



London School of
Sports Massage



Prospectus



History History History



The London School of Sports Massage was founded in 1989 and was the first in the UK to provide specialist training in Sport & Remedial Massage. It has remained a pioneer and leader in the field of massage and has done much to establish what has now become a well-recognised discipline in modern healthcare.

The School offers vocational training for people seeking a professional career in massage therapy and we do this through a proper understanding the needs of the client. Our tutors are hands-on working therapists who are reminded daily of what it really takes to succeed in clinical practice. Although many of us may aspire to work with elite athletes this is a very small market. Most of us spend the majority of our time treating members of the public, some of whom may be recreational or competitive athletes, who suffer with a wide variety of acute and chronic aches and pains. Remedial massage is used to try to remedy these problems and Sports massage is just a speciality within this broader framework. Our training includes advanced remedial massage techniques and assessment skills, which enable the therapist to work safely and effectively with people from all walks of life, in a wide range of situations.



The LSSM has been instrumental in setting up the Institute of Sport & Remedial Massage ISRM which is the professional body promoting our needs and aspirations as professional clinical therapists. The LSSM qualification has now become the ISRM qualification and this allows other independent schools to offer the same high level of training and unite under this single qualification.

The ISRM qualification is externally validated by Edexcel/BTEC which is the National awarding body for professional education and training in the UK, and our graduates receive the following:

BTEC Professional Diploma in Sport & Remedial Massage
&
LSSM Diploma in Sport & Remedial Massage
&
ISRM membership certificate (optional)



Contents Contents Contents



| | |
|--|----|
| <i>Cover</i> | 1 |
| <i>History</i> | 2 |
| <i>Contents</i> | 3 |
| <i>About Massage</i> | 4 |
| <i>Work Prospects</i> | 5 |
| <i>Introductory Workshop</i> | 6 |
| <i>Diploma Course</i> | 7 |
| <i>Course Content - Theory</i> | 8 |
| <i>Coursework - Practice</i> | 9 |
| <i>Examination & Assessment - Award</i> | 10 |
| <i>General Info - Teaching Staff - Student Handbook - Venue</i> | 11 |
| <i>Register Of Practitioners - Purchases - Equal Opportunities</i> | 12 |
| <i>Tutor Profiles</i> | 13 |

Graduates can become full members of the ISRM which has an online register of therapists and a Continual Professional Development programme, plus all the necessary professional support a therapists needs, such as insurance etc. (further information see www.theisrm.com)

The ISRM is on the General Council of Massage Therapy GCMT which is working with the Prince's Foundation for Integrated Health FIH to establish the regulatory body for Complementary Healthcare.



About Massage About Massage About Massage



Although massage has been around in one form or another since the beginning of mankind, as a recognised therapy within modern health-care it is relatively new. It combines ancient and modern therapy skills with a scientific understanding of how the body functions and dysfunctions, creating an extremely versatile treatment process with wide-ranging benefits.

The prime purpose of massage is to help alleviate the stress and tension that can build up in the body's soft tissues (muscles, tendons and ligaments). In sport, this work takes on a special role in helping to enhance performance and prevent injury, by promoting recovery and monitoring the condition of the tissues.

As well as the general therapeutic value of massage, it can also safely and effectively deal with many minor soft tissue problems. These are by far the most common of all injuries, which often cause considerable pain and dysfunction in the short term, and may lead to more serious long-term problems. Most injuries in sport are of an overuse nature and the cause of this overuse needs to be identified and remedied, otherwise the injury is likely to recur. In life itself, painful conditions often result from long term postural and/or occupational stresses, which also need to be identified and altered if possible. The LSSM training attempts to address all of these issues.

The LSSM course teaches massage as the basis of an holistic approach to treatment, incorporating soft tissue manipulation, stretching and strengthening techniques. Guidance in remedial exercise in relation to training, injury and posture is also a key feature.



Work Prospects Work Prospects Work Prospects



Most graduates set up in private practice, working full or part-time.

Due to the diversity of conditions and situations covered on the course, they are able to work effectively within many areas of massage therapy. They may specialise in treating sports people or work with people from other sectors of the community. LSSM therapists work alongside Medical Practitioners, Osteopaths and Physiotherapists within their own networks as well as at sports injury clinics and rehabilitation centres.

Practitioners often combine their LSSM massage skills with other disciplines such as Osteopathy, Chiropractic, Traditional Chinese Medicine, Pilates, Fitness Training and Nutrition etc.

LSSM practitioners have worked at all types of sporting events including the Olympic Games, National teams and several Premier league football clubs and rugby teams. Some now practice in countries abroad including Australia, New Zealand, South Africa and the United States of America.



