



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

NEWSLETTER

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Time for a new message –

'Soft Tissue Therapy'... much more than 'just' Sports Massage!
From Mel Cash

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The pioneer and leader
of the profession for
over 25 years

Now training
Soft Tissue Therapy
BTEC Level 5

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Breaking news! Breaking news!

Time for a new message –

'Soft Tissue Therapy'... much more than 'just' Sports Massage!

From Mel Cash

'The level of clinical skill and competence we aim to deliver is now so far ahead of the rest of the massage profession in our country that we need to set ourselves apart. People need to know there is something of much higher quality available, and we can only raise awareness by promoting a new title which identifies it.'

Through its origins at LSSM, the ISRM has been the pioneer and leader of the massage profession for 25 years, and we have continually set new, higher standards in training. I believe we now have the experience and confidence to start a new era. We should position ourselves beyond the massage profession by calling ourselves 'Soft Tissue Therapists', because this is a more accurate description of what we do, and the way our successful therapists make their living.

ISRM is about to go through a qualification renewal process with BTEC, and we will have to change the Diploma title because 'Sport and Remedial Massage' implies that we only use massage techniques – but this has been inaccurate for a long time. Although very important, massage is only one among the wide range of techniques we use, and many of us regularly give effective treatments which do not include any 'traditional' massage strokes.

The rest of the UK massage training industry has been very slow at trying to catch up with ISRM. Many sports massage courses claim that their qualification enables therapists to 'treat athletes', and people naturally interpret this to mean they will be able to treat sports injuries. In reality however, they are only taught how to give athletes a massage treatment. I have also witnessed and heard reports about some therapists who seem to have been taught a style of so-called 'sports massage' which should really be called 'brutal massage', causing their clients unnecessary pain and bruising. Is this something we want to be associated with?

The level of clinical skill and competence

we aim to deliver is now so far ahead of the rest of the massage profession in our country that we need to set ourselves apart. People need to know there is something of much higher quality available, and we can only raise awareness by promoting a new title which identifies it.

It is disappointing when I hear about some ISRM therapists who, after a few years, are still struggling to get enough clients when there are many others who are thriving well. It often appears to be the ones who stay in the comfort-zone of general massage treatment who do not do so well. It is the therapists who apply their advanced skills to the challenge of each new client and who strive to find solutions to their minor and chronic injuries, who prosper.

With cut-backs in State-funded healthcare, alongside current trends in Physiotherapy training, no other manual therapy sector appears to be offering the essential hands-on treatment needed by people presenting with non-critical aches and pains. So the market opportunities for highly skilled Soft Tissue Therapy that can fill this void is immense, because everyone can now become a potential client for us.

We can legitimately give ourselves any professional title provided that it fairly and honestly reflects what we do (and is not already a 'protected' title). Some ISRM therapists use two business cards and titles, one for their sports-related work and another for their more general clients. Others are now using the main title **Soft Tissue Therapist** and list 'sports massage' and/or 'remedial massage' as a sub-text.

So – I urge you all to get the message out there. Whenever (sports) massage is

mentioned, always state that what we do is "Soft Tissue Therapy"... much more than "just" sports massage!

'Soft Tissue Therapy' is not a protected title, so unfortunately anyone can use it. Word is spreading, and some therapists with 'ordinary' massage qualifications have started using the title, which makes them appear to be on the same level as us. Although we cannot prevent this, it is important that we take every opportunity to make people aware that 'BTEC qualified' Soft Tissue Therapists have been trained to:

- Safely assess minor and chronic injuries
- Apply a range of advanced techniques to treat them
- Offer practical advice on rehabilitation, and on postural, movement, and performance improvement.

Among the non-ISRM/BTEC-accredited professionals calling themselves 'Soft Tissue Therapists', the majority will only have a lesser massage qualification which will not back up this claim. The general public should therefore be encouraged to make sure they see a 'BTEC-qualified' Soft Tissue Therapist.

The content of our BTEC qualification has not changed significantly in many years, even though the Diploma title will. So it is fair for ISRM to offer existing members, with the 'old' title on their certificates, an updated one bearing the new title. This will be done later in 2015 when we have completed the BTEC process.

