

8/7/15 – CAMTC breakfast meeting at Common Ground Healing Arts Center

Present: [Dolo Brandolo](#) CMT, [Elliott Brown](#) of Common Ground (Executive Director), [Cate Caldwell](#) CMT, [Sarah Handley](#) CMT, [Ernie Kidd](#) CMT, [Lucia Kaestner](#) CMT, [Brian Keena](#) CMT, [Virginia Linder](#) CMT, [Betty Mooney](#) CMT, [Franciska Pocanic](#) CMT, [Connie Staley](#) CMT, [Ann Wachtel](#) CMT, [Dee Walsh](#) CMT, [Jean Weiss](#) CMT

We shared fine foods (ranging from fresh fruits (including broiled grapefruit!) to homemade goods to a range of confections and breads from local vendors. Conversation flowed, and included many “food for thought” topics, outlined below. Connie Staley joined us for a moment, just to introduce herself, and we appreciated her making the effort to touch base, and welcome her to the group. Her contact information: [conniemstaley@yahoo.com](mailto:conniemstaley@yahoo.com) / 434-996-2640. And those who stayed for the 2<sup>nd</sup> hour were treated to a group session of auricular acupuncture by Common Grounds therapist Sarabeth Whedbee!



First and foremost, we extend our condolences and best wishes to Karen Binney, whose husband Michael passed on unexpectedly during the night prior to the meeting. A Celebration of Michael's Life will be held in the coming months, date TBD, and all are welcome. Dee will try to communicate that date promptly, once it is set.

Folks present found out that they had a lot more in common than just being massage therapists: Several were friends of Dr. [Albie Tabackman](#), who also passed away recently, and they remembered him fondly. Dee finally got to meet Ann Wachtel face-to-face again, after receiving her excellent and inspirational “very first ever” massage from Ann back in the 1990s! And Ann recognized Franciska's voice and soothing demeanor, and realized that Franciska had been the massage therapist who laid healing hands on Ann's daughter years ago at UVA hospital!

Of the folks that were there, we learned that:

-Betty Mooney has been in massage therapy 40+ years, works primarily with elders (the eldest of whom is 105 years old!), and also has shared her knowledge with UVA Nursing students and at UVA retreats at Morven.

-Ann Wachtel (nee Miller) has been a massage therapist for 36 years, 30 of them happily working out of her home studio in Afton. She is also on the staff at Common Ground.

-Franciska Pocanic has worked at UVA hospital for many years, and formerly taught at VSM.

-Dolo (Dolores) Brandolo has been in practice about 10 years, and has an office on Berkmar Drive.

-Virginia Linder has had about 2 years of practice as a CMT, but got her inspiration and started hand-on work much earlier in life – she is enjoying working on staff at Common Ground at the present.

-Lucia Kaestner currently has a home office/private practice, works at MJH with Becky Getz and Laura Sherman on the Oncology unit, and also does (nursing-related) home care. She and Franciska also see the occasional private client at Dee's office.

-Brian Keena has been practicing a variety of modalities for 20+ years, including treatment for chronic pain, craniosacral, lymphatic drainage, and NMT. His office is wheelchair accessible, and if folks have clients that they cannot accommodate in their own office, his is sometimes available.

-Dee Walsh has been practicing about 15 years, focusing mainly on clients with pain and rehabilitation needs. She shares a space with Holly Hermanson, and the office is wheelchair accessible with a Hi-Low table - and the same offer goes out to CMTs who need accessible space – feel free to call!

-Ernie Kidd has also been in practice over two decades, and focuses on athletes and persons of all ages and capabilities who are undergoing physical rehabilitation.

-Elliott Brown has been at Common Ground Healing Arts for 1.5 years. Common Ground is a nonprofit with the purpose of making complementary health services accessible to everyone in our community. Their current focus is on massage, community acupuncture, yoga and meditation. Elliott would like Common Ground to become a supportive resource for Cville's healing practitioners.

