



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

NEWSLETTER

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Breaking news! Breaking news!

The Private Health Insurance Issue

From Mel Cash

Can clients claim for their sports & Remedial Massage (SRM) treatment from their Private Health Insurance Company?

In general the answer is – NO!

The financial crisis hitting large corporations has had a knock-on effect with the Private Health Insurers, who now have less money to spend. Many are being forced to find ways of cutting back on what they pay out for treatment and they cannot afford to consider extending their scope of cover at the present time.

Furthermore, because we generally address 'minor injuries', it would be impossible for them to cover treatment for every ache and pain affecting all their customers. This could only operate through a formal referral system from medical practitioners, to ensure that only valid claims were made. And for this we would require formal recognition from the medical profession.

The difficulty for us in gaining recognition within Western biomedicine lies in that despite growing scientific research in the field, our clinical work still lacks much of the 'evidence base' required. This would include research such as random- or controlled clinical trials (RCTs/CCTs),

which are problematic for all manual therapies. First, because humans are not machines, and no two people with the same 'condition' and receiving the same treatment will necessarily respond similarly. Second, people are likely to know whether they are receiving a genuine or 'duff' treatment, even if they are not told which group they have been included in. But this lack of 'scientific base' does not in itself mean that our treatments lack efficacy – only that the scientific criteria required may not be appropriate – on their own at least.

Are there exceptions?

Some companies such as PruHealth, cover a range of complementary therapies within their highest cover band schemes, but this is capped to a fairly small amount per annum. ISRM feature on their list of recognised complementary therapies, so in a few cases clients have been covered for a few treatments.

There have also been other instances, usually where treatment resulted from a Consultant's referral, where insurance companies have made exceptions in specific cases and refunded the client.

What is being done?

The Complementary and Natural Healthcare Council (CNHC) have met with several health insurers who acknowledge that proper Regulation through CNHC is a step in the right direction, but we must remain realistic and accept that any significant developments are still a long way off.

Does it really matter?

Very many of us have made our living without our clients being able to claim from their health insurers, so it is possible to succeed without it. But the climate of healthcare in the UK is changing. With a reduction in the provision of quality treatment within the NHS in some areas, people are now increasingly turning to the private sector and accepting that they will have to pay for their care.

Our greatest advantage is that our clinical work can be extremely effective and is usually far less costly than other therapies such as Osteopathy and Physiotherapy. And because we can be so successful in treating many of the most common minor and chronic injuries, our future looks very robust even without the support from private health insurance companies.

Remedial Therapy – CNHC Register Update

from Mel Cash

Through the Sport and Remedial Therapies Council, ISRM has been working on a proposal to CNHC to establish a professional register for 'Remedial Therapy', which will give us a new professional status and the recognition we deserve. To start the process, CNHC need to have National Occupational Standards set for this newly defined therapy.

At the CNHC Board meeting in September

2012, the Board agreed to support a bid, to Skills for Health, for the development of National Occupational Standards (NOS) for Remedial Therapy.

Skills for Health have limited Government funding, and have many occupations and professions seeking NOSs to be established. But with CNHC's support we have the strongest chance of being selected. It will then take some time to complete the

NOS process through consultation with all stakeholders. We will then have to establish a core curriculum, structured around the NOS, which will eventually become the benchmark for registration with CNHC.

So though this is not a quick course of action, the good news is that we are making steady progress towards a new CNHC 'Remedial Therapy' Register.



Editorial

From Tanya Ball

Welcome...

As always, a very warm welcome to this last Newsletter Issue for 2012, and a special welcome to all new members who have joined the ISRM over recent months. We hope that everyone will find something informative, entertaining, or even inspirational in the following pages, and that this edition will continue to fulfil the Newsletter's role in promoting networking among like-minded colleagues. We would not have invested in a Level 5 Diploma Course, nor would we be members of the ISRM if we did not share the same aspiration to provide the highest standard of Remedial Massage in the country.

To suggest that 2012 has been an eventful year would be rather an understatement. I believe that as a nation, we can look back with gratitude and pride on a time that generated unprecedented enthusiasm and togetherness as we celebrated our indefatigable Sovereign's Diamond Jubilee. We can also reminisce with a hint of nostalgia on the enormous double success of the Olympic and Paralympic Games in so many ways. While ISRM duly played its modest, but meaningful part in 'London 2012', with several members offering their clinical skills as Games Makers... at virtually 'the other end of the world', another equally significant and inspirational milestone was being achieved: thanks to a handful of dedicated Members, above all Sue and Rob Ainley, who have managed the project on site for several years, Mel Cash, and a number of volunteer Tutors, the Seeing Hands Nepal (SHN) project has now officially become a self-sustaining enterprise.

I wish you all much enjoyment in reading about these and other stories and events in the following pages.

In this Issue...

You will find reproduced in this hard copy edition, any relevant contributions from the

2012 electronic Issues, in addition to some excellent new material.

Mel Cash's 'Breaking News':

Mel updates us on encouraging hard work taking place behind the scenes in collaboration with the Complementary & Natural Healthcare Council (CNHC) to establish a professional register for 'Remedial Therapy'. Such a register would grant us a new professional status with the recognition that we deserve. There is also a timely update on the perennial issue of our recognition – or lack of it – by private health insurance companies.

Our profession and its future:

Members can keep abreast of recent news from our representative voluntary Regulatory Body, CNHC (Complementary & Natural Healthcare Council). Contact details are also provided for the benefit of new ISRM Members in particular.

Feature articles:

Despite much coaxing on my part, there is regrettably a shortage of 'stories' for this edition. Very fortunately however, lack of quantity is made up in quality, with Sue Ainley's heart-warming update on the SHN project – definitely a must-read item!

Event work:

You are encouraged not to miss this rare opportunity to view photos and read about colleagues' work experience at the Olympic or Paralympic Games, as well as view a short 'roll of honour' of those Members fortunate enough to have been selected as Games Makers. My usual Event Work Round-up should give those interested a little insight of what it is like to work at a mass event such as London Triathlon, or the more recent Run-to-the-Beat ½ Marathon – including the fact that conditions can be far from ideal! However nothing can capture

the atmosphere better than a few excellent photos – all credit for the London Triathlon ones to my co-team leader Peter Storry.

'Educational' section:

('Expand your knowledge, enhance your skills'): Lynne Roscow reports back enthusiastically from her attendance at FHT's (Federation of Holistic Therapists) recent 50th Anniversary Conference. Her colourful description of the various speakers (including their accents!), their subjects, what she learnt from each, and how it has changed her clinical practice will hopefully inspire other members to follow her advice and enrol on similar events in the future.

