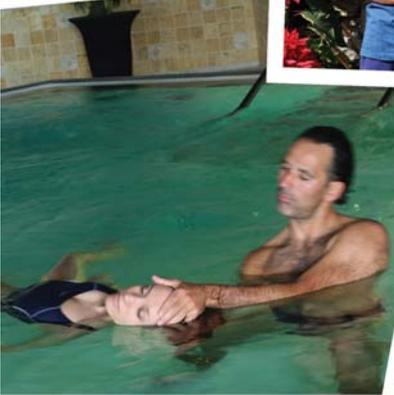




I.S.R.M
INSTITUTE OF SPORT
& REMEDIAL MASSAGE

NEWSLETTER

ISRM | ISSUE 16 | March 2011



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Breaking news! Breaking news!

Seeing Hands Nepal (SHN) update
From Mel Cash

'Well I'm used to seeing small therapists produce a lot of power, but I had to look up from the face-hole to see if they had made a switch, because I could not believe how good and deep her pressure was.'

'The best thing of all is the way the experienced therapists share their understanding with the students, and how they all help and guide each other. It is far better for them to learn from others in their own language, rather than translate from English.'

I was happy to be going back to the project again during the Christmas break 2010. It had been two years since I was there last, and it was good to see how things had moved on.

SHN has now opened a branch in Kathmandu, just inside the main tourist area (Thamel). It is getting off to a fairly slow start so far with only two therapists, Chiran, the most senior experienced therapist, and his wife, who has two years of good experience herself. Although we hope this clinic will build up well, it is not the ideal location for training. Kathmandu is no longer the 'cool' place to 'chill-out' in, and is nowadays a very noisy, polluted, and chaotic place. So Pokhara, situated by a lake and with stunning views of the mountains, should remain the teaching centre, but the premises could do with a second floor to be built to accommodate this.

There had been an intake of four new students earlier in the year and Paul Martin (a tutor at our new centre in Bangor) had been out there to start their training. Getting them to use their body weight well



and develop safe hand techniques right at the beginning makes all the difference, and Paul did a truly outstanding job. I was amazed by the quality of work they were doing.

After a very tactile session of greetings with everyone there, a student called Shanti very shyly said she wanted to give me a massage, which I thought was very brave of her. I could see all the others were keen for her to do this and I suspected that this may have been a plan to impress me, so I agreed.

Blindness in Nepal is often due, as with Shanti, to malnutrition in early life, and so she is very small. Only about the size of a twelve year-old, it is hard to believe she is a married woman in her twenties. Well I'm used to seeing small therapists produce a lot of power, but I had to look up from the face-hole to see if they had made a switch, because I could not believe how good and deep her pressure was.

My time at SHN actually became rather boring, because there was little I could teach them. They only needed to keep practicing what they were doing and

improve their clinical/communication skills to become full therapists at the clinic. The qualified therapists whom I had taught two years earlier are now highly competent, and we just swapped some treatment and got fresh ideas from each other.

The best thing of all is the way the experienced therapists share their understanding with the students, and how they all help and guide each other. It is far better for them to learn from others in their own language, rather than translate from English.

Rob and Sue Ainley, who set up the SHN Charity, now live in Nepal much of the time, but running the school and clinic is no easy task. It is a business, and in Nepal this means going through unbelievable amounts of bureaucracy, incompetence, inefficiency, and corruption. And the political situation in the country is in constant chaos. They also have to get involved in the many and complex personal issues of all the students and therapists. It was interesting to spend time with them and discover all the difficulties they face.



One great thing about the project is that once a student is accepted, they receive a scholarship with a monthly allowance from the Charity to pay for their living expenses. But only students who are eligible for university are accepted on the project, and they use this money to enrol at university. Here they get a tiny bed-space in a dormitory and one meal a day (you would be astonished to see how they manage to consume a whole day's food in that one

sitting). So most of them are working towards a degree as well as becoming massage therapists.

The need for volunteer tutors is now diminishing as they teach themselves a lot, but it is important that we get a good tutor out there when a new group of students starts. But for any ISRM therapist who is going to Nepal for an amazing holiday adventure, spending some time helping at SHN will make the trip even more special.

Money is always short and donations are very much needed to cover the students, scholarships and to expand the facilities at Pokhara.

For those of you currently studying with us and filling your treatment logs, asking your clients for a donation to SHN could be very valuable gesture.

See www.seeinghandsnepal.org



Editorial

Tanya Ball

Welcome...

The last time I was composing my 'Editorial', everything was white outdoors, with plummeting temperatures, and good old Britain had once more nearly ground to a standstill... despite all those oh-so-reassuring words from Borough Councils up and down country about how well they were prepared this year.

So what a delightful contrast to be welcoming you all to this, our inaugural 'electronic-only' ISRM Newsletter, amid daffodils, tulips, early tree blossoms, budding light green leaves in the woods, and even intermittent sunshine!

Rationale for new ISRM Newsletter format

As mentioned in the previous Editorial, we have decided from 2011 to produce hard copy newsletters for the summer and Xmas Issues only, with a spring and autumn online-only publication. All relevant (i.e. not obsolete) material featured in an electronic version will be reproduced in the following printed Issue.

One key aim is to reduce ISRM's substantial annual printing and postage costs, so that more funds are available for worthy 'causes' supported by our not-for-profit organisation. Another equally important

objective is for us gradually to build a database of educational or entertaining Newsletter contributions, and potentially other articles, study reports, etc. that members could retrieve at any time. More information on this process, and a possible invitation to forward articles for consideration of inclusion will be forthcoming once we are in a position to develop this aspect.

In this Issue...

Mel Cash's 'Breaking News': Mel updates us on his latest (Xmas 2010!) visit to The SHN Project in Nepal, with his usual heart-warming 'real life' stories.

