



Thai Massage School of Thailand International Conference Chiang Mai, Thailand

Pain Management and Massage

CE Credits
Approved By



NHPC Canada



AMTA



CENTER ON PAIN MANAGEMENT
AND MORE...



**TMC INTERNATIONAL
CONFERENCE
2017**

Participating Official
Organizations



Education Department



Public Health Department



Chiang Mai University



TAT

4-5 February 2017

at Lotus Hotel Conference Center

by

**Thai Massage School of Chiang Mai
Thai Massage School of Thailand (TMC)**

www.TMCschool.com
conference@tmc school.com

 **053-854330**
 **tmc school.chiangmai**



On behalf of the teachers and the entire staff of TMC school, I would like to welcome everyone to this memorable conference – the Thai Massage School of Thailand International Conference 2017. This conference arises from the longing of TMC students to get a chance to meet their friends again and, in addition to the opportunity to learn about pain management healing and more.

We – at TMC are always happy to see our students when they return to visit and/or to continue higher learning. We feel like seeing friends and families again. And for those first timers to TMC, here is what several TMC students would say “It’s like destiny to be here.”

The subject of pain management is on the top list among students of Thai massage and professional alike. When clients come to us, the main complaint is mostly from pain related conditions. The assessment and the management of pain need to be emphasized and handle with care to both body and mind.

In this very first international conference in Chiang Mai contribute to Thai massage and venues to assess and managing pain with other healing approach to help the clients, the speakers will present to you the information and the how to manage them successfully.

With variety of information from professors in related interesting fields, we are certain that you will gain wealth of knowledge to bring home to share, to help and to heal your clients and your love ones.

We also hope that you will enjoy reunited with your friends and creating new ones among all participants at the conference.

Part of the proceeds will go toward supporting special children education.

See you soon,

Kanchanoo Muangsiri

TMC School Director

Keynote Presentations

Plenary Session 1:

Tricia Hughes, CEO AAMT

How to Build a Credible and Successful Business

Chief Executive Officer Australia Association of Massage Therapists with vast experience and knowledge in massage industry will guide you to the road of success.

The massage profession is open to the same threats as any commercial business. Reputation, credibility and professionalism are three key outcomes that come from sound business practices. This includes planning, building strong referral relationships, careful advertising and your personal brand. Regardless of what country you operate in reflecting on business practice is an essential exercise for any massage therapist. Find out what are some important habits are you can put into place in your own country or when working overseas.

Plenary Session 2:

Aatit Paungmali, Ph.D., PT

Trigger Points and Myofascial Pain: Pain Relief and Managements

Evidence-based and current concepts of manual therapy approaches for trigger point myofascial pain and related common neuro-musculoskeletal disorders are crucial tips toward successful pain management.

Highlights for practical session are physical examination, myofascial release, deep tissue approaches, and applications of various manual therapy techniques for deactivation of trigger points. This includes hints and tips for key success.

Plenary Session 3:

Chanakarn Phornphutkul, MD.

Management of Sport Injuries

Sport activities become a part of daily living. Injuries from sport participation are frequently occurred. Spectrum of injuries is range from mild to severe which could be sometime life threatening. Improper management may lead to the chronic, long term disability. Ability to identify the problem and manage it properly will make to the recover better and faster return to sport. This session will involve with common sport injuries and will focus on how to detect them also covers the initial management. Before returning to sport, there are several issues that have to be train for athletes which will mentioned in this topic.

Plenary Session 4:

Sudhee Sudasna, M.D.

Pain Mechanism of Neck and Back

The pain of neck and back is probably the most common condition that brings the patients to massage therapists. The pain can be from structures of the spine, "the spinal pain" or from causes outside the spine, "the non-spinal pain". The spinal pain can be of "mechanical" type and "non-mechanical" type. Some conditions can be benefited by massage but some should be avoided or cautious.

Knowing the mechanisms of pain should be useful to massage therapists in their practice.



