



AIAM HOLISTIC PULSE

November 2021

FALL QUARTER CALENDAR

Quarter Begins.....Oct. 5th

Fall Add/Drop

Deadline.....Oct. 11th

Faculty Development Day
(school closed).....Oct. 26th

Thanksgiving Day (school
closed).....Nov. 25th

Quarter Ends.....Dec. 30th



MASSAGE THERAPY

This month's theme is all about Massage Therapy. AIAM has had a massage therapy program and clinic since their founding! The massage program is where it all began. Massage is more than relaxation – it is a therapeutic treatment to help a variety of health issues.

Choosing a Massage Therapist

Choosing a Licensed Massage Therapist (LMT) is a personal choice. There are a few factors one should consider when selecting the best for them:

1. **Determine your needs first** – Relaxation, sports, deep tissues
2. **Know the difference between modalities** – There are many modalities for massage, so make sure you understand the one you make for your appointment.
3. **Ask around** – Friends and family can be a great resource for recommendation
4. **Read reviews**
5. **Check education**
6. **Check licenses**
7. **Consider location**
8. **Check availability**
9. **What's your preference?** – Find one you're most comfortable with: male, female, LGBTQIA+ friendly, talkative or quiet during session, etc.
10. **Communicate, evaluate, and repeat**

Full details on each consideration can be found at [10 Tips to find the best LMT for you.](#)

MASSAGE THERAPY

The American Massage Therapists Association (AMTA) is an excellent resource for massage therapists. You can find valuable information about things such as insurance, continuing education, and research (<https://www.amtamassage.org/>). There is a great deal of information about massage therapy and pain management. See the next page for information from the AMTA.

MASSAGE THERAPY & PAIN MANAGEMENT



“Evidence supports the inclusion of massage therapy for many important patient health treatments.”

Massage therapy’s role in integrative health care has become widely accepted in major hospitals and in daily medical practice. A wealth of research has also shown the impact of massage therapy for pain management and relief. There is significant evidence supporting the inclusion of massage therapy for many important patient health treatments, including those for chronic pain management, behavioral health treatment, rehabilitation/physical training and acute medical conditions. Incorporating massage therapy into approaches to pain management, and as an integrated complement to some pharmacological approaches, can help many suffering both chronic and acute pain.

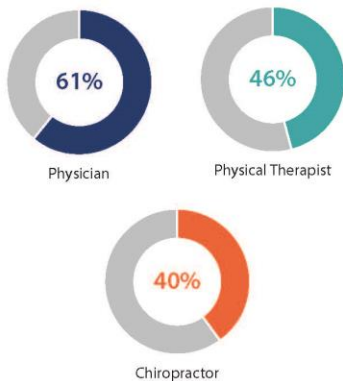
Conditions and Treatment Approaches for Massage Therapy

CHRONIC PAIN MANAGEMENT	BEHAVIORAL HEALTH TREATMENT	REHABILITATION/ PHYSICAL TRAINING	ACUTE MEDICAL TREATMENT
<ul style="list-style-type: none"> Back pain Neck and shoulder pain Headache Carpal tunnel syndrome Osteoarthritis Fibromyalgia 	<ul style="list-style-type: none"> Anxiety and stress Depression PTSD Substance use disorder recovery 	<ul style="list-style-type: none"> Performance training/injury treatment Ergonomics and job-related injuries Cardiac rehab Joint replacement surgery Scar management 	<ul style="list-style-type: none"> Cancer management Post-operative pain Lifestyle diseases Maternity and newborn care

MASSAGE THERAPY IS RECOGNIZED BY:

- NATIONAL INSTITUTES OF HEALTH
- THE JOINT COMMISSION
- AMERICAN COLLEGE OF PHYSICIANS (ACP)
- FEDERATION OF STATE MEDICAL BOARDS
- DEPARTMENT OF DEFENSE
- VETERANS HEALTH ADMINISTRATION

Health Care Professionals Who Recommend Massage



111,137 people

Simply using massage therapy instead of opioid medication for client conditions where massage is proven effective can **reduce overall addiction rates in the United States by about 111,137 people**. In this sense, the benefits of massage therapy are twofold: reducing the number of people who potentially struggle with opioid addiction and **reducing the impact on the American economy by \$23 to \$25.99 billion annually**, based on the cost of massage.

