Society for Phytotherapy & Aromatherapy International, page 44, or the National Association for Holistic Aromatherapists, page 51.

ASTON-PATTERNING®

Aston-Patterning® is an educational process developed by Judith Aston in 1977 combining movement coaching, bodywork, ergonomics, and fitness training. It can be helpful to individuals seeking relief from acute or chronic pain; those that wish to improve their posture and increase the efficiency of their movement patterns either in activities of daily living or complex activities such as athletics or the performing arts; and as an integral part of a personal growth process.

The movement work, Neurokinetics, has two divisions. The first part involves instruction in the most efficient and least stressful way to perform the less complex activities of daily living and progresses to quite complex activities such as sports and musical instrument performance. The second part teaches the client how they can use movement to decrease the accumulated tension in the body. The emphasis of both parts of the movement work is ease and efficiency of movement while performing an activity.

The bodywork includes Aston massage, Myokinetics, and Arthrokinetics. The massage is a specialized form based on Swedish massage but is not compressive and utilizes a three dimensional touch, which helps to release functional holding patterns (muscle tension that is being maintained by the nervous system and has not yet created a physiological change in the connective tissue) from surface to bone. Myokinetics is a form of myofascial release that releases deeply embedded structural holding patterns from the fascial network. Arthrokinetics addresses structural holding patterns at the joint surfaces and along the bone. The bodywork is used to make new movement options available, and the sessions are followed with a movement lesson to assist the client in understanding how the tension had been created and how to maintain the changes achieved.

The ergonomic training demonstrates to the client how the environment affects their body's alignment, dimensional integrity, and degree of effort required to perform activities, as well as identifying the role their environment has played in their current complaint. The client is trained to modify or negotiate with less optimal situations that they encounter frequently such as seating in their office, home or car or shoes that suggest a less than optimal alignment while standing, walking, or running. The Aston Line® offers ready-made products to modify a wide variety of seating.

The Aston Fitness® training includes vertical and horizontal loosening, toning, stretching, and cardiovascular fitness. The loosening moves are done in lying and standing to address specific areas of tension which when released results in assisting the client to achieve their best alignment and dimensional integrity before they

begin working out. Toning teaches the client how to tone the specific areas that are lower in tone in comparison to the rest of their body in a way that increases the muscle tone in that area without compromising any other area of their body. This results in a more even distribution of the muscle tone throughout their body so that the work load is shared more evenly. Stretching is taught in a way that doesn't borrow dimension from an adjacent body segment while stretching a specific area.

Aston-Patterning® is a complex and complete system that combines all of these techniques to assist the client in reducing pain, improving their function and neutralizing their negative past history so they may become the unique individual of their highest potential.

The certification program has a three level format that includes training in both movement education (neurokinetics) and soft tissue work (myokinetics) progressing from basic skills to advanced problem-solving techniques. When training is complete, students have integrated the necessary problem-solving skills to meet their clients' specific needs.

The schedule is designed to accommodate working health practitioners. Courses are offered at diverse times during the year. The training schedule is structured such that the major portion of study occurs in three-to-six week blocks of time. Three to five month periods are inserted between course blocks to allow application of Aston Patterning® skills into work situations. A student can complete the course work in a period of a little over 15 months. Classes are kept small to maximize instructor-student interaction and optimize the student's investment of time and money.

For more information, please contact



either *Aston Patterning*®, page 44 or *The Upledger Institute*, page 77.

AYURVEDIC MASSAGE

An ayurvedic massage is part of a detoxification program from India called Pancha Karma, in which the body is cleansed and lubricated in all the areas you can reach, inside and out, to remove toxins from the system. In the traditional way the body will be massaged on the outside with hot sesame oil and the powder and extract of the calamus root. The oil will also be poured into the navel, ears, and between the eyebrows. Pouring oil in the ear is done only with the client's permission and an explanation beforehand that it serves to remove wax and dust, to lubricate the ear canal, and to calm the mind and nervous system. The therapist will first put the oil in the palm of her hand to check the temperature and then let it run slowly into the ear canal from the hand.

For more information, please contact the *Ayurvedic Institute*, page 50.

BINDEGEWEBSMASSAGE

Based on the theory that any disruption or unbalance in any portion of the body affects the entire system, specifically the autonomic, central nervous, and hormonal systems. Any disruption in any of the body systems will affect the entire organism, both physiologically and psychologically. Bindegewebsmassage is a very specific, advanced technique intended to assist in the rehabilitation of pathologic conditions. The theory of this technique extends to the belief that certain areas on the body surfaces correlate to specific internal organs manifesting the disruptions with an increased sensitivity of certain skin areas called "points." See also *Connective Tissue Massage*.

BINDI

Bodywork combining exfoliation, herbal treatment, and light massage.

BOWEN THERAPY

Developed by Thomas Bowen of Australia. Bowen recognized relationships within the body that help the body heal itself. His natural gift and ability to recognize minute muscle tensions and change them enabled him to develop a system to program moves to counteract specific body conditions. Gentle negative and positive moves help restore a person to good health. An average of two treatments seven days apart is recommended.

BREEMA BODYWORK

Practiced for centuries by the Kurdish mountain villagers of Breemava, Breema bodywork activates the body's self-healing forces, bringing the mind, body, and emotions into a natural, balanced state. Based on the highest laws of nature, Breema treatments and self-exercise use rhythmic movements, gentle stretches, and lean-hold-releases which actively support the recipient to experience vibrant health, vitality, and inner harmony.

CHI NEI TSANG

Internal organ massage. A massage technique that may be done on oneself or on another. Based on the theory that by stimulating and manipulating the organs and deep tissues, metabolism is corrected and the immune, energetic, and emotional systems are normalized. It is necessary to have a working knowledge of the internal organs and their function; the lymphatic, circulatory, and nervous systems; the energetic channels; the muscles and fascia or connective tissues; and the interrelationships between all of these facets of the body. You must understand the vital life force, or Chi, and be able to distinguish its positive and negative qualities. You must safeguard against "burnout" and not give more healing energy than you can spare. You must teach your clients about their own bodies and energy flows so they can help to heal themselves.

CONNECTIVE TISSUE MASSAGE

Also known as *Bindegewebsmassage*, these techniques are designed to specifically affect the connective tissue of the body. CTM was developed in Germany by Elizabeth Dicke. After diagnosis of a serious medical problem, she experimented with different types of massage on herself and discovered this new technique. Basically, she found that when she applied a fairly light pressure through the skin and connective tissue in one area of the body, there was a related effect at a distant site. From *Alternative Healing*, by Hugh Burroughs and Mark Kastner: "The technique consists of the massage therapist subtly hooking her fingers into the skin and superficial connective tissue while performing a dragging or pulling stroke that somewhat stretches the skin. CTM leaves a visible mark that looks somewhat like an abrasion or burn, but which goes away without leaving a scar." In Germany, it is considered a physical therapy technique; in many parts of Europe, it is considered a medical technique. In the United States, Connective Tissue Massage is taught in many massage schools.

CRANIO-SACRAL THERAPY

Craniosacral therapy is a gentle, non-invasive method of evaluating and enhancing the function of a physiological body system called the craniosacral system. Developed by Dr. John E. Upledger, D.O., O.M.M., this manual therapy enhances the body's natural healing processes and has proven effective in treating a wide range of medical problems associated with pain and dysfunction. The craniosacral system consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. It extends from the bones of the skull, face, and mouth—which make up the cranium—down to the sacrum or tailbone. Since this system influences the development and function of the brain and spinal

cord any imbalance or dysfunction in the craniosacral system could cause sensory, motor, or neurological disabilities. These problems may include chronic pain, eye difficulties, scoliosis, motor-coordination impairments, learning disabilities, and other dysfunctions of the central nervous system. Craniosacral therapy encourages the body's natural healing mechanisms to improve the functioning of the central nervous system, dissipate the negative effects of stress, and enhance health and resistance to disease. The craniosacral therapy practitioner uses a light touch to assist the natural movement of the fluid within the craniosacral system. Therapists generally use only five grams of pressure, roughly the weight of a nickel, to test for restrictions in various parts of the craniosacral system. It's often possible for the evaluation alone to remove the restriction and allow the system to correct itself.

For more information, please contact the Upledger Institute, page 77.

DEEP TISSUE MASSAGE

Techniques which utilize deep tissue/deep muscle massage are administered to affect the sub-layer of musculature and fascia. These techniques require more advanced training and a more thorough understanding of anatomy and physiology. The muscles must be relaxed in order to effectively perform deep tissue massage, otherwise tight surface muscles prevent the practitioner from reaching deeper musculature. Helps with chronic muscular pain, injury rehabilitation, and reduces inflammation-related pain caused by arthritis and tendinitis. Generally integrated with other massage techniques.

DO-IN

A system of self-massage promoted most recently by Michio Kushi. More than 5000 years ago, Chinese Taoist monks observed that it was instinctive for a person to touch or hold an

injured or painful body part, a form a self-healing. They developed a system called *Tao-Yinn*, *Tao* meaning "the way" and *Yinn* meaning "a gentle approach." Today it is called Do-In and is used to sustain overall health as well as treat specific physical problems.

For more information, please contact the Kushi Institute, page 86.

DYNAMIC SPINAL THERAPY

Dynamic Spinal Therapy was developed by Rolf Ott in Rapperswil, Switzerland in the 1980's. The technique works with the body's posture and energetic (acupuncture) system. It consists of 3 parts:

Ear reflexology test —this test comes from France and Germany and is part of the ear acupuncture. The ear is used to get information about the body's energetic state. A therapy stylus is simply pressed along specific lines. Some areas are more sensitive than others and give the therapist information. Acupuncture meridian harmonization balances the energetic system. The focus is on Chi flow to stimulate the personal healing process. With the therapy stylus, certain meridians are traced on the skin surface.

The Swiss Therapeutic Cushion: The pelvis is checked while being rotated and specific stretches are applied. Afterwards, the client lies face down upon the Swiss Therapeutic Cushion like an unconscious person floating in water. This position offers complete relaxation. The body is gently rocked in several different ways. The gentle rhythmic motion causes relaxation to occur quickly and deeply and is very trust-creating. The just-stretched muscles get reprogrammed and the rocking moves the joint which helps build them.

Application: joint problems (hip, knee, shoulder, etc.), migraines,

arthritis, foot conditions (halux valgus), lumbago, herniated disks, spinal nerve irritations (problems in inner organs), scoliosis, sciatica, psychological problems, stress, and many more. A treatment usually takes between 30 and 40 minutes.

ESALEN MASSAGE

Developed in the 1960s, this style originated at the Esalen Institute located in Big Sur, California, and is based on a combination of Oriental and Swedish massage techniques. Esalen is light and gentle in nature, emphasizing nurturing and empathy. The strokes are soft, easy, and slow, prompting deep relaxation. Used to reduce stress, relieve pain, improve sleep, aid digestion, and promote healing.

For more information, please contact the Esalen Institute, page 59.

EUTONY

"Eu" meaning good, exact. "Tonus" meaning tone, tension. Based on the theory that there is a constant interaction between muscular tone and psychic activity. Acting upon muscle tone can affect the whole being. Developed by Gerda Alexander of Germany. In Eutony training, the teacher (practitioner) constantly watches the pupil's (client's) breathing, its rhythm, and the duration or near-absence of the respiratory pause. Any rapid change in tension can cause an emotional upset or lead to an anxiety situation. Professional training in Eutony lasts four years with twenty six weeks per year divided into eight sessions of thirteen weeks each. Of the eight sessions, seven are devoted to study and one is practicum.

FASCIAL MOBILIZATION

The fascial system is one continuous, laminated, connective-tissue sheath that spreads without interruption throughout the entire body in a three dimensional web. Fascial mobi-



lization allows therapists to locate and address restrictions in the fascial system that are causing asymmetries, postural malalignment, abnormal tensions, and pressures that can lead to pain and dysfunction. The goal of fascial mobilization is to produce a well-balanced, symmetrical and mobile body within the skeletal, soft-tissue, and craniosacral systems.

For more information, please contact the Upledger Institute, page 77.

※ FELDENKRAIS

Russian-born Israeli educator Moshe Feldenkrais based his method on the importance of awareness in human functioning. The Feldenkrais method consists of two branches, *Awareness Through Movement* and *Functional Integration*. Feldenkrais believed awareness had to be experienced, not taught verbally. To that end, participants accomplish movements and postures they thought unattainable, producing greater vitality. Functional integration involves treating the nervous system primarily through the skeletal structure by using hands-on, painless manipulation. Bodywork attempts to offset gravity, returning one to an early childhood state to undo emotional/cultural programming. Treatments vary with the individual. Training to become a practitioner consists of nine weeks per year for four years. In order to gain sensitivity to the physical form, the first two years is spent on one's own body.

For more information, please contact the Feldenkrais Guild, page 44.

FIVE ELEMENT SHIATSU

Shiatsu is a Japanese term meaning "finger pressure." Five Element shiatsu is based on classical Chinese medicine's Law of the Five Elements. The Five Element system views the human body as a microcosm of the Universe with the tides of energy and emotions waxing and waning. These

energies and emotions are stored in the visceral organs and move through specific pathways or meridians throughout the body in a regular and cyclical fashion. When these energies or emotions get blocked or become deficient or excessive through stress, trauma, or disease, the Five Element practitioner may use carefully controlled pressure on certain meridian points to help move the energy or emotions and restore the natural cycle of energy and emotional movement, thus helping the person's natural ability to heal.

