



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

NEWSLETTER

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IN THIS ISSUE

READ ALL ABOUT IT

By
Allan Murrell
London Social Events Correspondent

Mel Cash stunned to silence at surprise 60th birthday bash

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Breaking news! Breaking news!

What do we call ourselves?

From Mel Cash

Moving with the times

Every five years, we have to renew our qualification with BTEC, which last time was a fairly major project as we upgraded to a Level 5 Diploma course. This time the content needed very little changing, but I realised there was an issue with the course title. BTEC require us to use a title that accurately describes what the qualification trains people to do. Calling it 'Sport and Remedial Massage Therapy' implied that we only used massage in our treatments, which is not true. Our scope of training means it is possible to provide highly effective treatment without applying any 'conventional' massage techniques. 'Remedial Soft Tissue Therapy' is a more accurate description of what we now do, with 'massage' being just one of a range of tools and modalities we draw on.

Although the title of the qualification will change, this does not have to make any difference to the title you use for your practice. Because we are not a statutorily regulated profession with title protection, we can call ourselves virtually anything we choose as long as it truthfully and honestly reflects the nature of our business.

Many ISRM therapists still use the 'Sports Massage' title because this is the most widely recognised in the marketplace. But 'Sports Massage' is acquiring a reputation for being quite crude and brutal as there are still some organisations providing poor quality training. Thanks to the 2012 Olympics, there has also been a huge increase in the number of

people undertaking Sports Therapy degrees, and who will soon be graduating. Unfortunately there has not been a comparable increase in the number of people involved in sport, so where will all these Sports Therapists find jobs? I fear that the Sports Massage/Therapy market will become flooded with therapists who have a lower level of clinical skills than we have, and therefore believe that ISRM-trained therapists are underselling themselves if they only use the 'Sports Massage' title.

When I started as a therapist, nobody had heard of 'sports massage', but in just a few years it became a recognised term. If you used the term 'soft tissue', people used to think it had something to do with toilet paper, but now we often hear about 'deep tissue' massage and people seem to know what it means.

Nowadays I don't think people will be scared off by the term Soft Tissue Therapy, but instead are more likely to be enthusiastic because they want something different and better than the 'average' sports massage they may have experienced. Already a lot of ISRM therapists have dropped the word 'Sport' from their title because they don't see many athletes and feel it may put off some clients. Others have two different business cards and leaflets, one for the sports-related, and one for the remedial (non-sports) therapy market. I believe now is the right time to start calling ourselves 'Remedial Soft Tissue Therapists', and I am sure this will become a commonly recognised term if more of us use it.

The growing need for Remedial Soft Tissue Therapy

The financial cutbacks in NHS funding mean that non-life threatening musculoskeletal conditions are unfortunately becoming a very low priority. More and more people will now have to turn to the private sector if they want treatment.

In the private sector there is some very good manual therapy available from Physiotherapy and Osteopathy etc. clinics, but these tend to be more expensive because they often involve much higher costs for equipment and premises than we require. People tend to go to them only when they have more severe problems or long-term chronic issues. There is a huge market of people who need relatively low-cost, easily available treatment for their more minor soft tissue injuries, and this is what we can provide.

Private Health Insurance (PHI) cover

The financial crisis of 2008 has had a severe effect on the PHI companies as well as the NHS. Before then, the big financial institutions would pay for PHI cover for many of their employees as part of their benefits package. But with high unemployment in the sector and losses to recover, they have withdrawn this 'perk', or no longer offer it to new employees. As with the NHS, the PHI companies' income has reduced while medical care costs have risen, necessitating hard compromises.

They have introduced much stricter caps on the number of outpatient consultations/treatments, and the

ceiling per appointment, that they will cover. Doctors are complaining about how they perceive the PHI companies are gradually determining the treatment a patient receives. Patients with minor musculoskeletal problems are increasingly less likely to receive cover from PHI who may only pay for treatment for more serious conditions in the future.

ISRM members often ask whether we will ever get our work covered by the PHIs, and we were at one time making some progress towards this. But under the present economic climate we should not expect anything to happen for quite some time.

Health & Social Care regulation

2013 has been a year of waiting to see what happens, and we are still in a state of limbo.

The new Government policy on Regulation for Health and Social Care is being established through the new Professional Standards Authority (PSA). They will accredit a wide range of Professional Associations across all the related industries, including Complementary Healthcare. These will then become Approved Voluntary Registers (AVR). The accreditation process is extremely rigorous and ensures good governance by the PSA.

At some future stage, employers will only recruit professional staff who are on an AVR, but because our 'employers' are often the general public or small private clinics, this may not seem to mean too much. But given the right promotion, over time it is hoped that they too will understand that using a therapist

registered with an AVR is their only guarantee of professional standards.

As GPs gain greater control over their budgets and a growing number understand the financial and therapeutic benefits of referring some patients to a Soft Tissue Therapist, they will almost invariably only consider those on an AVR.

For us, there are two Professional Associations in our sector who have applied to PSA: the Complementary and Natural Healthcare Council (CNHC), and the Federation of Holistic Therapists (FHT). CNHC were the first, and their accreditation has just been approved; FHT started a few months later and we hope they will be approved fairly soon.

ISRM accreditation enables members to join the CNHC register for those who wish to be on an AVR now. But CNHC only have a single category for all 'Massage Therapy', and therapists only have to meet this basic level to be registered. I feel this is undervaluing what we do and we, and the public, deserve a specific category which identifies our higher clinical skills. If/when FHT get their approval, they will strongly support the need for a distinct category for Soft Tissue therapy which will suit us much better.

The Future

The sports market may not be growing, but the need for private Remedial Soft Tissue Therapy among the whole community definitely is, and this is where our real future lies. ISRM therapists can offer the best range of skills to treat the broadest

spectrum of minor and chronic musculoskeletal problems affecting the wider population as well as athletes.

Reminder!

2014 diary dates not to be missed!

As part of LSSM's 25th Anniversary celebrations next year, ISRM are organising a two-day Conference in association with FHT (Federation of Holistic Therapists).

Dates and venue are confirmed as follows:

2014 ISRM Conference:

Saturday 8th – Sunday 9th
November 2014

**Regent's College,
regent's Park, London.**

Please reserve dates in your diary now!

Don't miss the chance to meet, hear, and learn from leading internationally acclaimed guest speakers/workshop leaders from a range of relevant clinical and research backgrounds.

More details will follow over the coming months, so watch this space!

Reminder – Mentoring

From Mel Cash

Are you a very experienced therapist and interested in offering some mentoring to newly qualified therapists? We are keen to encourage this and if you are interested please contact Mel Cash who will discuss the possibilities.



Editorial

From Tanya Ball

Welcome...

As always, a very warm welcome to our 2013 'bumper' hard copy Newsletter Edition, and a special welcome to all new ISRM members. The observant among you will not have failed to notice that this is a very special Issue, with the front cover being a bit of a giveaway as to why!

Indeed, October 2013 saw the culmination of long-planned and awaited celebrations of Mel Cash's 60th Birthday, just one year short of LSSM's 25th Anniversary. You can 'Read all about it' in our 'London Social Events Correspondent' Allan Murrell's report (p. 6), and further share in the atmosphere and fun so tangibly described in two more stories, from LSSM office buddies Clare Leo and Vaneeka Patel (p. 23), and tutor Sophie Minter (p. 26) respectively, as well as enjoy the numerous evocative photos of this memorable occasion. Due to technical production reasons relating to colour vs. black/white pages, it was unfortunately not possible to group all these stories together.

Speaking of LSSM's forthcoming 25th Anniversary next year, **may I draw everyone's attention to the 'Reminder' Announcement of the ISRM/FHT Conference, Sat-Sun 8th-9th November 2014 at Regent's College (see Mel's 'Breaking news' page).** Thank you.

In this Issue... In addition to the various 'Mel's 60th' pages, this hard copy edition incorporates all relevant contributions from the 2013 spring and summer electronic Issues alongside excellent new material. The variety of content aims to ensure that there is something informative, entertaining, and inspirational for everyone, so I wish you all some very enjoyable reading.

Mel Cash's 'Breaking News': Mel raises the important issue of how the various perceptions of 'what we do' and 'what we call ourselves' have shifted over recent times, and the implications both for ourselves as individual practitioners, and the ISRM Level 5 Diploma Course going forward. A number of ISRM Members have already quietly distanced themselves from the 'Sports

Massage Therapist' title because of its increasing unfortunate association with unreliable, often sub-standard and 'heavy-handed' reputation. I therefore invite all readers to give serious thought to the points raised in order to make optimal decisions for themselves. This is followed by a timely update on progress in the 'Health and social care' regulation process, and other important issues for our profession.

Our profession and its future: Members can keep abreast of recent news from our representative voluntary Regulatory Body, CNHC (Complementary & Natural Healthcare Council).

Feature articles: we are spoilt for choice in this edition: Sue Ainley's heart-warming summer 2013 update on the SHN project is complemented by Paul Atkins' atmospheric and Jo Chatfield's encouraging accounts of the thriving Pokhara practice and its promising latest wave of students. Cressida Sherston then shares her journey through pain and gradual rehabilitation following a severe horse-riding back injury. Next, Roger Hamilton-Smith recounts his experience as a LSSM student, from Weekend 1 to post-exam celebrations, including the emotional 'ups' of fascinating classroom learning against the 'downs' of struggling to fit in enough study/practice time, self-doubts, etc. en route to eventual success. This story should give heart to any Diploma student wrestling with the demands of the course, in realising that (i) they are not alone, (ii) it is not 'forever', and (iii) the end reward is definitely more than worth the effort!

Event work: My usual annual Event Work Round-up is followed by a wide selection of colourful first-hand accounts of the main 2013 ISRM-organised events, alongside numerous evocative photos. There are too many stories to mention individually here, but do enjoy tasting what it is like to work at a mass sports event... and come and 'do' one next year!

'Educational' section ('Expand your knowledge, enhance your skills'): Katherine Creighton

Crook's absorbing report from the recent **2013 Isokinetic Medical Group's International Conference on Football Medicine** is a 'must-read' if you are serious about current trends in neuro-musculo-skeletal rehabilitation. Although in the context of the Conference, this provides valuable, constructive insights into state-of-the-art rehabilitation methods aimed at professional footballers, the principles can, with a combination of reflective practice, lateral thinking, and basic common sense, be adapted to our more sedentary as well as amateur sporting clientele.

In anticipation of ISRM's 2014 Conference, non-London-based ISRM-accredited schools are being profiled in each Issue. Meet Anna Maria Mazzieri's 'Massage Training School' and LSSM's Southampton 'Branch'.

If you feel trapped in the rat-race, then be inspired by Trevor Simmons' success story of brave and spirited enterprise in relocating his practice from London to Lanzarote...

As usual, readers can find out about the range of 2014 courses and workshops for variable levels in London, Oxford, Southampton, and Basingstoke. There are also a number of Kinesis UK courses and a 'British Fascia Symposium' announcement for those with a specific interest in 'fascia'.

My grateful thanks, as always, to all contributors to this Issue, and my renewed appeal to all readers please, please to send me your contributions for the spring 2014 edition.

Finally, may I wish every reader and their loved ones a joyful, peaceful Christmas, and the best of health, happiness, and fulfilment in 2014 and beyond.

Please keep sending your newsletter contributions to me at:
editor@theism.com
Please note that the submission deadline for the Spring 2014 Issue is Friday 28th February 2014, thank you.

Our profession and its future



Complementary & Natural
Healthcare Council

CNHC Updates

October 2013

CNHC celebrates new quality stamp of approval

CNHC's register has been approved as an Accredited Voluntary Register (AVR) by the Professional Standards Authority for Health and Social Care (PSA). PSA is the independent government-appointed body that oversees the work of the nine statutory medical, health and care regulators. It also accredits registers of health and care occupations that are not regulated by law and CNHC has now successfully completed this process.

CNHC's Chair John Lant made the announcement at camexpo on Saturday 5th October and commented: *"Today marks the next step for CNHC as the voluntary regulator for complementary therapists. I'm delighted that CNHC has met the Professional Standards Authority's rigorous standards, and practitioners on the CNHC's register can now use the new CNHC Accredited Voluntary Register quality mark. This reinforces the confidence that the public, employers and healthcare commissioners can have in choosing CNHC registered practitioners."*

All practitioners on CNHC's register can now say that they are on a voluntary register that has been accredited by the Professional Standards Authority. No additional steps are necessary. All new registrants will automatically be included on the accredited register.

This also means that all CNHC registrants can use CNHC's revised quality mark which shows your commitment to professionalism and high standards. This new quality mark is available for CNHC registered practitioners to download by logging into My CNHC along with the revised terms of use which must be read and adhered to.

You can find out more about what CNHC's PSA accreditation means by reading CNHC's October 2013 newsupdate which is available on CNHC's website under 'Publications'.

November 2013

PSB Elections Update

We are pleased to announce the results of the first election of the Reflexology Profession Specific Board (PSB). Five CNHC registered reflexologists put themselves forward to fulfil the role and voting took place from 1st to 14th October 2013.

We offer our congratulations to the elected Reflexology PSB members, who are: Sally Earlam, Nicola Hall, Tracey Smith and David Wayte, and we look forward to working with them. Thanks to all CNHC registered reflexologists who voted and all who put themselves forward as candidates. Biographies of the Reflexology PSB members can be seen on CNHC's website here: CNHC Reflexology PSB .

No candidates came forward for the Aromatherapy or Shiatsu PSBs. The CNHC Board has agreed to invite the existing members of these PSBs to continue their role. If that results in fewer than three PSB members in either case, CNHC will invite the relevant professional forum to identify and nominate registrants who meet the criteria. We will provide an update about membership of these PSBs in due course. The next round of elections will take place in 2014.

HMRC Health and Wellbeing Tax Plan Launch

HMRC has launched its Health and Wellbeing Tax Plan. This is a one-off opportunity for any complementary therapist who is behind with their tax to notify the HMRC before 31st December 2013. Participating in the campaign will allow practitioners to take

advantage of the best terms available and increase the chances of avoiding a higher penalty.

HMRC is sending up to a thousand letters to people already identified as having outstanding Self-Assessment returns for any of the years between 2009-10 and 2011-12 to flag up the campaign.

If you know that you are behind with your tax returns you have until 31st December to contact HMRC and let them know you want to bring your tax affairs up to date. You will then have until 6th April 2014 to make the disclosure and pay what you owe.

Once the notification window closes HMRC will be following up with a programme of compliance interventions. It will use sophisticated software to look more closely at those who have not come forward voluntarily and could contact people at any time. HMRC will vigorously chase up the tax returns from those who are asked to catch up. Anyone not responding at that point will be considered for a tax determination and collection of any unpaid debt and penalties.

We strongly recommend that any practitioner who has a concern or any doubts about their tax affairs contact HMRC under this scheme as soon as possible. Failure to notify HMRC during this time could lead to more serious penalties.

For more information call the Campaign Voluntary Disclosure helpline on 0845 600 4507. You can see the full details of the scheme here: <https://www.gov.uk/voluntary-disclosure-health-wellbeing>

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

READ ALL ABOUT IT



By
Allan Murrell
London Social Events Correspondent

Mel Cash stunned to silence at surprise 60th birthday bash



Mel enjoying the evening and receiving his track pass – he was well chuffed with all his gifts



On Saturday 17th October 2013, seventeen tutors got together with Mel to celebrate his 60th birthday at Topkapi Turkish restaurant in Marylebone. For once Mel stood in silent amazement as he walked into the restaurant to be surrounded by us all.

We ate, we drank, and we laughed as Mel tried to eat but was continually interrupted to open parcels as wave after wave of presents were given to him. He was particularly pleased with his Track Race Day voucher and engraved pen from everyone at LSSM Southampton, and said he would be using his new pen to sign all their diplomas! Alex then made a presentation of a donation for Mel's Ethiopian hospital project fund from us all, which as we all know is close to his heart. Alex also thanked him for changing all our lives – not just those of us present that evening, but everyone whose lives he has touched over the years. This caused a raise of his glasses and a wipe of the eye followed by a short silence. He then said, 'I don't know what to say,' which was greeted with a cry of 'That's a first!' This was then followed by a chorus of 'Happy Birthday to you...', more gifts, food, drink, and laughter as we recounted old stories.