Our profession and its future: I strongly urge Members to read CNHC's latest update, notably with regard to Membership renewal, and, equally importantly, the new legislation and regulation on internet/electronic advertising.

Feature articles: These include wonderfully contrasting stories, from Ian Tennant's highly reflective account of his 'WATSU' experience, to ever-resourceful Jo Chatfield's 'discovery' of Nordic Walking as a 'sanity-saving' CV substitute to running. Not forgetting Juliet Richard's 'Part 2' of her Student's Diary.

Event work: read up on the recent Reading ½ Marathon, and keep abreast of the growing number of ISRM events on the calendar for 2011.

'Educational' section ('Expand your knowledge, enhance your skills'): select from a wide range of mouth-watering 2011 courses and workshops for variable levels in London, Oxford, Southampton, and Basingstoke. There are also a number of Kinesis UK courses listed for those with a specific interest in 'fascia'.

My grateful thanks as always to all who have contributed to this Issue, and my renewed appeal to all readers please to send me your contributions for the summer edition. No story is too small or trivial – who knows how much you could inspire, inform, or just lighten up someone else by sharing your knowledge or experience.

Please keep sending your newsletter contributions to me at:
editor@theism.com

Please note that the submission deadline for the Summer 2011 Issue is Friday 17th June 2011, Thank you.

Our profession and its future

Advertising – What you need to know

From Hazel Russo



Why is advertising so relevant at the moment?

Is complementary healthcare being 'got at'?

There seems to be little doubt that issues to do with 'advertising' are some of the ways in which those who are sceptical about complementary healthcare are choosing to try and make their point.

What is actually happening?

We know that a number of people who either disbelieve the efficacy of complementary health, or who are very sceptical about how (or indeed, whether) it works, are trying to 'attack' a number of therapies. Chiropractic has been subject to hundreds of complaints to the General Chiropractic Council (GCC) over the past year or so. Homeopathy has also been targeted to the extent that a significant number of courses have now closed in several Universities. It appears that reflexology is also in the spotlight and it is possible that other therapies will be targeted in due course.

Why is this happening?

At one level, it is good for any profession to be challenged about what it does. We should never listen only to our friends if we want to have a balanced view of our actions. We should all be able to provide a rationale for our activities and be able to justify what we do and why, when it involves other people and their health and well being. For those reasons we should listen to those who are sceptical and work out the best way to answer their queries.

What could happen?

If you write or say anything which is considered to be misleading, it is possible that a complaint could be made to the Complementary & Natural Healthcare

Council (CNHC), if you are registered with us, or to the Advertising Standards Authority (ASA).

If the complaint goes to the ASA it is likely to be considered against the strength of the evidence available for the claims that are being made. CNHC is currently in discussion with those with research expertise to provide evidence that might be acceptable to the ASA where necessary. One of the difficulties relates to what type of research will be considered acceptable. Randomised control trials are accepted by the ASA but don't feature very highly in the complementary healthcare sector.

What can you do about it?

Make sure that you are very careful about what you write. Always bear in mind that you may need to provide evidence to back up any claim you make about efficacy in particular. After March 2011 website information will also be subject to ASA scrutiny and complaint. Also, be cautious about what you say – don't make claims that have no evidence.

How to get help

Please don't worry too much – not everyone is out to get you, even if it feels like that at times! Just be cautious and sensible. Click here to read the advice provided by CNHC, check any advice provided by your professional association and look at the Committee of Advertising Practice (CAP) Code.

The CAP Copy Advice Team provides a free advice service and will check advertising claims prior to publication – usually within 24 hours (please ensure you leave ample time between seeking advice and amending your advertising prior to publication). They can be contacted at advice@cap.org.uk or

on 020 7492 2100 Monday to Friday from 9am to 6pm. Additional helpful information and advice on advertising is also available on the Advertising Standards Agency website at www.asa.org.uk

Continue to be proud of your work and the help it brings to those who need it.

Whom to contact:

CNHC – www.cnhc.org.uk /
email info@cnhc.org.uk or
tel: 020 3178 2199

ASA – www.asa.org.uk

CAP – www.cap.org.uk

Maggy Wallace, Executive Chair, CNHC

CNHC News – Autumn 2010

The changing face of professional regulation

In February this year the Department of Health published a Command Paper called '**Enabling Excellence**'. This document has significant implications for all health related regulatory bodies. It appears that there will be no more statutory regulation for professional groups, apart from practitioners supplying unlicensed herbal medicines. These practitioners will ultimately be regulated by the Health Professions Council in order to meet the terms of the relevant EU Directive. CNHC is currently checking the implications for those on the CNHC register who supply unlicensed herbal medicines but it seems unlikely that decisions will be made very quickly.

The wider implications for CNHC of the changing approach to regulation are being explored in depth with colleagues within the sector.

The Health Minister recently said: *"I am very supportive of voluntary regulation and the work that the CNHC has been doing since its inception in 2008. The CNHC has achieved a great deal in the last three years and I have been especially interested to learn of the increasing numbers of registrants you have attracted in the last few months."*

CNHC registered? Check your renewal date!

It is renewal time for many CNHC registrants and CNHC is encouraging practitioners to keep their CNHC registration up to date. This can be done by following the simple online process.

To stay registered:

- Check your register entry for the **'Registered until'** date
- Make sure the CNHC has your current email address.
- Look out for the CNHC registration renewal email which will be sent to you one month ahead of your **'Registered until'** date. (Check your inbox and spam folders for this message.)
- Complete the online process outlined in the reminder messages.

If you need to update your email address, you can check and change your details at any time by using 'My CNHC Login' at www.cnhc.org.uk. (If you have forgotten your password or are having any difficulties with the renewal process, contact us at: info@cnhc.org.uk or telephone us on: 020 3178 2199.)

For further information about the CNHC call 020 3178 2199,

email info@cnhc.org.uk
or visit www.cnhc.org.uk

Celebrate your CNHC anniversary

The CNHC register opened to Sports and Remedial Therapy in February 2010, which means that many people will be coming up for or have passed their renewal date. The CNHC is urging people to keep their registration up to date.