As usual, readers can find out about the range of 2013 courses and workshops for variable levels in London, Oxford, Southampton, and Basingstoke. There are also a number of Kinesis UK courses available at: www.anatomytrains.co.uk 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, please to send me your contributions for the spring 2013 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.

Finally, may I wish every reader and their loved ones a joyful, peaceful Christmas, and the best of health, happiness, and fulfilment in 2013 and beyond.

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

Please note that the submission deadline for the **Spring 2013 Issue** is **Thursday 28th February 2013**, thank you.



Our profession and its future



Complementary & Natural
Healthcare Council

CNHC News

New CNHC Board members appointed

CNHC is delighted to announce a very successful outcome from its recruitment process for new Board members. Seven new members have been appointed and will take up their positions on 1 December 2012. The existing Board members remain in post until then. The appointments mean that for the first time CNHC's Board will include CNHC registered practitioners.

From 1st December the Board will be made up of nine members: five of whom are lay members (including the Lay Chair) and four of whom are CNHC practitioner members. All Board members have been recruited to provide direction on strategy and policy, and to ensure financial probity and public representation. Directors who are also CNHC registrants will not be on the Board to represent their individual therapies/disciplines, as that role remains with CNHC's Profession Specific Boards (PSBs).

Here we include a goodbye message from CNHC's outgoing Chair, Maggy Wallace, and a note of introduction from CNHC's incoming Chair, John Lant. Maggy Wallace has been on the CNHC Board since its inception, variously as Co-Chair, Executive Chair and Chair. She leaves with this message:

"I am delighted to have been part of the development of CNHC as a respected and robust regulatory body for the complementary healthcare sector. I have been impressed beyond measure with the hard work and commitment of all those involved: the Board, the staff, and above all, the complementary healthcare practitioners who have worked with us and registered with us. I am delighted to be handing CNHC over in good shape and with an exciting future. I will watch future developments with great interest."

John Lant takes over as CNHC Chair from 1st December. John started his involvement

with CNHC as a member of the Finance Committee in 2008 and has been a member of CNHC's Board since 2010. John thanked Maggy and the outgoing Board members for their contribution and said of his new role as CNHC's Chair:

"I welcome the opportunity to take forward the CNHC vision of healthcare and public protection and look forward to CNHC applying to become a respected Assured Voluntary Register under the aegis of the Council for Healthcare Regulatory Excellence (CHRE). The CNHC has a commitment to that corporate vision, supported by an executive and experienced team, building a regulatory body with a register respected by healthcare agencies."

Details about CNHC's new Chair and Board members are available from 1st December 2012 on the CNHC website.

Names of the new Board members are available under **CNHC News** on the CNHC website and further details are available from November.

CNHC Quality Assurance project begins

Now that the CNHC register has been in place for nearly four years, the CNHC Board has agreed that it is timely to initiate a Quality Assurance project in respect of the verification of applications for CNHC registration. This will involve CNHC working in partnership with the organisations that verify applications to the register to identify and facilitate any necessary improvements to the verification process.

Verifying organisations currently listed on CNHC's website under **Apply to Register** have been invited to participate.

For further information about the CNHC and how to register call 020 3178 2199, email info@cnhc.org.uk or visit www.cnhc.org.uk

Feature

Seeing Hands Nepal Update

From Sue Ainley



Its official... Seeing Hands Nepal (SHN) is now self-sustaining! We've had an incredible year, with record numbers of clients visiting the clinics. In October alone, SHN therapists performed over 1,000 massage treatments (that washing machine proved vital!) and the clinics are still growing in popularity, with hundreds of glowing reviews on travel websites such as tripadvisor.com. We've also had plenty of PR, with articles in several national newspapers and magazines, and been shortlisted for a social enterprise award.

This is an amazing achievement, and means SHN now has a long-term, independent future in Nepal. We're not finished with fundraising just yet, as SHN is still growing



and we will need extra funds to set up more clinics, so we can provide jobs for future graduates.

It is quite unbelievable though, to think that the efforts of a few dedicated individuals can have such a deep impact on the lives of so many... hopefully for many more years to come. Thank you to everyone who helped to make it possible!

The training programme is on hold right now, as Rob and I have been in the UK for the past few months. We had planned to remain longer in Nepal and take on more students, but decided against it when political issues prevented us from pushing ahead with our plans for a third clinic. Without this extra clinic, it will be too difficult to find work for future graduates, and so it makes sense to wait a few months until we are sure that we can proceed without risk.

Breaks in-between student intakes also give us valuable breathing space to focus properly on getting the clinics running well, and on our therapists' personal and professional development. Our efforts in these areas have clearly paid off, with Chiran and Govinda now shining as managers, and the clinics getting rave reviews online. We plan to begin training activities again in the spring, when we will return to take on new students and kick off our expansion plans afresh.

Our therapists have also had two new babies since the last update: Serendipity ('Seren' for short), daughter to Laxmi and Chiran, and Biplob, son to Hari. Pictured are the clinics, Govinda and Chiran and Laxmi with their daughter Seren.

Thanks again to all the ISRM members who have helped support SHN to date.



We will not be arranging placements for volunteer massage tutors until we finalize our plans for the coming year, but any interested therapists can email info@seeinghandsnepal.org anyway, with their details, and we will keep them on file until tutors are needed again.

For more information, please visit our website, which now features our new photos and a link to our Facebook page, where you can view all our recent updates and photos.



Event Work

Event work update

From Tanya Ball



I last wrote this page on the eve of the Olympic Torch's arrival in Basingstoke. What a feast of top quality sport we have been privileged to enjoy since! And what a success the Olympic and Paralympic Games have been for our nation, injecting a much needed moral boost amid difficult economic times compounded by a soggy summer..