Conference Program



Sat 4 February 2017

8.00-9.00 Registration
9.00-9.10 Prayer (TMC teachers lead students)
9.10-9.15 Welcome and Opening by TMC School Director
9.15-10.15 **Plenary 1**

How to Build a Credible and Successful Business

Tricia Hughes

10.15-10.30 Morning Tea

10.30-12.00 **Plenary 2**

Trigger Points and Myofascial Pain: Pain Relief and Managements

Dr. Aatit Paungmali

12.00-13.00 Lunch

13.00-14.30 Concurrent Sessions 3 Hours

#1 Management of Trigger Points and Myofascial Pain

Dr. Aatit Paungmali (and colleagues)

In practice on floor mattress.

#2 Acupuncture for Pain Relief Without Needle

Dr. Rungrat Pawaradhisarn (and colleagues)

In practice on floor mattress.

14.30-14.45 Afternoon Tea

14.45-16.00 Concurrent Sessions Continue

Exhibitions / Trade Booths Hours:

Sat: 8.00-9.00; 10.15-10.30; 12.00-13.00; 16.00-17.00

SAT 18.30-22.30 GALA DINNER

- ✦ Soft drinks serve 18.30 – 19.00: Announcement on stage
- ✦ 19.00-19.30 Opening with Thai musical
- ✦ Dinner serve about 19.00
- ✦ Alumni's presentation on stage: Some agenda may be presented here.
- ✦ Dance floor opens
- ✦ The night ends by 22.30
- ✦ (Alcohol beverage personal order)





Conference Program



Sun 5 February 2017

8.30 – 9.00 Exhibitions/Trade Booths open

9.00 -9.10 Prayer (TMC teachers lead students)

9.10-10.10 **Plenary 3**

Management of Sport Injuries

By Associate Professor Chanakan Phornphutkul, M.D.
Chief of Sports Medicine Unit of Orthopaedics Department,
Faculty of Medicine, Chiang Mai University

10.10-10.30 Morning Tea

10.30-12.00 **Plenary 4**

Pain Mechanism of Neck and Back

By Dr. Sudhee Sudasna, M.D.
Former Associate Professor, Department of Orthopaedics
Surgery Faculty of Medicine, Chiang Mai University and
advisor/lecturer at TMC

12.00-13.00 Lunch

13.00-14.30 Concurrent Sessions 3 Hours

#3 Rehabilitation Medicine for Musculoskeletal Pain Management

By Associate Professor Jakkrit Klaphajone, M.D.
(and colleagues)
Chairman of the Department of Rehabilitation Medicine
Faculty of Medicine, Chiang Mai University
Lecture and practice on floor mattress

#4 Sports Massage: An integration of Manual Therapy for Management of Musculoskeletal Pain and Performance In Athletes

"By Associate Professor Aatit Paungmali, Ph.D.
(and colleagues)
Associate Dean, Department of Physical Therapy, Faculty
of Associated Medical Sciences, Chiang Mai University"
Lecture and practice on floor mattress

14.30-14.45 Afternoon Tea

14.50-16.00 Concurrent Sessions Continue

Certificate of conference attendance granted (some may be honored with continuing education hour) at the end of the workshop conference by the speakers.

16.10 - 16.30 Conference Closing

By Professor Kannika Phornphutkul, MD
Chief of Gastroenterology Unit, Chiang Mai University;
Founder/Former President of Chiang Mai Health Service Promotion Association; Speaker; Advisor and consultant to various associations and hospitals

Appreciation by TMC management, staff and students

16.30-17.00 Farewell Students and TMC

Exhibitions / Trade Booths Hours:

Sun: 8.00-9.00; 10.31-10.30; 12.00-13.00; 14.30-14.45

Conference attendance may qualify for CE hours

- Massage & Myotherapy Australia (AAMT, Australia)
- NCBTMB (USA)
- NHPC (Canada)
- CE Broker



Participating Official Organizations



Education Department



Public Health Department



Chiang Mai University



TAT

Meet the Presenters

Dr. Sudhee Sudasna, M.D.

Dr. Sudhee is the renowned physician and professor in the field of orthopedic in Chiang Mai. His experience is most valuable and patients seek advice from him.



