



# oregon news

Summer 2014 Edition

PO Box 1371 | Beaverton, OR 97075



## IT'S TIME FOR MASSAGE AT THE BIG FLOAT #4!!

Last year we had so much fun we are going to do it again. Come join us by the Willamette River in Tom McCall Bowl on the Waterfront Park in Portland to massage the folks who float and those who are just enjoying the view.

The annual event benefits the Human Access Project, who just wants to share the news: the water is fine so come on in! To prove it, they have 2000 folks from around town and the state to take a jump and go for a float.

AMTA Oregon members are there to reward these folks and spread the news on how wonderful massage by Oregon AMTA Chapter members is, and how much we love shar-

ing our passion for what we do and have fun doing it.

Have a great time this summer and join us on Sunday, July 27th for a 2 or 4 hour shift doing chair or table massage therapy under the trees on the perfection of a sunny day beside the river (cross your fingers, it was perfect last year).

As an added bonus, for volunteering you earn non-contact CE's for the time you work at the event.

For more information about the event, go to [www.thebigfloat.com](http://www.thebigfloat.com), and if you are interested in volunteering, please email Leslie Giese at [bodybunch@msn.com](mailto:bodybunch@msn.com). I look forward to spending a wonderful summer day with you!

## THE ROLE OF THE Q ANGLE IN ANTERIOR KNEE PAIN

Postural distortions can lead to numerous soft-tissue disorders. Clients with these postural challenges often look to the massage therapist to help with the pain or biomechanical challenges that result. In the lower extremity a large quadriceps angle, more commonly called the *Q angle*, is a postural distortion involving patellofemoral biomechanics. An exaggerated Q angle can lead to knee pain and knee pathologies, as well as compensations in other regions of the body.<sup>1</sup>

*continued on page 4*

## THE ACA AND YOUR MASSAGE PRACTICE

At this point, you've probably heard a lot of about Section 2706, the Affordable Care Act's non-discrimination provision for providers. Are you tired of it yet? I hope not, because things are just getting started here in Oregon.

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## BOARD OF DIRECTORS AND COMMITTEES

Please feel free to contact the following individuals with your questions.

**Leah Bowder** (503) 348-1574  
President / Government Relations [massage@leahbmt.com](mailto:massage@leahbmt.com)

**Devery Broddie** (541) 386-0009  
1st Vice President, Delegate [wholebodyworksdevery@gmail.com](mailto:wholebodyworksdevery@gmail.com)

**David Zunno** (541) 915-8440  
2nd Vice President [david@davidzunno.com](mailto:david@davidzunno.com)

**Vickie Stoddard** (503) 869-0700  
3rd Vice President [vickiestoddard@comcast.net](mailto:vickiestoddard@comcast.net)

**April Neufeld** (503) 683-1518  
Treasurer, Delegate [april@movementtherapyclinic.com](mailto:april@movementtherapyclinic.com)

**Mike Blackmore** (541) 915-5263  
Secretary [mike@blackmoremassage.com](mailto:mike@blackmoremassage.com)

**Leslie Giese** (503) 358-7995  
Awards, MERT, Membership Chair [bodybunch@msn.com](mailto:bodybunch@msn.com)

**Open**  
Convention, Finance

**Molly Verschingel** (503) 524-9040  
Education

**Doug Kinnaird** (503) 646-9754  
Newsletter Editor, Advertising [oramta.news@gmail.com](mailto:oramta.news@gmail.com)

**Cindy Robert** (503) 260-3431  
Rainmakers, LLP  
AMTA-OR Lobbyist [zrgroup@aol.com](mailto:zrgroup@aol.com)

**Oregon Board of Massage Therapists** (503) 365-8657  
(OBMT) Fax: (503) 385-4465  
[cms.oregon.gov/obmt/pages/index.aspx](http://cms.oregon.gov/obmt/pages/index.aspx)

**AMTA National Offices** (847) 864-0123  
Toll Free: (877) 905-2700  
Fax: (847) 864-1178  
[www.amtamassage.org](http://www.amtamassage.org)

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Contact the Editor for submission deadlines.  
Visit us at: [www.amta-or.org](http://www.amta-or.org)



# WELCOME NEW AMTA-OR MEMBERS

LESLIE GIESE, AMTA-OR MEMBERSHIP CHAIR LMT #5975

We want to offer a warm welcome to our new members and transfers. I will be calling each of you soon to tell you more about what your Oregon AMTA Chapter has to offer.