FOOT ZONE THERAPY

Foot zone therapy is based on the premise that energy flows in the body through meridians from the brain all the way to the foot. Every organ and every cell of your body has a representative point there. When pressure is applied to a specific point on the foot, the brain then sends a signal to the corresponding part of the body to facilitate healing and to restore balance. Temporary pain, defined also as a blockage of energy flow, is felt on areas of the foot which correspond to the affected organ or body part. When the pain is relieved or reduced, the healing process has begun. Positive and very apparent results are felt almost immediately. Foot zone therapy dates back 5,000 years ago and was used in ancient China and India. Egyptian hieroglyphs and paintings also show the use of this same method. But not until the 20th century, when Dr. Erdal of Norway used a form of this therapy to cure himself of paralysis, did foot zone therapy get "rediscovered." After 23 years of intensive clinical research, Dr. Erdal has codified his findings into a medical science widely respected throughout Europe.

HAKOMI INTEGRATIVE SOMATICS

Using hands-on bodywork, body awareness and movement, Hakomi Integrative Somatics enables people to discover the habitual, automatic attitudes (both physical and psychological), by which they generate patterns of experience. Particularly helpful in working with the effects of trauma and abuse, emotional pain and limiting belief systems, this gentle therapy teaches clients to follow the inherently intelligent processes of the body and mind. Clients are educated in the nuances of inner body sensations, learning to track the ever-changing flow of wordless information that is the language of the body. It is precisely this awareness that becomes a powerful healing tool, for it naturally expands the "somatic sense of self", and heals the various forms of dissociation from the body.

Hands-on bodywork is used experimentally to help clients gain awareness of inner experience, specifically inner body sensation and patterns, emotions, images, memories, or thoughts. Unconscious attitudes are brought to consciousness where they can be examined, understood and changed. By working physically and psychologically, the transformative shift can take root on both levels simultaneously.

For more information, please contact Hakomi Institute, page 73.

HAKOMI THERAPY

A body-centered psychotherapy, Hakomi was started in the mid-1970s by American Ron Kurtz. The international headquarters are in Boulder, Colorado. Hakomi uses body tension and sensations to access information about the limiting beliefs, patterns, and habits of the individual. Hakomi Bodywork includes hands-on manipulation to access and change these beliefs. Treatments vary to meet indi-

vidual needs. Training to become a practitioner: Hakomi Therapist, 470 hours; Hakomi Integrative Bodyworker, 550 hours. Both over a period of two years.

For more information, please contact the Hakomi Institute, page 73.

※ HELLERWORK

Founded in 1979 by Joseph Heller in the United States. The major components comprising Hellerwork include deep-tissue bodywork affecting the nervous and muscular systems; movement re-education training to learn how to experience the full manifestation of spirit; and video feedback to review how we accomplish simple acts of daily life. Hellerwork is movement education designed to realign the body and release chronic tension and stress. This modality also bases much of its theory on alignment. In Hellerwork, the main direction of alignment is vertical alignment; the body's segments must be stacked in a straight line from the ground up or they are at a tilt. Dialogue is used to discover how life issues affect emotions. Treatments are offered in an eleven-session series, each treatment consisting of one hour of bodywork and thirty minutes of movement therapy. Training to become a practitioner consists of a one-year program.

For more information, please contact Hellerwork Int., LLC., page 44.

HOSHINO THERAPY

Developed by Japanese-born, Argentine immigrant Tomezo Hoshino, Hoshino Therapy was declared an official medical therapy in Argentina in 1952. Hoshino is a non-intrusive massage and movement system to relieve and prevent musculoskeletal pain and restore vitality. Hoshino therapy recognizes 250 vital acupuncture pressure points located directly over the muscles, tendons, and ligaments that relate to the bio-mechanical functioning of the body. Pressure

and body warmth is applied by the first joint of the thumb and with full hand contact to reverse the hardening of the soft tissues. Therapy is combined with daily exercises called Hoshino Action. Training clinics are located in Argentina and Miami. The advanced training program consists of two years totaling 400 hours of instruction.

For more information, please contact the Hoshino Therapy Clinic of Miami, Inc. page 75.

HYDROTHERAPY

Although ancient Greece and Rome had both adopted the beliefs that water had healing properties, it was the Romans that integrated hydrotherapy into their social life, building temples and baths near natural springs. Father Sebastian Kneipp from Worshofen, Bavaria, however, was the true father of modern-day hydrotherapy in Germany. Various hydrotherapy massage techniques exist and are generally utilized by massage/bodywork practitioners, physical therapists, physicians, and spa technicians. Spa therapies utilizing hydrotherapy are provided at luxury spas. These include underwater massage, herbal baths, thalassotherapy, Kneipp therapy, vichy treatments, scotch hose, and swiss shower.

INFANT MASSAGE INSTRUCTION

Qualified instructors teach parents how to properly massage their infants. Infant massage is also utilized in hospital neonatal care units. This specialized form of touch is successful, not only in the critical weight gain of premature infants, but also in creating a strong bond between parent and infant and exposing a young child to the benefits and pleasures of touch.

For more information, please contact the International Association of Infant Massage Instructors, page 44.

INGHAM METHOD

The Ingham Method is a form of zone therapy or reflexology. In the 1930s Eunice Ingham, a physiotherapist working for a physician, used zone therapy on patients. She mapped the entire body as represented on the feet. At first used to reduce pain, Ingham developed the work into the Ingham Reflex Method of Compression Massage, later known as Reflexology. Only the hands are used to apply the pressure to the reflex points on the feet. It is used primarily to reduce stress and promote relaxation. Two-day seminars are available nationwide and many practitioners integrate the practice of reflexology with other forms of bodywork. Now known as the Original Ingham Method of Reflexology.

For more information, please contact the International Institute of Reflexology, page 75.

INTEGRATED/ECCLECTIC MASSAGE

This terminology indicates a combination of various massage, bodywork, and somatic therapies techniques utilized by a practitioner in the course of a session.

INTEGRATIVE MANUAL THERAPY

Integrative Manual Therapy combines multiple therapies to locate and alleviate health challenges through individual body systems. Based on the original Systems Approach to Structural and Functional Rehabilitation, Integrative Manual Therapy enhances function by affecting the structures of the human body on a cellular and gross-systems level. Each therapy involved is effective, efficient, non-aggressive, and requires little exertion from the therapist.

For more information, please contact the Upledger Institute, page 77.

JAPANESE RESTORATION THERAPY & OKAZAKI LONG-LIFE MASSAGE:

An integral part of traditional martial arts training that emphasizes a concern for physical well-being. Restoration therapy has been practiced in Japan for over 1500 years. It is a combination of amma, shiatsu, osteopathy, herbal medicine, and suggestive healing techniques. To be a successful practitioner of Restoration Therapy, a thorough knowledge of anatomy and physiology is imperative, as well as pathology, dietetics, psychology, and herbal medicines.

JIN SHIN DO®

Developed by psychotherapist Iona Marsaa Teegarden, Jin Shin Do® combines gentle yet deep finger pressure on acu-points with simple body focusing techniques to release physical and emotional tension. The client determines the depth of the pressure.

Jin Shin Do promotes a pleasurable trancelike state during which the recipient can get in touch with the body and access feelings or emotions related to the physical condition. This bodymind approach is a unique synthesis of a traditional Japanese acupressure technique, classic Chinese acupuncture theory, Taoist yogic philosophy and breathing methods, and Reichian segmental theory. The client is clothed and lies on his or her back on a massage table, while the practitioner holds "local points" in tension areas together with related "distal points," which help the armored places to release more easily and deeply.

A typical session is about 1-1/2 hours. Jin Shin Do Acupressure is effective in helping relieve tension and fatigue, stress-related headaches and gastrointestinal problems, back and shoulder pain, eye strain, menstrual and menopausal imbalances, sinus pain and allergies. (With medical prob-

lems, the client is asked to consult a doctor.) Over a period of ten or more sessions, armoring is progressively released in the head, neck, shoulders, chest, diaphragm, abdomen, pelvis and legs. After sessions, clients typically feel deeply relaxed and may even feel euphoric. If the client is responsive, there will be significantly less tension and pain together with an increased sense of well being for hours or days. This response will tend to extend after further sessions. In the case of chronic fatigue, initially the client may feel more tired after a session, because the body is demanding rest. It is advisable to schedule sessions planning time to rest and relax afterwards. On the other hand, Jin Shin Do can be used before athletic events to improve performance, for horses as well as for people. "The Way of the Compassionate Spirit" is based on the eight "Strange Flows," which regulate the entire bodymind energy.

JSD's unique 30-point system, color-coded chart, and simple "release recipes" make it easy for beginners to help self, family and friends. As students progress, they learn additional powerful points in 45 main point areas and how to combine a local point with various distal points. Advanced courses include meridian study, Five Elements theory, and bodymind release work.

For further information, refer to the *The Acupressure Way of Health: Jin Shin Do®* (1978); *The Joy of Feeling: Bodymind Acupressure™* (1987), and *A Complete Guide to Acupressure* (1995) by Iona Marsaa Teegarden. Also available from the Jin Shin Do® Foundation are color-coded Strange Flow charts, *The Fundamentals of Self-Acupressure* booklet, and other publications, charts, videotapes and audiotapes. Contact the Jin Shin Do® Foundation to find Registered JSD Acupressurists and Authorized JSD Teachers in the U. S., Canada,

Austria, Brazil, England, Germany, Italy, Japan, Netherlands, New Zealand, Norway, Sweden and Switzerland.

Contact JSDF in Palo Alto (415/328-1811) or write JSDF at P. O. Box 1097, Felton, California 95018.

JIN SHIN JYUTSU®

Jin Shin Jyutsu physio-philosophy is an ancient art of harmonizing the life energy in the body. Born of innate wisdom and passed down from generation to generation by word of mouth, the Art had fallen into relative obscurity when it was dramatically revived in the early 1900's by Master Jiro Murai in Japan. After clearing himself of life-threatening illness, Master Murai devoted the rest of his life to the research and development of Jin Shin Jyutsu, gathering insight from a range of experiences and resources including the *Kojiki* (Record of Ancient Things). The resulting knowledge of Jin Shin Jyutsu was then given to Mary Burmeister who brought it to the United States in the 1950s. Mary Burmeister began teaching the Art of Jin Shin Jyutsu to others in the early 1960s and today there are thousands of students and practitioners throughout the United States and around the world.

Jin Shin Jyutsu brings balance to the body's energies, which promotes optimal health and well-being and facilitates our own profound healing capacity. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress.

Jin Shin Jyutsu employs 26 "safety energy locks" along energy pathways that feed life into our bodies. When one or more of the paths becomes blocked, the resulting stagnation can disrupt the local area and eventually disharmonize the complete path of energy flow. Holding these energy

locks in combination can bring balance to mind, body, and spirit.

Learning Jin Shin Jyutsu engages one in self-study, self-help. Through the process of "now know myself," we recognize the wisdom of the body and we learn to interpret the messages provided and utilize them to restore balance.

Jin Shin Jyutsu can be applied as self-help and also by a trained practitioner. A Jin Shin Jyutsu session generally lasts about an hour. It does not involve massage, manipulation of muscles, or use of drugs or substances. It is a gentle art, practiced by placing the fingertips (over clothing) on designated safety energy locks, to harmonize and restore the energy flow. This facilitates the reduction of tension and stress which accumulate through normal daily living.

For those of us addressing existing stress or health disharmonies or for those simply wishing to participate actively in maintaining health, harmony, and well-being, the Art of Jin Shin Jyutsu is a simple and powerful tool, available to all.

For more information, please contact Jin Shin Jyutsu, page 45.

KINESIOLOGY

The study of the principles of mechanics and anatomy related to human body movement, specifically the action of individual muscles or groups of muscles that perform specific movements. Applied Kinesiology and Touch for Health involve muscle testing to assess a client's condition.

For more information, please contact BioKinesiology Institute, page 98.

LOMILOMI

A system of massage which utilizes very large, broad movements. Two-handed, forearm, and elbow application of strokes which cover a broad area is characteristic of Lomilomi.

Similar to Swedish Massage in many aspects, but the use of prayer and the acknowledgement of the existence of a Higher Power is an integral part of this technique.

Lomilomi—Hawaiian for *rub rub*—is described by Aunty Margaret Machado as "the loving touch—a connection between heart, hand, and soul with the source of all life." Aunty Margaret was the first to teach lomilomi in a formal, classroom situation; previously the training was passed on within the family by *Kahunas* or shamans. Oils are used in the application of cross-fiber friction techniques. The practitioner often uses the forearm and the elbow in the application of pressure.

For more information, please contact the Aunty Margaret School of Hawaiian Lomilomi, page 78.

MACROBIOTIC SHIATSU

A combination of macrobiotic diet and philosophy and shiatsu. Macrobiotic shiatsu makes use of the classical oriental meridians. The feet are utilized considerably in the application of this method.