Education:

M.D.(Hon.) 1966 Chiangmai University, Chiangmai, Thailand
Orthopedic Residency Training 1968-1972
Albany Medical Center, Albany, New York, USA
1972 Diplomate, American Board of Orthopedic Surgery

Career:

1973-2001 Department of Orthopedic Surgery, Faculty of Medicine, Chiangmai University
Last academic title: Associate Professor
2001-2013 Private practice
2013-present Part-time Orthopedic consultant, Chiangmai Ram Hospital, Chiangmai, Thailand.

Professor Kannika Phornphutkul, M.D.

Professor Dr. Kannika is the key person in promoting quality health care service in the Northern Part of Thailand - particularly Chiang Mai. She is a professor at medical school and speaker at various organizations. Dr. Kannika founded Chiang Mai



Health Services Promotion Association from 2003 and was the president for 14 years and continues to be an important support to the association.

She holds positions as consultant and advisor to the medical associations and hospitals including several editorial boards.

Tricia Hughes, BA (Soc Sci), Dip HR Management, MAICD, CSA(cert)

Chief Executive Officer Massage & Myotherapy Australia (AAMT)



Tricia has more than thirty years' experience and expertise in not-for-profit management including adult education, university and international association experience.

Her specialty is in governance, including Board Management and Company Secretary work. As the AAMT Chief Executive Officer for over 12 years, with a Degree in Social Science, and currently working towards her Masters in Health Management Tricia is well acquainted with the issues around the massage profession, the current political environment and how to work around them.

Assoc. Prof. Aatit Paungmali, Ph.D., PT

Dr. Aatit Paungmali is Vice-Dean and Associate Professor in Physical Therapy, Chiang Mai University. He has more than twenty years' experience of teaching and clinical skills in musculoskeletal field. His specialty is in manual therapy for neuro-musculoskeletal disorders including subjective examination, physical examination, manual skills of managements and therapeutic exercises. He has been published numbers of international articles related to manual therapy and pain managements of neuro-musculoskeletal disorders. Myofascial trigger point pain is also one areas of his expertise.



Associate Professor Chanakarn Phornphutkul, MD.

Dr. Chanakarn is a chief of sports medicine unit of orthopaedics department, faculty of medicine, Chiangmai University. He has been serving as a team physician of Thailand national team for many national events such as Asian games and South East Asian games for more than 15 years. His major experience is to deal with sport injuries. Over 400 sports related surgeries/year have been performed by him. Dr. Chanakarn is recognized internationally for as speaker - lecturer for sports medicine and trauma.



Dr. Rungrat Pawaradhisian, TCM, TTM

She is a qualified Traditional Chinese Medicine doctor who runs "Mungkala TCM Clinic" in ChiangMai, Thailand. Dr.Rungrat studied TCM in China, graduating in 1986 after which she also studied Traditional Thai Medicine, gaining a TTM Master Certification. Her professional interests include the integration of Thai-Chinese herbal medicines and the biphasic effect of acupuncture treatment. In 2014, Dr.Rungrat volunteered to teach a primary healthcare acupuncture training course for the Ladakh Tibetan Nuns Association, leading to the establishment of the first acupuncture clinic in Leh (Ladakh, India)





Meet the Presenters



Associate Professor Jakkrit Klaphajone, M.D.

Assoc. Prof. Jakkrit Klaphajone is currently the chairman of Department of Rehabilitation Medicine, Faculty of Medicine, Chiang Mai University. His specialty includes sports medicine and science, musculoskeletal medicine and music therapy. He is keen at digital music arrangements, and is also a competitive electone performer. He established "Music Therapy Group" in order to make a headway of integrative music therapy in many hospitals.

His honors include the "Outstanding Public Service" from the Office of Public Sector Development Commission awarded by the former Prime Minister, Abhisit Vejjajiva in 2010 and "Asian Hospital Management



Kanchanoo Muangsiri, B.A., LMT

TMC School Director

Kanchanoo has education background in Mass Communication with vast experience in teaching and training to the Thai community and to refugees. She is a certified Thai massage practitioner and holds a post in the National Committee for Skills and Testing Standard in Thai Massage of the Labor and Development Department. She is a co-founder of TMC and co-author of the Thai Massage book with Jan. Kanchanoo has been invited to lecture and host training in Thai massage in several countries: Australia, Egypt, Malaysia and Thailand.