2012 Olympics / Paralympics

It is almost strange, and definitely nostalgic, now to have to refer to these events as in the past! As indicated in the summer 2012 Issue, a number of ISRM members had successfully been selected as SRM Games Makers for the Olympics or Paralympics. A brief profile of each is featured later in this Event Work page, together with a vibrant first-hand report from Lorna Hetherington about her Paralympic experience. I urge everyone to read the story, which makes the atmosphere so palpable (no pun intended!) that you can virtually feel yourself there. In the absence of other post-event reports... despite promises and reminders, I have also included a piece about my own Olympic experience. Since the closure of the Games, ISRM have been busy with the following events:

London Triathlon – Sat-Sun 22nd-23rd September 2012

We were delighted to support the busiest and most intensive fixture on our calendar as in recent years. As often occurs, although this event was initially over-subscribed in spring 2012, a combination of withdrawals and a disconcerting lack of response to my emails reached concerning levels nearer the time. This once again necessitated repeated frantic appeals for further volunteers, which were unfortunately



met with a subdued, if much appreciated response by a few members. Some of these made the effort to attend at considerable personal inconvenience, for which I would like to thank them again here. As always in my event work experience, when the time came, each and every team member excelled themselves and worked tirelessly when needed, and waited patiently when demand was low during part of the Saturday, always with smiling faces. Fellow team leader Peter Storry and I repeatedly commented on the impressive hands-on versatility of skills and true professionalism we were witnessing as the team carried out their treatments – so a very big THANK YOU and WELL DONE once more to all concerned.

An overall team of 20 students/recent and experienced graduates + two team leaders covered the two-day event, with Peter, myself (obviously), and several volunteers valiantly attending both days. Unfortunately

for a variety of reasons, including possibly the cooler weather at this later time of year (the London Triathlon normally takes place on the first weekend of August, but was deferred due to the Olympics), we were not as busy overall on the Saturday as in previous years.

In contrast, Sunday proved different from quite early a.m. on, so that our team for that day really had their work cut out for them! For considerable periods, it was 'all hands to the grind mill' – or rather, 'to the couches', and Peter and I once again relished the buzz of mutually relying on each other to coordinate client bookings, arrivals, allocations to available therapists, coaxing massage team members to 'gee up' and finish their treatments on time, before despatching a new 'wave' of sore, tired, hobbling-in-coming-bodies to their respective tables, whilst seeing out much recovered, relaxed, and satisfied competitors who now (almost) seemed human again!

My sincere congratulations and grateful thanks to everyone, and specially to Peter – the event could not run without your support.

Hertfordshire 10k, Sunday 14th October 2012

LSSM student Natasha Hadland took the initiative to attend this event, alongside a multidisciplinary support medical team. You can read all about it later on in this Event Work section.

RTTB (Run-to-the-Beat) ½ Marathon – Sun 21st October 2012

Fortunately in light of the plummeting temperatures on the late October date this year, our massage area was again located inside the London Soccer Dome – formerly the David Beckham Academy, adjacent to the Millenium Dome, as in 2011. Though this was infinitely preferable to a draughty marquee, the temperature was terribly low as our team arrived (for 7.30 a.m.!) and we busied ourselves with setting up the couches, booking desk, waiting area, etc. As last year, our location was adjacent to the 'kit bag' area (where competitors can hand in their sports bags of surplus clothing once they have stripped down to their racing kit before the race, and collect it afterwards). Strategically, this meant that we were well in sight of the runners coming in and out of the area, and people came to book in for both pre- and post-event treatments even as we were still setting up the area. This augured well for a busy day for us!

Every team member provided at least one pre-race massage – mostly through clothing, as people were reluctant to take layers off in the freezing conditions – which was a positive start to the day. Gradually, the soccer pitches area filled with people of all shapes and sizes, wrapped in thermal jackets, hats, gloves, lycra tights, but... all invariably wearing the same coloured bright pink T-shirt on top of everything else, as their race number was actually printed on that sponsor's garment! SO we could have played 'spot the person in pink'!

Though I was shivering, it was fascinating – if at times disconcerting – to watch competitors warming up with all manner of bizarre routines, contortions, stretches

('what on earth do you think you are stretching in that position?'), strides, hops, etc. Finally, runners were being called to the start, and though many delayed for as long as they could in the relative shelter of the Soccer Dome, it slowly emptied, and the deafening PA system mercifully went quiet. The 'kilometres' of rows of empty tables we had caught sight of in the kit area next door on arriving had now metamorphosed into long lines of piled up sports bags, back packs, bin liners, etc., each carefully labelled with their owner's race number.

We had agreed as a team that we would spend the waiting time while the race was taking place in the warm lobby by the rather posh entrance to the venue, which mercifully had an excellent hot drinks vending machine. This provided an excellent opportunity to chat among ourselves, swap ideas, and in my case provide a little advice here and there, etc. For those interested, the flat screen TV enabled them to follow the Grand Prix event that was taking place somewhere in the Middle East.

For only the second time since our involvement in the RTTB, the race got under way more or less on time – for the front runners at least! Viewing the start from a distance from the lobby, we could still witness queues of competitors snaking their way along the time pens towards the start banner, some 20-25 minutes after the elite runners had vanished at their incredible sub-five-minute-miling pace.

By 11.15 or so, it was time to head back to the massage area to be ready for the sensible minority who had adhered to advice and pre-booked their treatment... and the growing majority who began to queue at the desk, hoping for the off-chance of a restorative treatment. The team worked flat out at full capacity for a considerable period, providing first class recovery massage with exemplary professionalism, impressive versatility, and great attentiveness to each recipient specific needs. None of the clients would ever have guessed that this was the work of either recent graduates, or students with yet a few months to go on their SRM course... My sincere thanks and

congratulations to everyone for your superb effort!

A total of 66 treatments were performed, despite a number of 'ad hoc' (i.e. not pre-booked) punters who declined to wait for a slot. As I have previously stated, it never ceases to amaze me how some competitors can arrive post-race at the desk, half bent over with aching fatigue, in their words 'desperate' for a relieving massage... but then cannot be bothered to wait for 20-40 minutes for the next available slot! Their waiting time, as I often suggest to them, could so readily be put to perfect use with a gentle warm down and stretching, changing into dry, warm clothing, taking on fluid and food...

By 2.30 p.m. it was finally time to pack up and haul our variable equipment all the way back to the car park, dodging a multitude of volunteers clearing/sweeping up the unbelievable array of abandoned litter everywhere. Professional suppliers were already busy dismantling spectator barriers, start/finish banner scaffolding, while a number of Police and Ambulance service vehicles were still parked in the vicinity.

In summary...

It has been another busy, successful year for ISRM on the Event Work front, during which we have been involved in the following events:

- Fleet ½ Marathon
- London Marathon
- Blenheim Triathlon
- London Olympics / Paralympics
- London Triathlon
- Hertfordshire 10k
- Run-to-the-Beat ½ Marathon.