Obituary - Peter Lindsell

January 1946 – November 2014



The Southampton LSSM tutors are shocked and saddened to have learnt of the passing of their much appreciated colleague Peter Lindsell. It is understood that he suffered a fatal heart attack during a recent holiday in the Canary Islands.

Our heartfelt condolences go to Peter's family at this difficult time, and specially to his wife Kay and daughter Claire, who completed the LSSM Course a few years ago.

Peter will also be fondly remembered and sorely missed by his many friends, colleagues, clients, fellow Southampton

AC members, as well as the wider running community. Peter was the inspiration behind several clients deciding in turn to complete the LSSM Diploma course.

Full details of donations to the Charity closest to Peter's heart can be found at: <http://compark.co.uk/peterlindsell/donations.html>

Peter, it was a privilege to know you. The memory of your unwavering patience, kindness, enthusiasm, and love for 'active living' will remain forever in our hearts.

The Southampton LSSM Tutors



Editorial

From Tanya Ball

Welcome...

As always, a very warm welcome to our final ISRM Newsletter for the year, and a special welcome to all new ISRM members.

*I am very sorry to be opening this Editorial with the sad news of the unexpected loss of **Peter Lindsell**, a dear colleague of the Southampton LSSM tutors, and popular therapist and fellow runner in the South Coast area. It is understood that Peter died suddenly of a heart attack whilst on a recent family holiday in the Canary Islands. I am sure that every reader will join me in saying that our thoughts are with his widow Kay and family at this distressing time.*

As many of you are aware, 2014 has been a milestone year for us as LSSM reached its 25th Anniversary, an achievement recently celebrated by the ISRM Conference held last November. The School has successfully developed and expanded in numerous ways since its modest beginnings, from a single, low contingent annual London-based course to a training provider boasting no fewer than five courses at Regent's College and two in Southampton per annum in more recent years. In addition, LSSM has been decisively instrumental in the foundation of the ISRM and emergence of a number of high-quality accredited other Schools, from Loughborough to the West Country.

2014 also marks a significant turning point with regard to how our profession and its perception by others have evolved, and consequently, what professional title we should be adopting for ourselves going forward. I therefore invite every ISRM member to read Mel Cash's 'Breaking News' page on this subject, and carefully consider what designation would be most appropriate for them.

In this Issue...

As in previous years, this end-of year hard and e-copy edition incorporates all relevant contributions from the 2014 spring and summer electronic Issues, alongside excellent new material. The

variety of content should 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':

Building on this theme broached a year ago, Mel argues convincingly in favour of us distancing ourselves, both as individual practitioners and collectively as a profession, from the title 'Sports Massage Therapist'. Key reasons include (a) its increasing unfortunate association with often sub-standard and/or 'heavy-handed' application, and (b) the significantly higher training benchmarks expected of ISRM Level 5 Diploma Course students, compared to other schools. It is therefore time for us all to give serious thought to the points raised in order to make optimal decisions for ourselves.

Feature articles:

What a range of articles to choose from! After a heartening update from Sue Ainley on the SHN (Seeing Hands Nepal) project, we are treated to Chris Beals' journey of discovery of the benefits of Acupuncture and how he combines this with soft tissue therapy to clients' optimal benefit. There follows an informative account from Trevor England on how he grew to appreciate the true efficacy of Positional Release (PRT) some years after completing his SRM Diploma course. This story will no doubt echo with many students and graduates alike, who struggle(d) to focus on this 'extra-curricular' technique in addition to honing the skills required for their final exam. Lizanne Robey then shares her experience of the May 2014 British Fascia Symposium, before Shirley O'Neill delights us with her brave and industrious move from the London rat-race to the sunshine of Marbella.

ISRM Conference:

Pride of place in the centre pages simply had to be devoted to the numerous enthusiastic ISRM Conference feedback 'snippets' from delegates, together with Peter Storry's abundant selection of atmospheric photos of the event. I trust it will be a joy for all to read how many therapists found immediate practical clinical applications for their newly acquired skills, while for others the emphasis was more on innovative thinking and understanding. The centre pages' collage is sandwiched between a Conference report from me and an original appraisal from cellist and therapist Felicity Vincent.

Event work:

My usual annual Event Work Round-up is followed by a selection of colourful first-hand accounts and accompanying photos of the main 2014 ISRM-organised events. While some of these featured in earlier Issues this year, other more recent ones are appearing for the first time. I do hope that these will offer readers a powerful flavour of what it is like to work at a large sports event... and tempt them to come and join in one next year!