If you're CNHC registered you're in very good company. You are one of several thousand practitioners who recognise the importance of being registered with the Government-supported UK regulator for complementary healthcare.

In the last 12 months alone, more than 40,000 searches have been made on the CNHC register. That's 40,000 people looking for a CNHC registered practitioner.

"As a sports and remedial therapist of many years, I strongly believe that joining and participating with the CNHC can only strengthen our profession," said Marcus Croman, a sports and remedial therapist who runs his own practice in Liverpool. "It gives us extra credibility as practitioners. Being part of the CNHC will reduce the risk to the public from poorly trained and unprofessional therapists and reinforce our own status as professional therapists."

In the last year the CNHC has gone from strength to strength. The Department of Health has asked GPs to recommend that patients seeking complementary healthcare use CNHC registered practitioners.

Health Minister Anne Milton said:

"I am very supportive of voluntary regulation and the work that CNHC has been doing since its inception in 2008. CNHC has achieved a great deal in three years and I am especially interested to learn of the increasing numbers of registrants you have attracted over the past few months."

The CNHC now has a presence on Yell.com, the online Yellow Pages directory. This allows us to tell the public about the importance of choosing CNHC registered practitioners. The high number of annual searches for complementary healthcare on Yell.com will direct more people to the CNHC register where they can find a CNHC-registered practitioner in their area. It will also be a real benefit to CNHC-registered practitioners listed on the Yell.com directory website.

If you are already CNHC registered, make sure you keep your registration up to date by checking your register entry for the

renewal date and looking out for the reminder emails from CNHC.

If you want to benefit from CNHC registration, register or renew today by visiting www.cnhc.org.uk, e-mailing info@cnhc.org.uk or calling 020 3178 2199.

Feature

Underwater Massage Ballet

Exploring the muscle reprogramming potential of Watsu
From Ian Tennant

'As my limbs flowed freely in sweeping arches with the water, I felt a rushing sensation that ran from head-to-toe, helping me sense the subtle interconnectedness of distant body parts. I became extra-sensitive to mild stretches in patches of skin and tissue where blockages or restrictions existed. Later in the session, as Stef rhythmically rotated my shoulders, to my surprise, my legs automatically peddled in the opposing direction making me suddenly more conscious of the gyroscopic way our bodies balance movement in all directions.'



I'm often intrigued by the way clients describe what it feels like to receive a massage. The sensation felt when working slowly up from the Achilles tendon along the deep fibres of the soleus muscle

towards the knee, was likened by one lady to squeezing toothpaste out of tube. Another said her back felt 'all warm and squidgy, like porridge or custard' after her treatment – rather than the 'brittle, grey

plastic guttering' that was lodged in her shoulder blades beforehand. Yet, it was the similarity to 'ironing creases out of a tea-towel' which recently got me thinking more about the role of functional, flowing

movement and trust during therapy in helping clients stay relieved of unnecessary tension, and aid recovery and proprioceptive reprogramming.

When we treat clients with standard techniques such as effleurage, petrissage, or friction in a linear, uniform way – perhaps lying still and prone on a couch – the ‘tea-towel’ comparison ideally describes the local smoothing effect of massage on a specific part of their body. Yet a whole person is much more interesting than a flat, piece of cloth that spends half its life in a kitchen drawer! As soon as they jump off the couch, our client’s bodies twist and stretch using complex patterns of movement that require a phenomenal amount of whole-body coordination, muscle memory, and spatial awareness in three dimensions. One of the hardest jobs for a therapist is to make sure that the one-hour’s worth of ‘ironing’ done on the couch is integrated by the client into the twenty-three hours of living off the couch in the real world, and that they avoid resorting to damaging patterns of muscle recruitment and build-up of tension in other soft tissues. So, to upgrade the tea-towel analogy, we might like to think about the fabric of our clients’ bodies more in the way a fashion designer or tailor would when designing a ball gown: appreciating the role that the properties of cloth – such as drape and absorbency – play in the overall performance of the garment, or in our case the performance of the client’s body.

I was made acutely aware of how much our ability to move gracefully and pain-free depends on our body’s connective fabric (our fascia’s) ability to ‘flow’ freely, when I experienced a deeply relaxing and powerful water-based massage treatment called ‘WATSU’, which involves elements of dance and stretching in three dimensions. During the one-hour session I was lead around a spa pool by the supportive and light touch of Lanzarote-based therapist Stef Cerf, who after training in many types of bodywork now chooses WATSU as his main therapy for clients, because it blends his life-long passion for water with massage. Not knowing exactly what to expect from the

treatment, I was soon astonished by how thoroughly absorbing it was – and within minutes I was left feeling like an autumn leaf dancing in the wind.

Afterwards I was curious to find out more from Stef about the elegant movements used during the session. ‘I work with archetypal shapes such as the figure of eight, vortex, circle, and sinusoidal wave when steering clients through the water,’ explained Stef. ‘There is a force behind shapes and these somehow resonate with us.’ This left me wondering whether his treatment could help align a body with the universal forms, shapes, and patterns which are so commonly observed in nature.

I certainly felt the resonance that Stef referred to whilst being steered around the pool along these classically-shaped paths. I noticed different forms reverberate with different fascial trains: as my limbs flowed freely in sweeping arches with the water, I felt a rushing sensation that ran from head-to-toe, helping me sense the subtle interconnectedness of distant body parts. I became extra-sensitive to mild stretches in patches of skin and tissue where blockages or restrictions existed. Later in the session, as Stef rhythmically rotated my shoulders, to my surprise, my legs automatically peddled in the opposing direction making me suddenly more conscious of the gyroscopic way our bodies balance movement in all directions. As Stef returned to using faster, dance-like movements – incorporating manipulation and stretch, I could feel tension melt away and awareness return to a ‘blind spot’ around my left shoulder blade, that wasn’t moving freely and had been responding poorly to couch massage and stretches for several months previously.