Finally we left and walked down the road, Mel with his party bags and balloon, and then we all made our way off into the night. A great evening was had by one and all.

Feature

SHN Update

From Sue Ainley



Namaste!

The Seeing Hands project is going from strength to strength and we have plenty of good news to relate. For more stories and photos, please check out our facebook page <http://goo.gl/tZINhP> - and don't forget to like it whilst you're there!

Those of you who follow us on facebook will know we have recently won a prestigious Social Enterprise Award!! Chiran attended the Surya Nepal Social Entrepreneurship ceremony in January to receive the award, chaperoned by Rob's sister who by chance happened to be in Nepal (thanks again Maggy, your visit couldn't have been better timed!). Short films were shown about all the finalists (you can see them here on youtube <http://goo.gl/mC7kam>) and Chiran stepped onto a star-studded stage amidst rapturous applause.

Although we have done the lion's share of the work involved to set up Seeing Hands, Chiran deserves the accolade for his dedication and hard work in becoming such a competent manager in Kathmandu, and working with us to overcome the hurdles we have faced throughout our continued expansions.



People are continually amazed at what he does and achieves despite being totally blind, and he is fast becoming our regular media spokesperson!

Also linked here <http://goo.gl/Pk4MIS> is a short film featuring Chiran, made by Chahana Sigdel, who chose Seeing Hands as her subject for an amateur film competition. Sadly she didn't win but the film did get shortlisted into the final 10 and has had lots of exposure as a result.



Rob & I travelled back to Nepal in March for a short stint to take on the next batch of students. We were flooded with applications from blind people this time and ended up interviewing over 50!

Four students were selected in the end (pictured above) and they are: Ganga Pariwal, Bibek Bhattarai, Bishnu Lamichane, and Bhima Chettri (with Sarsati helping). All the students are totally blind except for Bishnu, who is partially sighted and reads large print. She is finding it the hardest as her English is not as good, but she's working hard and her enthusiasm is obvious in her amazing smile!!

The students all really enjoyed learning with

Anna Bevan, our latest volunteer trainer, (pictured above left) who had the tough job of getting them through their first few weeks of theory and massage training. Anna was helped by Ramji (next to Anna), who is now learning the ropes of being an assistant trainer and so far doing well. We have no volunteers until September now so the students are staying in Kathmandu and studying full time there with Chiran. They will return to Pokhara after the monsoon, for more training with our next volunteer, Paul Atkins.

Both clinics are still doing well (despite a poor season in Nepal for tourist arrivals) and we now have around 100 reviews for each on Tripadvisor! With business increasing at the Kathmandu clinic, we are sending some therapists from Pokhara to make up the numbers on a temporary basis and hope permanently to relocate more staff there soon. Govinda (Pokhara clinic) now has a supervisory role and we're pleased to see him starting to take on more responsibility for the business, working with our new receptionist Nirmala to distribute leaflets and generally promote our services locally.



Feature



Special thanks on the volunteering front to Andre Baptista, who came back (again!) to see our therapists and sort out their bad habits. Andre – you will be pleased to hear that treatment exchanges between

therapists are now happening much more regularly!

We'll bring you more news after the monsoon, which based on current rain levels



seems to have started early in Pokhara! As always, on behalf of the entire SHN team we'd like to say thanks to all our donors for their continued support and send a big Namaste to everyone following our work.



Seeing Hands Nepal - Seven years on!

From Jo Chatfield

'These formerly shy, young students have become confident working therapists, and I feel really proud of them as they have all had to face their own challenges in life.'

As the first teaching volunteer, I visited Nepal three times in the first two years of this project. After a few years' break, I couldn't wait to get back and see the lovely students I had become so attached to. I found their personal development quite outstanding, with an incredible level of spoken English.

The ladies, who are exceptionally petite, now use their bodyweight with such ease and effectiveness in their massage. They work very well as a team and look after each other.

These formerly shy, young students have become confident working therapists, and I feel really proud of them as they have all had to face their own challenges in life. The new political environment has not brought about the changes the Nepali people had hoped.

The corruption, poor infrastructure, and lack of organisation remain (this is all just part of the 'charm' of Nepal). However, as a returning tourist, I noticed many positive signs for the future:

- More work – with two clinics, one in Pokhara and one in Kathmandu, SHN therapists have more work opportunities.
- Greater competition – we will have to maintain and improve our own standards and make the most of the fact that we are still the only not-for-profit clinic.
- Changing faces – an exceptional number of Chinese people are visiting Nepal. They have a reputation for being careful with their money; however they all seemed to have plenty to spend.
- Power – more hotels and restaurants now have their own generators to cope with the daily power cuts.
- Upgraded hotels – even some smaller ones now have hot water 24 hours a day, and some rooms with air conditioning.
- New 'tourist' restaurants – many of the old musty restaurants (with table cloths that were left over from the 70ies and probably hadn't been washed since then either) have been replaced

by smarter, cleaner places. Thankfully most still offer Nepali food, although it is sometimes difficult to find in the menu. You can still eat with the locals for next to nothing if you want to though!

- Facelift – many shops in Pokhara have been smartened up, with glass windows to keep the dust out. A few roads have been resurfaced (the local businesses have to pay for this), and a few trees have been planted to make it all more attractive. It is a shopaholic's paradise! The first 'off license' opened during my stay, with a great selection of quality wines at more than acceptable prices.
- Health and safety improvements – we were made to wear life jackets while elephant riding in the water, and were only thrown off if we wanted to be. I also went White Water Rafting for the first time. Scary but exhilarating! We were given a serious talk on how to stay safe and what to do if we fell in the water, and had six staff to keep five of us safe!

Feature

Cocktails on the terrace, mad bullocks, and some speedy anatomy revision – a day in Pokhara, Nepal

From Paul Atkins

'The students are six months into their course. Their knowledge of the skeletal system puts mine to shame, but my task is to improve their massage skills, develop their theoretical understanding, and teach them muscle attachments and actions. As this was not my strong point in my own training, it has required some speedy revision on my part! Using games and quizzes, Dynabands®, models, and palpation exercises, has made this exercise great fun. I am amazed at how quickly they have learnt, and how rusty my own repertoire had become.'



Standing: L-R Vishnu, Jo, Govinda, Paul, and Bhima; Kneeling: Gunga and Bibek

I signed up for a six-week stay in Nepal to teach massage at Seeing Hands Nepal (SHN) – and what a time it has been! I am writing this at 7.15am, sitting on my roof terrace (provided courtesy of Sue and Rob Ainsley), drinking a pot of Masala tea and eating my banana porridge. The day starts early here and it is already 28 degrees... The local

football team have finished their hour and half training and are on their way home, with the sun shining on the snowy peaks of the Himalayas rising just behind me. A hundred and fifty metres to my left is Lake Fewa and the start of Pokhara town, which follows its shores for a kilometre. The mad bullocks next door have broken loose again and

have charged down the dusty lane, causing mayhem which is somehow ignored by everyone in the general bustle of a new day. I can't believe that yesterday, I went up to the summit of Sanrangkot, which provides an awe-inspiring backdrop to Pokhara (and which reputedly offers some the best views of the Himalayas), and did a tandem paragliding descent to Pokhara. Forty-five minutes of flying with eagles – just bliss. But enough of yesterday, now it's time for work. The clinic is two minutes' walk from my apartment. It is a purpose-built two-story building with a reception and three treatment rooms on the ground floor, and a training room upstairs. I am working with four blind students, supported by Govinda, who is a partially-sighted qualified therapist and manages the day-to-day running of the clinic.

The day begins with exercises –just as well as the food here has been a revelation. I don't like eating in restaurants by myself, and spent my first week here visiting the local places, eating only Dhal Bhatt, the traditional Nepalese dish made up of Dhal with chillies, rice, and sour pickles, usually eaten twice a day. But then Pokhara is the sort of place where you make friends fast, so it didn't remain that way for long. There are a huge number of volunteers in the town, working in



Paul and Jo tutoring Hari, Samrat, Sagar, and Shanti, with Armol on table

hospitals, schools, orphanages, and in poor outlying villages. There is such a feeling of camaraderie here, and what makes it more worthwhile is that everyone's efforts are appreciated by the local Nepalese. As a result of the vibrant social scene and fabulous restaurants everywhere, I need the morning exercises to keep my weight under control!

The students are six months into their course. Their knowledge of the skeletal system puts mine to shame, but my task is to improve their massage skills, develop their theoretical understanding, and teach them muscle attachments and actions. As this was not my strong point in my own training, it has required some speedy revision on my part! Using games and quizzes, Dynabands®, models, and palpation exercises, has made this exercise great fun. I am amazed at how quickly they have learnt, and how rusty my own repertoire had become.

We finish for the day by 2.30pm, so I tend to stop off at the Fewa Bar for another pot of Masala tea while sitting in my favourite seat on the veranda, watching the world go by,

and log into their Wi-Fi to catch up on news from home and plan the next day's teaching objectives.

Jo is flying out from LSSM tomorrow. I can already hear her mantra to the students: 'Think of your posture, think of your posture'. In addition to some joint teaching, we have planned to go white-water rafting in a few days, with an elephant safari also on the cards.

The day is getting very warm now, so I shall probably go to Bahari Hotel for a swim in the pool after classes and meet Pam and Krissen, two volunteers from different children's charities I met as clients at SHN, so we can plan where to go for drinks and dinner. This is what I call good work/life balance!...

If you can find the time, I would certainly recommend coming out here – even if only for a few weeks. If you are not from a teaching background, I am sure you will find the work demanding, as I have done, but the personal benefits are immense – what you learn about yourself, the people you meet,

and the activities you can get engaged in. My experience in Pokhara has stretched me and given me much more confidence, as well as the satisfaction of giving something back to others. And if you feel you cannot find the time...? Then I recommend that you *make* the time!... You won't regret it.



Paul and Bibek

Feature

The (literal) 'highs' and 'lows' of Equine Massage – Part 1

From Cressida Sherston

'My fate was sealed as instantly, the horse panicked, kicked the dog with his hind legs, simultaneously propelling me into the air, to land fast and hard on the stone stable yard driveway.'

I was initially very shocked. The velocity and power of that rear kick had thrown me upwards before landing forcefully, so I had fallen from a significant height. My lower back on the right side had taken the entire brunt of the impact, as no other part of me had actually made any contact with the ground to break the fall. Despite being encouraged to move, I remained still for a several minutes...'



Having qualified from LSSM as a Sports & Remedial Massage (SRM) therapist and established a practice treating 'humans', I fulfilled my ultimate aim and went to the USA to train in equine massage therapy.

There can be no denying that working with people, even in an event situation, presents considerably less risk than caring for these larger, less predictable four-legged patients. When treating horses, you really have to become the master of a whole new language. This refined communication may start with ears going back and a flick of the

tail, but if the message isn't received and the treatment approach modified to suit the patient, then the message is sent rather more strongly with the threat of a kick or a bite. All this said, I am very successfully running an equine practice alongside my human one, and even with the higher element of risk involved with the former, I wouldn't have it any other way.

This is indeed a rather bold statement in light of what happened to me on Tuesday 3rd October 2012. With horses just as with human patients, observational and palpation skills

are the essential tools to perform a thorough assessment. Other than the history provided by the veterinary surgeon and/or owner, the horse communicates through posture, movement, and behaviour. These qualities can all be assessed by the practitioner from the ground. However, when invited by a client to an informal visit to ride a couple of her horses to get 'a feel' for them, I simply couldn't resist the opportunity. Ultimately, I was to end up getting rather more of a 'feel' than I had bargained for.

Both rides went well and I was able to give the owner useful feedback on each horse. The precise moment I was dismounting the second one, hence leaning forward and about to swing my leg over his back, coincided with a dangerous combination of events: a nervous horse, a barking dog that ran under it – out of his view – in the fading light of dusk. My fate was sealed as instantly, the horse panicked, kicked the dog with his hind legs, simultaneously propelling me into the air, to land fast and hard on the stone stable yard driveway.

I was initially very shocked. The velocity and power of that rear kick had thrown me upwards before landing forcefully, so I had fallen from a significant height. My lower back on the right side had taken the entire brunt of the impact, as no other part of me had actually made any contact with

Feature



the ground to break the fall. Despite being encouraged to move, I remained still for a several minutes. I foolishly declined a visit to A&E and, fuelled by a cup of sweet tea and adrenalin, I drove home. The pain was intense, but I had already given myself the reassurance of my own diagnosis – deep bruising and possibly a strain to the soft tissue structures around the right sacroiliac joint.

On returning home, I had a hot bath and then as the pain increased, I managed to strap an ice pack and adopted the only resting position I could tolerate. From kneeling on the floor I was able to flop over a gymnastic ball for support. I could then make the ball roll back and forth to adjust the position of my back and try to ease the pain. Sleeping that night was an immense challenge as I was reduced to side-lying on my right side with pillows wedged to support my back.

Though I would not generally recommend avoiding pain medication at acute stages of injury, my previous history of trauma and prolonged use of painkillers for chronic injury meant that I chose to abstain. Pain control is paramount to healing and I found that regular application of ice, as well as alternating ice and heat packs, effectively reduced my pain.

The morning after the accident, I realised how stiff my back had become overnight as I struggled to put on my socks. There was a dramatic loss of range in all directions, particularly right side-bending and rotation, which made driving quite a challenge. I found that sitting triggered pain through the lower back, right hip, groin and the anterior thigh.

From this point, these potentially neurological symptoms really ‘should’ have triggered my concern and prompt action, specially as they were clearly not improving with time. They were becoming more severe and I was finding the pain and any movement exhausting. Fortunately my physiotherapist niece examined my back, and her concern at the visible degree of inflammation and bruising was enough to persuade me to do the right thing. So – ten days after the accident – I made it to A&E. I was shocked to discover that my X-ray revealed stable compression fractures with anterior wedging of the superior end plates of both L2 and L4. The fractures were most significant at L4, with loose bone splinters embedded within the anterior spinal ligaments.

I was seen four days later by a fracture clinic orthopaedic consultant, who gave me a very bleak prognosis for chronic back problems as a result of my injury. He was adamant that I should not be referred for any physical therapy, but just rest through this early stage of healing until he could assess the extent of the deep soft tissue damage. I was scheduled for an MRI scan in mid December, but I knew that the report would not be available until January 2013. Feeling discouraged by my first fracture appointment and the realisation that my progress would not be monitored for two months, I registered under an orthopaedic spinal consultant. Thankfully, he wanted to reassess me after four weeks and before my MRI scan.

My own instincts for my path to recovery were to find a balance between rest and movement, all of which I found to be easily regulated by either pain or fatigue. Therefore learning to listen to my body was paramount. Ice and heat applications had become a part of my daily routine. The second week after my diagnosis, I introduced self-massage, achieved by flexing forward on a Swiss ball so that I could comfortably apply transverse fascial strokes over the sacrum and then working up through the lumbar paraspinal muscles using a heating lotion.

During the acute phase of injury and into the third week, I genuinely appreciated the

crucial role of inflammation in providing stability for my lower back. It made movement more comfortable, and I felt less vulnerable to any painful jolts when just walking, and specially when negotiating steps or uneven surfaces. The temporary reduced mobility was essential to protect the injury and initiate healing.

By week three I initiated a daily rehabilitation routine focusing on low back mobilisation and pelvic stability, as opposed to any strengthening. My days began with an essential hot bath as a warm-up, to alleviate low back stiffness from sleeping with my knees raised over two pillows to relax and rest my back in a neutral position. I would then perform a sequence of movements lying supine, focusing on the pelvic floor, pelvic tilts, and circling with knees flexed, thereby mobilising and massaging my lower back. I gradually developed these exercises, gradually incorporating road walking on a level surface.

By the fourth week, the pattern of referred pain and paraesthesia were becoming more complex and difficult to manage than the pain at the local injury site, particularly across the right sacroiliac joint and into that leg.



My next step on this journey was to see the spinal orthopaedic consultant. All I could hope for at this stage was his reassurance and a better prognosis than what I had received at the fracture clinic.