Thai Massage School of Chiang Mai and Thai Massage School of Thailand (TMC) Certified Teachers

TMC school is an awarded school: The King Royal Award for best vocation school in 2005 and the Thai Ministry of Education

Department for Excellent Quality Education school on all 12 categories in 2013. TMC continue to maintain and improve ongoing basis the high standard of education.

The teachers are certified by the Thai Ministry of Education. They are teachers with years of teaching experienced. Many of them are Traditional Thai Medicine doctors and have been practicing at community hospitals.

All highly qualified TMC teachers will be attending the conference session to perform demonstrations and to supervise during practice to ensure safety and accurate learning to all students.



Jan Chaithavuthi, RN, B.S., MPA

Jan has education background in nursing and a master degree in Health Management.

She is a prime co-author of in depth-extensive research for 3 books, the 3rd edition Thai massage books "Ancient Thai Massage Healing with Life Force". The book is sold internationally and is used as text book by TMC students.

Jan has been invited to lecture about Thai massage and healing for disabled adults and children in the Australia, Canada, Thailand, USA and lead TMC training classes in Hong Kong, Singapore, and Taiwan with TMC teachers in Thailand, Jan had established center and trained special people to heal and help themselves under Special People Foundation program. Both Jan and Kanchanoo continue to support the special children education and disadvantage people through TMC school funding.



Management of Trigger Points and Myofascial Pain

*Presented by Assoc.Prof. Aatit Paungmali, Ph.D.
(and colleagues)*

Evidence-based and current concepts of manual therapy approaches for trigger point myofascial pain and related common neuro-musculoskeletal disorders are crucial tips toward successful pain management.

Highlights for practical session are physical examination, myofascial release, deep tissue approaches, and applications of various manual therapy techniques for deactivation of trigger points. This includes hints and tips for key success. (Practice on floor mattress)

Rehabilitation Medicine for Musculoskeletal Pain Management

*Presented by Assoc.Prof. Jakkrit Klaphajone, M.D.
(and colleagues)*

Musculoskeletal pain is the most common complaint from children to elderlies. Work-related musculoskeletal disorder results in significant economic loss and many social problems. Rehabilitation medicine including physical therapy, ergonomics and medications should be tailored for the management on an individual basis.

The lecture, demonstration and practice sessions will be focused on the common musculoskeletal problems. Some interesting cases will be discussed and misconceptions and pitfalls will be revealed.

(Practice on floor mattress)



Acupuncture for Pain Relief Without Needle.

*Presented by Dr. Rungrat Pawaradhisarn, TCM, TTM
(and colleagues)*

Acupuncture, which originated in China over 2500 years ago, is an important part of Traditional Chinese Medicine (TCM). Pain Relief is the area in which acupuncture has its most widely demonstrated effectiveness. In Traditional Chinese Medicine, pain is considered to derive from an imbalance of yin-yang, and from blockage in the flow of Qi and blood. Based on these concepts, formulas of herbs and acupoints are tailored to the particular situation in order to regulate balance in the body, strengthen the body's resistance, and eliminate pathogenic factors and to distinguish between primary and secondary pathological causes, resulting in pain relief.

As concerns increase regarding the side-effects of non-steroidal anti-inflammatory drugs and opioids, side effect free, non-pharmacological interventions such as acupuncture have been widely used clinically at bedside as simple and safe alternatives for pain relief management.

The presentation is in lecture, demonstration and practice on tracing Meridian and applying acupressure with hands or Thai massage tool in place of acupuncture needles. The tool- foot massage wooden stick will be given to participants.

(Practice on floor mattress)

Sports Massage: An integration of Manual Therapy for Management of Musculoskeletal Pain and Performance in Athletes

*Presented by Assoc.Prof. Aatit Paungmali, Ph.D.
(and colleagues)*

Sport massage is a popular form of manual therapy for prevention, treatment of soft tissue injuries and facilitation of body performance among athletes. Find out more from basic principles toward applications of the techniques, in combination of applying various useful manual therapy maneuvers for management of musculoskeletal pain and promotion of physical performance.