‘WATSU’, a name that is derived from ‘WATER’ and ‘shiatSU’ – was developed 30 years ago by Harold Dull, a renaissance poet who also headed-up a massage and shiatsu school. Dull began to apply stretches and massage on his clients and students whilst floating in warm water. WATSU is now practiced by over a thousand therapists around the world and has evolved

alongside similar aquatic treatments such as Water Dance and Healing Dance, all of which incorporate dynamic stretches and dance-like elements. Stef explained to me how powerful water can be as a medium for practicing positional release: ‘Working with clients in the spa pool eliminates gravity and helps them to move with the least amount of effort. To get the most benefit, it is crucial for the client to feel safe and to trust the therapist – if they do then water is the best place for letting go of chronic tension.’

Indeed, as any massage therapist will know, the greater trust a client has in the person they are working with, the easier it is for them to release tension during a treatment. To me, this relationship was even more intense when submerged in water. ‘It takes a while for some people to melt into a comfortable natural shape in water,’ explained Stef, ‘but once they let themselves become at one with the water, the whole body can be made harmonious and graceful again.’ To me, once the trust barrier has been overcome, it seems WATSU has the potential to go further than just release tension: through whole-body movement in all directions, it can truly re-program long-held, adverse muscle recruitment patterns and rebalance fascial tension. That said, having experienced this ‘underwater massage-ballet’ for myself, I would be keen to incorporate more dance-like movements in the therapy room and test Stef’s theory that ‘you can do everything in water that you can do on land, and vice versa’.

Finally... a good pull-out quote: ‘Water is the best place for letting go of chronic tension’.

Further information

Watsu Lanzarote -
<http://watsu.yolasite.com>
Venue in Lanzarote offering gentle and affordable retreats including Watsu:
www.b-the-change.com/retreatlanzarote.html

Feature

A Student's Diary... Part 2

Juliet Richards shares some of the highlights, landmarks, and 'scary moments' of her journey through the LSSM course, with the view to inspiring others.

'The realisation that there was a month to go before the Theory exam was like the tunnel at the end of the light.'

'In a nutshell the theory exam is like the idea of pulling a sticky plaster off your skin – the anticipation is much worse than the actual event.'



I hate exams – I really hate exams. Exams for me are like Tim Henman's performance at Wimbledon: cracking like a Wheetabix the moment you apply any pressure.

The realisation that there was a month to go before the Theory exam was like the tunnel at the end of the light. Every person I came across who had taken the exam was asked what it was like. Unanimously they would reply that it 'wasn't that bad – it was actually ok'. Ok. OKAY – 'What does "OK" mean?' I asked a Tutor who replied, 'you will be fine as long as you know your anatomy and have done the work on the course.' This helped calm my anxiety, as I was on the right track with my revision, I just needed to make sure there was more of it. As the weeks went by, my friends began to wonder whether I had had my books grafted to my hands.

The morning of the Theory Exam

All too soon it was the morning of the exam. Boarding the 8:30 tube felt like a shuttle for the condemned. Once again I opened my notebook and wrote over and over my anatomy origins, insertions, and actions, switching to actions, insertions, and origins just because I could. The underground shuddered to a halt at Baker's Street, its doors slid open, enticing the early morning crowd to catapult themselves into their respective days. Thrusting my notebook

into to my bag, I marched to the exit, realising that (a) if I dropped my book and anyone read the repetitive anatomy lines of script, it could be classed as psychotic ramblings, and more importantly (b) my usual pre-exam hysteria hadn't grabbed me.

Arriving with my nerves still intact, I sat in the corner of the Regent's College canteen, letting my tea cool whilst glancing at my notes. But I realised with 30 minutes to go to kick off that it was pointless to do any last minute reading – my time would be much better spent just relaxing.

However 30 minutes felt more like hours as I sat and waited for my fellow students to filter into the exam room. Eventually the smiling exam adjudicators swept in, greeting the room with the usual pleasantries. Then as the exam papers were placed on the desk, a tutor asked, 'Who's nervous?'

'Not me,' I replied, and for the first time ever in an exam situation I realised that I meant it! This was it – this was what I had worked towards all year round.

The room fell silent as the examiner said, 'you have until 12:30.'

The nib of my pen scratched at the paper as I struggled to pace myself through the initial adrenaline surge. But all too soon it was over, the clock got to 12:29. I put my pen down and it felt like just 10 minutes had elapsed.

In retrospect, the theory exam was exactly as people had said – it was ok. But 'only if you did the work and knew your anatomy', as I mentioned previously. In a nutshell the theory exam is like the idea of pulling a sticky plaster off your skin – the anticipation is much worse than the actual event.

The Practical Exam

Having achieved my own personal triumph in conquering my theory exam nerves, the thought of the practical exam was not scary at all.

As the exam began, the examiners began to circle the room like piranha with their big smiley faces and clipboards. It was at this point that I realised that I was jabbering through what should have been a routine display of my skills. This was it! This was my own personal Ashes test, which I had to win to get the trophy. My nerves were going to set me back and I wasn't about to lose on my home ground. Gathering control as my exam client was switched for the next treatment, the examiners lost their element of fear for me as I became immersed in treating my client. So much so that when the group were told that we had all passed, it came as a shock: 'was that it?' I thought. In a strange way, I was sorry it was all over.

Conclusion...

Having achieved victory over my exam nerves, I can safely say that I no longer hate the idea of exams in the way I used to.

Feature

Can't run, won't run? Try Nordic Walking! —

Jo Chatfield suggests an alternative way to get that CV workout.