Feature

The (literal) 'highs' and 'lows' of Equine Massage – Part 2

From Cressida Sherston

'Being no stranger to trauma, one of the things I have really learned through personal experience is that whilst it is important to be realistic about an injury or condition, being able to maintain a positive mental attitude can make all the difference to the physical healing process.'

'I am also now very much more aware of my own body mechanics when treating both horses and people. This and previous experiences of trauma have certainly influenced my personal approach to treating both equine and human patients. I certainly have greater empathy and compassion, but I now also really appreciate the importance of not always focusing on the primary injury site, but to approach treatment looking at the "bigger picture".'



Although the next stage of the healing process brought up some unexpected secondary symptoms, I am pleased to say that in this path to recovery, there have definitely been more 'ups' than 'downs'.

I have found that generally people seem to have had a great misconception about my back injury, and they mostly appear to think that I spent twelve weeks languishing on the living room floor studying or delighting in hours of reading time. The reality of my situation couldn't have

been more different. In order to manage the pain and sustain some mobility, I had to strike a balance between standing, walking, and lying down with my legs raised. Actually, just sitting was the most intolerable position and one which I eventually 'graduated' to with the wonderful investment in a saddle stool. My time was dedicated gradually to stepping up my own 'back boot camp' rehab programme, usually beginning with the mandatory hot bath just to get me mobile at the beginning of the

day. The hot water did work miracles, however the feeling of traction pulling down through the lumbar spine and sacrum as I got out of the bath was the low point of the experience as I longed not to feel the effects of gravity.

I was apprehensive about my visit to the very highly recommended spinal orthopaedic consultant. This fear was quite unfounded, as I couldn't have been more relieved to be given a prognosis that was realistic, encouraging, and refreshingly in no way judgemental. He didn't actually waste his breath on reminding me of the risks of partaking in a dangerous sport, but saw the accident as bad luck, combined with an unfortunate concurrence of circumstances, which had resulted in my fall.

The consultant's examination confirmed that I had a reasonable neutral posture. It was evident that in flexion, my spine was held fairly stiffly with a tendency to full flexion from the hip, but good in extension (my self-treatment and routine of exercises to mobilise the back had paid off). My full range of motion in flexion had shortened dramatically by at least 70%, just about reaching my knees and absolutely no chance of making any contact with my toes for a long while. Thankfully, the neurological examination showed good knee and ankle reflexes. The femoral and sciatic stretches were both negative (i.e. normal), and my hamstrings on both sides were lengthened and relaxed.



The consultant was amazed at the actual lack of very superficial pain and tenderness around the lumbar paraspinal muscles and over the right sacroiliac joint. I however wasn't surprised, because I really do believe that any superficial pain had been greatly reduced by my daily regime which involved lumbar self-massage, STR, and taping – having attended a kinesio taping course last year, I had found that I could quite easily apply a lumbar 'star', although I only used this very occasionally.

The deep soft tissue damage and neurogenic pain were really both my and the consultant's greatest concern. This was most evident as femoral nerve pain radiated over the right hip into the groin which, at its worst, then travelled down my right leg and into my foot. For those who aren't familiar with neurogenic pain, it really is an intense, draining, and persistent pain. Because of my training, I was well equipped to manage my pain, knowing when to adapt my position or posture in order to relieve some of the nerve compression. On instruction from the A&E orthopaedic registrar, I had been sleeping supine with my legs raised and supported by a minimum of two pillows under my knees. In the latter stages of my rehabilitation, I needed to begin to reduce the degree of support, as whilst this position allowed my lower back to relax, it was also leading to shortening of the psoas muscle. I do remember being woken by persistent nerve pain, knowing that a pain killer wouldn't be the answer, whereas simply reintroducing additional pillow support made the pain totally subside within two minutes.

My initial appointment with the consultant was most definitely a more positive experience: I felt so gratified to hear the words 'I can see no reason why you shouldn't make a smooth recovery with time, patience and physical therapy'. However, he did warn me that with the compression injury over the sacroiliac joint, it may be some time before I could be comfortably back in the saddle. Three months on from the accident, and although the injuries to the back were of most concern, I was becoming more aware of the

other issues which hadn't been so evident in the acute stage. I was developing a lot of discomfort through the left side of my neck, with paraesthesia in the left hand. Also, on the right side I had intermittent pain in the 7th and 8th ribs. All in all, I felt like a neurological mess. Since then, whereas my neck has received a lot of massage and osteopathic treatment and has really settled, the ribs are proving to be more of a challenge to resolve. Taking all these symptoms into account, it really demonstrates how in a fall from a height and with velocity, the actual ground force on impact produced a powerful ricochet effect causing further injury away from the point of contact on my lower back.

I had two further appointments with the spinal consultant in January and February 2013. Thankfully my MRI scan didn't show any nasty surprises or unexpected clinical issues. By the middle of January I was well underway with a course of physiotherapy. The focus was very much on my not so great 'neutral posture' and a lot of work on regaining balance and proprioception, as well as very importantly increasing stability in the lower back and pelvis. The real torture came in the form of friction around L4 (the worst fracture), the very tender ilio-lumbar ligament, usually combined with a side-lying attack on my right QL. With a positive Ober's test for my right ITB, a dramatically shortened psoas (further exacerbating my groin pain), a very tight and tender gluteus medius, topped off with 'piriformis syndrome', I could see there was a long way to go and these sessions were definitely challenging!

I have no doubt that my progress with physiotherapy would not have been as positive without the interim massage sessions which, at my request, included considerable myofascial release and the opportunity really to address the secondary symptoms in my neck and ribs. Although my own self-massage techniques had no doubt helped, it was evident that the entire lumbar and sacral regions had become severely restricted by a fibrotic mass with thickened scar tissue, especially local to the fracture sites. After



a few treatments, it was wonderful to witness my posture dramatically restored from what had become a very flattened lumbar spine.

By the beginning of March I began to take on some equine and human patients. The biggest physical challenge was not so much the treating, but driving, because sitting for any great length of time was still very uncomfortable. My neurogenic symptoms had not fully resolved and I was genuinely beginning to worry if they ever would. However, on my last appointment with the consultant, he confirmed that the bone healing was now complete, but that it may take several months for all the soft tissue and neurogenic symptoms fully to settle. I was told that if the SIJ and groin pain hadn't fully resolved by late summer, then he would recommend a SIJ intra-articular steroid/anaesthetic injection. This is a procedure I have observed being carried out by veterinary surgeons on horses, and with that knowledge, a fear of needles, and awareness of the length of spinal needles, I am pleased to say that so far, this is not a procedure I am going to need!

It is now eight months since the accident, and I am delighted to report that I am totally healed. Being no stranger to trauma, one of the things I have really learned through personal experience is that whilst it is important to be realistic about an injury or condition, being able to maintain a positive mental attitude can make all the difference to the physical healing process.

I can honestly say that my overall posture, the actual condition of my back in terms of healthy function, balance and range of motion are probably better now than before this accident. I am also now very much more aware of my own body mechanics when treating both horses and people. This and previous experiences of trauma have certainly influenced my personal approach to treating both equine and human patients. I certainly have greater empathy and compassion, but I now also really appreciate the importance of not always focusing on the primary injury site, but to approach treatment looking at the 'bigger picture'.

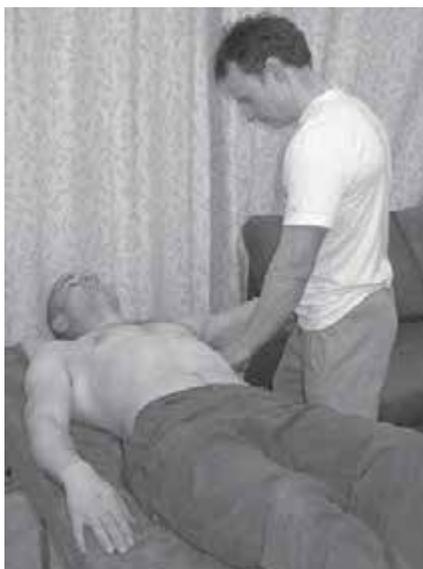
Feature

A Sports & Remedial Massage student's journey – Part 1

From Roger Hamilton-Smith

'One of the other climbers in El Chorro was offering his services as a massage therapist. Not only did his understanding of climbing and its demands on the body, combined with his massage skills provide immediate relief to my aches and pains – but he convinced me seriously to consider a career change...'

'The Sunday of Weekend 5 was for me the most interesting one of the entire course to date. It was the first introduction to Soft Tissue Release (STR) technique, which opened a new dimension within the world of SRM. This made me realise how broad the range of techniques and skills available to us can be.'



In February 2012, I was 60m up on a rock face near a small Spanish settlement called El Chorro. It is an infamous place with the climbing community, with polished rock (slightly harder to climb) and spaced protection (slightly more intimidating to climb). The people I met on this trip were the inspiration and the reason I am writing this article.

Several days of pulling on the polished rock and a lifetime of not taking proper care of myself were beginning to take their toll. One of the other climbers in El Chorro was offering his services as a massage therapist.

Not only did his understanding of climbing and its demands on the body, combined with his massage skills provide immediate relief to my aches and pains – but he convinced me seriously to consider a career change...

Fast-forward a year, almost exactly as it happens.

I have just completed Weekend 6 of the LSSM Sports & Remedial Massage (SRM) Diploma Course in London. I am starting both to gain confidence and understand how much more there is to learn. I will never be an expert and shall remain for ever more a student of my profession. This thought was and is a scary realisation, and yet at the same time it excites me to know there will always new skills and techniques to learn. My only regret is that I took so long to realise that SRM should have been my career path.

The first weekend of the course was a mixture of nervous excitement and trepidation, fuelled by far too much caffeine. Mel Cash provided a thoroughly engaging introduction to the LSSM and what we might come to expect from the Diploma. He regaled us with tales of his journey through massage; from treating Nepalese villagers to the application of Tai Chi as a means of efficient petrissage technique.

The remainder of the weekend was a series of superb lectures delivered by passionate

and confident tutors. Special mention should go to Zac Laraman for his STOMP, STOMP, STOMP technique to really emphasise how the body transmits and dissipates energy. The massage practice during both days was a sure way to break the ice with my fellow students – with little or no introduction, it was straight into hands on massage practice! Travelling back home on that first Sunday evening, I read over my notes, realising it was too late now to back out. My note pad was filled with words and phrases that required extensive further reading and revision. I had also made a full list of other books and websites that have proven to be really useful. The reading list included the hefty *Clinical Sports Medicine* by Brukner and Khan, and *How My Body Works* in the Mr Men's Collection.

Weekend 2 was in the same month so I only had a couple of weeks to read through the notes, start the question paper, purchase the books, find people to practice my massage techniques on...

... There really was an awful lot of work to undertake in the initial part of the course. I am not the most academically gifted person and find studying a challenge. However there was something in that first weekend that inspired me to put aside these concerns and get my head in to the books and my hands on some friends and family.

Feature



Weekend 2 was led by Zac, who not only supplied top tips for websites, books and podcasts. He strongly emphasised the need for complete immersion in to the world of anatomy. With the same level of passion as Bond villain Zac informed us to listen to everything, read everything, and touch as many bodies and muscles as possible. His top tip for this weekend was to learn five different things about each muscle: attachments, primary actions, antagonists, synergists, and joints crossed by the muscle.

And so the workload increased.

The deadline for the submitting Question Paper 1 was fast approaching; I found this a hugely challenging paper. The hardest part was to balance the wealth of information in the books and on the internet and decide what was important from a SRM therapy perspective. However all the reading and other research was both enjoyable and informative, and helped me understand the human body.

Weekend 3 was another two days of intense learning, with a good combination of theory and practical work. Perhaps for the first time in this course, we also started taking notes on how to run and maintain a SRM practice. Knowing how to take a concise case history in an efficient and timely manner helps to put the client at ease. Understanding the client's anatomy and physiology, the pathology of their injury and the biomechanics of their activity (sport, work, or daily life) will help formulate a personalised approach to their treatment. This avoids the pitfall of a standardised solution for all clients, which

would be unchallenging and tedious for the therapist, less than effective for many clients, and hence potentially detrimental to the clinic's long term reputation.

At the beginning of Weekend 4, my friends and I were sat gossiping in the café prior to the start of the course. It must be a weird phenomenon that, no matter how old we are, concerns about 'homework' are all the same.

'What did you put for Question 1?'
'I really struggled with Question 4b.'
'Wow, your drawings are exceptional, Nick.'

Saturday morning of Weekend 4 provided fascinating insights into Exercise Physiology, with a superb lecture by Steve Hunter from LSBU. He managed to make a highly complex area of study interesting, engaging, and relatively easy to comprehend.

In the afternoon we had a chance to learn more complex and interesting massage techniques and gained a hint of the standards expected by LSSM of its students.

Weekend 5, and the dreaded assessment of general massage techniques loomed large in mid-December (2012).

During the preceding three weeks, I had spent most of my time trying to revise the five different things about each muscle. I felt reasonably confident with my massage techniques as I had plenty of people to practice with. However the age-old issue of 'study, study and more study' was causing a few stressful evenings. Weekend 5 arrived and rather than trying to cram extra revision in during the journey to London, I took the time to relax and focus my mind. The assessment would only last for an hour and only take place in the morning of the first day. It helped to try to keep it in perspective, the tutors has done a good job at reassuring us that aim of the assessment was primarily to see how we were progressing on the practical elements.

The classroom was buzzing with intense, nervous excitement from a group of well-

rounded adults! Then came the sucker-punch: the assessment would not be until the afternoon! There was a mix of responses ranging from relief to frustration from us all; I am sure we would have preferred to have got the assessment out of the way. The morning session started with a pop quiz on the muscles, movements, attachments, and bony prominences. I would have scored better if I had not been so lazy in my responses when describing the movements at various joints. I learnt that accuracy is key to everything, and I have come to realise that this is so important, not only in anatomy, but also in record-keeping for my clients.

The general massage techniques assessment came and went with varying degrees of success for us all. Although it is not a pass/fail assessment there is some relief in knowing the practice sessions with family and friends paid dividends.

The Sunday of Weekend 5 was for me the most interesting one of the entire course to date. It was the first introduction to Soft Tissue Release (STR) technique, which opened a new dimension within the world of SRM. This made me realise how broad the range of techniques and skills available to us can be. I can only say that I am finally starting to feel like a massage therapist now, and appreciate how much hard work lies ahead.



Feature

A Sports & Remedial Massage student's journey – Part 2

From Roger Hamilton-Smith



The first assessment weekend came and went, the deadline for the next coursework paper loomed very, very large. Christmas and the New Year seemed like a distant memory as Weekend 6 approached. With the cost of books, a couch, and travel, I decided it was time to start charging my clients for their treatment.

It was not an easy decision to make, as many of these clients are good friends. They supplied willing, and mostly injured bodies to allow me the chance to practice and learn. However, with a short explanation, most understood the need for me to begin charging. The immediate effect was a down turn in clients, somewhat to my surprise. It required a change in strategic thinking, and so I approached a local gym where some friends trained. The gym manager was exceptionally open-minded and allowed me to set up my couch in a back room.

Back to Weekend 6: this was the submission weekend for the Anatomy and Physiology Paper. – a difficult paper for me, which I had started working on at the beginning of the Diploma course. The combination of coursework papers, research, revision, and practice, were gradually eroding my time and willpower. Doubts were beginning to set in as to whether I would or could complete the Diploma – I just wanted my life back.

The winter months are a very quiet time for the sport of climbing: often it is too wet, miserable, and cold to start pulling on small holds. I had no choice but to stick my head in books and add to my

learning. Finally I completed my A&P paper well within the time limit and was glad to hand it in. I found Weekend 6 the most interesting so far. Muscle Energy Technique (MET) was a hard concept to understand, but simple to learn. It has since proven to be the most effective technique for my clients and me.

Weekend 7 was an intensive weekend, with almost too much information to take in. However, while the joint assessment material has been useful to my personal development, it is something that many of my clients have not been too interested in. Most of my recent treatments have only been of 30 minutes' duration – not really sufficient for an effective treatment and joint assessment. I am hoping to be able to carry out these assessments on a more regular basis once I have my own clinic in due course. I consider the text book by Kendall et al. *Muscles, Testing and Function with Posture and Pain*¹ as 'mandatory reading', as it does help me to retain knowledge about assessment techniques and understanding.