For more information, please contact the International Macrobiotic Shiatsu Society, page 44, or the Kushi Institute, page 86.

MANUAL LYMPH MASSAGE

The strokes applied are intended to stimulate the movement of the lymphatic fluids in order to assist the body in cleansing. The most widely taught and generally accepted form of this technique was created by Dr. Vodder of Austria. This is a very specific technique which requires advanced training and precise movements.

Contact: North American Vodder Association of Lymphatic Therapy, page 45.

MARIEL

Energywork. Laying-on of hands.

MASSAGE

Stroking and kneading of the body parts has been used for centuries to relieve pain and suffering among the members of the human race. The father of massage therapy in the United States was Cornelius E. De Puy, M.D., who published his first journal on the subject in 1817. Used more in Europe as medical therapy, the U. S. medical community is beginning to accept massage.

Chiropractors and osteopaths frequently use "soft tissue manipulation" in their work. Many different techniques comprise the field of massage therapy and different forms are used depending upon the end result desired by the client and the practitioner.

MASSOTHERAPY

Another term meaning therapeutic muscle massage.

MECHANICAL LINK

Mechanical Link is a system of evaluation that allows practitioners to locate and release primary restrictions within the fascial system. These gentle techniques help reduce structural tensions, and encourage the body to adjust itself and regulate its systems, including the auto-immune system.

For more information, please contact the Upledger Institute, page 77.

MIDDENDORF BREATHWORK

Through a series of spontaneous movement exercises, participants use basic sensing, focusing, vocalizing, and hands-on techniques to consciously experience the meaning of their personal breath movement. Since its inception, this artistic form of breathing education, developed by Professor Ilse Middendorf, has achieved international attention for its effectiveness as a somatic healing and growth process. Professor Middendorf began practicing her work in 1935.



In 1965 in Berlin, she founded the Institute for the Perceptible Breath (now called The Experience of Breath) which certifies practitioners in the Middendorf Breathwork. This work has seen a pattern of steady growth, so there are now several Middendorf schools in Europe. Each year these schools graduate between seventy and ninety new practitioners who work in a variety of areas—private practice, music and acting schools, clinics for rehabilitation, and psychology. In 1986, Advanced Seminars of Berkeley, California, and the Berlin Institute sponsored the introduction of Professor Middendorf's work to the United States. Since then, Ilse Middendorf and her close associate, Juerg Roffler, have returned each year to conduct workshops and training seminars. In 1989, to support the growing interest in Middendorf Breathwork, Juerg Roffler initiated the first training program leading to the certification of Middendorf practitioners in the United States. In 1991 he founded the Middendorf Breath Institute of San Francisco and the first group of certified practitioners graduated in April, 1992. The three-year training program continues—with a new training group beginning every year and a half. The Berlin and San Francisco Institutes use the same curriculum for the certification and training programs.

For more information, please contact the Middendorf Breath Institute of San Francisco, page 62.

MOVEMENT THERAPY

A variety of techniques which utilize movement re-education, often in combination with massage or soft tissue manipulation. Re-educates the client regarding proper body mechanics. After observing the client, the therapist will determine which corrective measures are necessary to accomplish specific goals. Active client participation is important

while the practitioner uses verbal instruction, hypnosis and imagery, deep muscle and connective tissue manipulation, and mobilization in the movement re-education process. To become a Registered Movement Therapist, the student must complete more than 500 hours of in-class, hands-on instruction, 200 hours of post-graduate experience in teaching or private practice, and other items. Registered practitioners may include graduates of Feldenkrais, Alexander, and other movement-based disciplines.

MUSCLE ENERGY

Muscle energy is a direct, non-invasive manual therapy used to normalize joint dysfunction and increase range of motion. Using the barrier concept, the practitioner evaluates the primary areas of dysfunction in order to place the affected joints in precise positions that enable the client to perform gentle isometric contractions. These directed movements help correct neuromuscular and joint difficulties.

For more information, please contact the Upledger Institute, page 77.

MYOFASCIAL RELEASE

A hands-on technique utilizing prolonged light pressure intended to affect the fascia.

For more information, please contact the Myofascial Release Treatment Center & Seminars, page 101.

MYOTHERAPY

See Trigger Point Myotherapy.

NAPRAPATHY

With influences from osteopathy and chiropractic, this system of treatment uses soft tissue manipulation to release tension and balance energy flows in the body. The practitioner uses palpation to explore the tissue, looking for rigid, contracted areas of the body. He then begins repetitive, rhythmic, thrusts to gently stretch

the contracted connective tissues. Sessions usually last 30 minutes, focusing mainly on the ligaments near the spinal column. Diet, exercise, and postural adjustments help to improve circulatory and nervous system function.

For more information, please contact the National College of Naprapathy, page 9.

NEUROMUSCULAR THERAPY, ST. JOHN METHOD

Developed by Paul St. John, LMT, this comprehensive program of soft-tissue manipulation balances the body's central nervous system with the musculoskeletal system. Based on neurological laws that explain how the central nervous system initiates and maintains pain, the goal is to help relieve the pain and dysfunction by understanding and alleviating the underlying cause. Neuromuscular therapy can help individuals who experience distortion and biomechanical dysfunction, which is often a symptom of a deeper problem. It is also used to locate and release spasms and hypercontraction in the tissue, eliminate trigger points that cause referred pain, restore postural alignment, proper biomechanics and flexibility to the tissues, rebuild the strength of injured tissues, and assist venous and lymphatic flow.

For more information, please contact the St. John Neuromuscular Pain Relief Institute, page 76.

NUAD BO RARN

See "Thai Massage."

NUAT THAI®

A form of Traditional Thai Medical Massage which historically originated in the Vajrayana Yogic medicine of Tibet. Translated and creatively adapted to the needs of the modern west by Anthony B. James, Ph.D. Nuat Thai® Massage facilitates and promotes a harmonious state of being. The ancient Tibetans and subsequently the Thai carefully recorded

various states of disease and imbalances of the body, mind and emotions and, over time, devised methods for influencing the course of these imbalances. This was important, since these imbalances often kept people from experiencing life in a full and productive way. Shivago is noted for distilling the Indian Ayurvedic medicine based on 88,000 Chakras and 350,000 Prana Nadis and their corresponding Special Points into a workable system focusing on a few key chakras, lines, and points. Many of the treatment methods he devised are still viable and in use today. Nuat Thai® incorporates elements of mindfulness, gentle rocking, deep stretching, and rhythmic compression to create a singular healing experience. This work, a unique form of Vajrayana Yoga, focuses on balancing energy and creating wholeness of mind, body and spirit in the client and the practitioner as well. The four principle methods used in Nuat Thai® are Wai Khruu (prayers and spiritual practice), herbs, diet, and laying-on of hands. In the hands-on aspect, the practitioner literally takes the client through a series of specific postures called Asanas, progressively facilitating energy and balancing Chakra function. Nuat Thai® massage is an excellent alternative therapy for rehabilitation, pain relief, and stress reduction. It is nurturing, calming, and enlivening and will expand your ideas of what bodywork can be. Training is comprehensive and the practitioner level may take up to two years.

For more information, please contact the Institute for Spiritual Healing, page 79.

OHASHIATSU®

Chashiatsu® is a method of bodywork offering both giver and receiver a complete experience of self-development and healing. Combining Oriental healing philosophy and techniques with psychological

and spiritual components, Ohashiatsu expands awareness of self and others through movement, meditation, and touch. As a holistic method, Ohashiatsu emphasizes sensing and working with the overall energy flow throughout the body to create balance and relieve aches, tension, stress, and fatigue. Studying and practicing Ohashiatsu helps to develop a balanced condition of health and well-being encompassing body, mind, and spirit.

For more information, please contact the Ohashi Institute, page 96.

ON-SITE/SEATED MASSAGE

Techniques which provide fully clothed seated massage, bodywork, and somatic therapies to clients, generally in a corporate or business setting. Practitioners utilize shiatsu, amma, and/or Swedish techniques.

For more information, please contact On-site Massage Association, page 45, On Site Enterprises, page 62, or Seated Massage Experience, page 76.

ORTHO-BIONOMY

A system of bodywork, homeopathic in principle, developed in the 1970s by Dr. Arthur Lincoln Pauls, a British osteopath. Since the early 1970's, Dr. Pauls has expanded and refined this remarkable system which has roots in modern and 19th century osteopathy and medical antiquity. He coined the term Ortho-Bionomy to describe this study of the correct application of the laws of life and natural healing.

Ortho-bionomy loosely translates from the Greek as the "correct application of the laws of life." Gentle, relaxing movements and comfortable postures are used to ease the body into positions that unblock tensions and release stressful muscular patterns. Gentle, non-intrusive, non-forceful movements encourage natural structural realignment and balance.

Training involves a comprehensive 500-hour program. Ortho-bionomy is an effective form of bodywork which uses gentle movements and comfortable positions to unlock tension and relieve pain. There are no rapid adjustments, painful contortions, or deep muscle probings. Instead, ortho-bionomy uses the body's preferred posture and mild exaggeration of any distortion to initiate postural balance and integration. Painful spots in the body (trigger points) are used as indicators of tense unbalanced areas that lack proper alignment and tone. The client and practitioner work together to find these areas thereby verifying the discomfort. Then through gentle positioning or movement techniques done with the practitioner, the client can experience the release of these painful spots. The release is accompanied by realignment and re-education of muscles and nerves. Thus clients learn how to self-correct their musculo-skeletal problems and pain syndromes. Mental and emotional tensions locked in the body disappear at the same time, creating a feeling of lightness and ease.

It is essential for the client to reinforce the sessions with home exercise and body awareness. Each treatment and homework practice is tailored to the needs of the individual. Posture and gait training are often part of the client's self-care program. Each ortho-bionomy session lasts 50 to 60 minutes.

Many individuals choose a series of sessions to help chronic back, neck, joint and muscle problems or pain/stress syndromes. Usually, there is no need for appointments more frequently than every week even in the most active phases of treatment.

For more information, please contact The Society of Ortho-Bionomy, International, page 46.



PFRIMMER DEEP MUSCLE THERAPY

This technique utilizes deep cross-fiber strokes applied with the thumbs and fingers. Developed by Theresa Pfrimmer of Canada, this is a deep muscle therapeutic technique. As with many pioneers, the technique was discovered in an effort to help herself recover from paralysis. The work enables free flow of lymph and blood as well as improving joint movement and removal of waste products/toxins from the muscle tissue. Conditions that benefit from the Pfrimmer DMT include arthritis, multiple sclerosis, headache, and fibrositis, among others. Massage therapists may enroll in a two-week graduate course in order to learn Pfrimmer Deep Muscle Therapy.

For more information, please contact the Therese C. Pfrimmer International Association of Deep Muscle Therapists, Inc. page 46.

PHYTOTHERAPY

Massage, mud packs, baths, or inhalation treatments using natural herbs or plant oils.

*** PILATES METHOD**

Developed by German-born athlete and physical therapist Joseph Hubertus Pilates in the early 1900s, this technique assists in the development of maximum muscle strength while increasing flexibility. It incorporates both Eastern and Western philosophies of physical and mental conditioning. Designed to repattern the range of motion, re-align poor posture, alleviate chronic back and neck pain, and eliminate stress. Clients use a highly specialized apparatus and work with breath, repeating precise movements. Apprenticeship requires 100 hours per level; 500 hours at all five levels.

*** POLARITY THERAPY**

Founded by Austrian-born naturopath Dr. Randolph Stone in the mid-

1920s. Emphasizing energy-flow in the body, emotional tension and/or pain is released when the flow of energy is restored. Polarity is based on the belief that positive and negative poles exist in every cell. The body is gently manipulated to balance the positive and negative energies. In addition to physical manipulation, blockages and toxins are eliminated by following a cleansing and building diet and simple exercises (polarity yoga). Treatments are suggested in a series of four. Training to become a practitioner is 430 hours.

For more information, please contact the American Polarity Therapy Association, page 47.

POSTURAL INTEGRATION & ENERGETIC INTEGRATION

Postural Integration and Energetic Integration were developed by Jack Painter in the late 1960s and have spread to Western Europe, Canada, Mexico, and Australia. These approaches focus on the unity of tissue, feeling, and awareness. Breathwork, deep fascia manipulation, emotional expression, and meditation are used in a unique synchronicity. Both are similar methods, but Postural Integration focuses on systematic work with layers of fascia, while Energetic Integration focuses on melting bands of body character armor. The client will experience not only extraordinary energy releases and tangible changes in body shape and flexibility, but also major shifts in awareness and feeling. The training to become a practitioner is approximately 600 hours of practical and theoretical study over several phases in centers throughout the world. The main office is the International Center for Release and Integration, 450 Hillside Avenue, Mill Valley, CA 94941; telephone, 415/383-4017 (listing on page 61).

PRENATAL/PREGNANCY MASSAGE

Specific techniques applied to pregnant women. Specialized training and a thorough knowledge of anatomy and physiology are required. Prescription from a physician is required prior to administering treatment.

For more information, please contact the Somatic Learning Associates, page 70.

PROCESS ACUPRESSURE

This integrated therapy combines traditional acupressure with Zero Balancing techniques and psychological processing to enhance psychospiritual growth. Process Acupressure offers a hands-on method of influencing the body's mental and emotional systems to stimulate balance, well-being, and expanded consciousness.