Other updates:

A light-hearted account from Mel Cash about his special 'Track day' – from a voucher received from the Southampton Tutors for his 60th birthday in October 2013 – under the watchful eye of his inseparable friend, fellow tutor, and former race driver David Katz, is followed by a more sober update on Mel's inspirational 'Rural Clinics' project in remote Ethiopia. **Mel is flying out to Lalibela over Christmas to attend the inauguration of the main clinic – a tremendous achievement which will change and save many lives over future times!**

'Expand your knowledge, enhance your skills' pages:

This section opens with three freelance job opportunity adverts on behalf of existing members or their clinics. Please read carefully the specific conditions e.g. number of years' post-graduate experience required etc. before applying. This is followed by a range of 2015 courses and workshops for variable levels in London, Oxford, Southampton, and Basingstoke. There are also a number of Kinesis UK and other non-ISRM courses listed, preceding recommended books and a book review.

Special offers to ISRM members: Lastly, make sure you take full advantage of preferential rates on Journals and couches featured on the inside back page.

My grateful thanks, as always, to all who have contributed to this Issue, and my renewed appeal to all readers please, please to send me your contributions for the spring 2015 edition. No story is too small or trivial – who knows how much you could inspire, inform, or just lighten up someone else's spirits by sharing your knowledge or experience.

Finally, may I wish every reader and their loved ones a joyful, peaceful Christmas, and the best of health, happiness, and fulfilment in 2015 and beyond.

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

Please note that the submission deadline for the Spring 2015 Issue is Friday 27th February 2015.

Thank you.

Feature Articles

Dear friends of Seeing Hands...

From Rob & Sue Ainley, Founders



Great news, last summer we had a fresh batch of qualified therapists, all of whom have now begun working within the Seeing Hands clinics. Pictured above are Ganga, Bhima and Bibek outside the Kathmandu clinic and Bishnu (right) who is working in Pokhara. Feedback from massage clients (and other therapists) is already very encouraging and their skills are testament to the hard work put in by all the local staff and volunteers who played a part in their training.

By all accounts they are all enjoying their work – and their hard-earned wages even more so. Bhima is expecting a baby, so won't be working for long, but intends to come back to work as soon as she can. As the monsoon rains on, the clinics are much quieter anyway and our new larger team in Kathmandu are getting a chance to settle in before the season starts.

At the same time, we say a fond goodbye to Sagar, who has now moved on from Seeing Hands to new study-based pastures. Sagar has a real healing touch, but wants to challenge himself more academically and is setting off on his own journey of learning and personal development. He will be sorely missed by everyone and is under strict instructions to keep in touch.

The other therapists are all doing well and continuing to surprise us by getting more and more independent every day. Lalu (below left)

has just returned after an amazing horizon-widening trip to the gulf to visit her sister (who is working in Kuwait). One or two of our blind therapists have experienced flying on a domestic plane in Nepal but Lalu is one of the first (and certainly won't be the last) to try international travel. She had a great time but says she won't miss the heat, which topped 50 degrees some days. Chiran K (affectionately known as Anmol which means 'priceless') has now taken over the role of clinic supervisor from Govinda (it's a rotated post) and is doing a good job so far. It is fantastic to see more therapists maturing and learning to lead and take on responsibilities. As a result, the future of both clinics in Nepal is looking much brighter. As many of you will know, we have been searching for a suitable location for a third clinic for some time - and with us not being able to be in Nepal, we thought the task was almost impossible. Happily in our absence, ChiranJeevi (Blind Manager of the Kathmandu branch - pictured below) has stepped up to the mark and forged a partnership with Change Fusion, a local organisation that supports social entrepreneurs. He is now in the process of agreeing a rental contract to share a building in Patan with Change Fusion, who were also looking for new premises. Patan is on the South side of the Kathmandu valley and is home to a large number of expatriates, so is



an ideal location for us. We owe a huge debt of gratitude to Jo Hill (marketing and business development volunteer) and Change Fusion's Country Director Luna Shrestha, who have both helped Chiran to kickstart this new venture. He's done a fantastic job on his own and is truly making us proud now. The new clinic should be open within a few months and we'll bring you more news - and photos - very soon.