Weekend 8 seems so far away, I have spent a while re-reading my coursework paper to remind me how much time I had spent completing it. This assignment was not easy to prepare either, in fact I was required to rewrite some of my answers – frustrating to say the least, however it did force me to review the questions and see where I had gone wrong... I concluded that I should have taken more time over the questions and read their wording more closely. Weekend 8 offered a great opportunity to revise MET-PIR (Post Isometric Relaxation) and learn MET-RI (Reciprocal Inhibition).

Feature

The Sunday was another excellent day of learning as we were introduced to a further 'advanced technique': Positional Release (PRT). This session was run by Alex Fugallo, a superb teacher with great delivery and patience... and a fabulously well-groomed beard. On the face of it, PRT appears to be hokum, or magic. However when performed correctly with care and attention, it has become a useful tool. It is a technique I will be taking further training in during 2014. So far PRT has proved a success for a couple of clients, particularly for those who spend much of their time rock climbing.

Soon, it was Weekend 9 – another interesting weekend, with a real mix of Connective Tissue Manipulation (CTM), MET practice, and 'remedial massage for medical conditions'. Allan Murrell and Brian Clarke ran a very tight ship in introducing CTM, conveying clearly a difficult subject to a bunch of sceptics. However – as with all hands-on learning, the proof was in the pudding: the tutors gave such excellent demonstrations, which changed my view of this particular technique. Although I have used it on several occasions since, I do not yet feel experienced enough to judge whether it is effective... Another CPD course perhaps required for the future?

I also found Gisela Payne's presentation on massage techniques to treat medical conditions (Weekend 9) fascinating, and not intimidating at the time. Only my lack of self-confidence in applying these to treat 'real' medical conditions was holding me back. Since graduating however, I have 'taken the plunge' and treated people presenting with various medical conditions, and found the experience both satisfying and a good challenge. I am finding that each client, both new and existing, compels me to undertake plenty of research, and am encouraged by their trust in my skills, and open-mindedness towards massage therapy. I have been searching over recent weeks to find one

or more course(s) that would boost my confidence and knowledge in treating medical conditions.

Weekend 10 arrived, and – whoop, whoop! – with it, submission of the final piece of coursework. One of the big remaining hurdles had finally been jumped. This was perhaps the most interesting paper in view of the medical conditions to research after completing the previous weekend. Collectively, we found the STR/MET assessment far less stressful than we had expected. David Katz is a patient tutor but a strict examiner: he takes no prisoners, especially when people have not learned their anatomy. Once the assessment over, we spent the rest of the day exploring different techniques, and working out how to apply MET to those hard-to-reach muscles. This was where David's wealth of knowledge, experience, and anatomical understanding really shone through.

With the exams looming ever closer, most of our class organised small and regular revision sessions. Our Facebook group helped arrange dates that people could accommodate around other commitments. It also gave us all a chance to ask questions, give support, and pass on knowledge from experience.

Weekend 11 was all about advice on how to run a business, set up a practice, the professional and ethical conduct required of an ISRM-accredited therapist, and professional indemnity & public liability insurance. The Sports Nutrition lecture, delivered by Masimo, a member of our own group, was both interesting and at times controversial. This added to the quality of the session and made it more memorable, with ideas and opinions coming in from the whole class. The underlying message was that as therapists, we need to take care, not only of our posture, but also of our overall health in paying attention to what we eat and drink.

Weekend 12, what can I say? – The main exam! All the weekends, all the revision, homework, and all the theory came down to this one single theory test. There is really little to say about the exam: while most people cope, and some excel... I was a gibbering wreck. Written exams have always been a difficult prospect for me, so I had spent almost every spare moment revising anatomy in the lead-up to the day. Turning the paper over at the start, I was pleasantly surprised by the questions, and the final result proved that I had put in the required effort.

The practical exam passed in a blur; all I can remember really is being told we had passed the practical, and then wolfing down a huge Burrito with a friend from the course, Jack Hanrahan.

What would I do differently next time?

To be honest, there is little I would change as I believe I put in as much effort as time and other commitments allowed. I do think I would take more time to read the exam paper questions: the feedback I received from the exam markers suggested, to me at least, that where the question asked for 'some' information, I should in fact have included 'all' the information.

Now that the course is finished I can take stock, feel proud of the achievement, and consider how to pursue a career in sport and remedial massage. The biggest decision will be when to leave my full-time, secure, well-paid job, and become self-employed. Only time will tell.

Within one week of graduating from the LSSM, I started a small business called Blue Frog Sports Massage.

¹Kendall F.P., Kendall McCrear E., Provance P.G., Rodgers M.M., Romani W.A. (2005). *Muscles, Testing and Function with Posture and Pain*. Philadelphia: Lippincott Williams and Wilkins.

Event Work

Event work update

From Tanya Ball



A warm welcome to all new and existing members to the ISRM Event Work section. May start with a couple or 'Please note' requests for the benefit of eager students

wishing to become involved in event massage, and their tutors:

- **Students (and anyone else interested):** you will find at the end of this report, full details on how to become involved in ISRM-organised event work. This information is repeated in every (electronic and hard copy) Issue of the Newsletter, so please refer to this rather than emailing me individually... thank you.
- **Tutors:** please would you likewise direct all student event work enquiries as above. By all means mention my name as ISRM event work coordinator but *please ensure you instruct people NOT to email me about 'how to get involved'*.

NB: Members' enquiries regarding an event they may be involved in and require a team for are of course very welcome. Thank you to everyone for assisting me in this way.

2013 Summary

Another busy year is drawing to a close, with ISRM providing onsite SRM (Sports & Remedial Massage) at no fewer than seven mass or high-level events as follows:

- Fleet pre-London ½ Marathon – March
- London Marathon – April
- Budweiser International Six-a-Side Soccer Tournament – May
- Blenheim Triathlon – June
- London Triathlon – July
- Run-to-the-Beat (RTTB) ½ Marathon – September
- Royal Parks ½ Marathon – October.

In addition, we have supplied small teams or individual therapists at several smaller events, and two minor charity event work opportunities were cancelled by the charity for lack of adequate facilities.

The above represents participation from over 120 student/full members. My grateful thanks and congratulations to each one of you, as we could not deliver our high quality of services without your support.

If you enjoyed your experience, I urge you to spread the word and encourage others to follow suit. Besides providing excellent all-round 'work experience' (getting to the venue with all necessary equipment, 'thinking on your feet' due to short, consecutive 'one-in, one-out' treatment slots, variety of client needs, etc.), it can also prove a valuable promotional exercise as you can hand out business cards, leaflets, etc. and will usually end up treating some competitors local to you.

Reports on the above events can be found elsewhere in this Section, making excellent reading, alongside a wide range of great photos that really reflect the atmosphere – enjoy!

2014 and beyond

I have not received confirmation at the time of writing, regarding our involvement in some of our regular events next year, but I am please to confirm that the Fleet Pre-London ½ Marathon and London Marathon are definitely 'on'. I will be uploading details of these on the ISRM website in late December/early January, so please keep an eye on these if you are interested. Other events will of course be added as and when they are confirmed.

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 about 'how to get involved' from existing Members...)

Would all members, 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. I can only advise people to ask to borrow someone else's PC in the former case, or to (re-)join the ISRM and reap its many benefits in the latter case!

In addition, to qualify for ISRM event work, Professional Indemnity and Public Liability insurance at the appropriate level (student/graduate), valid at the time of the event is mandatory. We regret that no exceptions can be considered. Students must also have successfully passed their Weekend 5 General Massage assessment in order to be considered. Very rare exceptions may be made 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 with registering which you suspect to be website-related, please contact ISRM – not me – as this is well beyond my control, let alone my skills! Thank you.

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

Event Work

The 'Mud Race' – alias the 2013 Fleet ½ Marathon, Sunday 17/03/13

From Elna Treija



Have you ever wondered how it feels to run a race on wet grass alongside another 2,299 people? Well, everyone who had entered and actually turned up for this year's Brooks Fleet pre-London Half Marathon did get the chance to experience the toughest of running conditions, with chilly temperatures, rain, and mud all along the course.

Our team of Sports and Remedial Massage therapists (SRMTs) from ISRM – Andy, Joanne, Katy, Verity, Hazel, and I were there to help relieve tight and achy muscles following this 'survivor's pursuit'. Travelling to the race venue in Fleet's Calthorpe Park from my Southampton home suggested it was going to be a challenging day for everyone

involved, and we were ready to face the trial! We arrived near 8 a.m. and easily found our designated massage area, right by the refreshments. Our 'office for the day' was large enough for six massage couches, with sufficient space to move freely whilst treating. The organisers had done a very good job of providing us with a safe, rain- and mud-proof area with a reception desk and chairs. The runners began to arrive for race registration, and the large marquee we were in gradually filled up with competitors trying to motivate one another for the effort ahead. We first encountered inquisitive clients asking about our services and pricing, and treated six of them before the 10.00 a.m. race start, which I am sure benefited their muscles.

Once the race was under way, we had time to get to know one other over a cup of hot tea (which was helpful to keep our hands warm for the massages!). We had all come from different locations, including Fleet, Tring, Southampton, and London areas, and it was exciting for me to meet like-minded people and enjoy the atmosphere of a sporting event. Joanne and Andy are SRMTs with years of experience, who supported the rest of us – recent LSSM graduates. It was the first Fleet half marathon event experience for Hazel, Katy, Verity and me, whereas



Joanne had prior experience and was able to compare the event with previous years.

The first 'soldiers' began to arrive for post-race treatment at around 11.30 a.m. completely exhausted, covered in mud, and in great need of helping hands to restore and soothe their bodies. Runners I treated mainly had sore and hard calf and quadriceps muscles, so most of the work was aimed at relieving tension in these areas. Joanne had a case of a torn calf muscle which required extra attention. Andy treated a runner with post-race muscle cramp, which was likewise more challenging. We had plenty of towels and blankets to keep runners cosy and warm, but unfortunately the weather took its toll on a number of runners seeking post-event treatment.



In order to attract more clients, we placed a notice in front of the big marquee so that recent finishers could see it, but unfortunately to little avail. It was a great shame that out of 2,300 participants, we only treated 20 people in total among the six of us. Perhaps a bigger poster with an arrow pointing in our direction might have helped, as some participants weren't sure precisely what we were doing there. From 1 p.m. onwards our working area became quieter and, realising we were approaching the end of the event, I went for a walk to promote our services, encouraging all the remaining runners to have their muscles taken care of. Some finishers were already too cold, and only wanted a hot bath, others who would

have taken up the offer had no cash on them, while others still were heading straight home, for which we couldn't blame them.

All the runners we treated on the day had struggled with the weather throughout the race, but it was nice to see that irrespective of their result, everyone was rewarded for their efforts with a medal as a memento of this tough race. All participants were greatly appreciative of our help and we received many 'thank you's.

I would personally like to thank the organisers for providing us with a safe working area, the runners for their endurance, ISRM for their support, and everyone in our team who made the day enjoyable. Have a fruitful summer!



Twelve years' post-event massage experience at the London Marathon

From Sam Roberts

'The atmosphere is very noisy, with children playing and families chatting, there is a big cheer every time a runner who has just finished enters the room, and people everywhere! The massage therapists have to deal with friends who want to chat while they are being treated, or children running in and looking through the face hole at their mum or dad. This is why I love it, it is busy and mad, but we are organized and providing an invaluable service.'

I have been massaging at the London Marathon for twelve years. I was a volunteer for about six, and have since been a supervisor/team leader. I enjoy it every year. I have always been part of a team of at least five or more and have been based in various venues including hotels, offices, gyms, and even bars!

The atmosphere of the Marathon is well documented as being one of the best, and the support the runners receive from friends, family, and strangers as well as from the charity they are fundraising for, is amazing.

For the last three years, I have been fortunate enough to work with the same charity, Shelter. This has been an added pleasure as it has meant familiarity, knowing how the charity works, and treating some of the same runners from year to year.

I generally aim to get to my venue by 11 a.m. at the latest so I can set up and familiarize myself with the space. Members of my team usually start to arrive at around 12 p.m. We hold a team briefing where I explain how the day will run and what to expect.

After 'reassuring' any nervous team members, I give them all an hour to enjoy the atmosphere and get lunch, making sure they are back by 1 p.m. Although Shelter provide us with lunch, I do advise the team to go outside for fresh air and extra supplies, as once they start massaging, they will be there until 6 p.m.!

It is generally the case that runners do not start to arrive at the charity venue until at least 2 p.m., but it is important to be ready

for that one exception! All therapists stand by their beds waiting in anticipation, but once they start they have no time to worry, as all their energies are focused on the runner they are treating.

Shelter are highly organized and able to provide food and drink for their runners, showers, and space to chill out, as well as a free massage. Lawrence, Shelter's organizer, always gives me a Shelter member to liaise with, so there is very good communication.

The atmosphere is very noisy, with children playing and families chatting, there is a big cheer every time a runner who has just finished enters the room, and people everywhere! The massage therapists have to deal with friends who want to chat while they are being treated, or children running in and looking through the face hole at their mum or dad. This is why I love it, it is busy and mad, but we are organized and providing an invaluable service.

Although I have always taken my couch with me, it is most often used by a volunteer. My role is therefore rather to concentrate on delegating and keeping time. The main rush is between 3 and 6 p.m., and quite often there are a few people who trail in at 5.55 p.m. However, my team are 'done' by then, so I let them go home and treat the last few runners myself as I feel so sorry for them – you would have to see the state they arrive in!

Over the years I have experienced all sorts of circumstances – guys who like to have an alcoholic beverage and then come for a massage; massive cramp attacks which nearly throw the runner off the couch;

bleeding nipples and hanging toe nails; runners on the edge of passing out, and occasional torn muscles... clearly some of these equal no massage!

This year, one male runner was not feeling great, and halfway through his massage disappeared to the toilet. He was gone some time and all his stuff was still at the couch, so we did not know if he was coming back or whether to use the couch for someone else. I asked Lawrence to check the toilets to make sure he was ok. A little later he returned but was in no fit state to be treated. You never know what an event is going to throw at you and you have to think quickly, be able to advise the volunteers when necessary, and improvise! I do offer to take over from any therapist who feels they need a break, but they all work like troupers and treat at least ten runners each. I keep an eye on the team and do my best to motivate them. I also make sure I have a quick preliminary chat with each runner who comes for a massage, so I can ascertain what state they are in.

I can tell you that by the end of the day my state is a weary one! However, I am not sure I will ever stop volunteering, I have so much fun!

My most grateful thanks and resounding congratulations to Sam (and our other regular event massage 'veterans' over the years), for your ongoing support, inspiration, and willingness to share/pass on your skills. ISRM event work would simply not be sustainable without your much appreciated dedication. – Ed.



Mel's 60th Birthday goes off with a bang

From Clare Leo & Vaneeka Patel

Despite the fact Mel had said he did not want a fuss over this Birthday, we (the office staff) decided that he may be 'the boss', but not on this occasion! We were going to have a 'bit of a do' and that was that. Obviously, being outnumbered by three determined women, he was not left with much of a choice in the matter!

Even after knowing Mel for so long, it was hard to work out what to get the man who has everything? After weeks of indecision, we started off with some vouchers for a shopping spree (we thought he may look good in something other than a LSSM polo shirt! Ha, ha...). Vaneeka, Carleen, David Katz, and I then went onto drinks at his place before his surprise night out.



Mel was ready (in his newly-bought shirt!) and was overwhelmed with the gifts we presented him with. David got him a scooter, which he couldn't resist having a go on straight away – boys will be boys! – and the

LSSM ladies presented him with a collage, taken from pictures we had secretly taken from his computer, about his recent trip to Ethiopia to see Tim and Birtukan to celebrate her graduation.

With drinks flowing, we made our way to Benihanna's restaurant in London. For his next surprise, Mel was greeted with some more of his close friends, George, Claire, Donata, Alex, and Lara.



We all enjoyed a delicious meal cooked by a very entertaining 'knife dancing' chef, who made love hearts out of rice, trains out of onions, all of which was then ignited to make a mini volcano right in front of us!

To top the night off with a bang, we had used our own creative streak to get a special cake designed for Mel, to represent all the 'important things' in his life.