-Sarah Handley has a long-standing private practice and offers a variety of modalities, including Thai massage. Sarah will be out on medical leave for a few months, and anyone who would like to send best wishes or who would like to help out can contact Rose Brown at [smiley.vibe@gmail.com](mailto:smiley.vibe@gmail.com) for more info.

And below are notes from our conversation about free-flowing topics – please at least scan to the very end, as there is a great deal of additional info embedded into the last two items:

-Elliott invited folks to stay for a yoga class with Sue Bovenizer, starting at 10:30, and was thanked for allowing us to have our meeting in the lovely Common Ground space!

-Dee mentioned that she would be out of work for several months, just having had surgery to repair damaged ligaments in her thumb. Anyone who picks up any of Dee's clients is more than welcome to call her for more information regarding their needs.

-Betty and Lucia spoke to the topic before the legislature regarding the licensure v. certification issue for massage therapists. An AMTA conference call on the subject was held on 12/13/15, utilizing the information in a PowerPoint presentation, which can be seen here: [Powerpoint](#)

If you wish to speak with someone directly about this, try Jana Laird - AMTA - VA Chapter  
<[president@amtava.org](mailto:president@amtava.org)>

And for your reference, here is the info cut-and-pasted from the AMTA site: [“Fact Sheet”](#)

**Massage therapists are currently certified by the Board of Nursing. We are seeking a change in the Code of Virginia to license massage therapists and eliminate outdated language.**

### **What is massage therapy?**

- Massage therapy is the scientific manipulation of the soft tissues of the body for the purpose of normalizing those tissues. It consists of manual techniques that include applying pressure, holding, and/or causing movement of or to the body.
- Massage therapy can reduce heart rate and blood pressure, increase circulation; increase lymph flow and the activity level of the body’s natural “killer cells;” relax muscles, improve the range of motion, increase serotonin and endorphins, reduce pain, anxiety, tension, and enhance medical treatment.

### **Who are massage therapists?**

- Massage therapists are professionals educated and experienced in the treatment of soft tissues for therapeutic purposes by application of massage techniques based on the manipulation or application of pressure to the muscular structure or soft tissues of the human body.
- In order to be certified, massage therapists must complete 500 hours of study at an approved school and pass an examination.
- Virginia currently certifies 7,655 massage therapists under the Board of Nursing.
- Forty-four states, D.C., and U.S. territories regulate massage therapists. Forty states require licensure. Only Virginia and Indiana offer title protection only. All of Virginia’s contiguous states license massage therapists..

### **Why is licensure the right type of regulation for massage therapists?**

- Massage therapists practice autonomously and in settings where they work one-on-one with their clients.
- Massage therapy practice has the potential to harm the public from negligence, incompetence, or unethical behavior.

### **How will this bill solve the problem that exists in the current regulation of massage therapists?**

- The current system of certification permits massage therapists to practice without state regulation if they do not call themselves massage therapists.
- A licensure law will prohibit this by requiring that anyone practicing massage therapy must be licensed by the Commonwealth.

### **What impact will the proposed legislation have on the regulation of massage therapists?**

- There will be no additional cost associated with licensure for those currently regulated by the Commonwealth. All massage therapists in good standing will be “grandfathered.”
- Those massage therapists who have not become state-regulated will have an additional year to obtain their license. The enactment date is 2017.
- All those applying for licensure will be required to undergo federal and state criminal background checks, consistent with those seeking RN and LPN licensure.

-Franciska wishes to share that the "Running Medicine 2016" conference will be held at UVA March 11-13, and may be of interest to those CMTs who treat athletes. Information can be found at these links, copied-and-pasted for easy reference:



## REGISTRATION IS NOW OPEN

DATE: MARCH 11-12, 2016

LOCATION: DARDEN BUSINESS SCHOOL, CHARLOTTESVILLE, VA



KEYNOTE SPEAKER:  
**KARIM KHAN,  
MD, PHD, FACSM**

Editor of *The British Journal of Sports Medicine* and an author of *Brukner & Khan's Clinical Sports Medicine (4th ed.)*

### ■ Program Overview:

Running Medicine 2016 focuses on State of the Art strategies for evaluating and treating runners. Evaluation strategies will include reviews of ultrasound imaging and new technologies for the clinician treating the running athlete. Treatment strategies include mechanotherapy, biomechanical interventions, and new treatment technologies. Updated reviews of the Female Athlete Triad, cardiac concerns for long distance runners, and the management of exertional leg pain will be presented.