LSSM Courses LSSM Courses LSSM Courses



Introductory Workshop

Although designed to take students up to the entry level required for the main LSSM Diploma course, this workshop is open to anyone wanting to develop basic hands-on skills in general massage, for use on a recreational level with family and friends. For those wishing to go on to do the LSSM's professional training course, this provides an opportunity to get an experience of massage therapy and the LSSM.

This workshop is mostly "hands on" and students receive a pre-course handbook and certificate of attendance.



LSSM Courses



LSSM Diploma Course

BTEC Professional Diploma in Sport & Remedial Massage Therapy

Entry Requirements

- Ideally, 4 GCSE's and 1 "A" level, or similar academic qualification.
- A basic acceptable massage qualification OR an LSSM introductory massage certificate.
- An active involvement in some sport, dance or exercise activity.

Course Content

The course is made up of 10 weekend workshops (9:45am to 5:00pm Saturday & Sunday), plus one examination day, spread over approximately 9 months. Home study and practice* is required between the workshops, which are about one month apart. This allows plenty of time to practice and gain real experience of the techniques before new ones are added. As the course develops, students can relate the new information and techniques with the clinical experience they have already gained. The early part of the course becomes a solid foundation for the advanced techniques and subjects covered later.

The weekend workshops consist of approximately 25% theory and 75% practical, and there is a separate examination day, totalling 145 hours of direct contact time.

* Student insurance is required for you to practice outside of the classroom and we provide the details of how to obtain this at the start of the course.



LSSM Courses LSSM Courses LSSM Courses



Course Content

Practical

An extensive repertoire of basic massage techniques
Functional (living) Anatomy
Pre & Post Event Massage
Deep Friction
Neuromuscular Technique
Muscle Energy Technique
Soft Tissue Release
Connective Tissue Massage
Postural Assessment
Remedial Exercise

Theory

Anatomy & Physiology
Exercise Physiology
Contraindications
Acute & Post Acute Conditions
Pathology of Injury
Overuse Syndrome
Diet & Nutrition in Sport
Sports Psychology
Professionalism & Ethics

Although there are some formal lectures, many of these subjects and techniques are taught in combination through a comprehensive workshop format.

Although sport is a feature of the course, postural and occupational factors are also constantly referred to.





Coursework

This comprises home study based around four written assignments which form part of the course assessment. A minimum of 100 hours study is expected for the student to successfully complete the written coursework.

Practice

It is vitally important that students practice between the weekends. To encourage this, students receive a logbook in which to record 100 practice treatments and this forms part of the course assessment. Home practice is expected to take the student about 100 hours.





Examination & Assessment

The final examination takes place after the final weekend. It consists of one theory and one practical paper and is supported by 3 practical assessments taken during the course.

In accordance with our equal opportunities policy, we do try to make special arrangements for people with learning difficulties wherever possible. We also try to make the exam process as low-stress as possible.

The School has a formal appeals procedure if a student wishes to dispute any mark they receive.

Award

The successful student will receive diplomas from both the LSSM and BTEC. The qualification is nationally recognised and will enable you to practice as a professional sports/remedial massage practitioner, and obtain full comprehensive insurance cover. It also entitles you to join other professional registers, including the Sports Massage Association and/or the British Register of Complementary Practitioners

Advanced Workshops

The LSSM provides a wide variety of workshops on advanced techniques and other related subjects conducted by experts from different fields. These workshops are open to LSSM practitioners (post-graduate) and other suitably qualified professionals not affiliated to the LSSM.



General Information General Information General Information



Teaching Staff

Our tutors and assessors are all specialists in their fields and the team includes some of the most experienced sports massage practitioners in the World. They are all working practitioners with well-established practices and a deep passion for their work. With such a great depth of practical skill and knowledge, rather than being classroom academics who teach it how they think it should be done, they teach it how it really is. Every student is considered unique and the aim of our teaching is to encourage the individual to develop his or her own style and skill rather than copy set methods and routines. This all combines to make classes exciting, stimulating and enjoyable.

We also bring in specialist lecturers and tutors from the areas of sports science, osteopathy, physiotherapy etc.

Student Handbook

When students start the LSSM course they will receive a Student Handbook containing all the relevant information needed to help get the full benefit and enjoyment out of the LSSM Course.

Venue

Our main centre is at Regent's College, which is situated in Regent's Park, Central London. We also have a satellite branch at Southampton University where we run exactly the same course with the same tutors and assessors. We hope to open a limited number of other satellite centres in the future (see www.lssm.com for latest information)





Register Of Practitioners

LSSM graduates are offered membership of our Register of Practitioners. The Register provides a directory of qualified practitioners which is distributed to sports governing bodies, clinics, and individuals seeking treatment. It is also displayed on our internet website. Members also receive newsletters and information about advanced workshops and other courses. Only registered practitioners are allowed to use the LSSM Logo to promote their clinical work.