This included his Caterham (with him sitting in it of course), the LSSM polo shirt and Naqi lotion to represent the School, and an Ethiopian flag to represent his current project in Ethiopia, which is very close to his

heart. Mel's face lit up when we brought the cake out, which really made the day great for all of us.



There is a saying that the fountain of youth is your mind, your talents, and the creativity you bring to your life and the lives of the people you love. When you learn to tap into this source, you have truly defeated age, and Mel, we think you have done exactly this, through: your 25 years of hard work and dedication to the LSSM, and your striving to improve the way Remedial Massage is perceived in the Industry as a whole by creating the ISRM. This goes down to our personal relationship as a family in the LSSM office, in which you have provided us with help and support in our own lives, and of course being a great boss, which has led us to sticking around for so long! We were so pleased to celebrate a truly memorable milestone with you.

A perfect social occasion – to be repeated before Mel's 70th please!

From Sophie Minter

It's easy for me to remember Mel's birthday each year as we share the same date – although he is of course much, much older than me!!! So, as you will know by now, he turned 60 this October, so it seemed a good opportunity to celebrate.

Seventeen of the London tutors met up for a surprise meal for Mel on Marylebone High St, brilliantly organised by Jo Chatfield. Most of us arrived in advance and Mel

thought he was going out with just two or three others, so was completely surprised to see us all there. Everyone had made an effort to dress up a bit, even my old chum Micky had scrubbed up alright! Mel was so appreciative of us sharing the occasion with him and took real care and delight in opening all the little gifts people had bought for him.

It was fun too to enjoy a rare social occasion with colleagues. Many of

us have worked together for more than ten years, as memories of Mel's 50th party were also recalled! Often several months can pass between seeing one another, depending on the tutors' schedule, so it made a welcome change to just chat and relax and be out of our 'Uniform Blues' for once. So, roll on the next party, and let's not wait till Mel's 70th please!!!



Post-race London Marathon massage for the Charity SPARKS – a team leader's day, Sunday 21/04/13

From Phil Young



The SPARKS SRM Team, L to R: Jerry Zawilski; Chris Beggs; Phil Young; Hannah Taylor; and Sarah Lawson

The London Marathon, along with the London Triathlon, has been part of my yearly plan for the past seven years, and this year I was once again Team Leader, supporting the charity SPARKS, a charity supporting research into children's diseases.

The build up to the day had been good, with a team of four students, all willing and eager to test their newly found skills, learnt at the LSSM. SPARKS' overall coordinator, Rebecca, was keen to meet us and had been awaiting the day with great expectation. All we needed to do was get to the Trafalgar Hotel, soak up the atmosphere, and enjoy the day.

The morning of 21st April dawned, a nice day, hopefully not too hot for the competitors. I caught the 09.00 a.m. train from Huntingdon, followed by a brisk tube ride to Charing Cross, and very soon I was in Trafalgar Square. Our location was just by Admiralty Arch.

I was greeted by an excited Rebecca, keenly awaiting the arrival of the other team members. By 11.15 a.m., the whole team was in place, together with two additional therapists. Once the basement had been cleared of hotel guests, we were able to set up and await the first athlete home. Lunch had generously been laid on for us courtesy

of SPARKS, followed by a team briefing, and we were ready to go. The first runner came in at 1.30 p.m., having completed the course in a creditable 3 ½ hours. With no problems to report other than tired legs, he had the privilege as first athlete home, of Hannah and Sarah attending to one leg each, quickly rejuvenating his aching limbs. It was not too long before the masses of runners fundraising for SPARKS came along for some well-earned sustenance and a welcome massage. The team worked very hard, and as the afternoon progressed, over 80 competitors were treated, fortunately with no major injuries to report. One of Chris' clients however came in suffering from quite bad cramp. A home-made isotonic drink (10% orange juice/water and half a teaspoon of salt), coupled with gentle recovery massage helped reduce this, and he improved immensely as he rehydrated/refuelled over the afternoon. As we were finishing at around 5.30 p.m. one further lady runner arrived, very weary and distressed because of her badly blistered feet. I was able to deter her well-meaning mum from bursting the blisters, preventing possible infection, and suggested she see a chiropodist to get her blisters professionally attended to.

The team can justifiably be proud of their skills and efforts, demonstrating throughout the afternoon their sound use of general massage and STR/MET techniques. Through their sterling work, a large number of runners would have recovered faster and not felt so stiff and tight by the following morning. As for myself, I would like to express my thanks and congratulations to all the team for a fantastic day's endeavours, and I hope to meet them at future events/forums.

Event Work

The 2013 Blenheim Triathlon, Sat-Sun 8th-9th June

LEUKAEMIA & LYMPHOMA RESEARCH
**BLENHEIM PALACE
TRIATHLON**
8/9 JUNE 2013

From Rachel Perkins

'I'm not going to deny the fact that massaging at events is a long day, and when you get home and sit down you realise how exhausted you actually are. But it is so true that time flies when you're having fun, and just to meet some of the most inspiring people in a short space of time makes the whole thing totally worthwhile. Massaging competitors is uncomplicated, and there is always help at hand. In fact you'd be surprised at how natural it all feels after the first treatment is out of the way. It becomes about the interaction with the person on your couch, and being able to share their journey and event experience.'



The Transition area

It's 05.00 a.m. on a June Sunday morning and I'm off to provide massage treatment to competitors at the Blenheim Triathlon. Now I'd like to say it's a lovely warm June morning, but in true British style, the weather is plain freezing... Luckily I've packed fleece, fleece blanket, coat, and wrap (anyone who knows me will be familiar with my love of wraps – they started off as a chic accessory in my 'previous life' – before sport massage – however they are now verging on making me

look like a granny! But I can't let go of them, in the same way that I am unable to let go of my Filofax, but that's another story...). I digress...
... I arrive, park my car, and here the fun starts – or to be more precise the constant love-hate relationship I have with my couch. It slips in the boot like a well behaved dog; get to my destination, and BOOM! I literally have to wrestle the so-and-so out of the boot. Anyway, a ripped couch cover later we are out, slightly hotter than when we arrived, and



Rachel's 'Granny Trolley'

to the hilarity of the young photographers beside me, we're off over bumpy grass, carefully balanced on a set of trolley wheels. The HQ for today is a nice little marquee situated right next to the finish line. Granny trolley parked (this trolley is a source of amusement wherever I go, however it holds everything including the kitchen sink, and was cheap as chips from Ikea, so laugh away especially when you need an extra towel and other massaging provisions), couch up and all ready to go, go, go.

We are a team of eight therapists today, all from different parts of the country, all with different levels of experience, here to work as



The swim assembly area

a team and make competitors feel a little bit brighter and sooth those aches and pains. Now this is my first triathlon, but luckily I have collared Rosie, a triathlete fellow massage student, who takes me round the course and explains the 'what's and 'wherefore's. The Blenheim Palace grounds firstly are a stunning setting, and secondly the atmosphere is quite different from a marathon, it almost feels like a nice 'family' day out. Competitors are meandering down to the water in their wetsuit attire, families in tow, chatting and laughing; it almost encapsulates you to the point where you want to dive in to the water and join in too (well nearly but not quite). Young, old, 'I'm having a mid-life crisis', you-name-it, they were all there, squeezed into wetsuits, ready for the off. Walking up to the 'transition' area (funny how you catch on to the correct

terminology very quickly), there was a whole world of bikes racked up... Hmmmm... I could definitely sense an air of 'mine's lighter than yours' amongst the competitors, following the current fashion of owning a white car, it would seem owning a white bike is the order of the day too!

Hot footing it back to the not-so-glamorous marquee, I'm set up and ready to go. Pre-massage treatment brings a small group of friends buzzing with an air of competitiveness among them, all with their different strengths in the various disciplines. They all work together and this triathlon was the 'men from the boys' challenge. Post-massage surprised me the most: I was presented with happy, enthusiastic, excited competitors, quite different from the demeanour of a recent marathon finisher (please note I'm not in any



way 'pooh- poohing' marathon runners). I was drawn into this enthusiasm, not that it takes much for me to be engaged into something – the atmosphere was addictive. I'm not going to deny the fact that massaging at events is a long day, and when you get home and sit down you realise how exhausted you actually are. But it is so true that time flies when you're having fun, and just to meet some of the most inspiring people in a short space of time makes the whole thing totally worthwhile. Massaging competitors is uncomplicated, and there is always help at hand. In fact you'd be surprised at how natural it all feels after the first treatment is out of the way. It becomes about the interaction with the person on your couch, and being able to share their journey and event experience. I love working at events, but then I love people and can talk the hind legs off a donkey, always have, always will.

It's now exactly a week since the Blenheim triathlon... I'm swimming tomorrow, not quite sure how I'm going to pour my body into the swim suit I've not put on for nearly 3 years... ooh and I will be having a fitting for a bike in the next couple of weeks too... can you see a pattern emerging here? Watch this space – that 'mid-life crisis' is dawning!



Budweiser International Six-a-Side Football Tournament, Wembley FC, Sunday 12th May 2013

From Tanya Ball



Wembley FC (no, not 'Wembley Stadium' alas...) proved a much more suitable venue for this year's event, with free onsite parking, plenty of outdoor space for two competition pitches, warm-up area, improvised massage area (see below), in the immediate vicinity of changing rooms, and indoor/outdoor catering facilities. This was in contrast to 2012, when the tournament was held in Regent's Park – a most beautiful setting, but miles from parking, resulting in Mel Cash generously dropping off and collecting LSSM couches from Regent's College.

For those 'non-footie fans' among you, Sunday 12th May 2013 was the day after the FA Cup Final, where underdogs Wigan famously (or infamously, depending on where your loyalties lie) defeated Manchester City, but made less happy history later that week, by becoming the first team ever to win the FA Cup and be relegated in the same season. High profile FA Cup sponsors Budweiser organise their annual international six-a-side tournament to coincide with the 'bigger event', with national knock-out competitions in different countries over preceding months,

the overall winning team's prize being an all-expenses paid long weekend trip to London, including VIP FA Cup seats.

As last year, it was clear on arrival at Wembley FC that everything was being organised with German precision: plastic fencing around the competition pitches, outdoor catering tables and benches laid out in good old European 'Bier Fest' style, sponsors' logos and flags everywhere... The three of us making up the SRM team – Antonino Balistreri, Nick Murrell, and myself – were warmly greeted by my contact, Bjoern, and shown to the changing room which had been designated as the massage HQ... although we were instructed to expect some players still to want to use the showers, in full open-plan view... Er... Besides the obvious lack of privacy, potentially slippery wet floors, steam, and massage might not be a great combination! The dominant smell of damp and mildew was a further turnoff, as was the fact that the changing room was somewhat remote from the main action. As I always say, when it comes to event massage, 'out of sight is definitely out of mind'.

Although rain had been forecast for later in the day, the weather at the time was fairly sunny and not too windy. So after consultation as a team, we requested and were enthusiastically granted permission to set our couches up strategically on the grass area between the front of the pavilion, the competition pitches, and the warm-up pitch, where players had to pass in either direction in-between games. This proved an excellent choice, as it was not long before a couple of players sheepishly approached us to see if we could help with their pre-event niggles. Needless to say that word quickly got round, and before long we were thoroughly enjoying 'surprising' our delightful players from various nationalities, including from UK, with the tissue changes that could be



brought about in a mere 15-20 minutes. I could not help but laugh at myself as I was finding it harder to understand the 'Scouser' accent from members of the Liverpool-based team than some of the players from overseas!

This year's overseas line-up comprised teams from Argentina, Chile, India, Malaysia, Ukraine, but were missing the Vietnamese contingent, due, we were told, to visa problems. Hence Wembley FC had stepped in at the 11th hour to make up numbers, alongside the other 'White' (Liverpool area) and 'Blue' (East London) English squads. The knock-out phase of the tournament was slightly marred by an ugly on-pitch incident resulting in one player from each team being excluded from

further participation in the tournament – what a waste of an overseas trip for those at fault!

As the tournament progressed, we found ourselves in ever greater demand as the effort, twists, turns, and knocks – not to mention perhaps the odd glass of Budweiser? – were taking their toll. Besides generally finding out more about players' training and 'maintenance' regime – which invariably did not include massage – it was fascinating to witness their almost incredulous reaction as they stood up from the couch to discover 'new legs', or, in the case of one of the goalies, the complete disappearance of his lumbo-pelvic pain. Several English players noted the ISRM website, with the more local



ones sometimes taking contact details for potential follow-up.

As the English 'Whites' and 'Blues' prepared to battle it out in the final, our workload fortunately came to a close just as dark clouds gathered and the air turned chilly. Time to pack up! Rain soon followed, spectator brollies popped up, while on the pitch the match went into a penalty shootout after a 0-0 score at the end of playing time. The Whites eventually emerged as proud 2-0 winners over their rivals, and both bedraggled teams quickly changed for the 'surprise' presentation. Unbeknown to all but very few among the organisers, it had been arranged for the Budweiser Cup to be presented by none other than football 'legend' Sir Terry Venables, to the intense excitement of all concerned. I found myself quite shocked to see this very familiar face 'in the flesh' so unexpectedly, let alone be acknowledged with a smile, and was fortunate enough to capture the scene on camera despite the crowded, wet situation.

Soon it was time for us to bid farewell to Bjoern and each other, and dry off on the car journey home. A very enjoyable day once more, but unlikely to be repeated in the near future as next year's venue for the tournament is... Brazil!



Event Work

'What really brings me back to the London Triathlon each year'

From Annette Cowling

'Although London is the largest triathlon in the world, it remains a real family event, with many competitors bringing children and older relatives along to support them. (...) But what really brings me back to the London Triathlon each year (apart from the massage of course), is the atmosphere. The pounding music and cheering crowd create a real buzz, regularly punctuated by chants of "Oggy-oggy-oggy, oi-oi-oi" from the swim start.'



Just ten months ago, the delayed London Triathlon – deferred due to the 2012 Olympics – took place amidst grey skies and reports of increasing austerity. But this year, back in its usual slot, it saw competitor numbers up to around 13,000, and the glorious hot



weather ensured a more inviting weekend for athletes and spectators alike. Although London is the largest triathlon in the world, it remains a real family event, with many competitors bringing children and older relatives along to support them. Another standout feature is the general friendliness of everyone involved, a fact remarked upon by several triathletes new to this event. But what *really* brings me back to the London Triathlon each year (apart from the massage of course), is the atmosphere. The pounding music and cheering crowd create a real buzz, regularly punctuated by chants of 'Oggy-oggy-oggy, oi-oi-oi' from the swim start.

2013 was my fourth London Triathlon, and as usual I decamped from West Oxfordshire to the London Docklands for the weekend. Saturday dawned bright and hot, and the team of mainly students took advantage of the quiet start to browse the trade stands (some serious retail therapy to be had for those into running, cycling and swimming), and see some of the tri action.

The work started later when the steady stream of novices and experienced triathletes started filtering in. The nature of triathlon is that the whole body is worked hard, therefore clients present with a range of soft tissue complaints from tight quads, hamstrings and calves to neck, back and shoulder tension, giving the team plenty of variety of treatment. Sunday is always the busier day as the longer Olympic distance triathlon proves a greater challenge to the athletes, and this year was no exception. The last treatments were completed at around 5 p.m. and by 5.30 I was on the long journey home. Overall a good job well done by all concerned.



Event Work

Massage – Swim – Bike – Run – Massage: an experience at the London Triathlon 2013

From Tanya Boardman

'Would I do it again? Without a doubt – event work comes highly recommended! It's a good feeling to be able to support people who set out to complete a challenge, and to see them achieve it. And it is so useful to work on different people in a short space of time.'



I am a student at the London School of Sports Massage, having just completed weekend 6 of the course being run at Southampton. This was my second experience of event work, but at a much larger scale than before. I had volunteered to work both weekend days at this big event.

The London Triathlon is an annual event bringing together competitors of all standards to complete a swim, bike, and run of various distances. There are different competitions over two days and competitors come in all shapes and sizes, from the very amateur to the very elite. The Saturday race categories were 'Super Sprint' (400m swim, 10km bike, 2.5km run) and 'Sprint' (750m swim, 20km bike, 5km run), with events for both individuals and teams. Sunday comprised the 'Olympic' distance (1,500m swim, 40km bike, 10km run) as well as an 'Olympic Plus' distance (1,500m swim, 80km bike, 10km run).