### ■ Curriculum:

Friday, 3/11/16, registration begins at 7:20am - sessions end at 4:30pm  
Saturday, 3/12/16, 8:00am - 12:30pm - 4 lab-based sessions limited to 100 participants

### ■ Target Audience:

Primary care physicians - orthopaedic surgeons - sports medicine physicians - nurse practitioners - physician assistants - physical medicine and rehabilitation physicians - physical therapists - athletic trainers - coaches - other professionals interested in maintaining & promoting the health of runners

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presents

# 2016

March 11-12, 2016

University of Virginia Darden School of Business Charlottesville, Virginia

Sponsored by the Office of Continuing Medical Education of the University of Virginia School of Medicine  
™

## School of Medicine

### Program Description

Running Medicine 2016 focuses on State of the Art strategies for evaluating and treating runners. Evaluation strategies will include reviews of ultrasound imaging and new technologies for the clinician treating the running athlete. Treatment strategies include mechanotherapy, biomechanical interventions, and new treatment technologies. Updated reviews of the Female Athlete Triad, cardiac concerns for long distance runners, and the management of exertional leg pain will be presented.

Friday's conference is didactic in nature. The conference will conclude on Saturday morning with a series of 4 lab-based sessions limited to 100 participants. There is an extra fee for lab sessions.

### Target Audience

Primary care physicians, orthopaedic surgeons, sports medicine physicians, physical medicine and rehabilitation physicians, nurse practitioners, physician assistants, physical therapists, athletic trainers, coaches and other professionals interested in maintaining and promoting the health of runners.

### Goals and Objectives

***After this conference, participants will be better able to:***

1. Integrate mechanotherapy into the treatment of tendon injury
2. Describe biomechanical interventions useful for aging runners
3. List and apply new technologies available to the running clinician
4. Describe the role of ultrasound imaging in the diagnosis and treatment of specific running injuries
5. Develop an expanded diagnostic and treatment approach for the runner with exertional leg pain
6. Discuss potential cardiac concerns for long distance runners
7. Explain new updates to the management of the runner with the Female Athlete Triad

### Syllabus

In an effort to be more environmentally responsible, this year's syllabus will be available electronically and can be downloaded beginning Wednesday, March 9, 2016. The download link will be sent to your email address. Please make sure that you register with a valid email address. We will not print a paper syllabus.

### Location

The conference will be held at University of Virginia Darden School of Business, 100 Darden Boulevard, Charlottesville, Virginia. Lab sessions will be held at the North Grounds Recreation Center, adjacent to Darden. Parking is available at Darden in the parking garage.

Accreditation and Designation Statement

The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Virginia School of Medicine designates this live activity for a maximum of **6.75 AMA PRA Category 1 Credits™** for Friday and **4.25 AMA PRA Category 1 Credits™** for Saturday. The **Pennsylvania State Board of Physical Therapy** has granted approval for a total of **11.75 credits** for participants attending both the didactic and laboratory sessions.

Attendees should claim only the credit commensurate with the extent of their participation in the activity.

Hours of Participation Statement

The University of Virginia School of Medicine awards 6 participation hours (equivalent to **6.75 AMA PRA Category 1 Credits™**) to each non-physician participant who successfully completes this educational activity on Friday and **4.25 hours** of participation for Saturday. The University of Virginia School of Medicine maintains a permanent record of participation for six (6) years.

Accommodations

A block of rooms has been reserved at The Inn at Darden (100 Darden Blvd.) for a rate of \$145/night. Please call 434-243-5000 for reservations prior to February 24, 2016. Attendees will need to make their own reservations using the group name: Running Medicine.

Registration and Fees\*\*

The registration fee includes course materials, and all meals and breaks indicated on the program. Registration is online only at [www.cmevillage.com](http://www.cmevillage.com).