For more information, please contact the Upledger Institute, page 77.

RADIANCE TECHNIQUE

The Radiance Technique® is a science of universal energy, taught in seminars by authorized instructors throughout the world. The Radiance Technique® is a seven-level technique people learn to use for themselves and for other people. It is a hands-on technique which people from all walks of life learn to use for stress-release and energy balancing. Students in a seminar on the Radiance Technique® learn a variety of ways to apply and use unconditional, transcendental energy in their work, play and everyday lives. These students are taught a basic 12-position hands-on session which is to be practiced on self for at least an hour when possible. Authorized instructors of the Radiance Technique® do not license or certify students as practitioners. Such licensing and certification is up to the individual student or practitioner according to the requirements of the community in which he or she lives and works.

For more information, please contact The Radiance Technique Association International, Inc. on page 46.

※ **REFLEXOLOGY**

First known here in the United States as Zone Therapy, reflexology commonly focuses on the reflex points of the feet as well as the hands and ears. Developed by William Fitzgerald in the 1900s in the United States, reflexology has been known in China as a healing therapy for many thousands of years. By applying firm pressure with the thumb to specific nerve endings in the foot, an impulse is conveyed causing a reflex response. This simulates body organs such as the pituitary glands, lungs, bladder, kidneys, stomach, and spleen to return to optimal functioning. Treatments vary with the individual. After identifying the existence and location of the client's problem, reflexologists treat the problem area by triggering the body's own healing powers. The therapist deeply massages the appropriate site on the foot to stimulate and restore the free flow of energy in ten zonal pathways. Training is usually over one or two weekends or as part of general massage training.

For more information, please contact the Foot Reflexology Awareness Association, page 44.

※ **REICHIAN RELEASE**

This technique utilizes manipulation of the musculo-skeletal system to release emotional blockages from the body. Established from the works of Wilhelm Reich, an Austrian psychoanalyst.

※ **REIKI**

Founded by Japanese Christian educator Dr. Mikao Usui and introduced in the United States by his pupil, Saichi Takata, on the island of Hawaii in 1937. Based on the principles of Chi, or universal life energy, reiki promotes healing through methods that are rooted in spiritual tradition.

In reiki, a practitioner's hands are very gently placed on the fully clothed body of a person in a variety of established places on the head, chest, abdomen, and back. Treatments vary with each individual. Training to become a practitioner: one weekend each, Levels 1 and 2; Level 3 (Master's Level) by apprenticeship.

For more information, please contact The Reiki Alliance, page 46 or the American Reiki Masters Association, page 44.

※ **RESTORATION THERAPY**

Restoration Therapy has been practiced in Japan for over 1,500 years and has proved very successful in the treatment of migraine headaches, nervous tension, general fatigue, and muscular aches and pains. Professor Seishiro Okazaki was the foremost exponent of Restoration Therapy in America. He founded the Kodenkan Dojo, Ju-Jitsu School, and Nikko Restoration Sanatorium in Honolulu in 1929. 'Restoration' is the nearest interpretation of the Japanese name *Seifukujitsu*. The practitioners of this method in Japan are entitled to the same rank as doctor. It is combination of amma (original Japanese therapy) acupuncture, shiatsu, chiropractic, osteopathy, herbal medicines. Restoration Therapy is divided into four age groups and to be a successful practitioner of Restoration Therapy, a thorough knowledge of anatomy and physiology is imperative; also pathology, dietetics, psychology, and herbal medicines.

※ **ROLFING**

A technique to reorder the major body segments, Rolfing was founded by American biochemist, Dr. Ida Rolf, in the 1940s. Rolfing utilizes deep-tissue massage techniques to bring head, shoulders, thorax, pelvis, and legs into vertical alignment. Allows more efficient use of the muscles with less expended energy by lifting the head and chest and lengthening

the body's trunk. A sense of lightness and greater mobility often result from Rolfing. Treatments are offered in a ten-session series as well as advanced sessions. There are many prerequisites for acceptance to training. The International headquarters is located in Boulder, Colorado.

For more information, please contact the Rolf Institute, page 74.

※ **ROSEN METHOD BODYWORK**

At its heart, the Rosen Method is simplicity itself. Using gentle, non-intrusive touch, it works with muscles that are held and brings about physical and emotional awareness through relaxation. This technique utilizes both manipulation of the soft tissue and communication with the client to promote relaxation. Developed by American Marion Rosen. To qualify as a Rosen Method Bodywork Practitioner, an individual must complete the fundamentals course, advanced training, one intensive, and a supervised internship (12 to 18 months) or five intensives and a supervised internship (12 to 18 months).

For more information, please contact the Rosen Method Professional Association, page 46, or any of the Rosen schools, pages 63 & 64.

※ **RUEBENFELD SYNERGY METHOD**

Founded by Ilana Rubenfeld, this method integrates elements of the great body/mind teachers F.M. Alexander and Moshe Feldenkrais, together with the Gestalt theory and practice of Fritz and Laura Perls, and the hypnotherapy of Milton Erickson. The Rubenfeld Synergy method uses many avenues, including verbal expression, movement, breathing patterns, body posture, kinesthetic awareness, imagination, sound, and caring touch to access reservoirs of feeling. Trainees may become certified to practice the Rubenfeld Synergy Method upon successful completion of the training, contingent upon the approval of Ilana



Rubinfeld and the faculty. Certification qualifies you to practice the Rubinfeld Synergy Method one-on-one and join the Rubinfeld Synergy® Association, which maintains a directory of practicing synergists throughout the world.

For more information, please contact the National Association of Rubinfeld Synergists, page 45.

* SHIATSU

Utilizing traditional Chinese acupuncture points, this Japanese bodywork technique uses thumb, finger, and palm pressure rather than needles. Also known as acupressure, massage is applied at the acupuncture points, reinforcing joints, and muscles. Focuses on the efficient flow of energy throughout the meridians and autonomic nervous system. Acupoints are fixed points on each meridian at the surface of the skin which act as entrances and exits for the vital internal healing force. It also incorporates stretching and movement. Meridian and organs lacking in energy are balanced and strengthened. Treatments vary with individual.

For more information, please contact the American Oriental Bodywork Therapy Association, page 44, or the Acupressure Institute, page 58.

SOFT TISSUE RELEASE

Soft Tissue Release (STR) is a powerful sports injury treatment technique developed by Stuart Taws while working with the British Athletic Track Team. Europe's fastest sprinters have exclusively used STR for the fastest possible recovery time from injury. In acute injury, STR achieved recovery times previously thought to be impossible. When this new sports injury technique was used regularly, these athletes remained injury-free year after year.

In recent years, STR has been given clinical application for chronic low

back pain and whiplash injuries. In the pain clinic environment, STR was used as a last resort when all other forms of treatment had failed. The recovery rates documented by physical therapists were again previously thought to be impossible. The most stubborn and chronic low back pain and whiplash conditions that had been resistant to physical therapies responded immediately. STR deals directly with the reasons for soft tissue dysfunctions and subsequent referred pain and nerve entrapment. In acute conditions, STR affects the insidious way scar tissue is formed and in chronic conditions STR breaks up the fibrotic and adhered mass of scar tissue to quickly allow the muscle to return to its natural resting length. Once the muscle or muscle group has returned to the original resting length, there is an immediate release from the pain induced by the inflammation response. Most muscular techniques engage the affected or damaged muscle against a certain resistance supplied by the operator.

With STR, the patient is placed in a particular position so that the muscle begins to stretch in a very specific direction or plane. The exact location of the injury has been defined and a determined pressure is applied directly into the affected tissue or along a specific line of injury. At the same time, depending whether passive or active techniques are being used, the patient is given a set of instructions that now engage the antagonist of the muscles involved. The muscle is extended from a fixed position in a determined direction under a pinpoint of pressure. This is then repeated in every plane of movement. There are three levels.

The first level of stretch is very passive leading up to the third level with minimal therapist effort. When STR is most effective, it becomes a "therapist friendly" technique, requiring little strength or energy from the prac-

itioner, saving our hands and our healing spirit. The combination of this specific stretch, precise pinpoint compression through an exact plane of movement along with strong patient involvement produces an immediate release. This is accomplished by achieving a freeing up of previously fibrotic tissue and engaging muscle memory. Client involvement in the third, most active phase of STR, is total, and requires a considerable amount of movement on the part. Getting involved and working hard for their own recovery is a key factor in STR's success. At this active level, any discomfort experienced by the client is fleeting. Decrease in pain and increase in range of motion are often immediate, offsetting any minor discomfort experienced. STR can be modified so that there is no client discomfort at all. The flowing motions of STR and total client control afford new levels of deep tissue work and subsequent pain relief.

The teaching of most therapies involves detailed and exhaustive instructions for every muscle. STR teaches a single concept. Once the concept is grasped, the student is free to work out any soft tissue dysfunction, without any cookbook recipes needed. Combined with other powerful techniques previously taught, this newly formed therapy becomes "their own." Because only one concept is taught at various locations around the country. A powerful sports massage routine is also taught and is an integral part of STR. STR can be included in any level of learning.

For more information, please contact the British Institute of Sports Therapy, p. 66.

SOMA

A unique development of the holographic body reading technique. The Soma practitioner works with the fascia and musculature to restore circulation and return the body to its

original perfection. The holographic body reading recognizes that each person has an individual blueprint. The Soma training in body reading allows for the practitioner to analyze each individual blueprint, personalize its needs, and design the sessions to correspond to those individual needs.

For more information, please contact the Soma Practitioner Association & Somatics Society, page 46.

**SOMA
NEUROMUSCULAR INTEGRATION**

A system of physical manipulation of the muscular and connective tissue using a ten-session bodywork format. The Soma system of deeper work with less pain, plus the addition of extensive educational tools both in training practitioners of bodywork and in educating clients, were the results of the research of Bill M. Williams, Ph.D.

For more information, please contact the Soma Neuromuscular Integration Association, page 46.

SOMATIC EDUCATIONSM

Somatic EducationSM is a health care modality which is unique because it is based on Co-creative Science. It is therefore taught and practiced in a co-creative partnership with nature. Somatic EducationSM considers the body as one of nature's gardens, and facilitates self-healing by working with flower essences; MAP and Calibration; and environmental, energy and other processes developed at Perelandra.

For more information, please contact The Healing Arts Institute, page 86.

SOMATO-EMOTIONAL RELEASE

Somato-Emotional Release is a therapeutic process that helps rid the mind and body of residual effects of past trauma and associated negative responses. Dr. John Upledger and biophysicist Dr. Zvi Karni discovered that the body often retains—rather

than dissipates—physical forces as the result of accident, injury, or emotional trauma. Following trauma, the body isolates the "energy cyst." Students in Somato-Emotional Release learn how to help the client physically identify and expel the energy cyst through re-experiencing and resolving unpleasant incidents.

For more information, please contact the Upledger Institute, page 77.

SPA THERAPIES

A variety of body treatments administered in spas. Herbal wraps, loofah body scrubs, parafango, salt scrubs, seaweed body wraps, hydrotherapy treatments, etc.

For more information, please contact H.E.A.T. Spa Therapy Program, page 60 or California Institute of Massage & Spa Services, page 58.

SPINAL RELEASE

Spinal Release allows therapists to correct distortions of the central nervous system and restore the body's center of gravity. The therapist works with techniques that address the eight muscle groups of the lower back. Practitioners also focus on the soft-tissue release procedures for the neck and back as they help identify curvatures of the spine and other dysfunctions.

For more information, please contact the Upledger Institute, page 77.

SPIRITUAL MASSAGE HEALING

Spiritual massage healing is a form of divinely inspired and divinely guided religious healing. It consists of prayer, love, anointing with oil, and movements derived from the laying-on of hands. It is the practice of one's religious faith and conscience. It is a mode of worship. Without prayer, there is no spiritual massage healing. However, each practitioner does spiritual massage healing her own way, which may vary from one client to another.

For more information, please contact the Spiritual Massage Healing Ministry, page 46.

SPORTS MASSAGE

Consists of specific components designed to reduce injuries, alleviate inflammation, provide warm-up, etc. for amateur and professional athletes before, during, after, and within their training regimens.

For more information, please contact the International Sports Massage Federation, page 45.

STRAIN-COUNTERSTRAIN

Developed by osteopath Lawrence Jones, this non-invasive treatment approach helps decrease protective muscle spasms and alleviate somatic dysfunction in the musculoskeletal system. By using palpation and passive positional procedures, the therapist practicing Strain-Counterstrain Therapy can help restore pain-free movement. The position that relieves the referred pain is held in that position for 90 seconds. After resuming the original position and pressing the trigger point, the referred pain is gone. "Although the patient is sometimes required to bend or twist like a contortionist to secure a position of comfort, for the most part patients report enjoyment of the procedure....Like other specialized bodywork techniques, Strain-Counterstrain Therapy is an extremely effective method of relieving neuromuscular pain when used by a skilled practitioner." (*Alternative Healing* by Hugh Burroughs and Mark Kastner) *For more information, please contact the Upledger Institute, page 68.*

STRUCTURAL INTEGRATION

Based on the work of Dr. Ida P. Rolf approximately forty-five years ago, Structural Integration is based on the idea the the entire structural order of the body needs to be realigned and balanced with the gravitational forces around a "central vertical line"



representing gravity's influence. Therapeutic intervention is directed towards the myofascial system—the ligaments, muscles, tendons and surrounding connective tissues. A practitioner of structural integration has a ten-hour cycle of work—they use different angles and degrees of physical pressure to stretch and guide fascia to a place of easier movement. The process is not intended to "cure" symptoms; its goal is to create a more resilient, higher-energy system that is free of inhibitions due to past trauma. See *Rolfing*.