Finally: the ISRM event work registration process (this reminder features in each issue, primarily for the benefit of new Members, but I still also receive email enquiries from existing Members...).

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.theisrm.com), login
- Click on 'Your ISRM' and select 'event work' from the drop-down menu
- Follow any (very easy) instructions to view the current list of events
- Click on whichever you are interested in
- READ CAREFULLY the information in red below the event, and ENSURE that you are available on the date of the event(s)
- Please, please, PLEASE ensure that you enter **ALL** details requested including your 'status' e.g. 'student', 'recent graduate', etc.,
- Please, please, PLEASE only apply (click) **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.

My Paralympic experience

From ISRM Games Maker Lorna Hetherington

'Yet... I found all of the athletes were much more able than disabled. It was fascinating to see how their bodies had developed and adapted to their disability and sport. (...)

I was also staggered by the determination of some of these people. One young sprinter I treated had been a very promising 100m runner prior to a car crash three years ago, in which he had lost his right leg from mid thigh. He had managed to return to the track, running with a blade, just six months later. (...)

The blind long jump was fascinating to watch, with guides standing on the board and clapping or shouting to direct the jumper before flinging themselves out of the way at the very last minute.'



STOP PRESS – REGULAR STUDENT WORK EXPERIENCE OPPORTUNITY WITH LONDON WASPS RFC

London Wasps (Rugby Football Club) are looking for L5 SRM Diploma students to provide regular recovery sports & remedial massage at their training ground as follows:

- **Contact person:** Keir Wenham-Flatt, Head of Academy Strength & Conditioning
Mobile 07834 370 517 / email keir.wenham-flatt@wasps.co.uk.
- **Format:** two sessions per week – Monday 13:15 - 15:15 p.m. and Wednesday 11:15 a.m. - 13:15 p.m.
- **Facilities:** indoors and heated, all equipment provided
- **Supervision:** there will be qualified staff on hand if needed
- **Rota** basis is fine
- **No travel involved**

- **Venue:** Wasps' training base in Acton: London Wasps Twyford Avenue Sports Ground, Twyford Avenue, London W3 9QA

- <http://goo.gl/maps/Y5cQs>
- Service would primarily consist in provision of remedial and recovery work on lower intensity training days

Please note:

Students MUST have successfully passed their Weekend 5 General Massage Assessment in order to be considered.

If interested, please contact Keir Wenham-Flatt direct, thank you.

What a summer of sport! And I felt so lucky to be part of it. Having originally applied to be a Games Maker way back in 2010, suddenly London 2012 was upon us. I was permanently glued to the fantastic Olympic coverage on TV (thank you BBC for 25 channels in HD!) and managed to get tickets to the football at Wembley and to the volleyball at Earls Court. The atmosphere at the venues and in London in general was absolutely amazing, such an excitement, buzz, and sense of joy pervaded the normally grumpy commuters on the tube and in the streets. Loved all of that red-white-and-blue everywhere! So I was very excited after the Olympics, to go and pick up my uniform (including the super cool, much coveted and very comfy trainers!) and start my shifts at the Paralympics. I was based at the Polyclinic

in the Athletes' Village, inside the Olympic Park. The first day was very quiet, as the athletes were all just arriving and settling in, so we only saw about five clients in total that day. However, we kept ourselves busy using our other skills. I spent most of the day using my knowledge of French to translate for the dental department when a huge contingent of the Moroccan and Tunisian teams turned up. They were most appreciative and I ended up being invited to attend the Welcome Ceremony for the Moroccan team. On the second day, I was sent out to Mayesbrook Park near Barking, one of the athletics training venues. A fairly quiet day, but an interesting one as I got to watch a lot of the sprinters, long jumpers, and middle distance runners training. Although I had never worked with disability sport before,

I had attended a very informative one-day course run by Chris Salvary in June. Yet... I found all of the athletes were much more able than disabled. It was fascinating to see how their bodies had developed and adapted to their disability and sport. I treated a Russian javelin thrower who was paraplegic and had the widest, most developed back and shoulders I have ever seen – ever! I was also staggered by the determination of some of these people. One young sprinter I treated had been a very promising 100m runner prior to a car crash three years ago, in which he had lost his right leg from mid thigh. He had managed to return to the track, running with a blade, just six months later. He said he loved running so much that he couldn't conceive of giving it up, and two and a half years later, here he was, at his first

Paralympics – totally inspiring. The rest of my shifts were very busy. Once the athletes found out where we were in the Polyclinic, we were almost constantly busy. We treated not only competitors, but also coaches, referees, and chefs de mission. There were plenty of early 6.30 am starts and late finishes at 11.30 pm, but these were very satisfying days and there was a great sense of camaraderie between the team. I did go home after a couple of particularly hectic shifts absolutely exhausted, with my hamstrings and gluts aching from being so long on my feet, but with a smile still on my face. One morning, I was fortunate enough to get a ticket for the Athletics at the Olympic Stadium, and the atmosphere was incredible. There is so much going on

at once with para-athletics as there are so many different classifications within events. The blind long jump was fascinating to watch, with guides standing on the board and clapping or shouting to direct the jumper before flinging themselves out of the way at the very last minute. One of the things that really surprised me was the number of volunteers who had come from all over the country. I live in North London, only a thirty minute journey from the Olympic Park, so I could go back home to the comfort of my own bed every night. Apart from taking leave from work, the financial impact on me was minimal. However, many of the therapists I worked with were spending a considerable money staying in hotels or hostels whilst working – and not just for the Paralympics! Many of

them had already spent ten days working at the Olympics. A true example of the selfless dedication to sport which helped make London one of the best Games yet. I am so glad that I had the opportunity to be part of London 2012, meet athletes from all over the world, and work with such a great team of therapists. It is an experience I will never forget. There was a lot of discussion among many people about also volunteering for the 2014 Commonwealth Games in Glasgow, and I would certainly be keen to be there. It is fantastic to work in such an elite, fast-paced environment, knowing that your treatment really can help an athlete achieve their peak performance, set a PB, or even win a medal!