Purchases

Treatment Couches:

Students will need to have access to a treatment couch for their home practice. This is an essential tool for students aiming to adopt massage as a profession and is therefore a recommended purchase. The School will advise students on purchasing one if necessary.

Textbooks, Charts & Sundries:

Students receive a reading list indicating which books the student is recommended to purchase and which are optional. The main books, charts and other sundries will be on sale at the weekend workshops, or through mail order from our office.

Equal Opportunities

The LSSM has an Equal Opportunities policy, which does not discriminate on grounds of race, gender, religion or nationality. We also aim to accommodate disabled students whenever it is practicably possible. Our full Equal Opportunities policy is available on request.



Tutor Profiles



The LSSM has a team of around 30 tutors. All have strong sporting backgrounds which led them into massage and have done extensive advanced training (CPD) and have successful clinical practices. They include the following:

Mel Cash

Mel began his massage practice in 1985 and has extensive clinical experience on all levels, from elite athletes through to people with disabilities and terminal illness. He has worked at major sports events and toured internationally with Ballet companies. He is founder and principal tutor of the LSSM, visiting lecturer at Westminster University and also presents workshops internationally. He is the author of three books including one of the leading international textbooks on massage.

Tanya Ball

Tanya has a BA and qualified with LSSM in 1997 and has gone on to do much more advanced training, including an MSc in Complementary Therapy. She has an incredibly high level of technical expertise as a remedial therapist and through her passion for athletics also organises teams of massage therapists working at major sports events.

Alex Fugallo

Alex is a former international sprinter who qualified with LSSM in 1990, then went on to train in Osteopathy and has extensive portfolio of additional specialist qualifications. He is now one of the leading Sports Osteopaths in the country, working with athletes at the highest level including the British Paralympic team.

David Katz

David has been involved in clinical bodywork since 1991 and now specialises in Remedial Pilates and rehabilitation. He has extensive experience in many aspects of physical therapy and teaches at LSSM as well as on Pilates training courses and gives guest lectures and workshops to a variety of other medical professionals.





Mary Sanderson

Mary has a BA in Sports Studies and has been in practice since 1992. As well as teaching at LSSM she also conducts CPD courses for Physiotherapists and Chiropractors. She has a very successful practice and is the author of "Soft Tissue Release".

Brian Clarke

Brian has been in practice since 1996. He has worked at several major athletics championships and treats many top athletes. He has also been coaching athletes to international standards since 1980.

Sarah Dunlop

Sarah has a Bsc in Sport & Exercise Science and combines Pilates with her massage therapy. She has been in practice since 1999. Based in Southampton she works with top international sailors and windsurfers and was with the British sailing team at the 2004 Olympics.

Glyn Curtis

Glyn has been in practice since 1992 and also has a BA (Hons). He has had a long career in education, teaching Sports Therapy at further and higher education colleges. He runs a very successful clinic and has worked with Leicester City FC and Leicester Tigers RFC.

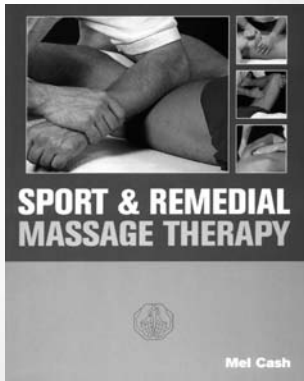
Allan Murrell

Allan has been in practice since 1992. He has been involved with local sports clubs for many years and has enormous depth of clinical experience.

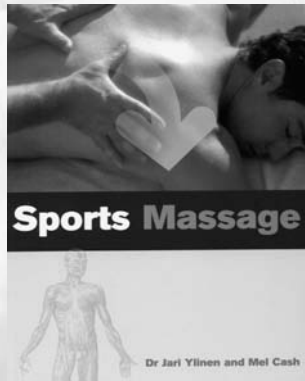




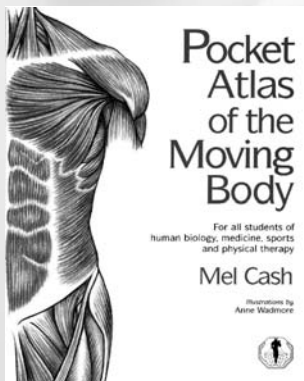
Leading Texts by LSSM Tutors



Ebury Press 1996
ISBN 0 09 180956 8



Ebury Press 1988
ISBN 0 09173746 X



Ebury Press 1999
ISBN 0 09 186512 3



Corpus Publishing 1998
ISBN 1 903333 00 8





Courses take place in central London at Regent's College in Regent's Park and in Southampton.

London School ^{of} Sports Massage



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