For more information, please contact the Guild For Structural Integration, page 73.

※ SWEDISH MASSAGE

While the healing power of touch is a very ancient concept, this common technique is named for Swedish massage pioneer Peter Ling (1776-1839). Emphasizing that all strokes go toward the heart, Swedish massage uses five main strokes to stimulate the circulation of blood through the soft tissues of the body. Through stroking and kneading, the body's metabolic processes and blood circulation are stimulated, enhancing one's sense of vitality. Most massage schools teach this technique.

TANTSU™, TANTRIC SHIATSU

Tantsu™, tantric Shiatsu, is a unique form of bodywork on land invented by Harold Dull, who also created Watsu™, water Shiatsu. Tantsu brings Watsu's in-water nurturing and power back onto land. In a Tantsu session, the giver cradles the receiver with his or her whole body. No oil is used; the receiver lies fully clothed on the floor while the giver kneels or stands beside the person. Like Shiatsu, Tantsu is based on point work and powerful stretches to release Chi (life force) along the body's meridians and in the energy centers, or chakras. Tantsu focuses on connecting the chakras and freeing the natural movement of energy

along the spine. Learning to give a Tantsu session involves the giver in a process that leads to an ever deeper connection with others and with one's own centers and flows of energy.

Definition was taken from Harold Dull's book, Bodywork Tantra: On Land and in Water (Harbin Springs Publishing, 1987).

For more information, please contact the School of Shiatsu and Massage at Harbin Hot Springs, page 64.

THAI MASSAGE

Also called Nuad Bo Rarn, Thai has been taught and practiced in Thailand for about 2,500 years. Although the origins are somewhat vague, credit for the origin of Thai Massage is given to a famous Indian doctor, Shivago Komarpaj, who was the personal physician of the Buddha and Magadha king. Historically, manipulation was one of four major branches composing traditional Thai ceremonies or magical practices. This is based on the theory that the body is made up of 72,000 Sen, or energy lines, of which ten hold top priority. Thai massage also involves peripheral stimulating, meaning it acts as an external stimulant to produce specific internal effects. This point serves as the main division between Thai and Western massage. Another difference is that Thai massage is practiced on a firm mat on the floor instead of on a table. This is instrumental in the effective use of the practitioner's body weight. Except for the feet, the client remains fully clothed, so draping is not necessary.

For more information, please contact the International Professional School of Bodywork, page 68.

※ THERAPEUTIC TOUCH

This laying-on of hands therapeutic technique was developed by Dolores Krieger, Ph.D., R.N., and Dora Kunz, a clairvoyant and gifted healer, in the 1970s in the United States. Used extensively by registered nurses in hospitals to nurture premature

babies and to increase the recovery of some patients, including in the emergency room. Gentle and non-invasive, it works on and above the body. Using a meditative process, Therapeutic Touch disperses blocked energy and allows the practitioner to channel healing energy to the client. The receiver may be sitting or lying down and may be conscious or unconscious during the treatment. The receiver ultimately heals herself. The practitioner's role is only to give of her own energy reserves in order to boost the healing process in the receiver.

For more information, please contact the Nurse Healers - Professional Associates, Inc, page 51, or the Therapeutic Touch Network (Ontario) Page 48.

※ TIBETAN POINT HOLDING

Multiple practitioners hold acupuncture points to help the client work through the heat of the pressure and the thought and word pattern that arise during the prolonged holding. Point holding aims for a complete emotional release. Developed by Karen Peterson and John Walsh in 1989. Between two and five people hold the acupuncture points (determined by either iridology or kinesiology) for up to two hours.

TOUCH FOR HEALTH

Developed by chiropractor John Thie, Touch for Health combines methods and techniques which include acupuncture principles, acupuncture, muscle testing, massage, and dietary guidelines. The method of treatment requires a second person who performs muscle testing. This determines which muscles are strong or weak, indicating if a physical problem or organ malfunction exists. Once weak muscles are determined, a variety of methods are used as part of a muscle strengthening program. Such techniques as finger pressure on neurovascular holding points on the head and pressure on the acupuncture holding points. After the muscles

have been strengthened, Touch for Health theory states that energy then flows through the body, improving vitality and ability to maintain good health. See *Kinesiology*.

For more information, please contact the Touch For Health Association, page 46.

TRAGER® APPROACH

Trigger®* is an approach to bodywork developed by American medical practitioner Dr. Milton Trager in the 1920s. It makes extensive use of touch-contact and encourages the patient to experience the 'freeing-up' of different parts of the body. The approach consists of simple exercises called Mentastics® and deep, non-intrusive hands-on work, consisting of fluid, gentle, rocking movements. The idea is to use motion in the muscles and joints to produce positive sensory feelings which are then fed back into the central nervous system. The result is a feeling of lightness, freedom and flexibility.

A Trager session takes from 1 to 1-1/2 hours. No oils or lotions are used. The client wears a swimsuit or underwear and lies on a well-padded table in a warm, comfortable environment. No long, broad strokes are used over the surface of the body and, unlike various techniques of deep tissue manipulation, it does not utilize extreme pressure or rapid thrusts to create structural change and does not produce pain as a necessary adjunct to its effectiveness.

During the session, the practitioner makes touch-contact with the client—both as a whole and in its individual parts—in such a gentle and rhythmic way that the person lying passively on the table actually experiences the possibility of being able to move each part of the body freely, effortlessly, and gracefully on his own. The practitioner works in a relaxed, meditative state of consciousness which Dr. Trager calls

'hook-up.' This state allows the practitioner to connect deeply with the recipient in an unforced way, to remain continually aware of the slightest responses, and to work efficiently without fatigue. After getting up from the table, the client is given some instruction in the use of Mentastics, a system of simple, effortless movement sequences developed by Dr. Trager to maintain and even enhance the sense of lightness, freedom, and flexibility that were instilled by the table work. Mentastics is Dr. Trager's coinage for "mental gymnastics"—a mindfulness in motion—designed to help clients recreate for themselves the sensory feelings produced by the motion of their tissue in the practitioner's hands. It is a powerful means of teaching the client to recall the pleasurable sensory state which produced positive tissue change. Because it is this feeling state which triggered positive tissue response in the first place, every time the feeling is clearly recalled the changes deepen, become more permanent, and more receptive to further positive change. Changes described have included the disappearance of specific symptoms, discomforts, or pains, heightened levels of energy and vitality, more effortless posture and carriage, greater joint mobility, deeper states of relaxation than were previously possible, and a new ease in daily activities. For more information, please contact the Trager Institute, page 65.*Trager and Mentastics is a registered service mark of the Trager Institute.

※ TRAUMA TOUCH THERAPY

Trauma Touch Therapy training program was developed by the Colorado School of Healing Arts in 1993 for those who have experienced sexual abuse histories and want to move from being survivors to thrivers. It includes therapeutic movement and breathwork to support the psychotherapy process. Non-invasive, the therapy progresses at a rate comfort-

able to the client. Trauma Touch Therapy emphasizes body/mind characteristics, while developing skills to empower the client.

For more information, please contact the Colorado School of Healing Arts, Inc., page 71.

TRIGGER POINT MYOTHERAPY

Trigger Point Myotherapy is a non-invasive therapeutic modality for the relief and control of myofascial pain and dysfunction. The goal of treatment is the patient's recovery from or a significant reduction in myofascial pain. The treatment goal is achieved through a systematized approach: this treatment consists of trigger point compression, myomassage, passive stretching and a regime or corrective exercises. Success may be measured subjectively by the level of pain reduction experienced by the patient and objectively through increased range of motion, strength, endurance and other measures of improved function.

Trigger Point Myotherapy relies heavily on patient-therapist interaction, including verbal and non-verbal elements. The myotherapist encourages in the patient a sense of personal responsibility for her or his improvement with attention to such perpetuation factors as nutritional intake, stress, proper exercises, mechanical abnormalities and other physical components.

Trigger Point Myotherapy must be viewed as one part in the overall patient evaluation and treatment approach, referring to other modalities as necessary. Although Myotherapist are highly knowledgeable in the areas of musculoskeletal anatomy, kinesiology, corrective and therapeutic exercise, and therefore rely on medical clearance and support, by an appropriate clinician, before beginning a treatment regime. These elements protect the

patient from delayed diagnosis, delayed treatment or contra-indicated treatment which are the concerns of first order. Thus, Trigger Point Myotherapy is an integrated professional approach to myofascial pain and dysfunction.

For more information, please contact the National Association for Triggerpoint Myotherapy page 45.

TUI NA

The term Tui Na first appeared in the Ming Dynasty texts as pediatric tui na (xiao or tuina). "Tui" means literally to push and "Na" is a squeezing and lifting technique. The names of these two techniques are used to represent the system. Practitioners of tui na claim that there are over 365 different hand techniques, although they can be generally placed in the category of either pressing, rubbing, waving, shaking, percussion, or manipulating.

For more information, please contact the American Oriental Bodywork Therapy Association, page 44 or the China Academy of Traditional Chinese Medicine, page 79.

VISCERAL MANIPULATION

Visceral manipulation enhances the normal mobility and tissue motion of the organs of the visceral system. Hypertonicity, displacement, and adhesions can all cause organs to work against each other, creating chronic irritation and fixed, abnormal points of tension. The visceral organs are dependent on their ability to move freely in the visceral cavity to work correctly and efficiently. When they are pulled out of their effective positions, they cease to function properly. By freeing each organ to work compatibly with the others, a therapist can potentially alter and improve the structure and functioning of the entire body.

WATSU™

Watsu™, aquatic Shiatsu, began at Harbin Hot Springs where Harold Dull brought his knowledge of Zen Shiatsu that he studied in Japan into a warm pool. Zen Shiatsu incorporates stretches which release blockages along our meridians, the channels through which our 'chi' or life force flows. Dull found the effects of Zen Shiatsu could be amplified and made more profound by stretching someone while floating them in warm water. By supporting, rocking and moving the whole body while stretching a leg or arm, Watsu lessens the resistance there is when a limb is worked in isolation. When the whole body is in continual movement, each move flowing gracefully into the next, there is no way to anticipate what's coming next and build up resistance.

Warm water, and the continuous support it provides, are ideal for freeing the spine. Watsu™ is a form of bodywork that can be easily learned by people who have had no previous experience in the field. *Definition was taken from Harold Dull's book, Watsu - Freeing the Body in Water (Harbin Springs Publishing, April 1993).*

For more information, please contact the Worldwide Aquatic Bodywork Association, page 46.

ZEN SHIATSU

This style was developed by Shizuto Masanuga, who proposed the treatment of meridian 'extensions' beyond those recognized in the classical Chinese view. He also developed the widely-accepted 'two-hand' style, where one hand moves, applying pressure, while the other provides stationary support.

For more information, please contact the American Oriental Bodywork Therapy Association, page 44.

ZERO BALANCING

Developed by Fritz Smith, M.D., Zero Balancing is a simple yet powerful hands-on method of aligning body energy with body structure. It integrates fundamental principles of Western science with Eastern concepts of body, mind and spirit. By correcting imbalances between energy and structure, the Zero Balancing practitioner can enhance physical, mental, and spiritual health. A Zero Balancing session, which consists of gentle pressing, stretching, and bending, generally takes 30 minutes and is done through the client's clothing. For the massage therapist or bodyworker, Zero Balancing opens new avenues of energy balancing through hands-on touch. Training takes 1-1/2 to 2 years and leads to certification as a Zero Balancer. Seminars are also available for those interested in a less intensive training program.

For more information, please contact the Zero Balancing Association, page 46.

Testimony
of
Kurt Nesgood
Before
Assembly Consumer Affairs Committee

October 23, 1997

My name is Kurt Nesgood. I am a member of the American Massage Therapy Association, the Wisconsin Coalition of Massage Therapists and Bodyworks, and owner of Pike Creek Wellness Center, a Holistic Care Facility in Kenosha.

I am here today in support of AB 461; to license Massage Therapist in Wisconsin.

I believe there are many reasons this bill is needed. When I graduated from the Chicago School of Massage Therapy, I discovered my home town of Kenosha had considerable road blocks built into its Massage Therapy Ordinance. Among these hindrances were police background checks, finger printing, mug shots, and doctors exams to prove us communicable disease free. To open a Massage Establishment, we were required to have separate showers for men and women. A very cost prohibitive expense.

While trying to change this part of the ordinance, an alderman commented that removal would allow Massage Therapists in any barber shop in town. My response was that "would allow us to more easily treat the public." Another committee member responded that " they didn't want us everywhere."

At the same time I was trying to set up an on-site treatment service in a new industrial park in Pleasant Prairie. In response to the request to operate this type of mobile service, one of the town supervisors stated that this kind of license would allow me to " put 20 girls on the corners of the village."