The HQ for the event is the ExCeL Centre in London's Docklands, and parts of the race including the finish, take part inside the exhibition hall. This means you can wander around, resisting or otherwise splashing out on new kit, whilst cheering on the race.

The massage area was in the main expo/sponsors' area, which enabled us to experience the full atmosphere. There was enough space for ten or so couches as well as a waiting area. Tanya Ball managed the booking system, while Peter Storry allocated the clients. I never got to the bottom of the no doubt complex system (usually demonstrated by hand waving and/or calling out names) but it seemed to work very smoothly! Massage sessions were 20 minutes, and we took rolling breaks to keep fresh, as well as a longer lunch break. We were supported with free water and lunch, and additional refreshments (caffeine!) were available to buy in the main concourse.

On Saturday we had a fairly sedate start, due to racing starting later, and over a shorter distance, but as the afternoon rolled on we enjoyed a few 'full on' sessions with all couches occupied. People were looking for a mixture of pre-race (for the same day and the next day) and post-race treatment. On the Sunday, our clientele included competitors from the previous day as well as those racing on the day. There was a mixture of elite and amateur athletes, and it certainly gave me a chance to experience the contrasts between 'well looked after' muscles and those which weren't quite as well prepared as they could be.

Working at an event is a great experience for 'quick fire practice', thinking on your feet, and in most cases seeing some immediate improvements. Here are the main reasons that I would advocate event work:

- Good practice of general massage techniques – a lot of effleurage, petrissage, and tapotement, especially for pre-racers and

those post-racers with particularly tight legs

- Good practice of some specialised techniques – mainly STR and MET
- Thinking on your feet – at busy times, clients were coming in thick and fast, and with only 20 minute sessions, you have to get cracking!
- Switching to new bodies – makes comparisons easier (very welcome to students like me)
- Focus/prioritise and get feedback. Oftentimes clients were at the 'everything hurts' stage, so you had to find out which bits hurt most...
- Working through clothing – damp tri suits don't make the best basis for effleurage!
- Providing clear instructions on which position you want your client in, how you might want them to move etc.: in a noisy hall, tired from a three-hour event, possibly with English as a second language, it can be a barrier to concentration
- The importance of posture and technique when tired – after six or more hours on your feet, it's a little bit tempting to let your posture go...

So, how did I feel at the end of it? No doubt it's a tiring experience, but it's also thoroughly rewarding – gaining confidence and experience, receiving thanks from the clients, and being able to contribute to such a big event.

Would I do it again? Without a doubt – event work comes highly recommended! It's a good feeling to be able to support people who set out to complete a challenge, and to see them achieve it. And it is so useful to work on different people in a short space of time.

Event Work

2013 Run-to-the-Beat (RTTB) 1/2 Marathon – Sunday 8th September

From Tanya Ball



Two significant changes for the better for this year's event compared to previous years, were that (a) the date had been brought forward to early September, with a greater likelihood of clement weather, and (b) the Race HQ had been moved from North Greenwich (adjacent to the O2 Arena) to the beautiful setting of Greenwich Park. For competitors, supporting families, and race staff alike, this meant trading the rather uninspiring and usually windswept car park/open tarmac area around the Soccer Dome, for a competitors' village set within a serene green space with beautiful centuries-old trees.

The downside of these changes as far as our SRM team were concerned were, firstly, that for various reasons, I was only notified of these relatively late, hence a few therapists registered for the 'assumed' original date were now unavailable. Secondly, with less than a fortnight to go, I was informed that NO car access to the venue would be permitted, even for staff—a significant factor for massage therapists needing to transport couches and other bulky equipment to the venue. In the end, after much pressing and negotiation on my part, we gained authorisation in the final week, to drop off equipment by car

on condition that all vehicles were then immediately removed. Unfortunately by then, the situation had already resulted in further withdrawals from students/novice therapists. Despite late appeals for backup, we were left with a depleted team of five students/graduates, two of whom failed to turn up on the day, with no response to voicemails and text messages.

As always however, what our team lacked in quantity was made up for in quality. Our marquee was strategically well positioned at the heart of the 'village', with the entrance facing the main thoroughfare between the various amenities. It wasn't long before the first pre-event massage pundits booked in – a welcome warm-up for the team on a fresh, if sunny morning – while others signed up for post-race treatments. Gradually the green was filled with thousands of runners milling around, some performing bizarre warm-up or stretching routines, others chatting, and a few desperately emptying their kit bag, presumably looking for their race T-shirt or chip.

The pre-event completed, we took the opportunity to head for the start – so much nearer the HQ than in North Greenwich – and wait for the start. Although the first few hundred metres of the course were lined with crowds of supporting families, I managed to sneak into a good viewing position, near the waiting lead car and camera crew as it turns out (in most races, a car or motorcycle guides the leading runner(s) along the course to prevent any possible 'wrong turns'). On the ground was a strange device that looked like a cross between a two-legged circular helicopter and the sort of space research craft that would land on Mars. It was clearly the subject of people's conversations around me as well as of the anticipation in their body language – what on earth was it, and what for? The answer soon came as its engine

was switched on by remote control from the lead car, its propellers began spinning, and it smoothly took off rather like a giant insect. It was guided towards the mass of competitors lined up at the start some distance away, and it was then that we realised this amazing device was equipped with a video camera. What brilliant technology to take excellent mobile air views, instead of people having to climb into trees or building roofs! After a few minutes' flight, the 'helicopter' was expertly guided back and touched down as gently as it had taken off.

The race start was now well overdue, and I felt for all those runners, tightly penned in (one of the things I used to hate most in my racing days) and eager to get under way. Finally the helicopter was activated again and flown out of the way, the gun went off, and an endless, dense flow of turquoise T-shirts – this year's colour for all RTTB race number tops – streamed by. I always find observing runners' vastly contrasting gaits fascinating – and sometimes disconcerting! Some were noticeably lop-sided, others virtually did not use any arm swing, while others still revealed in my view injury pre-disposingly poor hip – knee – ankle – foot alignment.

After a stroll back to the massage area and a hot drink, I was privileged to have my



sore calves tended to care of faithful event supporter Tomoya Yamaguchi ('Tommy') – thank you again, Tommy – and by 11.15 a.m. or so, it was time to get 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 excellent recovery massage with professionalism, versatility, and attentiveness to each client's specific needs. None of these would ever have guessed that

this was mostly the work of recent graduates or students with months yet to go on their SRM course... My sincere renewed thanks and congratulations to everyone for your superb effort!

Regrettably and ironically, on this occasion when we had the smallest team, the venue and weather conditions generated an unprecedented demand. In contrast to previous years, people were enjoying the family-friendly environment and autumn sunshine – although it was gradually clouding over – and deciding what a good idea a massage would be... Despite our best efforts,

never have I had to turn so many people away, which was a great shame as well as somewhat embarrassing. On a positive note, our valiant therapists all thoroughly enjoyed the event, and assuming the same date and venue are maintained next year, we can definitely plan for a much larger team. The one condition I would endeavour to secure would be onsite parking as opposed to drop-off only.

By 2.30 p.m. it was finally time to pack up and head home for a well-earned relaxing evening. My grateful thanks again to all the team for your much appreciated support.

Expand your knowledge, enhance your skills

The 2013 Isokinetic Medical Group's International Conference on Football Medicine

From Katherine Creighton Crook

'All the movements in the FIFA 11+ programme are geared to training the central nervous system to recruit muscles in a functional way, not just training muscles to be strong in isolation with poor functional activation. The emphasis is on qualitative, not quantitative measurements, so each exercise is performed for a set amount of time as opposed to a set number of repetitions. This directs the focus onto proper technique, vs. "just getting the set done"'

In April, I attended the Isokinetic Medical Group's International Conference on Football Medicine: Muscle and Tendon Injuries. It was a multi-disciplinary conference, with club doctors, physiotherapists, trainers, chiropractors, surgeons, and many other health professionals from football, rugby, Olympic athletics, cricket, and even Aussie rules football. I was very fortunate to hear some prominent clubs' doctors (such as Bayern Munich, Tottenham Hotspurs, and South African and English rugby club doctors) speak about the issues they face and the techniques they use for rehabilitating and preventing muscle and tendon injuries. Even though I could only attend a few talks (they ran four rooms simultaneously), I still felt able to gain a wide-ranging overview on the most up-to-date information in the world of football injury prevention – even if, from my view as a Sports & Remedial Massage Therapist (SRMT), the role of manual therapies may have been underrepresented.

In attending the various talks, I realised

much of elite sport rehabilitation is similar to high fashion – while extremely interesting, unobtainable for 'regular' therapists like me. For example, club doctors and physios are now leaning towards very early pain-free loading in their rehabilitation, versus rest days, prior to return to training. The essential aspect of this early return to activity is 'pain-free': if it's pain-free, they can do it. How do they achieve this? One tool is a treadmill that can support a person to 20% of their body weight and then increase it by one percent at a time. The illustration (from an English Premiership club) was a footballer able to run 'supported' at 14 kph two days after a serious muscle strain, whereas if he were running at his full body weight, his pain-free limit would have been half that. Am I going to be getting one of those treadmills any time soon? Unlikely! But I can at least pass on the pain-free principle to my clients.

One of the most useful takeaways for me was the FIFA 11+ warm-up programme. The 11+

programme was developed jointly by FIFA's Medical Assessment and Research Centre (F-MARC), the Oslo Sports Trauma Research Centre, and the Santa Monica Orthopaedic and Sports Medicine Research Foundation. It has been shown to reduce injuries by 30-50%, and as a result, FIFA are suggesting that this become a regular part of every football team's training routine. As a therapist, I'm constantly advocating strength and conditioning work and dynamic warm-ups to my clients with sport-related complaints. Now I have something specific with a robust evidence-base to point them to, and not just those who play football. The 11+ Programme is comprised of three parts and should last about 20 minutes. The programme was specifically designed to prevent groin and thigh strains, ankle sprains and knee ligament injuries, which occur in a number of sports other than football. Part 1 covers slow running exercises, active stretching, and light partner contact. Part 2 consists of six sets of exercises, with three levels of difficulty each,

aiming to improve core and leg strength. Part 3 includes higher-speed running exercises with planting and cutting movements. Although parts 1 and 3 specifically mimic movements common in football, multi-directional running is a good way to stimulate supporting muscles that may not be challenged sufficiently with activities like running and cycling, and similar movements can be found in other contact and non-contact sports.

Finally, all the movements in the FIFA 11+ programme are geared to training the central nervous system to recruit muscles in a functional way, not just training muscles to be strong in isolation with poor functional activation. The emphasis is on *qualitative*, not quantitative measurements, so each exercise is performed for a set amount of time as opposed

to a set number of repetitions. This directs the focus onto proper technique, vs. 'just getting the set done'.

One of the other recurring principles in the conference was the link between varied leg pain and poor lumbo-pelvic stability. While we all know core stability is important, it was illustrated on multiple occasions that improving lumbo-pelvic stability either through core exercises or, in one instance, using methods to improve stability in the actual lumbar vertebrae themselves, could have a significant impact on hamstring, quadriceps, or calf pain. This emphasised to me the importance of recommending general core stability work to all clients with recurrent leg pain. But which exercises to recommend? Well, I would go back to the 11+ programme with its planks,

side plank, and single-leg balances.

Having come away from this conference, and introducing this to a number of clients, none of which had heard of it, I'm interested to know how 'common knowledge' the 11+ is in the SRMT world. As a therapist, have you heard of this before? Or is this news to you, as it was to me, when I first heard about it in April?

If you're not familiar with it, I highly recommend you have a look at the full manual and website for more information on the 11+ programme, which is available via the 11+ homepage at <http://f-marc.com/11plus/home/>.

If you would like to discuss/comment about the above with me, my email address is: katccrook@gmail.com, thank you.

Meet the ISRM-accredited Schools

The Massage Training School

From Anna Maria Mazzieri



The Massage Training School was established in 2008 by Anna Maria Mazzieri as an extension of *The Massage Clinic*, a private, multidisciplinary clinic in Exmouth, Devon, which specialises in the assessment, treatment, and rehabilitation of musculoskeletal injuries and soft tissue dysfunction.

The School developed from her strong view that massage practitioners should be empowered with effective assessment and treatment skills to provide lasting results for clients. With this core belief in mind, The School applied for accreditation to deliver the

ISRM-accredited Level 5 Diploma in Sports and Remedial Massage Therapy, which since its inception has set higher benchmarks for the profession.

The Massage Training School is delighted to be an integral part of ISRM's innovative training programme. The team led by Anna Maria and fellow senior tutor Tammy Emmins, whose commitment to the School has been rewarded by a co-directorship, gives prioritises instilling assessment competencies into students. This ensures that as new practitioners they can identify and isolate underlying issues, as



well as rationalise the appropriate treatment programme and professionally quantify results. Anna Maria explains, *'if we want to be effective as practitioners in working with injuries and dysfunctions, we must look and treat beyond the manifestation of symptoms and explore the integrity of the relationships between layers, discern the profound and subtle differences between states of "bind" and "ease", and appreciate the natural patterns of movement of the human form.'*

Within The Massage Training School teaching, this is conveyed via a strong emphasis on fascial considerations influenced by Anatomy Trains® concepts, and the rehabilitation of dysfunctional movement patterns from a neuromuscular perspective.

Instead of patent formulae or indeed 'set routines', students are taught a wide range of soft tissue applications that can be adapted to a variety of situations to suit



clients' individual needs. Alongside the core diploma qualification, the School also runs a programme of advanced CPD weekend courses designed to appeal to a much wider range of professionals such as osteopaths, chiropractors, and physiotherapists, as well as movement-based therapists. Mostly delivered by eminent names in the field of manual therapy, each course provides an inspirational learning forum aiming to promote discussion, insights into latest research, best practice, and ultimately stimulate new knowledge.

As increasing research findings have emerged on its relationship with movement and dysfunction, 'fascia' has become a cornerstone of the School's CPD emphasis – a shift been greatly influenced by the Anatomy Trains® model. Details of forthcoming CPD courses at The Massage Clinic can be found in the 'Expand your knowledge, enhance your skills' section of this newsletter, or on our website indicated below. Workshop leaders of international reputation include James Earls, Leon Chaitow, Willie Fourie, and Alena Kobesova.

With training centres in both Exmouth and Bristol, The School's presence in South West England is growing year on year. The challenge is to predict and respond to the future direction and training requirements within the ever-changing massage therapy industry. Its strong association with the ISRM and its proactive team committed to keeping up with the latest developments and fostering inter-disciplinary links, places the School in a strong position to meet whatever the future holds. For more information on the School's courses, please visit our website on www.themassagetrainingsschool.com or drop us an email on info@themassagetrainingsschool.com, thank you.



Anna Maria Mazzieri
SRMT MISRM
Founding Director

My Massage therapy journey started in 2002, when I first qualified. Since that very day I joined a Chiropractic Clinic, complementing the existing team of Chiropractors and spinal rehabilitation instructors by offering integrated Sports and Remedial Massage-based treatments for musculo-skeletal injuries. This environment advanced my clinical knowledge about spinal mechanics and dysfunction, and demonstrated the benefits of proactive collaboration between related disciplines to achieve effective long term results for clients. This experience was influential in determining both my business and teaching ethos, underpinned by the drive to achieve integrated professional practice. As a result of sustained organic growth, in 2008 I expanded the concept of 'integrated health care' by establishing The Massage Clinic, where clients are looked after by a multidisciplinary team in a modern and cutting-edge environment. The latest technology is used in conjunction with interpretation from highly skilled practitioners, and we now have two very busy clinics in Devon.

My approach takes into consideration the complete picture of the human form and focuses on what is at the source of a problem or performance impairment. I am passionate about breathing and how its dysfunctional pattern may affect pain. Massage is one of the main techniques I use within the treatment framework, and my focus is shifting towards the effectiveness of Fascial Release. I also extensively use Dynamic Neuromuscular Stabilisation as a form of rehabilitation and actively support the School of Rehabilitation of Prague, and their ground-breaking research. I work as a full time practitioner at my clinics, where I combine a fusion of techniques, applications, and modalities learnt through the years, and adapted to each specific case to achieve the desired therapeutic goal. This enables me to interact with a diversity of people, from ordinary members of the public to athletes competing at elite and professional levels.