From Jo Chatfield



A few years ago, I had finally to listen to my complaining body and hang up my running shoes for good! I really struggled to find an alternative way to get a good CV workout. I lacked the motivation to work hard in the gym on my own. Classes were at the wrong time of day to fit in around my work. Most of all I really missed the buzz of running in events or with a club and friends.

As I resentfully watched the Running Club go out from my health club one morning, someone handed me a leaflet on Nordic Walking. Eureka! Nordic Walking was reported to use 20% more calories than normal walking as one uses more muscles, but it feels easier and is less tiring. It seemed that this could be just what I needed - kind to your joints, low cost, and surprisingly aerobic!

Based on a sports coaching technique for cross-country skiers for their summer

training, it uses special poles. It is not just 'walking with poles' though! It is a progressive, structured way to exercise suitable for all levels of fitness.

I had to have a one-to-one lesson first to master the technique, and since then have regularly joined group walks. As well as all the fitness benefits I found it is a really sociable way to exercise. In fact, we often refer to our regular walks as 'Nordic Talking'! Poles are provided by the instructors, or if you wish to go on to Nordic Walk by yourself, you can purchase your own. But – do get advice from an instructor as to which ones would be suitable for you.

The reason I wanted to write this article was to share how beneficial it can be for our clients. I now suggest Nordic Walking to people who can't, or don't want to run, but need something else, as I did when I gave up running. It can be suitable for someone

requiring weight-bearing exercise, but perhaps has hip, knee, or ankle joint problems, or osteoporosis. I find it a useful way to keep my thoracic spine mobile as you really use your arms to get good upper body rotation. Anyone with balance issues could also find it helpful as it means they can exercise with the additional stability of the poles. My fellow walkers have found it a good way to improve their fitness for more serious treks such as Kilimanjaro and the Great Wall of China. The Nordic UK website gives abundant further information on the health benefits and suitable uses of this activity, including for cardiac rehabilitation, and how they are involved in the Change for Life health program.

Costs will vary from instructor to instructor, but I paid £25 for my initial one-to-one lesson. Our group walks last from one-and-a-half to two-and-a-half hours at £7-10. A good instructor should include a warm-up and stretch-out as part of the session

I cannot think of a better way to enjoy the great British countryside whatever the weather. Walking in the fresh air certainly feels healthier than working out in a hot sweaty gym any day!

For more on Nordic Walking, to find an instructor, or become one yourself go to:

<http://www.nordicwalking.co.uk>



Event Work

The Reading ½ Marathon, Sunday 20th March 2011 - a 'no frills' account

From Kevin Petersen



I thought it might be useful to enlighten any members who have yet not worked at an event, that it's not all that you would expect sometimes. The first thing to say is that I have already volunteered at many events, from running to martial arts, and they really are a great experience, because of the variety of work you can encounter, the need to be able to think quickly, and provide appropriate treatment 'on the spot' or refer on if needed.

I arrived at 7 a.m. with my car loaded with towels, oils, and massage couch. Displaying my 'white' parking permit, I was shepherded into the perimeter road of the Madejski Stadium Reading, feeling very fortunate that we as massage therapists had designated parking adjacent to the massage tent as pictured on the event site plan.

Then... as if stuck in a track on the ground, my car was directed by the marshal with a fluorescent jacket that was clearly too big for him, to a left turn and up a steep hill. Winding the window down, I pointed out that according to the map, the concrete space behind him was the massage parking area, but to no avail. He unwaveringly directed me up the hill, where in order to find a space I drove further and further away. Having 'abandoned' my car (sorry – found a parking space), I loaded myself up like a 'pack horse'. 7.30 am and I made it into the vast marquee where a senior Physiotherapist, who seemed to be arranging the massage couches layout, instructed me that we (the ISRM team) could go right to the far end into the corner (whilst the student Physios from a number of Universities had prime position at the front).

Having met up with a few ISRM colleagues, we set up our couches and laid out all our towels and oils, only then to be informed the layout was going to be changed, so we had to move all the couches! After our briefing with Tanya of the ISRM, we received our first pre-event clients. Clients were asked for a suggested donation of £5 for a ten-minute Sports Massage, with the proceeds going to the Fire Fighters' Charity, and they had the option of pre-booking their post-event massage, which was a great idea, saving queues later.

There were around 50 of us massage therapists from a variety of sources, and although the marquee was cold in the morning, we were later going to feel more than warm once the competitors started to pour in after the event. As the race was getting under way, we had the chance to watch the start, which was great for me as I had the opportunity to see my girlfriend Amanda in her first 1/2 marathon (and possibly her last!). Then... disaster! I attempted to get my second latte of the day, only to find the coffee trailer machine was broken, and I began to wish I had filled that flask of coffee before leaving home...

Back in the massage tent, we were all handed a carrier bag containing a bottle of water, flapjack, pack of crisps, Kit-Kat, and a ham sandwich. Now that was very gratefully received by me, but the two vegetarians alongside me, who had also given up chocolate for Lent, were not so pleased. From about 11.40 a.m., runners began to file in, and we started our treatments. The initial trickle soon became an orderly queue, and we worked hard over the next two-and-a-half hours with back-to-back massages. These consisted primarily of leg work as you would expect, but there were also a few people with upper back problems. The event over, it was just left to us to pack up all our equipment and haul it back up hill to our cars.

Now having read the above, you might well question why would anyone want to get up at crack of dawn on a Sunday, to work in the cold, unpaid, with only minimal expenses being refunded? Well I asked myself that many times on the day... but now as I sit writing this, I am already looking forward to my next event. I think we all need to be

involved in event work for a number of reasons: if you can help support the runners who give up their time to train and compete in gruelling events purely to raise funds for many needy charities, why not? Also, you help raise the profile of both yourself and the Sports and Remedial Massage profession as a whole, hopefully leading to a greater

uptake of our services and therefore more recognition of the excellent benefits of our services. I hope I've not put you off by highlighting what to expect, but it is better for you to know 'what you might be in for'. You have a skill – so why not use it to benefit as many people as possible?