AMTA-Oregon has 53 new members and 7 members who transferred from other chapters, since our last Newsletter edition. Please welcome:

### Here is the list of new members

First Name	Last Name	City
<b>March</b>		
Leslie	Christiansen	Portland
Sasha	Elder	Portland
Grant	Gaskill	Gresham
Amy	Gwartney	Portland
Jarod	Harris	Redmond
Rhonda	Hill	Coos Bay
Gail	Karuna-Vetter	Eugene
Steve	Keener	Woodburn
Carol	Lesser	Ashland
Raina	Querubin	Noti
Angela	Ranney	Medford
Scott	Robison	Portland
Lidianne	Salt	Portland
Jennifer	Thompson	Milwaukie
Jill	Wells	Albany

<b>April</b>		
Skyler	Arnoux	Salem
Bret	Bullock	Portland
Levi	Campbell	Portland
Jacob	Castle	Portland
Stacy	Covell	Lebanon
Courtney	Crane	Portland
Hank	Harrach	Eugene
Kirsten	Richter	Portland
Reiven	Rios	Eugene
Charles	Roe	Eugene
Satheara	Sin	Portland
Ellen	Smith	Portland

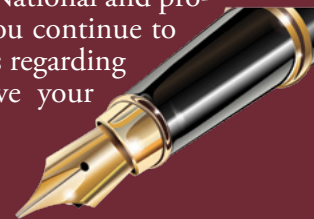
### Here are the transfers:

First Name	Last Name	City	Old Chapter
Kathleen	Blackburn	Albany	AZ
Heather	Bradley	Beaverton	AZ
Mandy	Cline	Corvallis	KS
Angela	Gisela	Eagle Point	CA
Patricia	Meyer	Lake Oswego	WA
Timothy	Hodges	Portland	WA

## PLEASE KEEP YOUR INFO UP-TO-DATE!

If your mailing address, phone number, or email address has changed since you last renewed your membership in AMTA, please contact AMTA National and provide them with an update so you continue to be included in communications regarding Oregon activities, or to receive your next newsletter.

Thank you!



## About this publication

Contributions are welcome; all submissions must include a legible signature and phone number and may be edited for space and clarification. Address all correspondence to: **Editor, Doug Kinnaird** at [oramta.news@gmail.com](mailto:oramta.news@gmail.com). AMTA-OR reserves the right to edit materials; reject copyrighted materials unless consent of copyright holder is obtained in writing; and assumes no responsibility for errors, omissions, corrections, or modifications in its publications. Information, articles, endorsements and ads contained in this newsletter do not necessarily reflect the opinions of the American Massage Therapy Association. We reserve the right to reject material that conflicts with American Massage Therapy Association's Bylaws, Policies, Core Values, Mission or Vision Statements, Strategic Plan Goals, Future Directions, or the Code of Ethics or Scope of Practice for AMTA members.

# PRESIDENTIAL NOTES

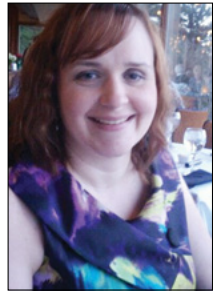
LEAH BOWDER, AMTA-OR PRESIDENT, LMT #12252

Yeah! This is my favorite time of the year. Hopefully, by the time this message arrives in your inbox, we will be seeing some more sunshine. I encourage you all take some time away from work to enjoy our beautiful state this summer.

Be sure to come join us at The Big Float on July 27th. We will be there promoting massage by AMTA members under the shade of the trees along the waterfront in downtown Portland. It is a fun event with a great view and live music.

We will have two more education opportunities this year, so please pencil in September 7 and November 2. We will let everyone know when we have the details. Are you following us on Facebook? It is the easiest way to keep up with the latest information about chapter activities.

Did you know AMTA-OR has many volunteer opportunities available? Do you enjoy organizing, list making, budgeting, menu planning, scouting out new venues and educators, writing, website maintenance, discussing massage therapy regulation, advocating for massage therapy, or community outreach? We could use a couple hours of your valuable time now more than ever. Our budget has taken a hit this year because of the new optional chapter fee. So far this year, we are taking in about \$1000/month less than last year. I encourage you to make your profession a priority and let us know how you would like to help.