Finally, and most significantly, we are immensely proud to announce that Seeing Hands has finally reached its sustainable goals!! With income from the massage clinics now comfortably covering overheads, we have now ceased fundraising and are planning to wind down charity activities over the next few months. From now on, we will be focusing on the independent goal - making sure that Seeing Hands' is not only able to stand on its own two feet, but can walk tall amid the mountains we miss so much! Thank you one final time to all those who donated, volunteered, and helped us on our journey.

We'll keep the news coming in our usual sporadic way, look out for photos of the new clinic on our facebook page over the next few weeks. Namaste to all!



Feature Articles

Acupuncture and massage therapy – a complementary approach

From From Chris Beal



After serving with the British army for several years, I began a career within the prison service, where I was employed as a PTI (physical training instructor). It wasn't long before I 'got the bug', and moved into the area of physical rehabilitation. I was fortunate enough to have my qualifications formalized and funded through the prison service. As a result, I was commissioned to open the first multidisciplinary rehabilitation unit within the prison services' private sector. This soon turned into a full-time role, with some 30-40 referrals to the unit per week. During this time, I completed my ISRM-accredited Sports & Remedial Massage course at the Active School of Complementary Therapy, Loughborough, qualifying in 2011. I was able to incorporate my valuable newly-acquired soft tissue skills as and when I felt appropriate. However, although the referral system was efficient, with effective collaboration and successful outcomes, I felt that there was 'something missing', something more that I could be doing to make myself a better-rounded therapist. It wasn't long before I looked into acupuncture, which I researched for a considerable time before deciding to take action and begin training in. Once I had

started, I was hooked. I soon began practicing as a freelance therapist in a local clinic, and found that not only had my need to refer clients to other professionals dramatically reduced, but also that I was receiving referrals from other professionals. The combination of manual soft tissue work and acupuncture yielded some amazing results. Prior to training in acupuncture, I had found that I was concentrating on the mechanical issues and ignoring extrinsic factors that were exacerbating symptoms. Now that I had this new skill, I could employ other techniques to target both of these aspects. This resulted in reducing several patients' rehabilitation time, resulting in a much satisfied clientele.

Having previously qualified as a further education lecturer, assessor, and internal verifier, I decided that I would put my knowledge of education, acupuncture, and sports & remedial massage (SRM) to even further good use by developing a number of courses aimed at SRM therapists. One of these courses is the Diploma in Acupuncture and Dry Needling Techniques in Sports Medicine. This six-month Diploma course is fully accredited

by the UK Acupuncture Society, and aims to train qualified sports massage therapists in acupuncture and dry needling skills, using a three-step approach: (a) addressing the orthopedic issue(s); (b) considering the factors exacerbating the condition; and (c) applying appropriate techniques to enhance the healing process.

Quite often it is the extrinsic factors that prolong symptoms, a point that was effectively demonstrated during a recent diploma course I ran within an ISRM school. One of my students was complaining that she was, and had been suffering with lower back pain for some considerable time. She was rather stressed by this as it was affecting her ability to perform as a therapist, potentially threatening to affect her livelihood. This in turn could generate further increased stress and anxiety. As part of the diploma syllabus, we consider acupuncture techniques to relieve such symptoms and induce relaxation. It therefore made sense for that student to become my assistant/model for the needle technique demonstrations for that day. The following day, she reported that she felt significantly more relaxed and her pain had all but vanished, which in turn would have had a positive effect on her general well-being. It seemed that the increase in stress had caused her to adopt a constant state of tension. The hyperactivity of the musculature within the area of dysfunction was serving to exacerbate her symptoms.



Feature Articles



So what exactly is acupuncture?

Acupuncture is a Traditional Chinese Medicine (TCM) practice dating back thousands of years. It involves the insertion of thin solid needles into specific points on the body to improve health and treat illness and is suitable for a variety of health conditions, either on its own or in conjunction with other manual therapies such as massage. Acupuncture offers an unique approach to health and well-being, with the ability to treat a wide range of conditions, from musculoskeletal and gastrointestinal problems to mental health, reproductive and gynecological issues. Depression, headaches, morning sickness, and sciatica are just some of the many conditions that can be effectively treated by acupuncture. In Western societies, although there are many practitioners of TCM-based acupuncture, the practice of 'dry needling' is more prevalent within the field of manual therapy.