Event Work

Event work update

From Tanya Ball



This page is trying to be written amid an unprecedented flurry of event work-related e-mails in the build up to the London Marathon, compounded by somewhat last-

minute requests for ISRM involvement in other significant events leading up to the big day.

As mentioned in the previous Issue, IMG have once again requested our input into the Blenheim and London Triathlons (early June and end July respectively), and the Run-to-the-Beat ½ Marathon (September). Applications for these events are closed at the time of writing, as the quotas have been reached. *HOWEVER please keep checking the website if you would like to participate in any of these, as I will re-open them momentarily in the event of withdrawals from currently 'approved' team members.*

In addition to the above, we have to date provided a SRM team of graduates at the Fleet ½ Marathon as in recent years, and a 'mixed team' of volunteers at the Reading ½ Marathon (both events on 20th March 2011) – see Kevin Petersen's Report in this section. We are also for the first time providing teams at the Brighton Marathon on 10th April, with further requests for ISRM to help at further events in May, June, and beyond, so 'watch this space' on the web page!

Reading ½ Marathon – Sunday 20th March 2011

The Reading event was an exceptionally unpredictable event, because I was asked to provide a SRM team as part of a much

larger massage volunteer recruitment exercise for the Fire Fighters' Charity. This effectively meant cramming our nine-strong squad into a vast marquee amid a total of some 50 therapists with diverse backgrounds and experience. Most were Physiotherapy students on a 'Sports Massage Module' (only a few days' training), while others were students or therapists from local college Level 3 courses.

Everyone, understandably, had to work to the same system, namely ten-minute treatments, which runners received in return for a suggested donation of £5, and the completion of a rather detailed medical/disclaimer form in my opinion (no, it wasn't the census form by mistake – however this would never work at the London triathlon!). We were instructed that each therapist should collect all the forms from their clients, sign and date them and return them to the booking desk on leaving at the end of the day, 'in case we receive a complaint'.

After being requested to re-locate our couches/equipment twice – to accommodate more space for a waiting area further 'down' the marquee as long queues were anticipated for the peak post-race time... a few pre-event pundits arrived and were directed to the therapists nearest the desk (we had been allocated the far end). Eventually however, it was our team's turn and everyone performed some pre-race treatments, wearing several layers and working through clothing as it was much colder and damper inside than out. With my medical condition, I had come prepared... two thick layers on my legs, plus ski socks, four layers up top, and a fleece head band – a great advert for Michelin Tyres no doubt!

A bonus for me was that Charity volunteers were taking care of greeting, booking in, and filtering the runners through to available therapists. This meant that for once, I was able actively to support, advise, and check on our team members, rather than be glued to a desk and clutching a petty cash box when wondering among the team.

Observing the different therapists' 'styles' was, as always, interesting. It would certainly be unfair to claim that ISRM work was 'all good' and the rest 'all bad'. It would likewise be completely biased to suggest that our team maintained a perfect working posture throughout, and no one else did. But my overall perception was that even when it was not being achieved, most of our team members were posture-conscious and 'trying' to use their body weight, keep their back reasonably neutral, etc. A minority of other therapists likewise demonstrated good body mechanics, but for the most part, it seemed to me that people were 'blissfully unaware' of this fundamental prerequisite for effective massage and therapist 'durability'.

As the post-race demand rose and peaked, with unrelenting back to back treatments required, massage technique (in)efficiency was gradually reflected in facial and body expressions of fatigue. While the ISRM team were still eagerly greeting each new client with a smile, many of the younger, mostly physiotherapy student contingent were clearly beginning to suffer with general fatigue and localised wrist, hand, and finger pain.

Over-over-overuse of shoulder, arm, wrist, hand muscles, unprotected finger and thumb pressure, had been all too evident, including at times among our team, as was

– with laudable rare exceptions – a contagious detrimental spiral into rushing the strokes. This was in fairness subconsciously compounded by the very, very short ten minute session we were obliged to keep to, and I lose count of the number of times I tried tactfully to intervene to encourage people to ‘slow it down, and make every stroke count’, as well as make greater use of forearms, soft knuckles, and elbows... In contrast, other students appeared generally left to their own devices, receiving no ‘technical’ supervision that I was aware of. The one exception was a young physio student near our group, whose wrist-straining technique I could no longer abide to watch without intervening, with her prior consent.

Some (non ISRM!) therapists appeared literally to be frantically ‘polishing’ or ‘rubbing’ rather than performing effleurage (ouch! on hairy legs!), while collectively, what passed for petrissage was all too often a meaningless, superficial ‘float’ over the tissue surface. Rare deeper ‘elbow’ use appeared equally un-therapeutic – pushing at 90 degrees into the tissues.

In contrast, two ladies near us, recent graduates from a local college, were absolutely loving every moment and almost ‘dancing’ around their couches, demonstrating good skills, which could have been so easily further enhanced with a lower couch. As we got chatting, I became bold enough to show them a basic side-lying position to treat the legs, using a forearm in lieu of the ubiquitous hands. Their joy and enthusiasm for this simple ‘thing’ was heart-warming, and so needless to say several subsequent clients got the ‘side-lying treatment’... I also advised them for the future about lowering their tables, and before we parted they had each requested an ISRM brochure...

All in all, the most pleasing common denominator was that even when fatigue set in, everyone seemed to be **enjoying** themselves, working with a smile – though occasionally frowning with concentration. Finally the queue abated, the final treatments were completed, and it was time to pack up and hump our equipment back across a large gravel car park area, up a steep hill, and along to our cars, in pleasant early spring sunshine.

My renewed grateful thanks to all our gallant team members for working so hard, including some just one week prior to their final LSSM exam!