My private practice is key to the success of my teaching, as I pass on knowledge drawn from my clinical experience. I find working with the

human form, from which I continuously learn and show respect, quite humbling. I also feel enthusiastic to be in this profession at such an exciting time when new research findings are emerging almost on a daily basis.



Tammy Emmins
Co-director The
Massage Training
School

**Sports Therapy BSc
(Hons) Sports Therapy
MSST**

I qualified in 2007 with a Level 3 in Sports and Fitness Therapy Techniques, Sports Massage Therapy, Management of Activity Injuries. At the same time I gained my YMCA Level Two Gym and Exercise to Music Certification. I then graduated in 2009 with a Second Upper Class Honours in Sports Therapy.

Since then, I have enjoyed the ongoing pleasure of working with a National 3 Rugby Union side, the South West Champions Rugby League side, two international Rugby League stars, and local athletes competing in a range of events.

I believe in treating the whole body, including the mind, and recognise that anyone can suffer a soft tissue injury even if not doing a competitive sport. I have been part of The Massage Clinic Team for four years and during this time I have been fortunate enough to gain experience working with Anatomy Trains® which concentrates on postural aspects of the human form.

My prime interest lies in functional anatomy and how this causes biomechanically-related injuries. I specialise in gait analysis, although more recently I come to view this as movement analysis. My aim is to recognise, define, and restore movement efficiency using the latest technology and all the soft tissue knowledge I have.

I myself enjoy a variety of sports, from barefoot running through to climbing mountains, which I believe gives me a good knowledge of different types of sport-related injuries. It also ensures that my skills cover a wide variety of soft tissue complaints.

Meet the ISRM-accredited Schools

LSSM's 'South Coast Resort' – The Southampton Project

From Tanya Ball



Some eleven years ago, LSSM were beginning to struggle to accommodate growing student demand for places on the Regent's College-based Diploma course. Tutor, room, and equipment availability was under strain, as were suitable weekend dates for all courses – avoiding Bank Holidays and the August holiday 'exodus'. From a 'normal headache' for Mel, working out the complex tutor's schedule in line with tutors' preferred days and subjects had developed into a full-blown migraine!

Fortunately, in conversation about these issues, the idea was envisaged of opening one or more LSSM courses outside of London.

Having previously taught workshops there, I knew of Southampton University's Health Science building as an excellent venue. It comprised two large 'practical rooms' with 14-16 hydraulic couches each and sufficient space for up to 30 students if required, in addition to two smaller rooms with 6-7 couches, and a store-room full of... skeletons! There was also ample free on-site parking at weekends. To say that I was 'enthusiastic' at the prospect of launching a new course venue (much closer to my Basingstoke home – just 30 minutes down the M3), would be an understatement. With my enquiries about room availability, booking process, hire costs, etc., meeting favourable

responses, it was not long before Mel drove down for a joint visit of the premises. Suitably impressed, he eagerly agreed to 'go for it'.

A number of important issues had yet to be addressed – identifying suitably qualified local tutors, promoting the new course venue on the LSSM website, deciding on a start date and all subsequent course dates. With perfect timing, a skilled and experienced Sports Massage Therapist based in Eastleigh, was concurrently attending select LSSM days to complete her advanced techniques repertoire with STR and MET – enter Sarah Tidey ('Sarah Dunlop' in those days). Sarah's profile (see below) and specific expertise made her an ideal candidate to co-lead the proposed Southampton course, and Mel introduced us to each other during a MET day. Despite, or perhaps because of our contrasting personalities (Sarah is the 'nice one'...), we 'gelled' virtually instantly – the start of a friendship that continues to grow to this day. Five assistant tutors were recruited to support us – Gisela Payne, Steve Watkins, Peter Storry, Garry Purnell, and Peter Lindsell, with Vicky Martin joining us in later years.

Finally all was in place for our inaugural course to commence in September 2003, with a full quota of 24 eager students. Although the majority of these were relatively local, the venue also attracted people reluctant to travel to Central London from much further afield, from the West Country and Midlands





all the way to Essex. All of us tutors felt varying degrees of pressure to perform well and instil the highest possible standards in our new group – we didn't want to let LSSM, and specially Mel down, who had entrusted us with this exciting opportunity. As it turned out, our passion and enthusiasm soon clearly became contagious, and students and tutors gained in confidence with every weekend.

Meanwhile, enrolments for the second course, scheduled to commence in spring 2004, were coming in thick and fast, thus guaranteeing continuity of the project. By the time our first group graduated early that summer, sufficient enrolments had been received for September to ensure a third course. Besides relieving pressure on the London courses intake, the



project very soon reduced LSSM Office's workload as Sarah and I took over most of the 'live course' administration.

Since those early days, the Southampton LSSM 'Branch' has consistently and successfully run two courses per annum, welcoming a wide range of students from all walks of life, all ages, and different nationalities. While their motivations for and ambitions on qualifying in SRM may vary, our close-knit team of tutors consistently demand high standards and effort, always in return seeking to enhance the quality of the course. Where appropriate, Sarah and I strive to 'raise the bar' in line with relevant new research, knowledge, and hands-on skills acquired from our own CPD endeavours.

Despite Mel's always popular visits to Southampton, we clearly cannot offer students exposure to the much wider range of specialisms from London's far larger pool of tutors. One of our strengths, instead, is the consistent attendance throughout each course, of the same senior tutors from one weekend to the next. This enables Sarah and me very quickly to identify any student falling behind with course work, hands-on practice, losing confidence, and/or experiencing personal difficulties. This close rapport with students makes us more directly

approachable, for example in the event of a life crisis. Committing to a course leading to a career change can, for some, be indicative of a desire or need for deeper-reaching life changes, hence it is regrettably not so uncommon for relationship break-ups or other crises to come to a head during the ten-month course. Provided that the student is of diligent and determined disposition, we go out of our way, in conjunction with LSSM Office, to offer additional support and encouragement to continue and successfully complete the course – rather than defer. Graduating is therefore promoted as a goal that will boost their confidence, and in many cases provide them with their 'very own' project and independent source of income. Occasionally however, discipline rather than understanding can be called for when someone (or small 'clique') detrimentally influences the overall group dynamics, or when poor performance is due to immature lack of prioritisation and time management...

The final practical exam is always a happy/sad day for us as we witness for the final time the result of the group's ten-month metamorphosis, from fumbling 'massage' students on Weekend 1, to capable, versatile, fully-fledged therapists. Perhaps the most significant – and rewarding – feedback we repeatedly receive from fresh graduates, is how much our passion and enthusiasm for the profession have inspired them to 'get out there' and emulate what they have received. I would like to take this opportunity to say a huge 'thank you' to all the teaching team for your dedication and hard work over the years.



Meet the tutors...



Sarah Tidey

Sarah completed a BSc (Hons) in Sports and Exercise Science at Birmingham University and went on to train as a Sports Massage Therapist, qualifying in 1998.

Life before kids allowed her to work in professional sports, and with a particular interest in water sports, she was the Massage Therapist for the Royal Yachting Association 1999-2011. She has attended many European and World Championships with the British Sailing Team, also working with them towards their great success at Athens and Beijing Olympic Games. Working for the English Institute of Sport, Sarah provided massage and Pilates for members of the GB Diving Team between 2001-2012, and was an integral part of their support staff, based in Southampton.

When the volume of massage became excessive, she decided to broaden her skills and qualified as a Body Control Pilates® Instructor in 2002, and teaches individual sessions and mat classes. Sarah shares her passion for massage by teaching and since 2003 has been a senior tutor for the LSSM on the Southampton-based Level 5 Diploma Course.

Life with kids does not allow so much travelling, so she now happily splits her week between providing massage treatments in a local private physiotherapy clinic in Poole and teaching Pilates. Sarah enjoys cycling (but says doesn't go as often as she should!) and is a keen windsurfer. She loves all water sports from stand up paddle boarding to surfing (but says is not very good at them!!).



Peter Story

Always a keen sports lover, Peter played everything and anything in his teens and twenties, with hockey as a main sport until he switched to swimming and triathlon following injury. Already a qualified massage therapist, he trained and qualified in Sports Massage with LSSM in 1996, following which he gave up his full time job in banking to study Physiotherapy full time at Southampton University, qualifying as a Chartered Physiotherapist in 2000.

He has worked in the NHS and private practice since then and has never found himself without work if he wanted it. He particularly enjoys working with patients with both acute and chronic conditions. Peter's physiotherapy training alongside his soft

tissue skills enable him to make a unique contribution to the Southampton-based courses. He has also proved an invaluable co-team leader of the ISRM on-site SRM team at the London Triathlon for many years.



Gisela Payne

Gisela qualified as a Sports and Remedial Massage therapist in 2000, and her clinical experience includes working with the Ferrari Team, Tour de Brittany Women's Cycling Team (2004-2007), and GB World and European Triathlon Championships (2005-2009). She has for many years combined her clinical practice with an important role as a versatile LSSM tutor both in London and Southampton. She is also qualified in Clinical Pilates and Exercise Rehabilitation and finds combining manual release skills with stability/control-orientated exercise highly effective when appropriate.



Steve Watkins

Steve Watkins qualified with the LSSM in 2002 and runs a successful clinic in the New Forest area. He also works on a GP referral exercise scheme, offering advice on musculoskeletal, respiratory, and cardiovascular ailments.

Where possible, Steve incorporates exercise into treatment sessions, as he strongly believes the body needs to learn correct movement patterns in order to function and recover.



Garry Purnel

Having grown tired of his long-standing profession as an Electrical Engineer, Garry decided to train with LSSM in London, and graduated in 2002. This choice was strongly influenced by his keen interest in the human body, gained from many years of playing a lot of sport, including football, rugby, squash, judo, and above all athletics! Firmly believing in the importance of ongoing learning and self-development through life, Garry not only continues to nurture his skills further, but has been sharing his knowledge and experience as a Southampton LSSM tutor since 2003. Based in Worthing, he combines his teaching with his clinical work at a Croydon practice two days a week, and remains passionate about the whole concept of SRM.



Vicky Martin

Vicky is a full-time Sports Massage Therapist and STOTT Pilates Instructor based in Swanmore near Southampton. She offers a comprehensive approach to muscular pain management, combining core stability improvements through Pilates exercises with Sports and Remedial Deep Tissue massage.

Vicky began teaching on the Southampton-based LSSM L5 Diploma course three years ago and has proved a valuable addition to the tutors' team.



Peter Lindsell

Peter owes his distinct appreciation of the human body, its capabilities, vulnerabilities, and needs, to two contrasting influences: a life-long involvement in sport, notably over 40 years' competitive athletics at county and national level, and his 'main' profession as a Structural Engineer and Consulting Engineering Company owner. This latter background underpinned his keen grasp of the importance of human 'structure' and 'foundation', and stood him in good stead when he enrolled to train with LSSM in London in 1999, graduating the following year.

Since qualifying in SRM, he has gradually successfully combined developing his practice in the New Forest with working with local coaches, training athletes from various disciplines up to national level. This involves regular warm weather running/fitness camps in the Southern European sunshine... to the quiet 'envy' of his fellow-Southampton LSSM tutors, whose team he joined in 2004.



Tanya Ball

Clinical experience

A former GB marathon runner and county level basketball player, Tanya Ball has been managing her full-time Remedial Soft Tissue Therapy practice in Hampshire for over fourteen years. She treats a broad patient-base in terms of age, background, and activity level, from sedentary people to élite/professional athletes.

Her clinical work involves mutual inter-professional referrals, a strong emphasis on motor control-based postural and movement dysfunction analysis, treatment, and functional goal-orientated remedial/ preventative advice and exercise prescription.

Teaching

A senior LSSM Tutor since 1999, Tanya has assumed joint overall responsibility for the Southampton-based LSSM Diploma course since 2003, and tutors a wide range of CPD courses at all levels for soft tissue and other manual therapists, including Chartered Physiotherapists.

CPD

Her extensive CPD training since graduating from LSSM in 1997 includes:

- A MSc Complementary Therapy – Bodywork
- A number of Kinetic Control® (KC) Motor Control courses, culminating in 'The Movement Solution' (TMS) 1, 2, and 3 KC Series, gaining qualification as a Kinetic Control Movement Therapist (KCMT)
- Training and qualifying as a KMI® Structural Integrator in accordance with the Anatomy Trains® (AT) model developed by Thomas Myers, in turn based on Dr Ida Rolf's earlier work. A separate exam qualified her as a Board Certified Structural Integrator CM (BCSICM).

Therapeutic models – the best of both worlds...

Tanya's strong background in and familiarity with both contrasting therapeutic models – the disciplined analytical rigour of the KC-based movement dysfunction methodology, and Thomas Myers' highly integrative Anatomy Trains®®, place her in an exceptionally privileged position to engage with each client as an unique human being, whilst drawing on sound, evidence-based clinical research and principles.

Research & publications

Following her Poster presentation and Workshop leadership at the 2nd International Fascia Congress in Amsterdam (2009), Tanya authored a clinical paper on the benefits of fascial release (FRT) in relieving specific symptoms of Lupus Erythematosus, based on two of her own case studies, and a textbook chapter on 'Fascia and Scleroderma', published in 2011 and 2012 respectively.

She is currently writing a research paper on the scientific evidence underpinning the various roles ascribed to the controversial muscle Psoas Major, scheduled for publication in 2014.

She is also a former contributor to a specialist Athletics Coaching magazine and has been ISRM Newsletter Editor since 2008.

Event/onsite Massage provision

She has been National Event Work Co-ordinator for ISRM (and formerly LSSM) since 1999, providing high quality on-site SRM services at major sports/athletics events including the London Marathon and Triathlon.

The 2012 Olympics...

Finally, Tanya enjoyed her experience as a SRM therapist Games Maker for Athletics at the recent 2012 Olympics.

Expand your knowledge, enhance your skills

Trading 60-80 hour-weeks in London for 60-80 hours' work a month in sunny Lanzarote...

An inspiring story of nerve and spirited enterprise

From Trevor Simmons

'The following six months flew by as we sold belongings on Ebay, 'did' the odd car boot sale, and gave stuff away. Whatever we wanted to keep, we arranged to be shipped out, and when the Lanzarote Haulage van pulled away from our London home with our seven cubic feet of belongings, it became very real... We landed on the island on 5th October 2011, and have not looked back since.'



Having spent many lovely holidays at the Club La Santa sports resort in Lanzarote, Canary Islands, we took the decision to 'give it a try' – what could go wrong? I had been a sports massage practitioner since 1993 while Lucy qualified in 2008. We had tons of clinical experience between us, and as Lucy happened to be one of Virgin Active's elite level trainers, we reasoned that we could always survive initially with her personal training (PT) work on the island.

But why make this decision? Well... we were always rushing from one clinic to another, or rushing from gym to clinic and back to the gym again... always rushing... always having to chase the cash, and the more we worked, the less we saw of each other, the only winner being the taxman.

In the Spring of 2011, we were back at Club La Santa on a training camp, feeling drained before our arrival due to extra work pressure around the London Marathon. We began enquiring about work availability within the resort's Wellness centre. Though we were informed that there were no jobs at that present time, we knew there was a fairly high staff turnover, and reckoned we might secure a position working there.

We spent the second week of that Spring break in the local village of La Santa, just 2km from the resort. Boy, what a difference! Whereas the resort was always busy, busy, busy from dawn to dusk with every kind

of activity for the guests, the village, in total contrast, was slow, easy-going and very friendly. That week, we made our decision. We would give it a try. We knew the location where we wanted to live, and obtained keys to view the property. A North-facing two bedroom, kitchen-dinner apartment with Ocean views from all rooms. We both loved it at that first viewing, and arranged a meeting with the landlord, whom I provided names and addresses of references, bank, and credit card details to. All he required was a contact telephone number, our date of arrival, and how long we would be staying. I said October 5th, for nine months... we shook hands, deal done... wow... the adventure had started...