I personally treated a wide range of competitors from different disciplines – sprint, hurdles, middle distance, throwing. In some cases, I was truly horrified at the deplorable state some of these athletes' lower limbs – their feet in particular – were in... and yet, they had achieved Olympic selection, a very humbling thought. One lively, humorous Caribbean female hurdler displayed severe bunions bilaterally with excessively pronated feet, which made me reflect on all the adverse biomechanical implications this would have for efficient, fast running, never mind jumping. A delightful very young (18 year-old) African middle distance runner experiencing his first-ever Olympics sought help post-training for a 'tight hamstring'. The reality was that his lumbar erector spinae were so 'locked short' that his innominates could not rotate posteriorly in the swing phase of gait. This was placing strain on the hamstring origins (as the ischium could not 'roll forward' as the femur swung forward), and not surprisingly, the problem was greater on the right, where a longer stride is required around the track bends. This was clearly not something that could be addressed 'there and then', but it did make me reflect on this young man's

My Olympic experience

From Tanya Ball



The anticipation of our great nation hosting the 2012 Olympics had been gaining momentum at every mile stone since that unforgettable announcement on 6th July 2005. Tragically, the joy and excitement was abruptly quashed the very next day by the 7/7 massacre, but – we are generally

a resilient people, with a determined 'life goes on' attitude. Hence planning and preparations on the countless fronts necessary swiftly moved into place.

Pre-Olympic build-up

After a protracted Medical Team Games Maker selection process – I only received confirmation of selection in April 2012 – my eagerness increased as I collected my fabulous uniform in May. The orange, purple, and beige outfit, complete with Adidas socks and footwear (slightly too wide as unisex style), was accompanied by an intelligently designed small shoulder bag with holders for water bottle and brolly – yes, I *did* use the latter more than once – plus a few extra gadgets.

This was followed by both a 'Role-Specific' and a 'Venue-Specific' training day. Although much of the information given on the day was in my view obvious, self-explanatory, and merely required basic common sense – i.e. rather a waste of time considering we were all donating our time and cost of travel – the Venue-Specific day at least provided the chance to gain access

to the Olympic Park, including parts of the Olympic Stadium and warm-up track.

'Will it be ready on time?'

My concern at the time, which was less than four weeks prior to the Opening Ceremony, was realising just how much construction work still had to be completed! Much of the 'stadium', i.e. the track & field area, was a no more than a building site with cranes, rubble, mud, and endless piles of materials stacked up everywhere. From the main room we were congregated in, we could also see through the internal windows below that the ground floor premises were likewise crammed with construction material and general 'mess'. As we navigated our way to and from the warm-up stadium a few minutes' walk away, the entire site was milling with workers in hard hats and frantic activity. The same had been true on the 20-minute walk from Stratford Underground Station to the venue, though I had rather been focusing on taking in the reality that for the first time in my life, I was actually striding towards that 2012 landmark I had so often seen on TV, and more than once from the air when landing at London Heathrow. In

retrospect, it is all the greater a tribute to everyone concerned, that the work was eventually completed on time, and enabled the scintillating Opening Ceremony, as well as the Games themselves, to take place so smoothly.

Starting the shifts

Sorting out suitable shifts around key work commitments and, unfortunately in my case, health considerations, proved a challenge, not helped by the fact that the Games Maker website was regularly incurring frustrating problems! Eventually, all the dates were confirmed, and my shifts began during the final pre-Olympic acclimatisation week. In general, athletic teams appeared reluctant to travel to the official training venues (Mayesbrook Arena and Newham Leisure Centre), which meant that collectively, the Training Venue shifts rather lacked demand for treatment. Besides getting to know one another, re-arranging the treatment room or checking stock as necessary, it was either a matter of swapping treatments or catching up on studying for much of the time.

The buzz of Olympic warm-up shifts

Shifts at the Olympic warm-up stadium were fortunately an altogether different

experience. Although the consensus was that we were generally over-staffed – it would have been very difficult indeed to predict demand for treatment – quiet times were interspersed with manic periods when every physio- and/or massage therapist present was busy as athletes sought recovery from their impressive training sessions. At times I would sneak a look around the room and gain a wonderful sense of 'buzz' from the sight of everyone in their Games Maker kit, smiling and chatting to their client, and making a difference to their Olympic experience. The general feel-good atmosphere was further enhanced by the presence of a charismatic coach from one of the Caribbean teams, who would come round the treatment tables chatting, laughing, and joking with us as we worked. He became a bit of a 'character' so that on subsequent shifts, we were always hoping that he and his team would turn up when we were on duty!

Reflections on our role

I should clarify here that our main role was to look after athletes, coaches, and members of teams from poorer nations, who did not have the funds to bring their own medical staff over, although of course we were available to help anybody.







achievement and potential, compared to someone from a wealthier nation with associated better sports medicine backup. To my delight however, he qualified for his final, where he finished in a creditable fifth position.

Thank goodness for languages!

Another source of joy for me was the opportunity to use my language ability, both to assist in key therapeutic communication, but also to make overseas people feel welcome and brighten their day, even if in a tiny way. I was logically allocated athletes or coaches from francophone nations for treatment, but German also came in handy, as did my few words of ‘pigeon’ Italian, Russian, and Polish, just to greet people, thank them for holding a door, etc. On one day, I used a total of six languages! The overall atmosphere around the warm-up venue was incredible, with such a mixture of so many teams from so many parts of the world, speaking so many languages, and displaying so many national colours on their team kit.

An insight into ‘real’ training!

Watching these world-class people training, or indeed warming up for their next competition, was a (free!) spectacle in itself! When not treating, we would sit outside (when it wasn’t raining) and

witness the action, trying to guess what event a particular athlete did, based on their physical structure and their routine. On the eve of the men’s sprint relays, it was intriguing to see how the teams prepared: they would start by jogging very slowly round the track, with the rear runner holding the baton. At some point he would shout a very short ‘yelp’ and sprint to the lead runner, who would at the same time accelerate whilst reaching back for the baton, the other two team members following him. Once the baton had changed hands, the runner now at the front would ease down the pace to be overtaken, the former front runner would slow to the back of the pack, and the routine would be repeated for each athlete. Gradually over the laps, the jogging pace increased to running, so that eventually the entire drill was being performed at a brisk pace, with bursts of acceleration for baton changing. On watching this, I jokingly commented to a colleague that although just about every team seemed to be there, Team GB were conspicuous by their absence... and guess who fouled up on the sprint relay heats the following day?... Hmmm, yes, you are correct – sorry, no prizes for guessing right. There is so much more I could add about the experience of witnessing these Olympians at work, and treating some of them, which I will summarise semi-humorously as follows:

- The level of intensity of some of the warm-up routines we witnessed would have constituted quite a ‘decent’ training session for many good club athletes. What we had to bear in mind at the time though, was that these athletes were then going over to the Olympic Stadium to complete, at world class level!
- On watching a lanky middle-distance (5,000 m) athlete going through his paces, which involved, er... running backwards... I joked with a colleague that ‘it gets embarrassing when you see an athlete running backwards faster than you could run frontwards, downhill and with a tail wind!’ his pace was amazing, and he hardly seemed to need to look backwards to see where he was going, although he narrowly missed colliding with a race walker at one point.