Before 2/11/2016 Effective 2/12/2016 After 3/4/16 or Walk-in

Physicians . . . . .	\$350 . . . . .	\$400 . . . . .	\$450
Other Health Care, Residents, Students . . . . .	\$250 . . . . .	\$300 . . . . .	\$350
Saturday Lab (Additional Fee) . . . . .	\$100 . . . . .	\$100 . . . . .	\$100

(\*LAB SPACE IS LIMITED TO 100)

*\*\* Eligible UVA Academic Division employees may wish to consider use of the University Education Benefits Program to assist with the conference registration fee. For more information, visit [www.hr.virginia.edu/go/ed-benefit](http://www.hr.virginia.edu/go/ed-benefit)*

Confirmation & Cancellation Policy

Upon receipt of registration and payment, you will receive an email confirmation. Registration fees will be refunded (less a \$50 administrative fee) for cancellations (emails and fax requests are acceptable) received in writing a minimum of 14 days prior to the activity date. No refunds will be granted for registration fees of less than \$50 or for cancellations recieved after February 26, 2016.

The University of Virginia School of Medicine reserves the right to cancel CME activities if necessary. In this case, the entire registration fee will be refunded. All other expenses incurred in conjunction with this CME activity are the sole responsibility of the participant.

Planning Committee

**Course Director**

Robert Wilder, MD, FACSM, Chair, Department of Physical Medicine and Rehabilitation, Director, The Runners Clinic at University of Virginia, Team Physician, Ragged Mountain Racing

**Course Co-Directors**

Eric Magrum, PT, DPT, OCS, FAAOMPT University of Virginia/HealthSouth Orthopaedic Physical Therapy Residency Director

Jay Dicharry, MPT, SCSREP Biomechanics Lab, Director, Rebound Physical Therapy, Bend, OR

James Myers, Administrative Director, Physical Medicine and Rehabilitation, University of Virginia

**Guest Faculty**

Karim Khan, MD, PhD, FACSM (**Keynote**) Professor, School of Kinesiology  
Editor, British Journal of Sports Medicine University of British Columbia Francis O'Connor, MD, FACSM Professor & Chair, Department Military and Emergency Medicine Director, Consortium on Health and Military Performance, Uniformed Services University of the Health Sciences

Blaise Williams, PT, PhD Associate Professor, Director of VCU RUN LAB Virginia Commonwealth University

**UVA Faculty**

Eric Carson,  
MD Associate

Professor,  
Orthopaedic  
Surgery Sports  
Medicine

Division University of  
Virginia

Jennifer Pierce, MD Associate  
Professor, Musculoskeletal Imaging  
University of Virginia

Siobhan Statuta, MD Associate  
Professor, Family Medicine University  
of Virginia

Special Needs

The Americans with Disabilities Act of 1990 requires that all individuals, regardless of their disabilities, have equal access. The Office of Continuing Medical Education at the University of Virginia School of Medicine is pleased to assist participants with special needs. Written requests must be received 30 days prior to the conference date. These should be mailed to UVA Office of Continuing Medical Education, Box 800711, Charlottesville, VA 22908 or to [uvacme@virginia.edu](mailto:uvacme@virginia.edu). Some of the conference venues used by the University of Virginia Office of Continuing Medical Education are registered historic properties and may not be fully ADA accessible. Please feel free to contact the facility if you have specific questions.

## Running Medicine 2016 Agenda

Location: Darden School of Business

**Friday, March 11, 2016**(All presentations are in the Abbott Center Auditorium)

7:20 – 7:50 AM Registration and breakfast - Abbott Center Lobby

7:50 – 8:00 Welcome and introductions Robert Wilder, MD, FACSM

8:00 – 9:30 Exertional Leg Pain: A Case Study Approach Robert Wilder, MD, FACSM, Eric Carson, MD Eric Magrum DPT OCS FAAOMPT