This may seem like a misconception from an unenlightened time, but it's not. Only one year ago while again working on upgrading the local Massage Ordinance in Kenosha, an alderman stated his opposition to dropping the massage establishment license by saying " we need to be monitored."

If the people who write these local laws don't understand what it is they are licensing, how can we expect the general public to be clear on what legitimate Massage Therapy is. Remember these people are part of the uniformed public.

Another problem is multiple licensing. At one time I had to carry three different licenses from three different communities. This is an unnecessary financial expense that the therapist must carry that is passed onto the public.

Multiple local ordinances also lead to confusion as to what the rules, if any, are in effect at a given location. It is possible to have restrictions on one side of the street but no laws on the other. In an unclear situation unscrupulous individuals can take advantage of the unsuspecting public.

Due to the fact that most local ordinances are written to guard against crime instead of promote health, Massage Therapists are the only health care professionals subjected to the insult of police checks finger printing, mug shots and communicable disease testing. This conveys the message that Massage Therapists are something less than professional. It's like being convicted of a crime before it's happens. No other health care worker is subjected to this degrading requirement.

Labels can be used to sway many people's choices. Not long ago in Kenosha a nurse inferred that because of her legal status as a nurse she was a better choice for a massage. State licensing will put a stop of this type of cross over advertisings.

Having the title Massage, Massage Therapy and Bodywork reserved for use only by state licensed Massage Therapists or Bodyworks will legitimate the advertisements in the Isthmus and Sheppards Express offering erotic or sensual massage. This will give the public the security that Massage means a therapeutic, beneficial treatment.

A state licensing system will also signify to other health care professionals that having Massage Therapy Treatments is more than a fluffy back rub. Having an equal license status with other health care workers increases the integrity of the profession. A big example of this is the Chiropractic Field. Since having its legal status confirmed in the 1980's, Chiropractic has become an accepted, beneficial, and readily accepted health care therapy.

It is fully within the ability of the Wisconsin legislature to help clarify the Massage Therapy field. Now is the time to end the confusion for the public, eliminate degrading local rules and allow a small business profession to thrive and continue to grow, while guaranteeing the public a higher quality of professional Massage Therapy Treatment. I encourage you to pass AB 461 now.

To: Chairman Clifford Orre and members of the committee
Subject: Certification of massage therapists in Wisconsin

As a nationally certified massage therapist, I believe that massage therapists in Wisconsin should be regulated for the following reasons:

Consumers would be assured that massage therapists in Wisconsin meet certain minimum standards of education and training. At present, consumers of legitimate massage therapy services cannot be certain if the person providing the service is qualified to do so. Anyone can present themselves as a massage therapist even if they have no education, training or experience in the field. While voluntary certification is available, the typical consumer does not understand the differences between various types of certifications.

In the absence of state wide licensing and regulation, massage therapy has sometimes acquired a negative connotation. Some people equate it with the offering of illicit services under the guise of "massage." In some areas legitimate massage therapists are regulated by "massage parlor" laws—for example, in some localities, massage therapists are required to undergo fingerprinting and physical exams. They are also sometimes restricted to locating their offices in certain designated areas of the city. Statewide regulation and licensing would enable municipal and law enforcement officials to differentiate between legitimate massage therapists and those offering illicit services.

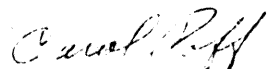
Massage therapy is the fastest growing segment of the health care industry in the United States today. Some medical schools, including Harvard, are now requiring that their students receive massage so they can experience its benefits and in turn refer their patients to receive massage therapy when appropriate. Doctors referring patients for massage therapy need to know that the therapists providing the service have had adequate training in techniques, pathology, anatomy and in recognizing when massage is contraindicated.

Almost all other occupations dealing with the body, such as physical therapists and beauticians, are required to be licensed in the interest of the safety of the consumer. Therefore it is also in the best interest of the consumer that massage therapists be regulated.

Currently 25 states and the District of Columbia are regulating massage therapy. Thirteen states in addition to Wisconsin are introducing or planning to introduce legislation to regulate massage therapy now or in the near future.

Thank you for your attention.

Sincerely,



Carol Poff, NCMT

Oct. 23, 1997

I'm Cathleen Sturn-Loy and I'm here to show my support for Bill AB-461. I have been a Certified Massage Therapist for over twelve years and I've been a Nationally Certified Massage and Bodyworker for app. four years. I believe this Bill will help to provide a standard of quality within the Massage profession. It is time for us to step forward within the medical profession and be recognized within our scope of expertise. We can then provide a better service to the public so we can facilitate them in their healing process. I ask you to please support Bill AB-461. Thank You.

Sincerely,
Cathleen E. Sturn-Loy

October 23, 1997

Re: 1997 Assembly Bill 461

Testimony of Consumer Jean Scherwenka

I started regular massage therapy 6 years ago. At that time, my symptoms included chronic neck and low back pain which caused, among other things, low productivity and high absenteeism at work, restrictions to my physical activity, and a low quality to my life in general.

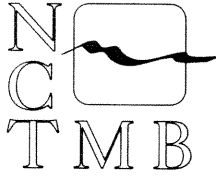
Over a period of time, massage therapy realigned my body. As a result, I have experienced major relief of my chronic pain.

Beyond the soft tissue work that my massage therapist performs, her close attention to my body and its balance contributes to my enjoyment of excellent health. By sharing her expertise and wisdom, she teaches me to understand, respect and care for my body. She points out habits that can cause long term or permanent problems for me, habits that I now avoid, e.g. holding a phone between my ear and shoulder, hyper-extending my knees, or leading with my head when I walk. I trust my massage therapist with the major portion of my health care and maintenance.

Trust is key in the relationship between massage therapist and client, as with any health care practitioner. Because massage therapy is most effectively performed on an unclothed body, the trust issue becomes even more important to me. If I ever have to choose another practitioner for some reason, I need the protection of regulated standards and an assurance of high ethics. I need to know that this person who I am trusting to provide hands on health care has been properly educated, trained and examined. I need to know that this person meets the requirements and qualifications needed for obtaining a license.

Without these regulations, I, as a consumer, face an uncomfortable and vulnerable situation when seeking the care of a massage therapist. By the time I could determine for myself that I'm in the hands of an unqualified or unethical bodyworker, I would unfortunately be lying unclothed on the treatment table. This would not be the best position from which to express my dissatisfaction with their work and my intention to leave their office at once.

For my protection as a consumer in this delicate and crucial area of health care, I respectfully request that you pass Assembly Bill 461. Thank you.



Betsy Carlson Krizenesky

Nationally Certified in Therapeutic Massage and Bodywork
Member American Massage Therapy Association

October 18, 1997

Representative Clifford Otte
Chair, Assembly Consumer Affairs
PO Box 8953
Madison, WI 53708-8953

SHORESIDE MEDICAL BUILDING

111 East North Water Street
Neenah, WI 54956-2758
(414) 725-0224

RE: Support of AB 461

Dear Representative Otte,

I, Betsy Krizenesky, am a Certified Massage Therapist practicing in Neenah, Wisconsin for the past 10-1/2 years. My office has been located all this time in Shoreside Medical Building, 111 E. North Water St.. Previous to April 1987 I was in practice for 3-1/2 years in Monterey, California. I graduated from Amaranth School of Massage, Carmel, California in June of 1983. I write to express my wholehearted support for AB 461 and encourage you to do the same.

25 other states in the country have passed legislation regulating massage therapy in response to a rapidly growing public demand for qualified massage therapists. When I opened my practice in the Fox Valley in 1987 I was one of a handful of practitioners. Now, as organizer of a local professional association, I send newsletters to 134 colleagues. Yet the public has no reliable standard by which to judge qualifications.

Currently many practitioners advertise their qualifications as "licensed", which is required by some municipalities. Usually the ordinances have no education requirements and by their language clearly confuse us with adult entertainment. Other therapists advertise themselves as "certified", which can be granted by anything from a nationally recognized board with high educational standards to schools or individuals giving weekend seminars. AB 461 provides a grandfathering provision for those who have at least two years of experience working for compensation within the five year period prior to enactment of the bill. [Section 21(2)(a)(b)] By section 460.03(1) it allows state licensed healthcare practitioners with massage in their scope of practice, such as physical therapists and chiropractors, to continue their work as long that they do not imply that they are massage therapists.

The adult entertainment industry is once again presenting itself in the Fox Valley. The first listing under the "Massage" heading in the September 1997 Ameritech phone book is "A First Affair, Outcall-Credit Cards Welcome, 800-416-9600". Not only the public but law enforcement officials are confused by the continued euphemistic use by the adult entertainment industry of the word "massage". Mandatory state licensure of those offering massage therapy, which is a healthcare service, would draw a bright line

between qualified practitioners and those offering illicit services under the guise of massage. [Section 460.02]

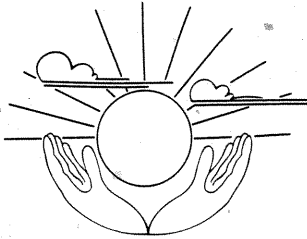
By clear language AB 461 protects the public health by defining those who provide massage therapy or bodywork as healthcare providers. Massage therapy or bodywork is "...the science and healing art that uses manual actions to palpate and manipulate the soft tissue of the human body...to improve circulation, reduce tension, relieve soft tissue pain, or increase flexibility..." [Section 460.01(5)(a)]

I look forward to receiving this legislative support for the public which we both serve. Thank you for your consideration.

Sincerely,

A handwritten signature in cursive script, appearing to read "Betsy Krizenesky".

Betsy Krizenesky



WISCONSIN ASSOCIATION OF MYOMASSOLOGY

Wisconsin Chapter of the International Myomassethics Federation, Inc.

Dear Honorable Legislators,

The Wisconsin Association of Myomassology (W.A.M.) consists of approximately 150 members with a large number in the metro Milwaukee area. W.A.M. has not made a specific stance as to the 1997 Senate Bill #262.

Because there are many laws, rules and statutes that are referred to by number without further explanation, we need time to research the implications. For example on page 7, section 14 there is a reference to statute 448.10. We need time to research all of the laws, rules and statutes referred to in this way.

As an organization, it is our desire to take an educated and informed position. Currently, a member is researching all the above laws, rules and statutes contained within Bill #262. There are plans for meetings and polls to survey our membership that will be accumulated and enable us to make a collective stance on this PROPOSED legislation.

Therefore, Sirs and Madams, our organization is seeking time to further research the various statutes referenced within this bill.

We respect and appreciate your time and effort in the evaluation of the 1997 Senate Bill #262.

Sincerely,

Angela Gill CMT
Public Relations Officer for W.A.M.
10039 W. Lisbon Ave.
Wauwatosa, WI 53222
414-690-5522



23 October 1997

Testifying before the Consumer Affairs Committee in favor of Assembly Bill 461.

Licensing of Massage Therapists would greatly benefit consumers in Wisconsin. In my experience, residents seeking the services of a professional Massage Therapist want to know that anyone practicing in the State meets a uniform minimum standard. This bill is a proactive initiative which will:

- instill confidence in consumers
- streamline and simplify law enforcement
- unburden municipalities
- promote positive, healthy economic activity

As the popularity of Massage Therapy continues to grow, national media references to its benefits increase and other states establish professional standards, Wisconsin consumers would be well served by a solid legislative infrastructure. Thank you for your attention to this matter. If I can be of any further assistance please do not hesitate to contact me.

Sincerely,

Mary Carroll
President
In Touch Bodywork Center, LLC



Marcia R. Koehler

Certified Massage Therapist

KOEHLER ENTERPRISES, INC.
312 S. 4th Street, P.O. Box 151
Delavan, WI 53115-0151
414-728-9990



Certified Professional Massage Therapist International Myomassethics Federation
Member ABMP—Association Bodyworkers and Massage Professionals

October 21, 1997

Consumer Affairs Committee
Wisconsin Assembly

Dear Assemblyman Ott,

As a licensed therapeutic massage therapist in the City of Delavan, WI., owner of my own business for 2 ½ years, and a graduate of a 900 hour course, I strongly support AB-461.

AB-461 Will protect the public by preventing persons engaged in illicit sex from using massage and bodywork as a cover. It also protects the public health by establishing standards of competency and ethics for practitioners. Massage therapy will also have a clearly defined scope of practice.

AB-461 Will allow latitude of movement for the therapist to treat where needed. At present I have a licensed facility in the City of Delavan (\$200 fee per year), and must hold a therapist license (\$25 fee per year). I am allowed to treat only in the city limits. If I choose to treat in neighboring municipalities I must also pay for and hold their licenses. We have a county license that is needed if the municipality is not licensed. I can not afford to pay for all the licenses and must limit my out calls to the city limits. I can not treat clients that are on hospice or unable to get to me because of this, unless they reside in the city. Many massage therapists are fenced out of employment due to this. AB-461 Would allow more competition and freedom of movement for therapists. Our employment opportunities would not tied to what licenses we can afford. The busier we are the more tax dollars we can generate.