2012 Olympics/Paralympics

The selection process for Clinical volunteers progressed to interview stage during March, with further fairly stringent ‘hoops to jump through’, and appeals for volunteers to attend ‘test events’ in summer 2011. These will effectively be ‘mock mass events’ where, say, a stadium is filled to capacity for a junior event, to evaluate the efficiency of all access, safety, emergency evacuation, and other procedures. Interview outcomes will apparently not be known until end 2011 due to the sheer enormity of the entire voluntary force recruitment process. I must admit to having been somewhat surprised that my interview – for clinical SRM support, which will reportedly for the first time come under the Medical Support Team – did not include any hands-on skills demonstration requirement.

Finally: the ISRM event work registration process

Would all members, and specially new student members for whom this is their first ISRM Newsletter please kindly note the one and only Event Work registration process below, thank you.

Registration for any/all ISRM event work is available **exclusively online**. For logistical reasons, there can be no exception, and because the Event Work web page is understandably accessible to members only (as the ISRM fund the associated administrative costs), it follows that applicants/participants must be ISRM members. Unfortunately I regularly receive e-mails from people unable for some technical reason to access the page, or... because they are not/no longer ISRM members. In the former case, I can only advise people to ask to borrow someone else’s PC; in the latter case... I can only suggest that they (re-)join the ISRM and reap its many benefits!

In addition, to qualify for ISRM event work, Professional Indemnity and Public Liability insurance at the appropriate level (student/graduate) and valid at the time of the event is mandatory. We regret that no exceptions can be considered.

Students must have successfully passed their Weekend 5 General Massage assessment in order to be considered for ISRM event work. Very rare exceptions may be considered at ISRM’s discretion.

How to apply for Event Work:

From the ISRM home page (www.theism.com), click on ‘event work’ and follow the very easy instructions to view the current list of events, and to register for what takes your fancy.

Please, please, PLEASE ensure that you enter ALL details requested including your ‘status’ e.g. ‘student’, ‘recent graduate’, etc., and please, please, PLEASE only apply once for a given event! Some people have managed to click as many as seven times for the same event...

Duplicate entries are difficult for me to spot due to the automated system, and once an applicant has been approved, I am unable to delete them from the relevant event team list. This again means having to e-mail that person individually to ask them to cancel one of their applications, unnecessarily wasting time I could be devoting more productively to the Event Work scheme.

If you cannot ‘see’ the event you are looking for but know it was previously on display on the web page, the most likely reason is that I have ‘closed’ the event because applications have reached full capacity. Please therefore do not e-mail me individually to ask if you may be included – events fill on a first come, first served basis and it is therefore up to members to ‘jump in early’ if they want to secure a place. Please note however that sometimes a ‘closed’ event may re-appear nearer the date if withdrawals mean that new places have become available, so it is a good idea to keep checking.

Should you encounter problems you suspect to be website-related, **please contact the ISRM** and not me, as this is completely outside of my control, let alone my skills!

Thank you.

A very grateful thank you to all those of you who have supported/are supporting ISRM events over the years. Remember, we could not possibly field these teams nor provide the quality of service without each one of you.

Expand your knowledge, enhance your skills

Advanced CPD - Training courses in Anatomy Trains and KMI Structural Integration

Anatomy Trains courses

7/8 May	Anatomy Trains - Stockport info@bridgephysio.co.uk
21/22 May	Anatomy Trains - London - cassandra@nlssm.com
2/3 July	Anatomy Trains - Southampton - tanya@tmb-src.co.uk
9/10 July	Anatomy Trains for Movement - London – cassandra@nlssm.com
3/4 Sep	Anatomy trains - Weston-on-the-Green - workshops@anatomytrains.co.uk
17/18 Sep	Anatomy Trains - Filey - info@suelincoln.co.uk
8/9 Oct	AnatomyTrains - Brighton - info@jingmassage.com
29/30 Oct	Fascial Release for Structural Balance: Hip & Pelvis - London - cassandra @nlssm.com
12/13 Nov	Fascial Release for Structural Balance: Pelvis - Filey - info@suelincoln.co.uk
26/27 Nov	Fascial Release for Structural Balance: Shoulders & Arms - London - cassandra@nlssm.com
3/4 Dec	Anatomy Trains - London - cassandra@nlssm.com

KMI Structural Integration training

KMI Part 1	Structural Vision - Weston-on-the-Green, Oxfordshire starts 6th September 2011
KMI Part 2	Structural Strategies - Weston-on-the-Green, Oxfordshire starts 18th October 2011
KMI Part 3	Structural Integration - venue TBC starts 16th April 2012

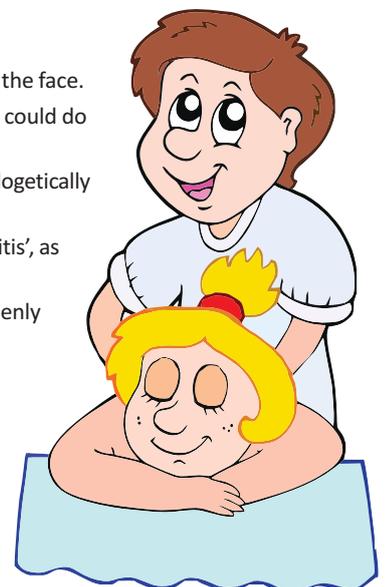
For further information or enquiries, please contact
Kathy Green
wmailto:info@anatomytrains.co.uk

Humour

Ten ways you know your life will never be the same after that massage course...