*Leah Bowder, President*

## EDITOR'S NOTES

DOUG W KINNAIRD-EDITOR, LMT #2958

Happy Summer. It seems we'd barely put the last issue of the Newsletter to bed when it was time to start on a new one - thanks to our chilly February weather and postponement of our Annual Convention, which was that edition's main story.

There's plenty of news this time, though, with important information that will affect your professional life, from the ACA to the OBMT, with several excellent volunteer opportunities for promoting massage and your practice, with an exciting CE workshop on Cupping coming up in Eugene, and with Whitney Lowe's look at the Q-Angle, one of the possible reasons a client

might be experiencing knee pain.

So have a good read, soak up some sunshine, and we'll hope to see you at The Big Float and the Soul Stroll. Oh . . . and if you have something you'd like to share in the next Newsletter, drop me an e-mail.



*Doug Kinnaird, LMT #2958  
Editor, AMTA Newsletter  
(503) 646-9754  
oramta.news@gmail.com*

## GOVERNMENT RELATIONS REPORT

BY APRIL NEUFELD, BS, LMP/LMT # 10913

I spent the May 17 weekend in Grants Pass attending the meeting of the Oregon Board of Massage Therapists (OBMT). The board discussed a variety of issues, including requiring ethics for licensure, and three legislative initiatives: the practical exam, the educational hours required for licensure, and adding 'Bodywork' to the name of the board. Here's a small peek on what was covered.

The board took public comment regarding the addition of a specific number of contact hours in ethics education to the required hours for licensure and license renewal. The Federation of State Massage Therapy Boards (FSMTB), of which the AMTA is a member, recommended in their Entry Level Analysis Project (ELAP) that 6 hours of Ethics, Communication & Boundaries be required for new massage licenses. Following discussion among board members and the public, the board decided to require 4 Contact hours for both new LMT applicants and during each renewal period, for ALL renewing LMTs. This requirement is similar to Washington State's Massage Board's requirement of 4 hours in Ethics, Communication & Boundaries. We will report on the AMTA website when this decision will go into effect.

The board also discussed recommendations made by ELAP to increase the minimum hours for licensure. Currently 500 hours are required for all Oregon LMTs, but ELAP suggests increasing that

to 750, in a national effort to increase the required minimum hours for entry-level massage therapists. Washington State currently requires 500 hours, plus 4 contact hours of HIV/AIDS education, and First Aid/CPR certification.

Next, the board heard from the practical-exam review committee, which had been asked to review the practical exam and determine if an update was needed. Committee member Kelley Rothenberger reported that there are redundancies between the practical exam and the two options for the written (the national certification offered by NCBTMB and the MBLEx). People who have moved from out of state, and are licensed in another state, often complain about needing to pass an additional practical exam when they have already passed the MBLEx or the NCBTMB exam. It could also be argued that the practical exam does not improve public safety - which is the main purpose of the OBMT. The committee suggested that before considering a revision of the practical exam, perhaps the board should consider eliminating it. This would make Oregon more consistent with other states and help further the effort for reciprocity between state massage boards. The OBMT has asked the public to submit comments on this topic.

Finally, the board continued consideration of adding the word "bodywork" to its name, making it the Oregon Board of Massage Therapy & Bodywork. No decision was made.

If you have questions about this board meeting, you can review the meeting minutes at [www.Oregon.gov/OBMT](http://www.Oregon.gov/OBMT) or contact April Neufeld for more information.



# THE ROLE OF THE Q ANGLE IN ANTERIOR KNEE PAIN

BY WHITNEY LOWE, LMT #5109

*continued from page 1*

**T**he degree of the Q angle is determined by measuring two lines superimposed on the lower extremity. One line begins at the tibial tuberosity and continues in a superior direction through the mid-point of the patella. A second line connects the anterior superior iliac spine (ASIS) with the mid-point of the patella. The angle between these two lines is the Q angle (Figure 1).

There is a disagreement in the research literature about what constitutes an exaggerated Q angle. Some sources say a Q angle as small as 10° can be a problem while others say it is not an issue until the angle is greater than 20°.<sup>2</sup> A challenge with evaluating the Q angle's role is that it is not easy to accurately measure the angle. However, repeated investigations have shown that people with a larger Q angle have a greater likelihood for developing numerous knee complaints.