(Practice on floor mattress)



Hands On Workshops



SPECIAL CLASSES OFFERED AT TMC TO CONFERENCE ATTENDEES

Tok Sen Applied to Thai Massage Healing to Relieve Pain and Demonstration of Yam Kang to Relief Blockage

Presented by Thai Massage School of Chiang Mai Certified Teachers

Thai Traditional Medicine Local Wisdom Yam Kang & Tok Sen:

Tok Sen: Tok Sen is an art of massage that part of the ancient art using wooden pads and apply on Sen (massage line) along the body following Sen Sib. This ancient technique is very helpful when apply with Thai massage to reduce tension on large muscle and lessen the strenuous on the therapist thumbs. TMC follows this ancient teaching and apply with Thai massage modality taught at various levels under TMC's curriculum to relieve pain from muscle tension on back and legs.

There will be demonstrations and practice. Students will get to practice under the teachers' supervision. (Tok Sen wooden tools are provided for practice and given to students who attended this class. For other students the tools are available to purchase.)

Yam Kang: Yam Khang is an ancient Thai massage therapeutic using heat. This is the sacred technique. The therapist must be totally discipline to the teaching. The technique is dipping foot in the sacred herbal oil then pressing foot quickly on the heated iron plough blade. The therapist press the foot on the receiver's body mostly on the back, legs, feet, arm. The teacher will demonstrate on students to experience healing effect and beneficial to relieve blockages. Participants will not perform this art but to observe and experience the effect. (Female students may be able to receive on legs and arms.)

Thai Massage Therapeutic Applied to Piriformis Syndrome Condition and Relief Leg Pain, Lower Back Pain

Presented by Thai Massage School of Chiang Mai Certified Teachers

Piriformis Syndrome is the condition result from sciatic nerve trapped between piriformis muscle. This conference session, the teachers will demonstrate the combination of Thai massage sequences and techniques taught from all levels at TMC and taught by adjunct professors from Chiang Mai University. They are to relieve or remove the condition from Piriformis Syndrome plus relief leg pain and lower back pain. Followed by participants' practice under TMC teachers' supervision.
(Practice on floor mattress)

To fulfill wishes of some attendees who have selected classes presented by TMC teachers at the previous conference's schedule, we offer these classes at TMC school- pre and post conference with no extra charge. However, we have limited space only, if there are more people than we can handle during these two days, we are willing to offer at different dates. But this will depend on the students' number at the school. So, for those miss out, we will contact you personally to discuss yours and ours – available dates. We want you to get all your wishes from taking the trip to TMC conference.

Classes #5 and #6 are offered to conference attendees at TMC subject to space available. There is no substitute if you do not wish to take these classes or if space are unavailable on your select date.

When register please write a note to us the date of your best and second choice if you can do either day. We will confirm the classes and the date for you.

Note: (You may take only one class but take your own transportation.)

Fri 3 Feb OR Mon 6 Feb, 2017 OR SAT 11 Feb (For APT students)

#5: 09.00-11.45 "Tok Sen Applied to Thai Massage Healing to Relieve Pain and Demonstration of Yam Khang to Relief Blockage"

By Thai Massage School of Chiang Mai Certified Teachers
In practice on floor mattress

11.45-13.00 Lunch

#6: 13.00-16.00 "Thai Massage Therapeutic Applied to Piriformis Syndrome Condition, Relief Leg Pain and Lower Back Pain"

By Thai Massage School of Chiang Mai Certified Teachers
In practice on floor mattress

15 minutes afternoon break

Provide the same complementary services same as TMC students:

Transportation at TMC pick up zone.

Practice clothes, tea and banana are provided.

Note: Some handouts may be given during the class.



Conference Registration Information



Registration Details

All prices are in Thai Bath. Your registration includes morning and afternoon breaks and lunch on both days. The GALA dinner on Saturday night is inclusive and cannot be discounted from the conference fee for those unable to attend the dinner.

Registration Type	Early Bird Booked and paid before 1 Oct. 2016	After 1 Oct. 2016
Full Registration TMC Student and future enrolled	8,590 Baht	9,590 Baht
Full Registration Non TMC Student	9,590 Baht	10,590 Baht
Additional GALA DINNER ticket	990 Baht per ticket Saturday, 4 Feb 2017	

May cancel for full refund before 1 Dec 2016. No refund after 1 Dec 2016. You may substitute a replacement participant at no charge by notifying TMC. Select special gift while supply last when enroll. See list on the next page.