AB-461 Will not compete with other health professions that use massage as part of their treatment plans. This licensing will restrict someone from using the term massage therapist or bodyworker, without the proper credentials. As massage therapists we do not treat pathological conditions or disease, a scope of practice much different from other health care professionals. Physical therapists, occupational therapists, chiropractors, and doctors, etc. do this in their practices. I have a daughter with physical disabilities and have been taking her to physical therapy for 13 years. The physical therapist scope of practice and education are very different from ours and much more complex. Some physical therapists use soft tissue mobilization in their practices, but many do not. Some physical therapy sessions are done without client contact. Electrical stimulation, ultrasound, exercises, etc. are being used more because 2-3 people at the same time can receive treatments from one physical therapist, becoming more profitable. The physical therapist that seems concerned about massage as a growing profession is one that does little soft tissue work. There seems to be a fear that someone else can be effective in treating muscle tension. We pose a threat, we touch the client. We treat one person at a time, at a reasonable charge, and affordable for many. Physical therapy's scope of practice is much broader and covered by most insurance if medically necessary, and under a doctors order. We are not asking to be called physical therapists. Massage therapy needs a clear definition of scope of practice. The general public needs to know what to expect from our profession.

I wish to use my education and skills learned in helping people reach a higher degree of wellness through massage therapy. I want my profession to be recognized for the benefits of massage. I get calls each month for sexual massage, this illicit connotation of massage must end. I want a clearly defined scope of practice, and the same latitude to practice, that other professions enjoy. Please give careful consideration to this bill. We consider ourselves an accessory in the health field and feel the public and our profession need the protection AB-461 will provide.

Thank you,

Rollin James Cowles, M.T., P.T.
1317 East Wilson St.
Madison, WI 53703
(608) 251-3990

My name is Jamie Cowles and I am a physical therapist as well as a massage therapist. I wish to testify in favor of AB 461 - State Licensing for Massage Therapy and Bodywork. Due to my position as a licensed physical therapist in the state of Wisconsin, I would like to comment on the objections of the Wisconsin Physical Therapy Association (WPTA) to AB 461 noted in their letter to the Consumer Affairs Committee dated October 14, 1997.

1. Their letter states that AB 461 "contains a great deal of overlap into the physical therapy profession". I believe that physical therapy, on the contrary, is attempting to overlap into massage therapy. Many orthopedic problems require manual (hands-on) therapy. Massage therapists receive hundreds of hours of training and experience in manual therapy. When I attended physical therapy school at UW-Madison, we received six hours of manual therapy training. Clearly, massage therapists are better trained in hands-on therapy. Conversely, massage therapists (and AB 461) attempt very little

Rollin James Cowles, M.T., P.T.
1317 East Wilson St.
Madison, WI 53703
(608) 251-3990

Our lap in to the physical therapy realms of mechanical and electrical modalities such as ultrasound or electrical stimulation or therapeutic exercise.

2. The WTA letter claims that "Physical therapists are required to have a 4-6 year degree." In actuality, only two years are spent in professional school.

During this time, physical therapists study a wide range of topics including statistics, many classes dealing with neurology and neurological disorders, pathology and research in addition to their six hours of manual therapy. Massage therapists, on the other hand, attend professional school for one year - AB461 calls for a minimum of 500 hours of training. As pointed out earlier, this includes hundreds of hours of manual therapy training and experience. Clearly, massage therapists are better trained at what we do - manual therapy.

3. Their letter states: "Continuing education must be required, with a specified number of hours." This objection is rather ironic since no continuing education is

Rollin James Cowles, M.T., P.T.
1317 East Wilson St.
Madison, WI 53703
(608) 251-3990

required to maintain a physical therapy license in Wisconsin.

4. My final point concerns consumer access to massage therapy ~~by~~ those best trained to provide it - massage therapists. Historically, various groups have tried to block this access. In Ohio, the medical doctors have controlled the massage therapy business. In Maryland, the physical therapy interests attempted to prevent massage therapists from independent practice. I believe consumer choice and access to massage therapy are best served by regulation by massage therapists themselves rather than some other group.

Again, I am testifying in favor of AB 461.

Sincerely,

Rollin James Cowles, M.T., P.T.

March 17, 1997

Dear Bradley Enerson:

I am a practicing physical therapist in the State of Wisconsin and I express my support for legislation in Wisconsin to license and regulate professional massage therapists.

Massage therapy has many benefits including improved lymphatic drainage, decreased pain, improved flexibility and relaxation of painful muscles and joints.

Statewide licensing would help maintain high standards and would inform consumers that individuals who refer to themselves as massage therapists meet these standards.

Thank you for this opportunity to express my support for upcoming legislation to license massage therapists in the State of Wisconsin.

Sincerely,

Duane Darling P.T.

Duane Darling, P.T.
6314 Ford Street
Monona, WI 53716
License Number 3998

DD/mjh



WISCONSIN ALLIANCE OF CITIES

14 W. MIFFLIN • P.O. BOX 336 • MADISON, WI 53703-0336 • (608) 257-5881 • FAX 257-5882

Appleton

Ashland

Beloit

De Pere

Eau Claire

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Janesville

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Neenah

Oshkosh

Racine

Sheboygan

Stevens Point

Superior

Two Rivers

Waukesha

Wausau

Wauwatosa

West Allis

West Bend

Wisconsin Rapids

October 22, 1997

To: Members of the Assembly Consumer Affairs Committee

From: Ed Huck & Gail Sumi

Re: AB 461, relating to the regulation of massage therapists

On behalf of the membership of the Wisconsin Alliance of Cities, we ask you to support an amendment to AB 461, relating to the regulation of massage therapists. The amendment does the following:

“A city of the 2nd class which has in effect, on the date this act takes effect, ordinances licensing massage technicians and massage establishments, including inspections of massage establishments and conditional zoning of the location of massage establishments, may continue those ordinances in effect if the following requirements are met:

- (a) The city’s local ordinances pre-exist this law being enacted and have been in effect and actively enforced for at least 10 years; and
- (b) The city, within 90 days of this law being enacted, informs the board in writing of its intention to maintain in effect and actively enforce those ordinances.”

It is designed to “grandfather in” the ordinances that have been in place in the city of Wauwatosa for 10 years.

Thank you.

Center for Neuromuscular Therapies

October 20, 1997

To: Representative Clifford Otte
Chair Consumer Affairs Committee
P.O. Box 8953
Madison, WI 53708

From: Hanna Franke, Co-Chair Wisconsin Coalition
of Massage Therapists and Bodyworkers

Re: AB 461 - A Reply to the Commentary of the Wisconsin Physical Therapy
Association dated October 14, 1997

The WPTA "believe there is no justified need for licensure" (see their para 5. Licensure versus Registration.

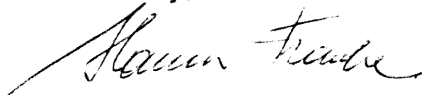
As an emerging profession in the health care field we need to establish standards and rules by which to define a Professional Massage Therapist.

1. The public does not know how to distinguish a professional, properly educated therapist from an unqualified person, or a person using the massage field as a front for other activities.
2. In order to establish a meaningful relationship with other healthcare professionals, standards have to be mandatory for the whole profession of Massage Therapy and Bodywork since physicians and other professionals need educational credentials in order to refer to another professional.

Enclosed are 13 testimonies of healthcare practitioners in this area, expressing their support for state licensure of the Massage Therapy profession.

Please circulate these letters to your Committee members before the Public Hearings on Thursday, October 23rd.

Sincerely,



Hanna Franke
Certified Neuromuscular Therapist

Enclosures: 17 letters

Family Health Center

Dr. Paula Rae Lee

"Health thru Chiropractic"



November 27, 1996

St. John Neuromuscular Therapy
ATTN: Hanna Franke
7818 Big Sky Drive
Suite 119
Madison, WI 53719

Dear Ms. Franke:

I would like to express my support for legislation in Wisconsin to license and regulate professional massage therapists.

Statewide licensing would perform the valuable function of informing consumers that individuals who refer to themselves as "massage therapists" meet standards for qualification and licensing as set by the Wisconsin Legislature and implemented by the Department of Regulation and Licensing.

Thank you for this opportunity to express my support for upcoming legislation to regulate and license massage therapists in the State of Wisconsin.

Sincerely:

A handwritten signature in cursive script, appearing to read "P. R. Lee".

P. R. Lee, D.C.

PRL/ald

115 Enterprise Drive
Verona, Wisconsin 53593



(608) 845-8860
FAX (608) 845-7770

Steven P. Reinen, D.C.

December 3, 1996

Hanna Franke
7818 Big Sky Dr., Suite 119
Madison, WI 53719

Dear Ms. Franke,

It is my understanding that qualified massage therapists such as yourself have begun efforts to enact legislation which would require licensing throughout the state of Wisconsin. As a health care practitioner who recognizes the benefits of massage therapy I would like you to know you have my full support in your endeavor to improve the standards under which all massage therapists will be held accountable. Certainly, the true beneficiaries of your inclusion in the Department of Regulation and Licensing will be the general public, as it is and has been for many years with other professions in Wisconsin.

I believe you and I are both represented in Madison by Rick Skinrud. I happen to know Rick and members of his staff and I will make it a point to discuss the importance of this legislation with them.

Sincerely yours,

Steven P. Reinen, D.C.

SPR:jes

DR. PETER J. KISH, D.C.
CHIROPRACTIC HEALTH CARE

320 West Main Street
Mount Horeb, Wisconsin 53572
(608) 437-3600

December 2, 1996

Hanna Franke
Certified Neuromuscular Therapist
7818 Big Sky Drive Suite 119
Madison, WI 53719

Dear Hanna Franke,

As a chiropractor with an active practice in our area, I write to express my support for legislation in Wisconsin to license and regulate professional massage therapists.

Because the neuromusculoskeletal systems are intimately integrated treatment of soft tissues, i.e. neuromuscular therapy, massage therapy, are a necessary component in treating patients with neuromusculoskeletal problems.

Health care consumers need to be assured that massage therapy is provided by a person with appropriate education and training. But while the voluntary certification now available through massager therapy associations is helpful, the typical consumer does not understand the difference between various certifications.

Statewide licensing would perform the valuable function of informing consumers that individuals who refer to themselves as "massage therapists" meet standards for qualification and licensing as set by the Wisconsin Legislature and implemented by the Department of Regulation and Licensing.

Thank you for this opportunity to express my support for upcoming legislation to regulate and license massage therapist in the State of Wisconsin.

Sincerely,



Peter J. Kish, D.C.



David Dow
Chiropractic &
Healing Arts

327 Island Drive
Madison, WI 53705
608.233.3588
(by appointment)

Dear Hanna Franke,

I would like to express my support to you in your endeavour to obtain licensure for massage therapists in Wisconsin. I am a Wisconsin licensed chiropractor and recognize the value that licensure brings.

I have experienced remarkable physical relief from massage. Occasionally, I come across a massage therapist such as you who can provide dramatic improvement in musculoskeletal conditions. I have experienced massage therapists who could provide a gentle touch and nurturing environment in order to facilitate a somatoemotional release in their clients, encouraging the healing of emotional scars.

It is important that the public be assured that they always receive a quality massage from an adept individual. A standard for massage therapists would provide that assurance. Licensure is important.

State mandatory licensing would require massage therapists to meet a reasonable standard of practice and those who did not would have to answer to a governing body.

There are many excellent massage therapists at present in Wisconsin who did not receive training for their work. I feel it is important that these people be "grandparented in" and that regulation be imposed only on future Wisconsin massage therapy candidates. I feel that six months to two years of practice is reasonable.

Sincerely,

David M. Dow, D.C.
327 Island Drive
Madison, WI 53705

sent

December 3, 1996

Ms. Hanna Franke & Assoc.
St. John Neuromuscular Therapy
7818 Big Sky Dr Ste 119
Madison, WI 53719

Marilyn J. Chohaney, M.D.
Family Practice
Claire M. Gervais, M.D.
Family Practice
Susan M. Torhorst, M.D.
Family Practice
Victoria A. Vollrath, M.D.
Family Practice

Dear Ms. Franke:

As a family physician with an active practice in Dane County, I would like to express my support for legislation in Wisconsin to license and regulate professional massage therapists. The patients whom I have referred to you have received many benefits from your neuromuscular therapy for the treatment of chronic conditions, benefits which cannot be obtained using any other therapy modality. What is lacking in our region is the certitude which physicians need that a patient referred to a massage therapist will get the professional services required. There is no state certification to inform me about the qualifications of massage therapists. I have had to rely on personal communications about references.

Health care consumers and physicians need to be assured that massage therapy is provided by a person with appropriate education and training. While the voluntary certification process now available through massage therapy associations is helpful, the typical consumer cannot understand the difference between the various certifications.

State licensing would perform the valuable function for us all of informing consumers about certification and providing security that massage therapists are indeed qualified. I recommend that massage therapists meet standards for qualifications and licensing as set forward by the Wisconsin legislature, and implemented by the Department of Regulation & Licensing.

Thank you for this opportunity to express my support for upcoming legislation to regulate and license massage therapists in the State of Wisconsin.

