

MASSAGE

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Details on page 75

RESEARCH: CRANIOSACRAL THERAPY MAY EASE PELVIC GIRDLE PAIN



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Research Compilation Available to MTs

A new compilation of massage therapy research articles synthesizes more than 1,000 pages from medical databases including Cochrane Library, Medscape and PubMed.

"The Literary Review Compilation On Massage" was compiled by the Association Québécoise des Thérapeutes Naturels (AQTN), a regulatory body for massage therapists and naturotherapists in Québec, Canada. The review is written in English.

"There is no doubt that the massage industry is quickly evolving," said AQTN Coordinator Mark Balchunas. "However, it is not so much each individual massage technique that is evolving, it is rather the myriad of combinations of techniques—with the vast

growing body of knowledge available due to technology, the understanding of the mechanisms of how massage therapy works, its best practices, and, of course, the increasing interest and awareness from the public."

The review compares techniques and includes recommendations for which techniques are best suited for which conditions, according to scientific literature.

Balchunas says the review also serves as an information source for the growing number of people suffering from illness or conditions who are interested in reading a neutral position about massage.

The review is available free of charge at www.aqtn.ca/massage.

Scholarship Deadline Fast Approaches

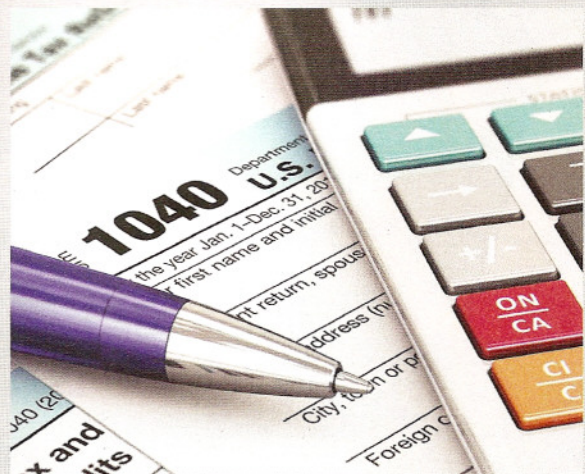
Massage students have until Dec. 9 to apply for the American Massage Therapy Association's (AMTA) \$5,000 Bob King AMTA Student Scholarship, to be awarded in January 2014. To apply, students must be admitted to or enrolled in a minimum 500-hour entry-level massage therapy program at the time of application. Students need to submit a 500-word essay on why they have chosen to become a massage therapist; their plans for a massage therapy career; and how they plan to advance their career while giving back to the massage profession.

For more information, visit www.massagemag.com/bobkingamta.



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Don't Overlook These Tax Deductions



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The process of determining which business expenses qualify as tax deductions for your massage practice can be tedious, but are well worth the time and energy you invest in the process.

As a general rule, the expense must be *ordinary* and *necessary* in order to be deductible. That means the expense must be common among other massage therapy practices, and it must be necessary for sustaining your massage therapy practice.

One of the business expenses massage therapists oftentimes neglect to deduct is their liability insurance. Liability insurance is both ordinary, meaning it is extremely common for touch therapists to have liability coverage for their practices; and necessary, meaning most employers and even some states require therapists to purchase insurance prior to their start dates. Therefore, it is tax deductible.

The amount you will save

by claiming your liability insurance as a deduction will depend on your tax bracket, but will range from about \$20 to \$60.

Additional deductions for your practice might include:

- Massage equipment
- Business equipment and office supplies
- Magazine subscriptions
- Rent payments
- Taxes—property, business and sales
- Professional association fees
- Employees' wages
- Home office expenses
- Phone charges
- Higher education
- Massage trade shows, seminars and conventions
- Business travel expenses such as mileage and meals
- Gifts for clients
- Entertainment expenses such as music for sessions

—Eleni Angelopoulos