



## MATA News and Updates - April 18, 2024

In this Issue:

- Wellness Day
- Q & A with Dr Jason Old - Upper Extremity Orthopaedic Surgeon
- Sport First Responder Recertification
- Fall 2024 Registration - a Comprehensive Introduction to Acupuncture
- Targeting Isolation
- Winnipeg High School Hockey Tournament
- Employment Opportunities
- Enhanced Therapeutic Embodiment

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### WELLNESS DAY

MATA is offering a wellness day for Nurses Week on Thursday May 9th, 2024, in hopes of promoting Athletic Therapy.

We are looking for a few volunteers to help run 10-15 minute massage sessions (over the clothes). Time slots would be 9-12pm, 12-3pm or all day at Misericordia Hospital. Massage tables and parking will be provided. You are welcome to bring your own business cards as well. Please reply to this email if you are available/interested. Any help from the membership would be greatly appreciated.

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### Q & A WITH DR JASON OLD



May 7, 2024 | 6:00 pm

Sport Manitoba – Conference Rooms A, B, C

Dr. Old will be presenting on Rotator Cuff Tears and Shoulder Pathologies.

Dr. Old specializes in shoulder surgery, including but not limited to rotator cuff repairs (RCRs), shoulder instability (labral tears), total and reverse arthroplasty (joint replacement) procedures.

This will be an in-person presentation where Dr. Old will present rounds on RCRs. He will review common surgical procedures, rehabilitative milestones and expectations, and restrictions. He will then open up the discussion to the ATs in attendance for any questions.

Limited seats available - please RSVP with [MATA@sportmanitoba.ca](mailto:MATA@sportmanitoba.ca).  
\$10 e-transfer will be required to hold your spot.

Pizza will be provided.

CEU's - certificate of attendance will be provided following the course.

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## **SPORT FIRST RESPONDER RECERTIFICATION**

Sport First Responder Recertification Course – spring dates announced.

Instructor: Ben Trunzo M.Sc. CAT(C)  
Red Cross-authorized Professional Responder Instructor

New dates have been announced:

- May 3, 4
- May 24, 25
- June 7, 8
- June 14, 15

[Click here](#) to complete the required form. Space is limited. Only 12 participants per class.

Fees:

MATA Members: \$400

Non – MATA members: \$450

Payments for these courses can be mailed directly to the MATA Office. We will also accept EFT transfers.

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## **INTRODUCTION TO ACUPUNCTURE**

Instructors:

Anne Dawson, P.T. CAFC

Dr. Barbara Shay, P.T. CAFC (PhD Neurophysiology)

Sylvia Lavallee, P.T.

Andrea Lehenbauer, P.T.

Janine Didyk P.T.

The target participant for this introductory acupuncture training course, is any health care practitioner whose scope of practice includes the practice of acupuncture or inserting needles below the dermis. Some of the health care practitioners who may find this course useful include the following medical professionals with a license to practice: Chiropractors, Physicians, Physical Therapists, Athletic Therapists, Registered Massage Therapists, Occupational Therapists, RN's, Physician Assistants and Veterinarians.

[Click here](#) for more details.

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## TARGETING ISOLATION

Targeting Isolation Resources

Led by Dr. Verena Menec (University of Manitoba) and Dr. Nancy Newall (Brandon University), Targeting Isolation provides practical research-based information that can be used to help understand and address social isolation and loneliness among older adults living in Manitoba.

Want to learn more about social isolation and loneliness?

1. Sign up for e-modules: [www.targetingisolation.com/modules](http://www.targetingisolation.com/modules)  
Targeting Isolation has developed self-paced e-modules for healthcare workers and community volunteers/staff of organizations that serve older adults. These e-modules provide information on the health impacts of social isolation and loneliness, how to talk about social isolation and loneliness, how to look for signs, and how to refer older Manitobans to community services. E-modules take about 45 minutes to complete and participants obtain a certificate of completion.

Connect online -

- Visit our website: [www.targetingisolation.com](http://www.targetingisolation.com)
  - Email: [targetingisolation@brandonu.ca](mailto:targetingisolation@brandonu.ca)
  - Follow us on Instagram: [www.instagram.com/targetingisolation/](http://www.instagram.com/targetingisolation/)
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## WINNIPEG HIGH SCHOOL HOCKEY TOURNAMENT

We are looking for AT students to assist in covering a Winnipeg Hockey Tournament running from April 24 to May 1, 2024.

This tournament will offer a rich learning environment for the athletic therapy student, with ample opportunities to apply their knowledge and skills under the supervision of certified therapists.

The fast-paced nature of hockey, combined with the intensity of tournament play, will present unique challenges and learning experiences for participating students.

For more details or to sign up contact Madison at [madi@madisonridgenathletictherapy.com](mailto:madi@madisonridgenathletictherapy.com).

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## EMPLOYMENT OPPORTUNITIES

Pure Lifestyle is looking for a Kinesiologist/Athletic Therapist – part/full time.

Position is scheduled to start in May 2024.

For more details [click here](#).

Interested applicants please forward your CV or drop off with Steve Moerman: Pure Lifestyle - 1129 Empress St. Winnipeg, MB, R3E 3H1. Email: [steve@purewinnipeg.com](mailto:steve@purewinnipeg.com).

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## ENHANCED THERAPEUTIC EMBODIMENT

The first module of Enhanced Therapeutic Embodiment will focus on foundational relational dynamics between self, other and environment. We will build a baseline understanding of nervous system regulation, setting intentional space, relational awareness, self-awareness, and begin to practice our repertoire of embodied skills. This level introduces skills that serve leaders, practitioners, those working in team settings and those interested in deepening personal and professional relationships.

Please click the button below to express interest and receive an application form.

Approved for 24CE credits from the Canadian Counsellors and Psychotherapists Association (CCPA) , 20 CEUs with the Canadian Registered Massage Therapists Assoc., 6 Credits with the Massage Therapists Assoc of Manitoba, and applicable for 8 CEUs (per level) or 24 CEUs (full course) through the Canadian Athletic Therapists Assoc.

Investment: \$3333 for all three levels, or \$1250 per level. Payment plans are available for both options.

Those interested in registering can fill out this form: <https://forms.gle/bJvJobrYRMydNiH96>

More information also available at [www.enhancedtherapeuticembodiment.com](http://www.enhancedtherapeuticembodiment.com)



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