The following six months flew by as we sold belongings on Ebay, 'did' the odd car boot sale, and gave stuff away. Whatever we wanted to keep, we arranged to be shipped out, and when the Lanzarote Haulage van pulled away from our London home with our seven cubic feet of belongings, it became very real... We landed on the island on 5th October 2011, and have not looked back since. Lucy got a job at the Wellness centre just before Christmas that year, and I took up a position there at the end of March 2012. During this period we used our second bedroom as our 'little clinic'. In March this year (2013) the rules of employing 'freelance therapists' at the resort changed, and we could no longer work under those



new conditions. So we parted company with Club La Santa and formed our own Company. We spoke with our landlord and took over the apartment below the one where we live – like in the old days, 'living above the shop'... We located a business accountant who helped us set ourselves up with all the correct authorities – Town Hall, Canarian and Spanish tax offices, social services – and he even found us insurance. We invested in having signs and flags made and advertising on the car, bought cycling kit, gym equipment, and work uniforms, all logoed with 'Athletes Prepared By..', and opened for business the day after leaving Club La Santa.

We have been up and running now for over eight months and are loving it: we are totally our own bosses, and because of the demands and cost of living here, we only do what we want to do... we have gone from 60-80 hour weeks in London to a 60-80 hour per month schedule. We have been accepted into the community as we have contributed something to the village which is of benefit to the people, and taken nothing from it. We offer a good service at a good price, and have treated local doctors, so they know what skills and services we are offering. Our clients range from local fishing folk to professional triathletes... and of course we both really enjoy returning to Regent's College for our tutoring duties whenever required...

Winter/Spring 2014 Hampshire Tutorial/CPD Programme - Basingstoke Course Programme

Tutor: Tanya Ball MSc BA BCSI LSSM MISRM MCNHC MIAISI
Sports Massage & Remedial Therapist / Board Certified Structural Integrator
e-mail Tanya@tmb-src.co.uk / website www.tmb-src.co.uk

Day	Workshop	Level	Course details
Thursday 13/02/14 2 pm -5.30 pm	Soft Tissue Release (STR) consolidation/ development HALF DAY WORKSHOP	Intermediate - L5 Dip. w/e 5+ students/ graduates seeking confidence/ broader techniques etc.	Ideal to refresh and develop further skills – reaching those ‘difficult’ muscles, making STR more specific. Also ideal ‘bridging’ workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 20/02/14 2 pm -5.30 pm	Safe working posture– how well do you protect your body as a therapist? HALF DAY WORKSHOP	All levels	Essential review opportunity if you suffer from overuse strain (hands, back, neck, shoulder...) in your work as a manual therapist! (Re-) learn how to use your bodyweight and protect yourself more effectively, reducing fatigue whilst enhancing efficacy.
Thursday 27/02/14 2 pm-5.30 pm	Understanding the shoulder: essential assessment leads to effective treatment HALF DAY WORKSHOP	Introductory/ intermediate	Understanding the source of pain/ overuse injury: learn to ‘see’, interpret what you ‘see’, and focus on effective, relevant treatment. Also ideal ‘bridging’ workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 06/03/14 2 pm-5.30 pm	Fascial Release for the foot, ankle, lower leg HALF DAY WORKSHOP	Intro/ intermediate	Learn to address fascial restriction/imbalance to enhance clients’ postural and functional support ‘from the feet up’. * See also other fascial release workshops below.
Thursday 13/03/14 2 pm-5.30 pm	Understanding the hip & knee: essential assessment leads to effective treatment HALF DAY WORKSHOP	Introductory/ intermediate	Understanding the source of pain/ overuse injury: learn to ‘see’, interpret what you ‘see’, and focus on effective, relevant treatment. Also ideal ‘bridging’ workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 03/04/14 2 pm-5.30 pm	Fascial Release for the thigh, hip, & pelvis HALF DAY WORKSHOP	Intro/ intermediate	Learn to address fascial restriction/imbalance to enhance clients’ postural and functional support: leg/pelvis weight & movement transfer.
Thursday 10/04/14 2 pm-5.30 pm	Pre-exam/pre-assessment revision - <u>HALF DAY TUTORIAL</u>	Intro/ intermediate	Ideal opportunity to consolidate skills / maximise confidence ahead of assessments or exams. Students select tutorial content.
Thursday 01/05/14 2 pm-5.30 pm	Muscle Energy Technique (MET) consolidation/ development HALF DAY WORKSHOP	Intermediate - L5 Dip. w/e 6+ students/ graduates seeking confidence/ broader techniques etc.	Ideal to refresh and develop further skills – targeting those ‘difficult’ muscles, making MET more specific. Also ideal ‘bridging’ workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 15/05/14 2 pm-5.30 pm	Neuro-Muscular technique (NMT)	Intro/ intermediate	Discover/develop this quick, yet highly effective approach to trigger point and other local tissue restriction release. Once familiar with NMT, combining it with Positional Release (PRT) is highly recommended for optimal effect (see PRT workshop details below).
Thursday 22/05/14 2 pm-5.30 pm	Positional Release Technique (PRT)	Intro/ intermediate	PRT can be particularly useful in addressing acute/sub-acute pain, with optimal results when combined with NMT (see above). Many ‘chronic’ presentations also respond very well. Attending both workshops in order is recommended.
Thursday 05/06/14 2 pm-5.30 pm	Fascial Release for the trunk/thoracic area HALF DAY WORKSHOP	Intro/ intermediate	Learn to address fascial restriction/imbalance to enhance clients’ upper/lower body ‘pendulum’ motion in gait and BREATHING!
Thursday 19/06/14 2 pm-5.30 pm	Pre-exam/pre-assessment revision - <u>HALF DAY TUTORIAL</u>	Intro/ intermediate	Ideal opportunity to consolidate skills / maximise confidence ahead of assessments or exams. Students select tutorial content.

Other suggestions welcome!

Details for all above courses

Venue: Basingstoke, Hampshire (7 mins’ from M3 J7 just South of B’stoke).

Tutor: Tanya Ball

Workshop enrolment fee: (Half-day workshops): £50 per person

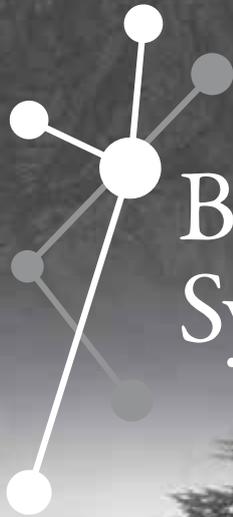
Please note that a minimum of four Delegates is required for a workshop to run.

For further information and an enrolment form, please email Tanya at: tanya@tmb-src.co.uk - Thank you.

Please note that full payment for your selected workshop(s) must be received at the time of enrolment to guarantee your place on the relevant course(s). Should a course be postponed or cancelled due to insufficient uptake, you will be offered the choice of a full refund, or the reallocation of your fee to another workshop of your choice.

Please make cheques payable to ‘Tanya Ball’ and email Tanya@tmb-src.co.uk for forwarding address, thank you.

CPD hours: three and a half CPD hours per half-day.



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Anatomy Trains I

This workshop introduces you to the first four main lines – Superficial Front, Superficial Back, Lateral and Spiral Lines – alongside structural and functional anatomy. You will explore concepts of tensegrity and elastic recoil for movement efficiency, as well as the basis of BodyReading and Fascial Release Technique.

Dates:

15/16 March 2014 – Weston on the Green (near Oxford)

Anatomy Trains II

We will look at the remaining lines in detail and build on the skills learnt in ATI. We will teach you to reliably connect with the fascial tissues, the many ways in which you can mobilise them and, most importantly, the reasons why you would do it and when. Each of the techniques will be presented in the context of their structural and functional influences making this an unique workshop that will lead you to the deeper skills explored through the rest of the series.

Dates:

06/07 March 2014 – London

29/30 March 2014 – Weston on the Green

Fascial Release & Functional Movement Series

Designed with the busy therapist in mind, these workshops can be taken in any order. The unique circular skill-building which is inherent in the system means that you do not have to fit your diary around ours. Each workshop can stand on its own to give you new understanding of each area and how the structural and functional anatomy relates to many common issues.

Arches & Legs— 3 Days

We will look at the structure of the foot and its interaction with the ground and the forces coming from the leg muscles, creating strategies to improve mechanics by dealing with myofascial restrictions and imbalances.

Dates:

06/07/08 June 2014 – Weston on the Green

Fans of the Hip— 2½ Days

The hip and pelvis combine to transfer the forces from two legs to one spine and therefore have a hugely complex role to fulfil in the body. This course sheds light on the pelvis – the keystone of human architecture – by organizing the 20 or so muscles of the pelvis into three fans. Get specific with sensitivity.

Dates:

27/28/29 June 2014 – Weston on the Green

Abdomen, Chest & Breath — 2½ Days

This workshop focuses on the rib cage and its relationship with the pelvis and how structural issues in the trunk can compromise the breath.

Dates:

04/05/06 July 2014 – Weston on the Green

Tensegrity Spine — 2½ Days

This workshop examines the spine as a tensegrity truss. The spine is an integral part of our structure and we all know the painful effects of incorrect mechanics when it doesn't work. However, we often fail to appreciate the wonderfully adaptive job it does when the vertebrae are allowed to 'float' in myofascial balance.

Dates:

12/13/14 September 2014 – Weston on the Green

Shoulders & Arms — 2 Days

You will learn to recognize 'ideal' and compensated patterns and how to tie them into the story of the rest of the body. This will allow you to see what work needs to be done to create lasting results for this region of the body.

Dates:

10/11 May 2014 – Weston on the Green

Head, Neck & Jaw — 2 Days:

The neck is a remarkable feat of biomechanical engineering and this course will focus on key areas of the neck and jaw complex to enable you to create successful strategies and thereby set the body up for long-lasting change.

Dates:

25/26 January 2014 – Weston on the Green

11/12 October 2014 - Weston on the Green

The Final Piece – 8-Day Structural Bodywork Certification Module: Learning the 3-Session Series

After completing the full series of FRSB workshops you will be able attend the final eight-day section (3 days on, 2 days off and 5 days on). You will learn how to combine them into a 3-session format to create a powerful tool in producing long-lasting change and benefits for your clients. Sessions will be demonstrated in class. You will then exchange the series with a class partner before working on an outside model to ensure your familiarity and competence with the full process.

Dates:

21 Feb - 2 Mar 2014 – Weston on Green

14 - 23 November 2014 – Weston on Green.

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, workshops, or tailored Tutorials** are available for all levels throughout the academic year in Kempshott (M3 J7 just South of Basingstoke).

The Winter/Spring 2014 CPD/Tutorial Programme is available in this Section, or can be requested by e-mailing Tanya@tmb-src.co.uk

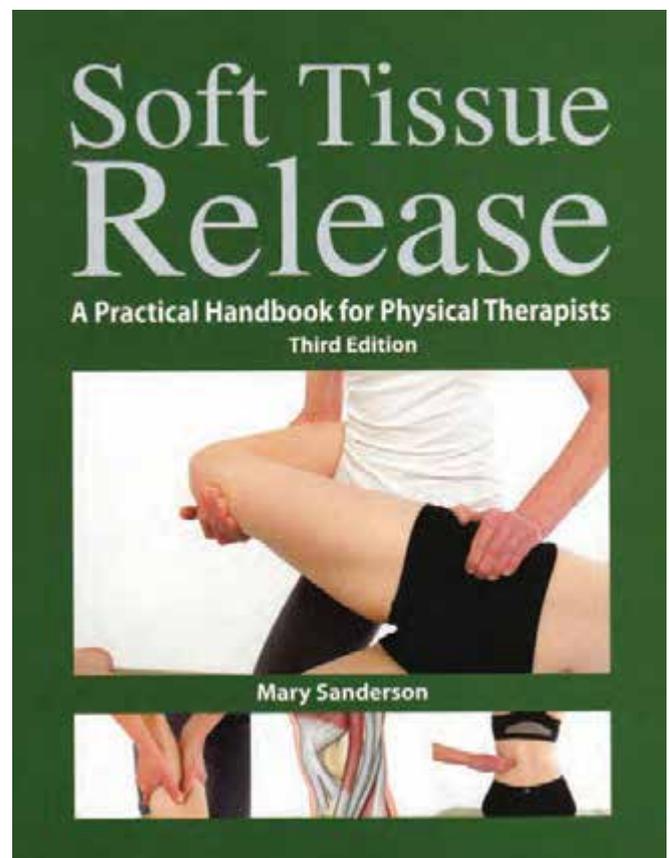
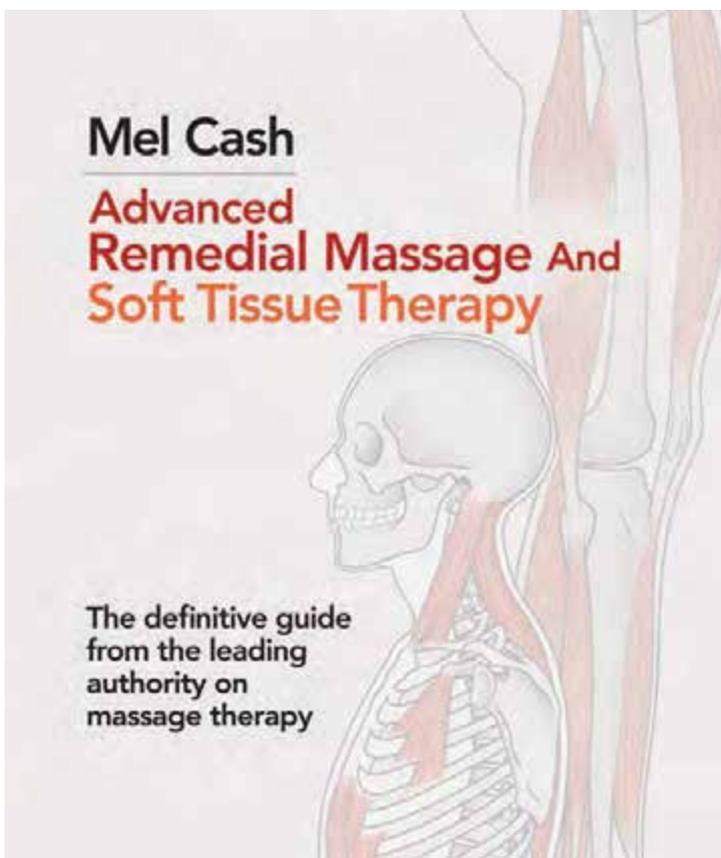
Requests for tutorials or workshop subjects not featured in Programme are welcome!

Thank you in advance for your interest.

Tanya Ball MSc BA BCSI LSSM MISRM MCNHC MIASI

Sports Massage & Remedial Therapist – Board Certified Structural Integrator

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





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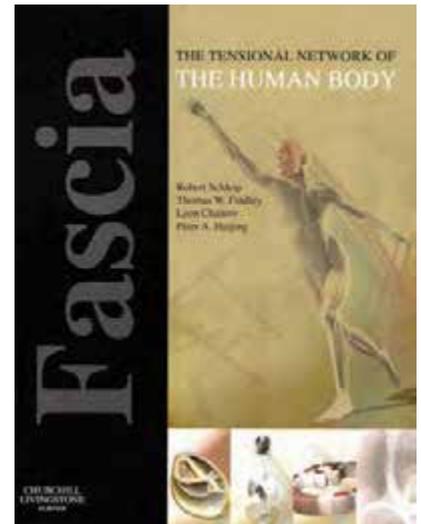
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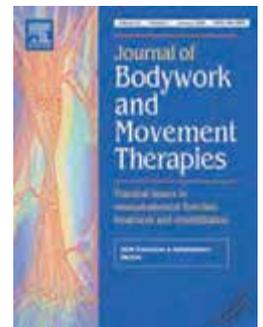
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<http://www.movementlectures.com>

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

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

shoulderdoc.co.uk

sportsinjuryclinic.net

stopsportsinjuries.org

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osceskills.com



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



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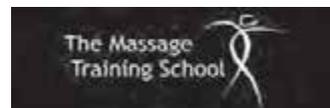
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www.activerecovery.co.uk



SCHOOL OF NATURAL THERAPIES
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www.bluechipmassage.co.uk



Massage Training School Exmouth
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