To understand how the Q angle contributes to knee pathologies it is helpful to look at the anatomical relationships in the region. The patella is embedded in the quadriceps tendon. There is a ridge on the underside of the patella that must fit

*Figure 1 The angle between these two lines is the Q angle*

*Reproduced from: Lowe W. Orthopedic Assessment in Massage Therapy. Sisters, OR: Daviau-Scott; 2006.*

Femoral condyles-- the trochlear groove is between the two condyles

Ridge on the underside of the patella that must fit in the trochlear groove between the two femoral condyles

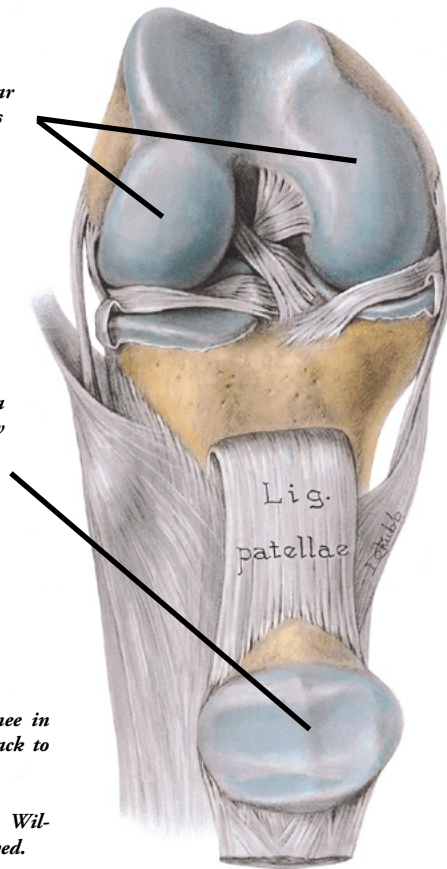


Figure 2 Anterior view of the knee in flexion with the patella peeled back to expose its underside.

Mediclip image copyright (1998) Williams & Wilkins. All Rights Reserved.

in the trochlear groove between the two condyles of the femur (Figure 2). The patella moves superiorly and inferiorly in this groove during knee flexion and extension.

The patella's ability to track straight in the trochlear groove is determined by the quadriceps' angle of pull. When the Q angle is greater, the quadriceps pull the patella in a more lateral direction. The unequal pull on the patella causes increased tensile stress on soft tissues around the knee. Too much lateral pull on the patella can also drag it against the lateral femoral condyle and eventually cause degeneration of the cartilage on the underside of the patella—a condition known as *chondromalacia patellae*. Problems associated with the patella and its correct movement during flexion and extension are referred to as *patellar tracking disorders*. In addition to patellar tracking disorders, a larger Q angle can also be a major factor in *patellar subluxation* or dislocation as well as *anterior cruciate ligament sprains*.

There is an increased incidence of these knee disorders in women and individuals with genu valgum. The Q

angle is greater in women due to the wider pelvis, which places the ASIS farther away from the patellar midline, thereby increasing the Q angle. The Q angle is also greater in people who have the genu valgum postural distortion, more commonly known as knock-knees.

Because certain aspects of bony structure, such as a wide pelvis, determine the Q angle, it is difficult to alter the angle with soft-tissue work alone. However, treatments such as massage are helpful for addressing some of the factors that aggravate Q angle problems. For example, an imbalance in tightness between the vastus lateralis and vastus medialis muscles can contribute to patellar tracking disorders. If the vastus lateralis is too tight, it can pull the patella further in a lateral direction. This situation often occurs in people with a larger Q angle. Comprehensive massage treatment of the vastus lateralis can reduce the amount that it pulls the patella in a lateral direction.

There are numerous causes of anterior knee pain. Several of these can be related to an excessive Q angle. It is not necessary to pull out the protract

tor and determine the exact Q angle. However, a visual estimation of the Q angle can give important clues about the role this postural distortion plays in a variety of pain complaints. In those cases, massage treatment of the quadriceps muscle group and the retinacular fibers around the patella greatly helps reduce the detrimental results of a large Q angle.

[This article was originally published in *Massage Today*, Vol. 8, No.7, 2008]

## References

1. Lowe W. *Orthopedic Assessment in Massage Therapy*. Sisters, OR: Daviau-Scott; 2006.
2. Herrington L, Nester C. Q-angle undervalued? The relationship between Q-angle and medio-lateral position of the patella. *Clin Biomech*. 2004;19(10):1070-1073.