9:30- 10:15 Technology for the Running Clinician Jay Dicharry MPT, SCS

10:15 -10:30 Break

10:30 – 11:15 Cardiac Concerns of the Long Distance Runner Fran O'Connor, MD, FACSM

11:15 – Noon **Keynote:** Mechanotherapy Karim Khan, MD, PhD, FACSM

12:00 – 1:00 Lunch - Abbott Center Main Dining Room

1:00 – 1:45 **Keynote:** Recent Advances in Running Injuries Karim Khan, MD, PhD, FACSM

1:45 – 2:30 The IOC consensus statement: Beyond the Female Athlete Triad: Relative Energy Deficiency in Sport (RED-S) Siobhan Statuta, MD

2:30 – 2:45 Break

2:45 – 3:30 Biomechanic Interventions for the Aging Runner Blaise Williams, PT, PhD

3:30 – 4:15 US Imaging Of Common Running Injuries Jennifer Pierce, MD

4:15 – 4:30 Q & A

Contact Information      1657EvaC@virginia.edu

**Registration Questions**  
Registrar, UVA CME  
434-924-5310  
uvacme@virginia.edu

**Program, Lodging etc.**Eva Casola, MBA  
CME Program  
Manager 434-924-

**Saturday, March 12, 2016**(Location: North Grounds Recreation Center)(Labs are limited to 100 participants; 50 in each group)

**Orange Group**

8:00 – 9:00 Return to Run Progression: Testing & Interventions Blaise Williams, PT, PhD

9:00 – 10:00 Mechanotherapy Karim Khan, MD, PhD, FACSM

10:00 – 10:15 Break

10:15 – 11:15 Motor Learning Principles to Improve Gait Retraining Eric Magrum, DPT, OCS, FAAOMPT

11:15AM – 12:15 Technology for the Running Clinician Jay Dicharry, MPT, SCS

12:15 – 12:30 Questions/Wrap Up

**Blue Group**

8:00 – 9:00 Mechanotherapy Karim Khan, MD, PhD, FACSM

9:00 – 10:00 Return to Run Progression Testing & Interventions Blaise Williams, PT, PhD

10:00 – 10:15 AM Break

10:15 – 11:15 Technology for the Running Clinician Jay Dicharry, MPT, SCS

11:15 AM – 12:15 Motor Learning Principles to Improve Gait Retraining Eric Magrum, DPT, OCS, FAAOMPT

12:15 – 12:30 PM Questions/Wrap Up

**Disclosures**

Disclosure of faculty financial affiliations:

The University of Virginia School of Medicine, as an ACCME accredited provider, endorses and strives to comply with the Accreditation Council for Continuing Medical Education (ACCME) Standards of Commercial Support, Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines on the need for disclosure and monitoring of proprietary and financial interests that may affect the scientific integrity and balance of content delivered in continuing medical education activities under our auspices.

The University of Virginia School of Medicine requires that all CME activities accredited through this institution be developed independently and be scientifically rigorous, balanced and objective in the presentation/discussion of its content, theories and practices.

All faculty presenters participating in an accredited CME activity are expected to disclose relevant financial relationships with commercial entities occurring within the past 12 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The University of Virginia School of Medicine will employ appropriate mechanisms to resolve potential conflicts of interest to maintain the standards of fair and balanced education to the participant. Questions about specific strategies can be directed to the Office of Continuing Medical Education, University of Virginia School of Medicine, Charlottesville, Virginia.

The faculty and staff of the University of Virginia Office of Continuing Medical Education have no financial affiliations to disclose.

Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices.

The University of Virginia School of Medicine, as an ACCME provider, requires that all faculty presenters identify and disclose any off-label uses for pharmaceutical and medical device products. The University of Virginia School of Medicine recommends that each physician fully review all the available data on new products or procedures prior to clinical use.

So! That's it for now. Thanks to the staff of Common Ground for hosting us, thanks to all who came and shared great food, info, and companionship, and thanks also to Sarabeth Whedbee for providing the acupuncture session!

Next gathering: TBD, shooting for mid-February.... Anyone wishing to make a suggestion as to date/time/place, please contact Dee at 434-242-4887!