\$25.99 billion

As stated in a recent letter from the National Association of Attorney’s General to the America’s Health Insurers Plans (AHIP), **massage therapy is not the only solution to this problem, but it is an important part of a comprehensive national approach to reducing addiction and its attendant costs.**



For more information, visit amtamassage.org/painmanagement

Contact a Qualified AMTA Massage Therapist:

REASONS TO GET A MASSAGE

List from the AMTA:

25

REASONS TO GET A MASSAGE

- 1 Relieve stress
- 2 Relieve postoperative pain
- 3 Reduce anxiety
- 4 Manage low-back pain
- 5 Help fibromyalgia pain
- 6 Reduce muscle tension
- 7 Enhance exercise performance
- 8 Relieve tension headaches
- 9 Sleep better
- 10 Ease symptoms of depression
- 11 Improve cardiovascular health
- 12 Reduce pain of osteoarthritis
- 13 Decrease stress in cancer patients
- 14 Improve balance in older adults
- 15 Decrease rheumatoid arthritis pain
- 16 Temper effects of dementia
- 17 Promote relaxation
- 18 Lower blood pressure
- 19 Decrease symptoms of Carpal Tunnel Syndrome
- 20 Help chronic neck pain
- 21 Lower joint replacement pain
- 22 Increase range of motion
- 23 Decrease migraine frequency
- 24 Improve quality of life in hospice care
- 25 Reduce chemotherapy-related nausea

Massage is good medicine.

Find the right massage therapist for
you at FindaMassageTherapist.org



amta
american massage therapy association

DEAN'S LIST FROM SPRING 2021

To make the Dean's List one must achieve a 3.7 or higher GPA for the quarter.
Congratulations to everyone on all their hard work!

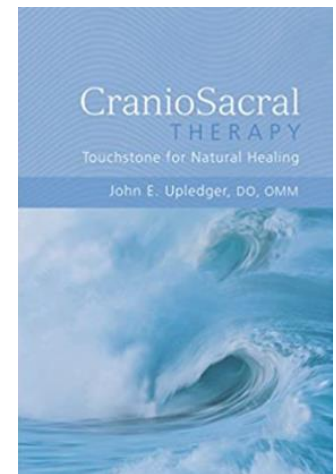
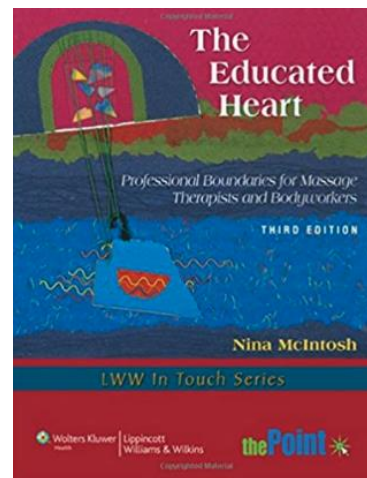
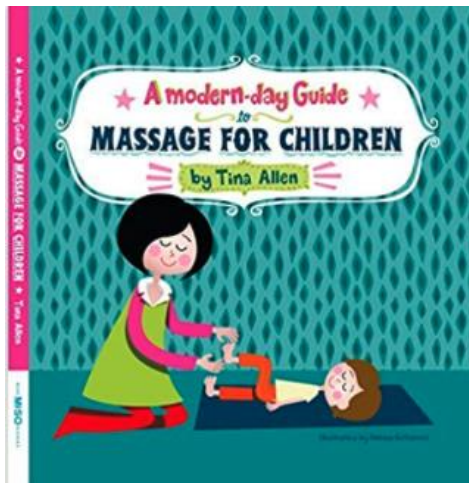
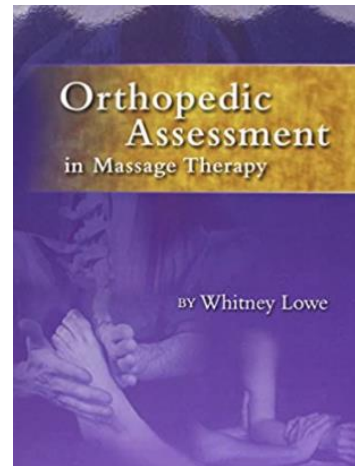
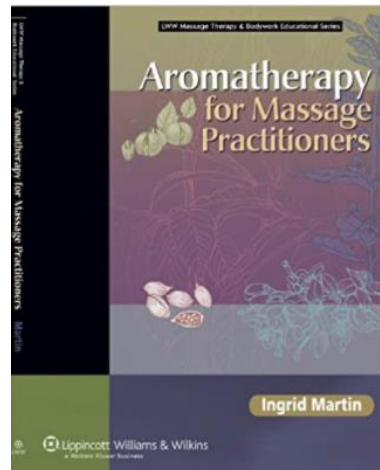
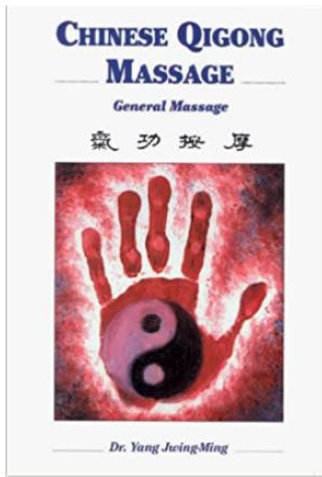
SU21 Dean's List (3.7 and above term GPA)