DIANE CHARMLEY,  
RN, LMT # 4793

OUR RED WORD  
CONTEST  
WINNER...AND,  
HEY, LET'S DO IT  
AGAIN!

LESLIE GIESE LMT #5975

The Winner of our Red Word Contest for last issue - is Diane Charmley of Vancouver, WA.

This issue, we are doing it again, offering you a chance to win three 3-CE hour (9 contact CEs, valued at \$105.00) AMTA Oregon courses we offer after our Face-to-Face meeting months. So read the Newsletter, find the Red Word hiding within one of our articles and email the word, along with your contact information, to: [bodybunch@msn.com](mailto:bodybunch@msn.com).

Enjoy!

# SOUL STROLL

## WELLNESS WALK

### AMTA OREGON AND MASSAGE AT THE SOUL STROLL

AUGUST 16TH, 2014



Join us and show your support, at the Soul Stroll (Wellness Walk) where the community comes together to CELEBRATE, raise awareness of health disparities among the African American Community, and raise funds to sustain the physical activity program.

We have a great time under the trees at Wilshire Park, massaging to the music and the vibe of all the walkers as they get ready for the walk, and then celebrating their return.

Earn Non-Contact CE for every hour volunteered. If interested please email Leslie Giese at [bodybunch@msn.com](mailto:bodybunch@msn.com). We serve a very appreciative community and have a good time doing it.

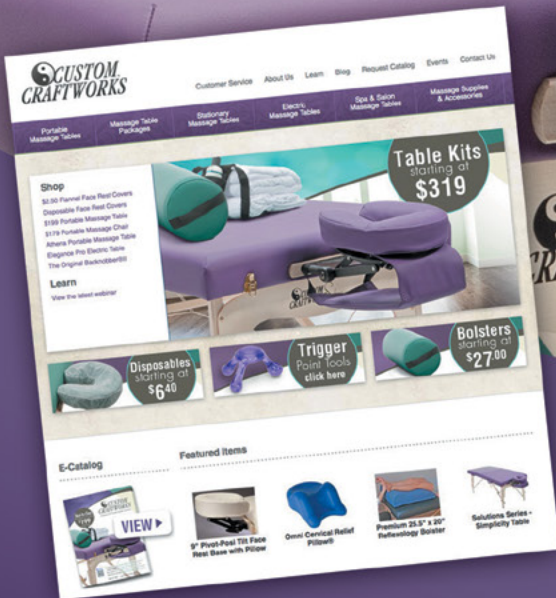




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# CUPPING WORKSHOP IN EUGENE, JUNE 21

## WORKSHOP TO FOLLOW AMTA-OR BOARD MEETING

**E**llen K. Smith will present a 3-CEU workshop on cupping for massage therapists, from 1-4pm on June 21, following the morning meeting of the AMTA-Oregon Board of Directors. The 11am meeting and afternoon workshop will be held at the Eugene Hilton, 66 E 6th Ave. Tuition is \$45 for AMTA members, and \$60 for non-members. Lunch will be provided at Noon for all participants.

Ellen has been in the healing arts profession since 1984. She received training in Cranial Sacral, Massage Therapy, Reflexology, Herbs, Homeopathy, and has an Acupressure Certification and a Masters in Traditional Chinese Medicine from Emperors College of Oriental Medicine in Santa Monica, California. She graduated cum laude

with a Masters in Traditional Oriental Medicine (MTOM). This difficult but prestigious school specializes in the Traditional Chinese Diagnosis. One of the top interns, she stayed at the school for an additional year to continue advanced studies under doctors from China. Following graduation, she was invited to study Tibetan medicine, advanced pulse diagnosis, and Tibetan advanced whole body diagnosis with Tibetan Monks in an ashram. She worked as an Acupuncturist for 9 years in Atlanta, Georgia in a medical clinic with MDs and Chiropractors specializing in pain relief.

The class will be presented in a workshop type setting, with different types of cups and cupping techniques to practice, experience, and try out. Worksheets will be provided for mak-

ing notes regarding different types of techniques. Participants may bring any cupping equipment they own to practice techniques, but the goal is to experiment with different types of cups and use different techniques that promote massage. The goal of the workshop is to demonstrate ways cupping can be integrated into an existing massage practice in ways that benefit both the practitioner and the client.