Sneak visit into the Stadium

An unexpected highlight for me was – as it had been rumoured that this was possible if you asked – to be allowed briefly inside the actual stadium during an evening session. As I emerged from the second tier stairwell among the trillions of spectators, there was not a vacant seat in sight, and cliché or not, the atmosphere was electric. During my brief stay (about 15 minutes), not only did I watch the last men’s javelin throws and high jumps of the day, but actually witnessed the men’s 800 m World Record being broken! I did not appreciate this at the very moment, and wondered why everyone was giving a standing ovation... There were no Brits among the medals, so was this sheer general enthusiasm, I wondered, until I noticed the large illuminated panel stating ‘WR’!

Happy/sad note

As some readers will know, my Olympic experience was saddened by the loss of my ailing, elderly father in early August, which was expected following a very poor year and a sudden deterioration over the previous week. This was undoubtedly a tremendous release for him, and an intense relief for us as a family, so my overwhelming emotion was gratitude – as those of you who may have had to watch helplessly as a loved one



loses all quality of life will appreciate. This did however mean a rather sudden switch in priorities, so I eventually withdrew from my final Olympic shift, on the basis that we were always generously staffed. I take great comfort that as a life-long tennis fan, my dead dad was still well enough in July to enjoy watching our joint super-hero Roger Federer clinch the Wimbledon title (apologies to any Andy Murray fans)...

And finally...

In summary, then, the infinite combination of 2012 ‘ingredients’ – from the friendliness of people and fellow Games Makers on the train and underground, the good humour of the military assigned to the security ‘check-in’ (whom I invariably thanked

personally for giving up their leave), to the ‘magic’ of soaking up the experience of walking towards the stadium among crowds of volunteers, security staff, and spectators... via meeting and befriending medical team colleagues, treating needy and ever-appreciative athletes, watching entire teams training... and the highs and lows brought by different days – means that I will neither ever regret ‘going for’ this unique opportunity, nor forget its rich memories.



Hertfordshire 10k 2012

from Natasha Hadland



On Sunday 14th October, the paths and fields around Rothamsted, Harpenden were packed with 3,000 runners taking part in the annual Herts 10k event, in aid of local hospice ‘Iain Rennie Grove House Hospice Care’ (IRGH).

I arrived in brilliant sunshine at 8 a.m. and met our six-strong team led by Catherine

Potter, comprising sports therapists, physiotherapists, and an osteopath. We set up our area in a marquee on the common with the couches on the grass (which was slightly precarious but thankfully all went smoothly!). Pre-event treatments kept us busy and time flew by, with a steady flow of runners. I used a faster rhythm of effleurage and petrissage, incorporating some broad surface STR, MET, body rocking, and tapotement to send the runners off invigorated. Just before 10 a.m., there was a group warm-up organised by a local gym – rather like a giant Zumba class! This was followed by several moving speeches from various people, about the fantastic work IRGH does, caring for patients with life-limiting illness and supporting their families throughout St Albans and Harpenden.

Men’s race winner Matthew Salt finished in just under 33 minutes and received a well-deserved post event massage. First across the line in the women’s race was local runner Georgia Dench from Harpenden, in an impressive 40 minutes and 40 seconds. From this point on we welcomed a constant stream of tired, rather mud-splattered

runners who all seemed most grateful for post-race treatment, which consisted mostly of lighter, recovery effleurage strokes.

Despite feeling fairly exhausted after treating 20 runners, I found it an exhilarating experience and look forward to being involved in more event work in the near future. It was also a brilliant opportunity to meet some wonderful people whilst raising money for a very worthwhile cause. The charity raised approximately £85,000 from this event, and with some sponsorship money still due, they hope to exceed £100,000 in total.



London 2012 update

ISRM and the standards of Sports & Remedial Massage it upholds are widely represented at the Olympic and Paralympic Games!

From Tanya Ball

Although this may not be an all-inclusive list, the following ISRM members were selected to work as volunteer Sports & Remedial Massage (SRM) therapists at the recent 2012 Games. Congratulations to all concerned, and I do hope that the occasion proved an inspiring, phenomenal experience that surpassed our highest expectations!

Full name:
Hannah Barr
Olympics sports & venues:
Olympic Village Polyclinic
20th-31st July (multiple sports)



Paralympic sports & venues:
Mayesbrook Arena (Athletics training venue)
Excel Exhibition Centre (Competition venue for Boccia, Judo, Table Tennis)
Additional information: I will be camping at Match Day Centres in Walthamstow arranged via 'Camping at the Games' - so hopefully the weather will be good to me!

Full name:
Michael Reeves
Olympics sports & venues:
Olympic Stadium and warm up track (Athletics)
Basketball Arena (Basketball)
North Greenwich Arena (Gymnastics)
Paralympic sports & venues:
Basketball Arena (Wheelchair Basketball)



Full name:
Margaret Ehrenberg
Olympics sports & venues:
Olympic Stadium (Athletics – competition)
Newham Leisure Centre (Athletics – training)
Additional comments: getting very exciting,



though somewhat apprehensive as to whether I'll be able to behave myself being subservient to the physios, when I see things I know I can treat.

Full name:
Roberto Ciurleo
Olympics sports & venues:
Olympic Stadium (Athletics – competition)
Mayesbrook Arena (Athletics – training)
Paralympic sports & venues:
Olympic Stadium (Athletics)



Full name:
Marianne Bayes
Paralympics sports & venues:
Aquatics Centre, Olympic Park (Disability Swimming)
Additional comments: working at holding Camp in Manchester for five days, alongside one Physiotherapist and a fellow SRM Therapist for the duration.



Full name:
Steve Harding
Olympics sports & venues:
Aquatics Centre (Diving/Swimming)



Full name:
Lorna Hetherington Sport:
Paralympics sports & venues:
Polyclinic, Olympic Park (multi-Paralympic sports)
Additional comments: VERY EXCITED!!!! Can't wait to be involved in the Games and really looking forward to the new challenge



of working with Paralympians. Went on the course at NLSSM - working with disabled athletes, which was very useful and gave me much more confidence. Forget all the trash-talking – London is going to be an amazing place to be this summer and I feel very fortunate to have been chosen to be involved.