Sincerely yours,



Marilyn J. Chohaney, MD
Family Practice

MC:rf
DR: 12/03/96
DT: 12/04/96

Robert E. Cape, M.D.
Family Practice

Susan J. Carson, M.D.
Family Practice

July 8, 1996

RE: Hanna Franke


TO WHOM IT MAY CONCERN:

This is a general letter in support of licensure for massage therapist. As a practicing family doctor I have seen many instances in which massage therapy has been very helpful for people with a variety of musculoskeletal complaints including back pain, sore extremities, shoulders, neck and I feel that this sentiment is shared by many primary care doctors. Unfortunately, the massage profession has been severely stigmatized by the use of massage parlors as a front for prostitution and this has greatly inhibited their ability to bring relief to patients through misunderstanding and embarrassment of having to go to a massage establishment.

I feel that licensure for massage therapist would legitimize their profession and help make it much more sensible to the public in general.

If you have further concerns please let us know.

Sincerely,



Robert E. Cape, MD

RC:cr

DR: 07/08/96

DT: 07/08/96

Dean Clinic

1313 Fish Hatchery Road
Madison, WI 53715
(608) 252-8000



December 10, 1996

Hanna Franke
Certified Neuromuscular Therapist
St. John Neuromuscular Therapy
Hanna Franke and Associates
7818 Big Sky Drive, Suite 119
Madison, WI 53719

Dear Ms. Franke:

As a physician with an active practice in our area, I write to express my support for legislation in Wisconsin to license and regulate professional massage therapists.

Health care consumers need to be assured that massage therapy is provided by a person with appropriate education and training; but while the voluntary certification now available through massage therapy associations is helpful, the typical consumer does not understand the difference between various certifications.

Statewide licensing would perform the valuable function of informing consumers that individuals who refer to themselves as "massage therapists" meet standards for qualification and licensing as set by the Wisconsin Legislature and implemented by the Department of Regulation and Licensing.

Thank you for this opportunity to express my support for upcoming legislation to regulate and license massage therapists in the State of Wisconsin.

Sincerely,

A handwritten signature in black ink, appearing to read "Mark G. Timmerman", written over a horizontal line.

Mark G. Timmerman, M.D.
Family Practice and Sports Medicine
Dean Medical Center
MGT/11a

DCM982474P

Dean Clinic

DEPARTMENT OF NEUROSCIENCES



1313 Fish Hatchery Road
Madison, WI 53715
(608) 252-8000

Neurosurgery
Wojciech M. Bogdanowicz, M.D.
John E. Woodford, M.D.
Steven M. Toutant, M.D.
Randall C. Florell, M.D.

Neurology-EEG-EMG
Robert W. Graebner, M.D.
Charles E. Miley, M.D.
Basil B. Holoyda, M.D.
Stan W. Boyer, M.D.

Neuropsychology
Peter A. Williamson, Ph.D.

Neuroradiology Consultant
Madison Radiologists, S.C.

Pediatric Neurosurgery
John E. Woodford, M.D.

Pediatric Neurology-EEG
Mary K. Dominski, M.D.

Neurology/Neuro-ophthalmology
Cheryl L. Ray, D.O.

December 3, 1996

Ms. Hanna Franke
Certified Neuromuscular Therapist
7818 Big Sky Dr Ste 119
Madison WI 53719

Dear Ms. Franke:

Thank you for your recent letter seeking support for licensing and regulation of massage therapy. I do feel that massage is a beneficial therapeutic modality for people with neuromuscular disorders and feel that further regulation and licensing on a statewide basis is important. I think this would ensure that standards are met, thereby protecting consumers and ensuring appropriate delivery of care.

I congratulate you on your efforts in this regard. I hope that you are successful.

Sincerely,

A handwritten signature in dark ink, appearing to read "S. Toutant", written over a horizontal line.

Steven M. Toutant, M.D.
Neurosurgery
Dean Medical Center

SMT/ljd
DC M03154M.ljd
DR: 12-04-96/1

Physicians
Plus Medical
Group

John R. Whiffen, M.D.
1 S. Park
Madison, WI 53715
(608) 287-2700

December 2, 1996

Hanna Franke
St. John Neuromuscular Therapy
7818 Big Sky Drive
Suite 119
Madison, WI 53719

Dear Ms. Franke:

As an orthopaedic surgeon who has referred to you frequently I wish to express my support for legislation in Wisconsin to license and regulate professional massage therapists.

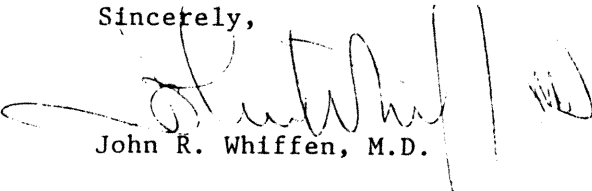
I have sent you a number of patients who have musculoskeletal complaints and you have clearly benefited them with your treatment. Many of my patients have very tight muscles that frequently isolate to just one or two muscle groups and I have seen substantial improvement with your work.

The main benefit from my perspective for licensing massage therapists is to provide a group of therapists that physicians and surgeons can refer to with the full knowledge that appropriate care can be given. As it stands at present, while there is voluntary certification, it is unclear when you get a letter from someone saying they are massage therapists whether or not they are in fact appropriately certified. Obviously, a secondary benefit would be that individual patients would also know who is and who is not qualified for this treatment.

I, therefore, support licensing massage therapists within the State of Wisconsin so that we know that those who call themselves massage therapists, in fact, meet the proper standards for qualification and licensing. I am hopeful that this set of standards will incorporate the national standards that have already been established by groups of massage therapists.

Thank you for allowing me to express my support of this legislation.

Sincerely,


John R. Whiffen, M.D.

JRW/cg



Denis O. Carey, D.D.S.
Thomas W. Choate, D.D.S.
David S. Ducommun, D.D.S.

Michael I. Kokott, D.D.S.
Frederick C. Weigt, D.D.S.
John H. Duffy, D.D.S., Periodontist

Personalized & Comfortable

Dear Hanna Franke,

As a dentist with an active practice in our area, I write to express my support for legislation in Wisconsin to license and regulate professional massage therapists.

You have treated many of our patients with your neuromuscular massage techniques. Our patients have experienced much relief in symptoms subsequent to your therapy!

As in any industry it would be best for consumers if the requirements for providers of this therapy were standardized. Statewide licensing would perform the valuable function of informing consumers that individuals who refer to themselves as "massage therapists" meet standards for qualification and licensing as set by the Wisconsin Legislature and implemented by the Department of Regulation & Licensing.

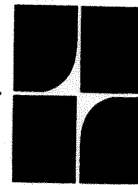
Thank you for this opportunity to express my support for upcoming legislation to regulate and license massage therapists in the State of Wisconsin.

Sincerely,

David S. Ducommun, D.D.S.

University of Wisconsin Hospital and Clinics

University of Wisconsin-Madison
600 Highland Avenue
Madison, WI 53792



December 4, 1996

Hanna Franke
Certified Neuromuscular Therapist
St. John Neuromuscular Therapy
7818 Big Sky Drive Ste 119
Madison WI 53719

Dear Ms. Franke:

As a physician with an active practice in our area, I write to express my support for legislation in Wisconsin to license and regulate professional massage therapists.

Health care consumers need to be assured that massage therapy is provided by a person with appropriate education and training. But while the voluntary certification now available through massager therapy associations is helpful, the typical consumer does not understand the difference between various certifications.

Statewide licensing would perform the valuable function of informing consumers that individuals who refer to themselves as "massage therapists" meet standards for qualification and licensing as set by the Wisconsin Legislature and implemented by the Department of Regulation and Licensing.

Thank you for this opportunity to express my support for upcoming legislation to regulate and license massage therapist in the State of Wisconsin.

Sincerely,

A handwritten signature in cursive script that reads "Daniel G. Malone".

Daniel G. Malone, M.D.
Associate Professor of Medicine, Rheumatology
University of Wisconsin
Hospital and Clinics



SUN PRAIRIE DENTAL CENTER

Christopher J. Stevens, D.D.S.

(608) 837-4880

425 WEST MAIN STREET

SUN PRAIRIE, WISCONSIN 53590

December 5, 1996

Hanna Franke and Associates
7818 Big Sky Drive
Suite 119
Madison, WI 53719

Re: Licensing of massage therapy

Dear Hanna:

As a dentist with special interest in treating patient with acute and chronic head and neck pain, I am writing to express my support for legislation in Wisconsin to license and regulate professional massage therapists.

As you know soft tissue therapy is an integral part of treating patients with pain. Many cannot find solutions to their pain in areas such as medication and counseling, which as you know are so often recommended by pain practitioners. Soft tissue therapy has been and needs to be an integral part of patient care.

Health care consumers need to be assured that massage therapy is provided by a person with appropriate education and training. But while the voluntary certification now available through massage therapy associations is helpful, the typical consumer does not understand the difference between various certifications.

Statewide licensing would perform the valuable function of informing consumers that individuals who refer to themselves as massage therapists meet standards for qualification and licensing as set by the Wisconsin Legislature and implemented by the Department of Regulation and Licensing.

Thank you for this opportunity to express my support for the upcoming legislation to regulate and license massage therapy in Wisconsin.

Sincerely,

Christopher J. Stevens, D.D.S., D.A.A.P.M., F.I.C.C.M.O.

COPY

*this letter also sent to
Senator Resser*

Representative Spencer Black
Rm. 219 N. P.O. Box 8952
State Capitol
Madison, WI. 53708

Donna McLeod
3525 Tallyho La.
Madison, WI. 53705

December 15, 1996

Dear Spencer:

I am writing in support of proposed legislation to license and regulate Massage Therapy and Bodywork.

My interest in this legislation is both personal and professional:

A. I have been, at several times in the past four years, a patient at Hanna Franke's neuromuscular therapy clinic in Madison which was supplemented in one instance at a similar clinic in another state. I have also received massage therapy for specific conditions on a number of occasions over my lifetime.

My first contact with neuromuscular therapy occurred after a car accident in which I received serious bruising and muscle and connective tissue damage to my chest. My personal doctor was not able to suggest any treatment for severe muscle spasms which began a day or two after the injury. I was referred to Hanna Franke by an instructor in my exercise class at UW Sports Medicine. Muscle spasms were permanently relieved in a single treatment; deeper injury to tissue within my rib cage required further treatment. I have received successful treatment for a subsequent injury to my shoulder (classified as rotator cuff injury) which was painful and incapacitating, and which involved specific identification of several injured tendons and ligaments. It is my understanding that this kind of injury is often treated with surgery, not always successfully. My own experience was that the pain and immobility were both completely cured by neuromuscular therapy. I now have greater mobility in that shoulder than I did prior to the injury.

Two other conditions have been successfully treated: Early stage TMJ, which was causing pain at night and when eating, and restricted jaw movement, was completely cured in a few sessions, and I was shown ways of helping this and preventing it from re-occurring. My personal dentist expressed considerable interest in learning where I had gotten this treatment in order to refer other patients. Lastly, muscle spasms in one hip, which have occurred periodically over a number of years are being eliminated through neuromuscular therapy combined with orthotics to correct a postural imbalance.

I have informed my personal physician of all of these situations and he has approved my using Hanna Franke's neuromuscular treatment as an adjunct to the care he provides in circumstances when it is appropriate.

B. Professionally, I hold two separate State of Wisconsin certifications as a mental health practitioner. My job is at Briarpatch, and I am sometimes in contact with parents, whose ability to both sustain a positive marital relationship and to parent effectively is affected by chronic pain which doctors have not been able to cure. Often they have used up a lot of time and money as well as insurance consulting doctors and attempting treatment which has not been effective. While this is not my area of professional expertise, it is frustrating to know that many of these people could be helped if this profession were licensed and more doctors were aware of the potential benefits of some of this treatment.

Following are several reasons why I support this licensure:

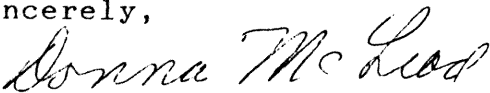
1. The field of massage therapy is clouded by persons who are selling sex as well as those with little or no training in body mechanics and proven techniques for reducing stress and promoting healing. This fact discourages many people from even looking in this direction for help. For those that are seeking this kind of help, how can they be assured that persons who offer services have legitimate health related aims and are competent?

2. The more advanced forms of massage therapy, such as the neuromuscular treatment which the St. John's group offers, are little known to most persons. Only a few physicians have had experience with their work, or generally refer patients for treatment which is not covered by third party payments.

3. Licensure encourages professionalization. It would entail: a) development of uniform standards of practice; b) incentives for individuals to improve skills to meet those standards; c) encouragement for research related to this type of therapy; d) establishment of regulatory boards which bring input from different perspectives; e) interest in interdisciplinary dialogue; f) pressure on practitioners to demonstrate that the treatment is effective, not already provided by another group and cost efficient; g) referrals to and from other health professionals to insure that the patient is getting whatever treatment is needed and most effective.

I am taking the time to support this proposed legislation because I strongly believe that this group of therapists can help a great number of people by relieving pain, improving functioning and preventing future incapacity. I would expect that Massage Therapy and Body Work licensed professionals could eventually replace less effective and more costly treatments that are now widely used for conditions involving chronic pain, and provide treatment for many persons for whom treatment has been given up.

Sincerely,



Donna McLeod. CICSW, CMFT