Conference Hands On Workshops

Participants will have an opportunity to select one workshop below per day for Sat and Sun. Please select choice #1 or #2 for Saturday and #3 or #4 for Sunday. TMC school offers 2 classes #5 & #6 at TMC school at no extra fee. Please select Friday or Monday. If you can do either day, please select Best and second best day. Spaces are limited for special class but we will try to accommodate all interests. Make the selection on the NOTE when make payment.

Saturday 4 Feb 2017	Sunday 5 Feb 2017
1. Management of Trigger Points and Myofascial Pain	3. Rehabilitation Medicine for Musculoskeletal Pain Management
2. Acupuncture for Pain Relief Without Needle	4. Sports Massage: "An integration of Manual Therapy for Management of Musculoskeletal Pain and Performance in Athletes"

Special Classes at TMC School: Select One Date Only: Fri 3 Feb; Mon 6 Feb; Sat 11 Feb 2017

- "Tok Sen Applied to Thai Massage Healing to Relieve Pain and Demonstration of Yam Khang to Relief Blockage"
- "Thai Massage Therapeutic Applied to Piriformis Syndrome Condition, Relief Leg Pain and Lower Back Pain"

CE Provider

CE Contact hours with Massage & Myotherapy Australia (AAMT): Approved 20 CPE POINTS; CE Broker 10 CE Contact Hours; NCBTMB 10 CE Units; NHPC 10 CCP Credits. (Please check TMC website for update information.)

Disclaimer:

Please note that TMC is making every effort to ensure the information provided is accurate at time of preparation, however, schedule and speakers may be subject to change but will fulfill the conference times as suitable as possible. We will notify any changes to those registered via email. Please check TMC Conference website to confirm details up to the conference date. TMC may not be responsible in unavoidable circumstances that may cause disrupt to the event — full refund will be given but not to any personal expenses.

The workshops with training involve physical practice, by register to the conference - participants agreed not holding any one liability on any lost and/or injuries of any kind at any time during the conference or in the future that related to the conference, including but not limited to the practice partner, speakers and their colleagues, any one from TMC school management, staff, the host and the hotel facility.

All participants with full attendance will receive certificate of attendance at the end of the conference.

Request for CE provider credit will receive additional certificate according to the associations' requirement.

Seats are limited. Register now to ensure seat and to select your best choices of workshops at www.TMCschool.com or email to conference@tmcschool.com



MEET THE SPEAKERS





MEET THE SPEAKERS





LOTUS HOTEL LOUNGE

MAIN CONFERENCE ROOM

WORKSHOPS

LUNCH ROOM

(Rooms May change)





Pre-Post Conference Classes Classes Available



Pre Conference Classes

Courses	Date
Level 2	16-20 Jan 2017
Level 3	23-27 Jan 2017
15 Level 4-5	16-27 Jan 2017
Mini APT 1 week**	30 Jan - 3 Feb 2017
GCT weeks 6-10	30 Jan - 3 Mar 2017
Foot Massage	28 - 29 Jan 2017
Table Massage	28 - 29 Jan 2017
Chair Massage	28 or 29 Jan 2017

Post Conference Classes

Courses	Date
Level 2	6-10 Feb 2017
Level 3	13-17 Feb 2017
APT *	6 - 17 Feb 2017
Foot Massage	11 - 12 Feb 2017
Table Massage	11 - 12 Feb 2017
Chair Massage	11 or 12 Feb 2017

Remark * Pre-require Intensive 150 Hour/GCT300/GCT600

**Pre-require Comprehensive Thai Massage 90 Hours (only for Conference)

Please write to conference@tmcschool.com for details

Note: If you have taken Level 1 or L 1-2 and wish to take a refresh class, we recommend you take Level 2 on post conference class on 6-10 February 2017.

Space is limited, please reserve early. Click here to enroll.

Special for Conference attendace: If you enroll to classes during the pre and post conferences, you will receive a 10% discount from the regular class fee at TMC.