Full name:
Mark Edmons
Olympic sports & venues:
Mayesbrook (Athletics - training)
Olympic Stadium (Athletics - competition)
Paralympic sports & venues:
Athletes' Village Polyclinic (multi-sports)
Additional information: background: used to race for Team GB for triathlon till 1997. Currently work from three London venues in Canary Wharf, The City and Covent Garden.



Full name:
Tanya Ball
Olympics sports & venues:
Olympic Stadium (Athletics – competition)
Newham Centre & Mayesbrook Arena (Athletics – training centres)
Additional comments: mixed thoughts – under no illusions as to the extreme demands on energy the long shifts, extensive travel, and very late nights will make, as well as potential safety risks associated with the latter (our shifts finish well after spectators will have left the stadium). But at the same time... hugely excited and looking forward to, and feeling most privileged to be able actively to participate in what will clearly be a once-in-a-lifetime experience for someone of my generation – virtually 'on my doorstep' (well, 2½ hours' travel from it, anyway...).



Expand your knowledge, enhance your skills

FHT 50th Anniversary Congress – a great CPD points gathering opportunity!

From Lynne Roscow

Training Congress
and Exhibition



The FHT (Federation of Holistic Therapists) celebrated their 50th anniversary this year with a two-day conference in July. They chose to hold it in the Heritage Motor Centre, just off the M40 near Warwick.

They jam-packed the days with a huge array of talks from impressive stock – James Earls, Mel Cash... just to name two! The FHT being a holistic organisation, they clustered different general topics. So, for example, I was not in the slightest bit interested in a talk on natural facelifts and other beauty-related topics (maybe I should have been...), but they had plenty of speakers relevant to our profession, enough for me to collect nine CPD points over the course of the two days (one point per lecture).

I can honestly say that each and every one of the speakers I listened to were excellent presenters and are at the top of the game in their fields. Whilst I was chatting with James Earls (of Anatomy Trains® fame – do I need to even mention that?!), someone came up and asked him to sign his *Fascial Release for Structural Balance* book co-authored with Thomas Myers. So, whom did I listen to? Did I learn anything? Was I inspired? Oh yes...

James Earls – *Revealing the Myofascia*. James is a vibrant, engaging presenter. He used stills and videos from the Anatomy Trains® triple DVD set (which I bought... yet to watch in full!) to illustrate his points, as well as getting us up and moving to feel what was going on in our own bodies in terms of fascial continuities and the tensegrity model.

Julian Baker – *The Happy Hamstring*. Julian is well regarded in the Bowen Therapy world, and is a bit of a comedian! I found it fascinating to hear how he uses Bowen for sports injuries and how he successfully treated a rugby player's

tricky hamstring through Bowen. It really opened up my eyes to this therapy and made me more curious about it.

John Gibbons – *MET for Athletes*. John is a fast-talking Welshman. He is also a pretty decent sports osteopath! This session was shorter than the others (lunchtime!) and so he had to pack a lot into the time, really giving a taster and introduction to MET. However I think I benefited more than some of the audience as I had previous knowledge of the technique.

I also attended John G's *Putting the Maximus into the Gluteus* talk the next day – this was an interactive session full of information and humour.

Dr Chris Norris – *Pelvis & SI Joint: Missed Causes of Back Pain?* Dr Norris, a well-established and learned physiotherapist, gave the most lecture-like presentation, as you would expect from a Doctor! Packed with really interesting facts, images, and an all-important hand-out, this provided some useful information about the pelvis and pregnancy-related issues, which has guided my treatment for certain clients since then.

Neil Sheehan – *The Scapula, Floating Bone or Cornerstone?* Neil is a lovely softly spoken, engaging physiotherapist from Southern Ireland, with such a beautiful Irish accent! To say that my eyes were opened to the cornerstone that is the scapula is an understatement. I always felt there was something more about that area when working on clients, very often restricted on one side or the other, but to be honest never really quite grasped the importance of this bone. Now I do! And I never ignore it, nor the eighteen muscles associated with it.

Mel Cash – *Assessing Joint Injuries: It's Not Rocket Science*. Never heard of him?! Mel's indomitable presentation style was along the lines of stand up, with audience participation. It worked! For me, I really got the 'it's not rocket science bit'. For newbies assessing joints can be

disconcerting, but Mel really got the message across about being confident and firm, and that it's OK and right to explore – obviously steering clear of contraindications!

Cameron Reid – *Active Sitting*. Cameron is an osteopath with a vast experience of treating sports injuries. This talk discussed the issues with prolonged sitting – whether at a desk, behind the wheel, etc. and how we can advise our clients and help them avoid or reduce stiffness. Having never heard Cameron speak before, I was hoping for a Scottish accent... but nope – English.

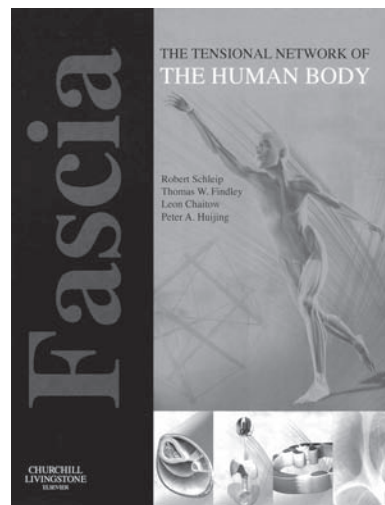
Ruth Duncan – *MFR for the Treatment of Scar Tissue and Adhesions*. Ruth, of MFRUK (who does have a lovely Scottish accent) presented succinctly on this vast subject. She effectively just provided an insight into the complexities of the theme, but definitely left me with some very practical takeaways that I have been able to use in my practice.

Despite the number of sessions I attended, I found them all very enlightening, and thankfully took notes to refer back to. For more information on what you missed... take a look at the web site http://www.fht.org.uk/home/education_and_events/fht_50th_anniversary/post_event/ Another benefit from attending the Conference was that I got to meet and talk with the presenters, all of whom were willing to chat and answer potential questions. On the back of the Conference, I have since attended two John Gibbons workshops, one by Cameron Reid, and am looking forward to attending James Earls' two-day Anatomy Trains® workshop in November.

Final thoughts: it is often not necessary to be a member of an organisation in order to attend their conference. You may just be charged a slightly higher registration fee, but it is well worth keeping eyes and ears open about such events, as you never know what you might learn or who you might meet to boost your career!