What is 'dry needling'?

The practice of 'dry needling' involves inserting an acupuncture needle into a trigger point and is typically used to treat the pain associated with injuries. A trigger point is a tender spot in a tight band of muscle, which causes local and referred pain when pressed or squeezed. The area of referred pain is predictable in relation to the trigger point site. Dry needling training programs/courses often run for just two or three days – which is just enough time for people to gain a rudimentary understanding of how to 'needle the point that hurts' and perhaps deliver short-term symptom relief.

Is 'acupuncture' the same thing as 'dry needling'?

The increasing prevalence of the term 'dry needling' has created some confusion. Acupuncture practice incorporates many different needling techniques and a variety of these may be required to gain the best results. Dry needling, also known as 'trigger point acupuncture' or, more traditionally, as 'ashi acupuncture', refers to just one of these techniques. A registered acupuncturist is qualified in many techniques, including trigger point acupuncture, and will adopt the best approach depending on the patient's individual needs. The best approach does not rely on trigger points alone and sometimes trigger point treatment is not necessary at all.

Physiological effects of acupuncture/dry needling

Acupuncture's efficacy is primarily mediated via nervous system stimulation, and its known modes of action include: local 'antidromic axon reflexes' – the redirection of neural stimulation away from the axon terminals; segmental and extra segmental neuromodulation; therapeutic stimulation of local and distal nerve cells; and other central nervous system (CNS) effects relating to pain modulation, and to rehabilitation from disease, disorder and dysfunction.

Studies show that 71% of acupuncture points coincide with trigger points, and junctions within our peripheral nervous system. Not only can these points (when stimulus is applied) generate effects as stated above, but they can also produce secondary outcomes. These latter occur as a result of signals stimulating the production and release of a variety of other biochemicals that can influence other body cells. The nervous system itself comprises over 30 peptides involved in signal transmission, and is connected to the endocrine system via the adrenal gland, thus resulting in links with all body systems. This can be a very significant factor when dealing with pain and dysfunction. In short, Western acupuncture focuses more on the physiological response to inserting needles into tissues, and any specific ensuing biomedical mechanisms. For example, the stimulation of dermatomes, myotomes, neural

pathways, and neuro-hormonal chemicals.

It is proposed that the needle excites (afferent nerve end) mechanoreceptors in the skin, muscle, tendon, myofascia, and indirectly stimulates the structure by reflex mechanism, or that stimulation involves local immuno-inflammatory systems inducing vasodilation.

It could also be understood that this stimulation involves the synthesis of certain substances such as prostaglandins, which can increase vascular permeability. This means that the local effects of needle insertion and somato-visceral reflexes would result in improved capillary/tissue perfusion, and relief from muscle spasm.

The 'Pain Gate theory' proposed by Melzak and Wall in the 1960ies highlights the importance of alpha/delta (α/δ) fibres in pain modulation. The theory explains that acupuncture/dry needling works through the nervous system to alleviate pain. Experimental evidence supports the theory that acupuncture/dry needling causes the release of neuro-endorphins and other chemical mediators that reduce pain symptoms by interrupting pain signals travelling back to the brain. *If the signal doesn't reach the brain, it cannot be interpreted and a pain response cannot be initiated, thus pain reduction occurs.*

A number of other studies support this theory, and that acupuncture/dry needling stimulation also generates the release of endogenous analgesics within the brain.

For information on courses, location and prices for 2015, contact Chris on 07824 116 301, performancepta@gmail.com, or look up the ISRM website course page.



Feature Articles

Positional Release Technique (PRT)

From Trevor England

When I first studied sports massage (2005), I was introduced to the Strain-CounterStrain (SCS) technique developed by Lawrence H Jones DO. As with other subjects during my training, this method was only briefly touched upon, while I was simultaneously focusing on NeuroMuscular Technique (NMT), Soft Tissue Release (STR), and attempting to master Muscle Energy Technique (MET). It would seem that SCS took a 'back seat' in my therapy tool box. It is a procedure which I feel many sports massage therapists overlook as they find they achieve results with more direct interventions.

It wasn't until two years after qualifying that, as a result of receiving an osteopathic treatment, I started to investigate SCS, its effect on the body, and how it had evolved over the years. After integrating it into my practice, it soon became one of my favourite tools when working with releasing areas of hypertonic tissue.

