



MTI Conference

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How Massage can Address the Common Ailments of our Modern Age

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Sitting for 8 hours or more a day, eating processed food, being constantly on the go. We know this way of living doesn't make for a healthy body, yet it's surprising just how many people in today's world follow this lifestyle.

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As massage therapists and bodyworkers, we are being called to address conditions that weren't even on the radar 30 years ago, and others that have grown in prevalence during that time. Cancer, for example, now affects 1 in 2 people in the UK.

At the 2020 MTI conference, we will face these issues head on, with our theme of Massage for the Modern World. Our workshops tackle a range of modern ailments including: Fibromyalgia, stress, respiratory problems, Cancer, chronic muscular aches and injuries, post-natal rehab, gut issues, infertility and sedentary posture.

Take Fibromyalgia, for instance. This debilitating condition is still a medical mystery and treatment revolves around pain management. Associated mental health problems

such as stress, depression and fatigue take an even greater toll on the Fibro patient. Our two workshops on the topic: Inside the Head of Fibromyalgia by Chris Newton and a Myofascial Approach to Fibromyalgia by Amanda Oswald, give two different takes on how we as massage therapists can help our Fibro clients. This ranges from paying attention to the environment we treat in and the language we use, to offering self-care techniques clients can use to manage the condition at home.

Oncology massage is another growth area and one that has many myths around it. Does massage cause Cancer to spread? Is it dangerous for those with thin skin from chemotherapy? Is there a particular technique you need to use to work with those who have Cancer? Susan Findlay will address these questions and share the latest research that directs how we can best help our clients with Cancer.