A (big) 'new kid on the block' for the 'serious — about fascia' among us...

From Tanya Ball



I cannot recommend highly enough the following publication, hot off the press to coincide with the Third International Fascia Congress, held in Vancouver last March:

**Chaitow L., Findley T. W., Huijing P.,
& Schleip R. (Eds.) 2012.**

**Fascia: The tensional network of
the human body. Elsevier**

Please note: RRP £39.99, BUT currently available @ 15% discount – £33.99
from Elsevier Publishers <http://www.elsevierhealth.co.uk/>, which
undercuts the best Amazon.co.uk prices!

The comprehensive back cover blurb speaks for itself:

'This book represents an important collaboration between clinicians of the manual therapies and scientists in several disciplines that grew out of the three recent International Fascia Research Congresses (Boston, Amsterdam, and Vancouver). The book editors, Thomas Findley MD PhD, Robert Schleip PhD, Peter Huijing PhD, and Leon Chaitow DO, were major organizers of these congresses and used their extensive experience to select chapters and contributors for this book. This volume therefore brings together contributors from diverse backgrounds who share the desire to bridge the gap between theory and practice in our current knowledge of the fascia and goes beyond the 2007, 2009 and 2012 congresses to define the state-of-the-art, from both the clinical and scientific perspective.'

Highlights include that this publication:

- Reflects the efforts of almost 100 scientists and clinicians from throughout the world
- Offers comprehensive coverage ranging from anatomy and physiology, clinical conditions and associated therapies, to recently developed research techniques
- Explores the role of fascia as a body-wide communication system
- Presents the latest information available on myofascial force transmission which helps establish a scientific basis for given clinical experiences
- Explores the importance of fascia as a sensory organ – for example, its important proprioceptive and nociceptive functions which have implications for the generation of low back pain
- Describes new imaging methods which confirm the connectivity of organs and tissues
- Designed to organize relevant information for professionals involved in the therapeutic manipulation of the body's connective tissue matrix (fascia) as well as for scientists involved in basic science research
- Reflects the increasing need for information about the properties of fascia, particularly for osteopaths, massage therapists, physiotherapists and other complementary health care professionals
- Offers new insights into the fascia-related foundations of Traditional Chinese Medicine Meridians and the fascial effects of acupuncture.

Prepared by over 100 specialists and researchers from throughout the world, Fascia: The Tensional Network of the Human Body will be ideal for all professionals who have an interest in fascia and human movement - physiotherapists, osteopathic physicians, osteopaths, chiropractors, structural integration practitioners, manual therapists, massage therapists, acupuncturists, yoga or Pilates instructors, exercise scientists and personal trainers – as well as physicians involved with musculoskeletal medicine, pain management and rehabilitation, and basic scientists working in the field.'

About the Editors of Fascia: The Tensional Network of the Human Body

Edited by **Robert Schleip**, PhD, MA , Director Fascia Research Project, Ulm University Germany; Research Director European Roling Association; Director Deutsche Gesellschaft fur Myofascial Release; Registered Naturopath, Certified Roling & Feldenkrais Teacher; **Thomas W. Findley**, MD, PhD , Center for Healthcare Knowledge Management, VA New Jersey Healthcare System, New Jersey, USA; Professor, Department of Physical Medicine and Rehabilitation, UMDNJ-New Jersey Medical School, Newark NJ; Executive Director, Ida P Rolf Research Foundation, Boulder CO, USA; **Leon Chaitow**, ND, DO (UK), Registered Osteopath and Naturopath; Honorary Fellow and Former Senior Lecturer, School of Life Sciences, University of Westminster, London, UK; Fellow, British Naturopathic Association.; Fellow, College of Osteopaths, UK and **Peter Huijing**, PhD, Professor of Biomechanics and Physiology, Research Instituut MOVE, Faculteit Bewegingswetenschappen, Vrije Universiteit, Amsterdam, The Netherlands.

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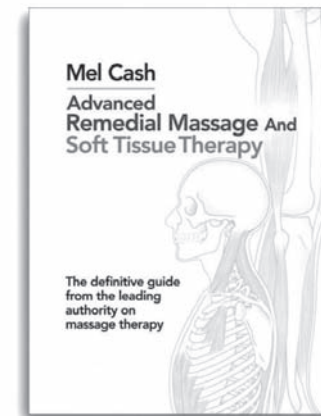
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Glossary

As a humble, immensely honoured contributor by a mere single chapter (Chapter 5.6: Scleroderma-related conditions), which cumulatively required numerous weeks of intensive work, I cannot begin to imagine the herculean task that befell the four main Authors/Editors, as well as so many other incredibly knowledgeable researchers, clinicians, and scientists who produced the bulk of the text. Crossing all the 't's and dotting all the 'i's of correct Referencing alone proved in excess of two long days' work! But the process not only proved an enjoyable, fascinating learning experience, but imposed a healthy dose of discipline to meet publishing deadlines! My warm congratulations and grateful thanks to the Authors/Editors for such a treasure of resources.

The definitive guide to advanced remedial massage by Mel Cash, one of the world's leading authorities on massage therapy!



Advanced Remedial Massage and Soft Tissue Therapy By Mel Cash

Published by Ebury Press, 5th April 2012, Trade Paperback, £25.00

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About the Author

Mel Cash BA, MISRM, has been a massage therapist since 1985, and has become one of the world's leading authorities on the subject through his books. He is the founder and principal tutor of the London School of Sports Massage, Director of the Institute of Sport and Remedial Massage, and has lectured in anatomy and physiology at the University of Westminster. He has previously written 3 books on the subject of massage: Sports Massage (with Dr Jari Ylinen), Sport & Remedial Massage Therapy and Pocket Atlas of the Moving Body.

For more information or review copies please contact Kasi Collins in the Ebury Press Office on 0207 840 8373 or kcollins@eburypublishing.co.uk

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Thank you in advance for your interest.

Tanya Ball MSc BA BCSI LSSM MISRM MCNHC MASI

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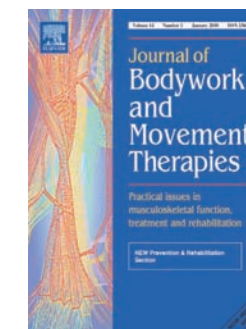
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www.news.bbc.co.uk/1/hi/business

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

www.brasschecktv.com/page/57.html

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

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