Participants should wear or bring shorts, loose clothing, and women may consider wearing a sports bra/top. Cupping should be gentle and the class should be fun.

Oils and creams will be available to try, but someone with increased sensitivity should bring an oil or cream they are comfortable using.

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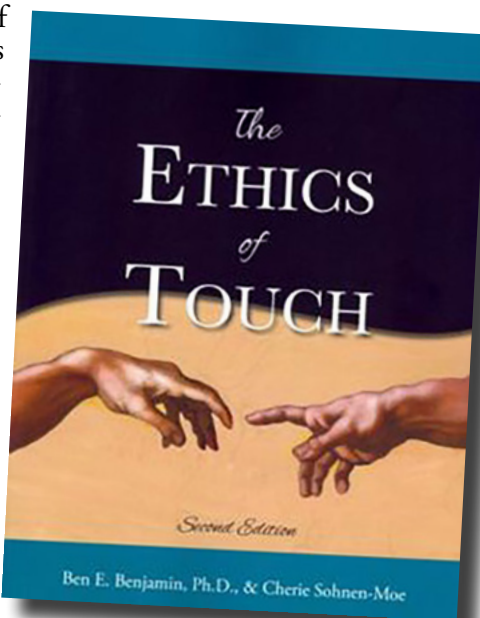
## THE ETHICS OF TOUCH SECOND EDITION

BY BEN E. BENJAMIN, PH.D., AND CHERIE SOHNEN-MOE  
BOOK REVIEW BY GLENATH MOYLE LMT #4198

**I**was impressed with the first edition of this book when I reviewed it 11 years ago. The new second edition is a worthy successor, retaining the good information from the first, updated with current massage therapy practices. It is an excellent resource for developing critical thinking skills around the subject of ethics.

We are all challenged with ethical issues in our personal and professional lives. In my role as a peer supervisor for the Oregon Board of Massage Therapy, I found that the first edition, and now this version, was like “an instruction book for life,” offering information and advice that is relevant to our profession. Whether one is a recent graduate or a seasoned professional I feel this book is a must for every massage therapist’s bookshelf.

The second edition offers 70 more pages, all presented in a colorful style that is easy on the eyes. The authors have revised and expanded most areas of the original. For example, the section in Chapter 1, about the Power Differential, has been enhanced and is a valuable resource for all



bodywork practitioners. Chapter 9, Business Ethics, is much expanded and very relevant to today’s professional environment. I appreciate the timely and specific information about such necessary topics as marketing techniques, insurance billing, social media communications, and non-traditional payment methods.

Chapter 10, Support Systems, encompasses a variety of different resources available to massage therapists today. Sections on Supervision, Peer Support Groups, Mentoring, etc., provide information from finding existing groups to instructions on how to set up your own. Because massage is generally a solitary profession, we can all benefit from sharing with our peers.

In closing, I would recommend that for those who already own the first edition, this new second edition is worth the investment in time and money.



SECTION 2706 —

# THE ACA AND YOUR MESSAGE PRACTICE

BY NATALIE WEINTRAUB, LMT #17001

*continued from page 1*

Section 2706 states that insurers cannot discriminate against providers who wish to work with and be reimbursed by insurance networks, so long as the provider is licensed by the state and working within his or her scope of practice. Last summer, the Human Health and Services Dept (HHS) released their own set of guidelines helping to explain Section 2706, but unfortunately these showed a gross misunderstanding of the law and its intent.

Since then, CAM provider groups across the state have been meeting with the Oregon Insurance Division in order to create their own set of guidelines that both insurers and providers could agree on.

The guidelines were recently released, and while they might not say much, they've come a long way since last summer. The Insurance Division wants to enforce Section 2706 to its full extent; they want insurance companies to follow the law and stop discriminating against providers. Of course, this doesn't mean that anyone is going to receive a new insurance policy in the mail saying that they now have CAM coverage. And, truth be told, most insurance companies aren't going to change the

way they process claims without some arm twisting.

But now we have recourse. Now we can (and are expected to) file complaints with the Insurance Division and point out this discrimination. The Insurance Division has created a special Complaint Form for providers to use so we don't have to fill out multiple forms for multiple denials. You can use a single spreadsheet to list out all of your complaints.