From Colette Marinko Maechler

1. Sitting in your local café, you recognise your client running past by their legs – you're not so sure you know the face.
2. You can pinpoint a piriformis with your elbow, whilst discussing your client's PB at the local marathon (you could do the whole lot blindfolded but it wouldn't enhance the fee structure).
3. You have become an optician by stealth – clients take off (and leave) their glasses and return blearily and apologetically several hours later.
4. Loved ones stop asking you how the course is going because they fear the onset of the eye condition 'glazeitis', as you launch enthusiastically into how truly fantastic your new anatomy book/web site really is.
5. Your smug MBA friends stop asking how the massage is going (condescending smile obligatory) and suddenly start asking when you can treat their children.
6. You have developed an obsessive interest in the viscosity of household oils.
7. You can no longer walk behind someone, anyone in fact, without automatically check-listing their gait.
8. The cat positions herself strategically right outside your therapy room for her rub and tickle when you have finished with your client, and you never have even a moment of client/cat cat/client confusion.
9. Your addiction to nail bars is an oh-so-private, secret historical fact.
10. Your family are happy to see you back after a weekend away at massage school, but only because of the new techniques you have brought back to try on them.



Details of all other CPD workshops can be found on the ISRM website

Hampshire-based CPD & tailored under-/post-graduate tuition programme with Tanya Ball

A wide range of **high quality courses and workshops** are available for all levels throughout the academic year in Kempshott (M3 J7 just South of Basingstoke).

Individual and small-group tutorials for both under- and post-graduates can also be provided by arrangement, including assessments and 'bridging' training from NVQ Level 3 to ISRM Level 4, and/or Level 4 to ISRM Level 5 Accreditation.

The CPD programme has a flexible structure, largely determined by previous/ potential participants' expressions of interest, but invariably updated with the latest research findings or clinical protocols available.

The range of subjects available at all levels, from student tutorial to advanced post-graduate, include:

- Individual soft tissue therapy techniques (e.g. STR, MET, MRT/CTM, NMT, PRT, etc.) – please note that 'MFR' can include advanced workshops based on Tom Myers' Anatomy Trains® model.
- Assessment-focused workshops 'by body region' (e.g. the back & pelvis; the hip & knee; the shoulder & upper limb; etc.),
- Appropriate remedial exercise prescription (e.g. prioritising between motor control, flexibility, strength, High v. low load; using 'toys' such as Swiss Balls, sit-fits, wobble-boards, etc.).
- Posture and general massage skills training (how to maximise hands-on skills efficacy whilst minimising fatigue, pain, and over-use injury risk – to the therapist, that is!! *If you struggle to perform several treatments back to back, or experience 'localised' pain in the same area during/after treating, or find you cannot achieve the depth of stroke/pressure you require, then this type of course is for you...*

For further information and/or to suggest a specific workshop subject, please e-mail Tanya Ball at: tanya@tmb-src.co.uk OR tmb.sports_physicaltherapy@virgin.net, thank you.

Further information on under/post graduate courses and other related subjects can be found at: **www.theism.com** and also **www.tmb-src.co.uk**

Thank you in advance for your interest.

Tanya Ball MSc BA BCSI LSSM MISRM MCNHC MIASI

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For further ISRM-accredited CPD workshops and courses, visit www.theism.com

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Journal of Bodywork and Movement Therapies

NEW – Prevention & Rehabilitation Section

Editor: Leon Chaitow ND DO, UK

Associate Editors: **John Hannon, DC, USA; Glenn M Hymel, EdD, USA;**

Dimitrios Kostopoulos, PhD, USA; Craig Liebenson, DC, USA;

Prevention & Rehabilitation: **Warrick McNeill, MSCP, UK; Matt Wallden, DO, UK**



Journal of Bodywork and Movement Therapies brings you the latest therapeutic techniques and current professional debate. Publishing highly illustrated articles on a wide range of subjects this journal is immediately relevant to everyday clinical practice in private, community and primary health care settings.

15% discount for members of the Institute of Sport & Remedial Massage

All members of the ISRM are entitled to a **15% discount** to an annual subscription to the *Journal of Bodywork & Movement Therapies*.

Want to subscribe? – Volume 14, 4 issues, 2010 – £68. Contact Customer Services and quote your ISRM member number. **Journals Customer Services – email: JournalsCustomerServiceEMEA@elsevier.com, Tel: 01865 843434**

VAT to be added* Elsevier is obliged to add VAT at the appropriate member country rate for unregistered customers in all EU states, with the exception of Luxemburg.



Below are a selection of websites that might be of interest to you. If you have discovered some others that you would like to share, please send them along to admin@theism.com Thanks

www.acupressure-training.co.uk

www.news.bbc.co.uk/1/hi/business

www.getbodysmart.com/ap/muscularsystem/quizzes/upperextremities/menu/menu.html

www.brasschecktv.com/page/57.html

www.thepagerankchecker.com

www.youtube.com/watch?v=25LUX3lgtFU#comment

www.youtube.com/watch?v=eJC9GOZblgk&feature=related

www.youtube.com/watch?v=QZh3NdVP0g8&feature=related

www.youtube.com/watch?v=-3lUJ2Q7hp0

www.youtube.com/watch?v=0R4zRSE_-40



ISRM is on the Sport and Remedial Therapies Council, which is recognised by CNHC as the lead body for Sport and Remedial Therapies.



Complementary & Natural Healthcare Council

ISRM Therapists can register with the Complementary and Natural Healthcare Council which is backed by the Department of Health

VALIDATED SCHOOLS



**LONDON SCHOOL
OF SPORTS MESSAGE**
Central London & Southampton
www.lssm.com



**OXFORD SCHOOL
OF SPORTS MESSAGE**
Oxford
www.ossm.co.uk



**ACTIVE SCHOOL OF
COMPLEMENTARY THERAPY**
Loughborough
www.activerecovery.co.uk



ACTIVE HEALTH GROUP
Manchester
www.activehealthgroup.org.uk



BLUECHIP MASSAGE CPD
Central London (CPD only)
www.bluechipmassage.co.uk



MASSAGE TRAINING SCHOOL
Exmouth
www.themassagetrainingsschool.com

» FIND A THERAPIST

A register of ISRM members is available to the public on www.theism.com

» **ADVERTISING:** ISRM offers free advertising to employers offering work opportunities to our members. Please contact: admin@theism.com