SCS origins – a brief history

When considering its history, the most notable person in developing this technique was Osteopath Lawrence H Jones (1912-1996). After much research he believed that 'putting a joint into its position of greatest comfort would reduce the continuing inappropriate proprioceptive behaviour' (Nicholas and Nicholas, 2008:129)

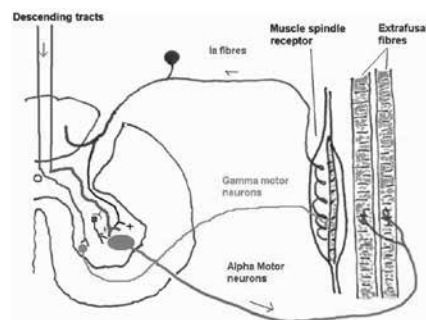
Dr Arthur Lincoln Paul, who studied under Jones, was introduced to the 'spontaneous release by positioning...' (Journal of Osteopathy as cited by Kain, 1997). This motivated Paul to develop the therapy known as 'Ortho-Bionomy', which is described as the 'correct application of the laws of life' (Kain, 1997:5). Ortho-bionomy is not widely known outside of the USA,

although some UK-based practitioners offer it as a stand-alone treatment.

More recently Leon Chaitow published a comprehensive text on Positional Release Techniques (PRT) (Chaitow 2007). In this work he dissects PRT, providing the reader with a thorough grounding in its theory and application. He refers to it as a 'gentle approach that allows "change" to emerge, rather than forcing it to do so.' (Chaitow, 2007:13) I find this particularly interesting as this contrasts with sports massage's stereotype as invariably a deep and aggressive modality. If deep tissue increases localised circulation, then would it not be more advantageous to **facilitate** the proprioceptors **innervating** that area, thus enhancing tone and circulation?

How does PRT 'work'?

To understand how PRT 'works', we must first recall the role of key proprioceptors, in particular the muscle spindles. According to Tortora and Derrickson (2007), these neural receptors monitor muscle length and stretch/tension, thus coordinating muscular contraction. Consider the process of a toddler learning to walk – a perfect example of how all this complex information eventually enables us to coordinate movement.



The stretch reflex and its modification by descending pathways.

Fig 1.

Muscle fibres are contained in a sheath of connective tissue (see Fig 1), each

with a sensory and motor nerve, as well as a vascular supply. Muscle spindles feature among the range of sensory nerve endings present, whose role is constantly to relay (afferent) information – in the case of muscle spindles, about the degree of muscle length/stretch/tension – to the central nervous system (CNS). The CNS continually despatches appropriate (efferent) motor responses to the corresponding muscle fibres.

As a muscle develops hypertonicity (whether from injury or postural adaptation), a self-perpetuating faulty process ensues: the muscle spindles (mis)interpret the increased tone as 'excessive stretch'. In order to protect the tissues from over-stretching and tearing, the CNS therefore 'instructs' the local myofibrils to **shorten**, i.e. contract *further*, thus increasing hypertonicity. This ongoing erroneous two-way scenario eventually manifests as a pattern of soft tissue dysfunction (Fritz, 2009). Interestingly, this increase in muscle hypertonicity results in greater energy being required. Greenman (1996) discusses this, and argues that restrictions in one major joint of the lower extremity can result in an increase of energy expenditure of 40% when walking! This further supports the importance of a thorough visual and gait analysis.

One of our roles as sports and remedial massage (SRM) therapists is to identify such areas of hypertonicity, and appropriately address them. I find it fascinating that Jones developed his own 'remedy' by locating specific tender points, and applying his protocol to release them via SCS. From my own practice and study, I have found the later PRT method effective for any hypertonic site, on the proviso of a sound anatomical knowledge of the area concerned.

Feature Articles

Applying PRT (fig 2)

1. Locate tender point (monitor point), use verbal feedback pain scale (1-10) to agree a number (e.g. 7).
2. Use this point to locate the position of optimal release by:
3. **Slowly** moving an adjacent joint in a combination of directions that **shorten** the tissues around the tender point.
4. Applying a constant pressure, aim to reduce the pain level to <2 (ideally 'zero – just pressure').
5. Use minimal force.
6. Produce no additional pain.
7. 'Fine-tune' the monitor point.
8. Try using visualisation to engage the client.
9. Hold until a release is felt (typically 60-90 seconds) – softening or 'melting' of the palpated point, or a sense of 'fizzing'/fine vibration.
10. Slowly return area to neutral.
11. Retest area of sensitivity.