Tejumade Adeyeye	Prisco Chapajong	Richard Adu Boakye
Josephine Amofa	Haja Koroma	Cynthia Harding
Felicia Asiedu	Comfort Opoku Konadu	Belinda Torto
Kristine Fumia	Reginald Ibe	Abigail Addai
Fartun Gele	Isata Jah	Fatu Bolay
Zeinab Gele	Jacqueline Adu Atta	Mya Gardner
Deirdre Huang	Dorance Jenkins	Dialle Motale Pauline
Elbetel Kebede	Mavis Larbi	Destine Ndemanu
Ashley Marchek Vicen	Adama Dozon	Sophia Daniels
Daniel Netry	Chrishawna Jones	Celina Macarthy
Erika Niewald	Kara Lee-Li	Lydia Mboe
Christopher Stevens	Adama Tarawallie	Dorothy Eyong
Michelle Stobart	Judith Oyei	Khadan Goth
Erica Tata	Muhubo Suleiman	Jerrica Patterson
Ebere Udeani	Vera Appau	Oneke Agbor
Maseray Vandi	Irene Asare-Bediako	Jen Fox
Ayane Warsama	Ogechi (Patricia) Ezekiel	Lekezia Sears
Vivian Kalango	Pauline Kamau	Faiza Yakubu
Eric Namaky	Ubah Warsame	Sayo Janneh
Koffi Adjessode	Hagar Adu Appiah	Mercy Gichuki
Felicia Kwarteng	Ashley Asamoah	Nadege Nkengafac
Abena Yeboah	Abiba Barry	Rougy Oularé
Gaongalelwe Ramakatane-Nivins	John Krumm	Austin Roberts
Mabel Collins	Rita Marigold Laryea	Wasilat Talib
Tina Eyong	Rachael Clary	Adele Atehnchong
Punam Kadariya	Madison Mathews	Randrea Dean-Scott
Salamata Kane	Caroline Olusola	Nimo Hashi
Nqwenwoh Amamboh	Olivia Yormesor	Ifrah Hirsi
Sia Borbo	Delphine Abongnwen Epse Buwake	Veronica Johnson
Ebrima Conteh	Henry Herrera	Matina Kamara
Zeinab Gurhan	Nkechi Nwankwo	Fatmata Koroma
Patience Muankang	Khadijah Bangura	Madusu Mansaray
Linda Owusuaa	Cosmos Oppong	Shanceline Ngbanji Njoh
Christina Valente	Mariama Kamara	Kisha Pender
Alexander Yimbilnyan	Isaac Ofosu	Hawanatu Sankoh
Eunice Acheampong	Emmanuel Osei Ampomah	Raquel Stewart
Ophelia Bienni	Rose Acquah	Jacob (Jake) Summers





Library Spotlight: Massage Books in the AIAM Library



New process for checking out library books: Click “Place a Hold” underneath the picture of the book on the Populi Library page. Ms. Fischer will email you when the book is available for pickup. Library books check out for 2 weeks.

Databases with Massage Articles:



ALTERNATIVE THERAPIES
IN HEALTH AND MEDICINE

AIAM IMPORTANT DATES AND OTHER INFO

Thanksgiving Day, No class: November 25



The Fall 2021 Test-Taking Strategies Schedule is below. Ms. Fischer will be offering 3 sessions per week. **Just show up, no need to sign-up or email. Make sure you click the zoom for the exact day and time you will attend.**

Tuesdays, 3:00-4:00pm from October 19-December 7 (no session on October 26)

Join Zoom Meeting: <https://us02web.zoom.us/j/85129486143?pwd=RmZSNHdKOU1CaWdOSENzUmlzOTcrQTog>

Fridays, 12:00-1:00pm from October 22-December 3 (no session on November 26)

Join Zoom Meeting: <https://us02web.zoom.us/j/84563970977?pwd=ZndlNS9mTVVYNzNKaHhDRkkyMDYxdz09>

Fridays, 4:00-5:00pm from October 22-December 3 (no session on November 26)

Join Zoom Meeting: <https://us02web.zoom.us/j/89741424043?pwd=RGpidGhCU1M3aEJQb1ZNSVcoR2laQTog>

*** AIAM IMPORTANT REMINDERS ***

Masks are required for everyone on campus until further notice.

Check your AIAM email regularly for important communications from faculty and administration.

When coming on campus, DO NOT park in front of any space with a sign. You will be towed.

Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.