Want to help? Here's how:

-Get credentialed. We're incredibly fortunate to work in one of the few states that allow massage therapists to join up with insurance networks, so we need to take advantage of that. There are a number of insurance companies that will happily **accept** LMTs into their networks, while there are some that will tell you they are no longer accepting new applicants. Apply to both types of companies, and document what happens if you get denied. Follow [www.IHPCmassage.com](http://www.IHPCmassage.com) to learn about how to get credentialed with the right networks, and how to set up your business to take insurance payments.

-File complaints. As I said above, this is the key to getting the law correctly

implemented. If we don't point out unfair treatment and discriminatory practices, the Insurance Division won't be able to fix the problems. If you are already an in-network provider with an insurer, challenge the claim denials you've received that are due to provider discrimination.

-Reach out. Tell your coworkers to get credentialed. Ask your cash-pay clients if you can try billing their insurance - even if you know you'll get denied. If they're interested, your clients can register their own complaints on the OR Insurance Division website: <http://www.oregon.gov/DCBS/insurance/gethelp/Pages/fileacomplaint.aspx>

-Communicate. Did an insurance company reject your credentialing application? Did you file a complaint with the Insurance Division? Let us know. Shoot me an email -[natalie@happymediumpdx.com](mailto:natalie@happymediumpdx.com) - or let April Neufeld -[amtaor\\_treasurer@gmail.com](mailto:amtaor_treasurer@gmail.com) - the Government Relations Chair of AMTA-OR, know. The more we communicate with each other and across professions, the stronger our case will be.

The future of this law depends on us. We need to do everything we can to make sure it succeeds.

# OPERATION NIGHTWATCH SEEKS VOLUNTEERS

OFFERING MASSAGE TO PORTLAND'S LESS FORTUNATE



Operation Nightwatch (ONW) is looking for volunteers to provide massage to people in the homeless community for 3 hours, one night month.

According to its mission statement, ONW “is a non-sectarian night ministry of friendship and community” that has served Portland’s street population since 1981. While other agencies provide services such as housing, food, and clothing to the homeless, low-income, and mentally ill, ONW’s unique vision is that these populations also suffer from simple social isolation. Its simple mission is to reach out to them, nurturing relationship, welcoming each person who comes to them, just as they are. No

one is required to conform to any particular belief or faith practice in order to receive their services.”

Until recently ONW offered 5-6 massages a week in its downtown location, on Friday or Saturday from 7:30 to 9:30 pm but their LMT had medical problems, bringing an end to this service. The loss felt like a gift had disappeared from

under the tree, and people would frequently ask, “Where is the therapist? Can’t we find someone else to fill in?”

*Adam, a welder by trade, hadn’t had a good night’s sleep for as long as he was living on the street; after his first back massage, he slept well and pain free for*

*a whole week. Mary cried at the end of her massage because she hadn’t been touched by another human being in 2 years. David, who stands all day as a cook, looked forward to his weekly gift from Nightwatch to reduce his constant back pain. A heroin addict couldn’t believe anyone would offer him comfort let alone touch him and wish him well, despite his addiction. And the stories go on and on.*

By laying hands on the client, the massage therapist says, in effect, “I know you exist, I affirm your worth and I want you to feel free and relieved of the burdens of the day.” All that and the physiological value of the massage: released tension and a better night’s sleep. This is Hospitality. Clients’ appreciation is felt immediately, when they rise slowly off the chair, re-entering the “real” world, and a river of thanks flows freely.

Massage is just a part of ONW’s service, which includes providing a safe and peaceful environment, a simple meal, games, and wi-fi availability, on Thursday/Friday and Saturday nights from 7 to 11pm downtown at St Stephan’s Episcopal Church. It extends to offering clothing, socks and a Health Initiative that provides basic RN directed health care and referral, foot clinic, and wound management. Clients know they can ask for something they need because ONW tries to fill the needs of its guests whenever possible.

If you can help by offering one night a month for 3 hrs to create the wonder of massage for Portland’s homeless community, please contact Sean Meehan RN Health Coordinator at Operation Nightwatch at [seanpaix@comcast.net](mailto:seanpaix@comcast.net).





AMTA-Oregon  
 PO Box 1371  
 Beaverton, OR 97075

*The mission of the American Massage Therapy Association is to serve AMTA members while advancing the art, science and practice of massage therapy.*

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