From practising this for several years, I gain great pleasure from feeling the tissues respond to this technique. With practice, we can gradually feel the client's body directing us as the tissues begin to release.

Moving on

In our profession as in many others, change is a regular occurrence. Chaitow has demonstrated the efficacy of integrating positional release after a period of intermittent ischaemic compressions (NMT) and to follow with gentle MET using the Post Isometric Relaxation (PIR) method. This combined sequence has been named *Integrated Neuromuscular Inhibition Technique* (INIT) and has proved highly effective in treating myofascial trigger points (Ward, 2004)

Case study

A female teacher in her early forties had been diagnosed with Adhesive Capsulitis. She presented the classical painful arc (60o-120o painful abduction of gleno-humeral joint - GHJ) along with hypertonicity in the supporting muscles



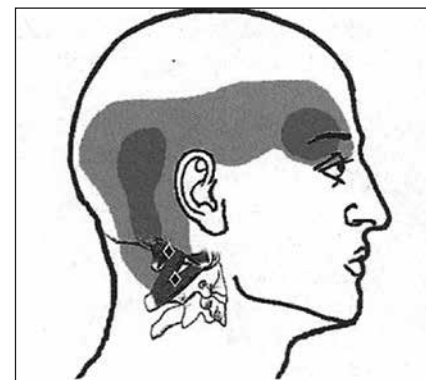
Fig 2. Applying PRT to upper thoracic region

and neck. Her condition affected all areas of her life and well-being as sleep was interrupted.

The area was initially too painful for the more 'aggressive' techniques such as STR and deep tissue work. There was also a great deal of 'guarding' from fear of pain. I applied PRT to the associated muscles, notably the rotator cuff group. This reinforces Cash's (2012) support for PRT as a regular treatment to hypertonic muscle areas, and helped my client re-gain pain-free range of movement.



Fig 2. Applying PRT to upper thoracic region



Conclusion

It is in my view a shame that PRT remains relatively little used among the SRM profession. This may be partly due to the context in which the technique is taught – alongside so many others which are 'mandatory' for the final exam. It then follows that many therapists tend to prefer to use what they are confident with... I personally consider PRT a great addition to any therapist's tool box, especially in the field of musculoskeletal pain and dysfunction. I hope that my passion for PRT shines through this article, and that it will re-kindle interest among readers to read and/or attend CPD training in it.

Feature Articles

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About Trevor England

Trevor qualified in Sports & Remedial Massage (SRM) in 2005, and has since trained in a variety of manual soft tissue approaches, achieving two further qualifications He has been teaching in the Lifelong learning sector since 2009, and has gained a full teacher status via Westminster University. He teaches Sports Massage along with advanced massage workshops around central London.

A British Fascia Symposium Review

From Lizanne Robey

'What appealed to me was the unity between complementary therapy and traditional medicine, and their joint interest in furthering fascial research and clinical application. I liked the fact that complementary therapy was held to account, and that what we know to be true as body workers, such as the benefits we have seen our clients experience due to fascial work, is also increasingly being embraced and proven by traditional medicine.'

I attended the British Fascia Symposium in May 2014, coming from the perspective of a sports and remedial massage therapist who had recently commenced Pilates training due the synergies I could already see. I hoped to further my knowledge and understanding of fascia and how it affects everything, and to improve my own practice. I was not disappointed – it was an excellent event and superbly organised. I was delighted to see such a mix of organisations and individuals presenting, providing workshops, exhibiting, and attending. It was also great to catch up with friends and to meet other manual and movement therapists doing interesting fascial work.

All of the presentations in the main conference hall were superb, and covered different angles, from what fascia actually is, its role in function and dysfunction, tensegrity, how it shapes us from birth, to clinical fascial treatment methods, and research-based evidence and studies showing its relevance and integrity in the

human body, and how we treat it as a whole.

What appealed to me was the unity between complementary therapy and traditional medicine, and their joint interest in furthering fascial research and clinical application. I liked the fact that complementary therapy was held to account, and that what we know to be true as body workers, such as the benefits we have seen our clients experience due to fascial work, is also increasingly being embraced and proven by traditional medicine. Prof. Ceri Davies, whom I have enjoyed learning from on cadaver courses, provided an anatomist's view which ensured we maintained a practical understanding and approach to fascia. He provoked an interesting, if heated, debate between Leon Chaitow and himself. Robert Schleip then diplomatically restored some balance by endorsing the work of both presenters with his presentation, which rested both on his scientific research and clinical complementary therapy

backgrounds. Julian Baker then finished off with humour and a reminder that fascia is everywhere, connects everything, and that as manual therapists, our touch, combined with active movement can have amazing effects on our clients' fascia and dysfunctions.

The workshops offered a very well considered breadth of hands-on learning. However my only slight complaint was that there were limited spaces on the two workshops led by Leon Chaitow and Robert Schleip, whose names were a major reason for many people to have registered for the conference. Having missed out on those, I did however attend a very useful workshop by Ruth Duncan, in which she taught hands-on myofascial release skills that I have been able to put into practice since.

All in all an excellent weekend event – relevant, informative and fun... Oh and the food was good too!

Feature Articles

A cocktail bar project and a freak bike accident – How one enterprising therapist swapped the London rat-race for the sunshine of Marbella!

From Shirley ONeill

'The experience of setting up here, in Marbella, has been interesting. The client base is very different from London. However I found that word spread very quickly that I was 'actually qualified' in what I said I did – shocking, I know, but I am not making it up! So I have found myself dealing with a captive audience, and treat a wide range of people, from elderly gentlemen still playing tennis three times a week at 84 years of age, to being asked by the Dutch Olympic cycling squad to help them out while they were here for their warm weather training prior to 2012 Olympics.'



After qualifying from my LSSM course in 2001 and gradually building up a busy practice, I decided nearly eight years ago to step out of the rat-race so to speak, and move to the south of Spain. A lot of people asked me what I was doing, saying that we would be back within six months. It has not been without stresses, though I have to say I thoroughly enjoy getting up in the morning to see the blue skies...

In some ways... it was not the best time for me to leave London: I was working in a fantastic multidisciplinary clinic, had my own studio, and helped out with teaching at weekends on the LSSM Diploma course at Regent's College. I was fully immersed in every aspect of my work. However, I had a bike accident and needed to take time out to allow my wrist a full recovery, something I didn't do immediately, and which resulted

in my having to cut down on my treatment hours dramatically... So in other ways this was a perfect time to try my hand at new pastures, and help my partner in setting up his cocktail bar.

While fulfilling our UK commitments, we decided to move to Marbella, on Andalucia's Costa Del Sol in southern Spain. The cocktail bar project worked brilliantly, but I was starting to feel drawn back into 'getting my hands on people' again. I started working in a local physiotherapy practice. However it was not quite the same as the clinic I had been used to in UK. The ever-prevalent phrase 'manana, manana' still very much seemed to remain the way of life in this part of the world, and I found myself wondering whether I really could make it a success here.

I decided to go out on my own. I found that setting up as a sole trader therapist was relatively easy: if you are not an osteopath or a physiotherapist, then you come under a general umbrella of 'Naturopath' with regard to securing Insurance. This is done through the organisation 'FENACO', whom I found surprisingly efficient. To be able to practise, I had to pay my social security contributions, which turned out to be an eye-watering amount of c. £220 per month, compared

to the £18/month I had been paying in the UK. In relation to recognition from private health insurance companies, the situation in Spain is much the same as back home, namely that SRM therapists still come under the 'complementary therapy' umbrella, so no cover is provided.

The experience of setting up here, in Marbella, has been interesting. The client base is very different from London. However I found that word spread very quickly that I was 'actually qualified' in what I said I did – shocking, I know, but I am not making it up! So I have found myself dealing with a captive audience, and treat a wide range of people, from elderly gentlemen still playing tennis three times a week at 84 years of age, to being asked by the Dutch Olympic cycling squad to help them out while they were here for their warm weather training prior to 2012 Olympics.

Though the economical state of southern Spain is very poor, Marbella's economy is boosted by the many non-Spanish residents who choose to live in the wonderful local microclimate. It really does provide us with approaching 300 days a year of sunshine. Marbella is a very transient place, where people tend to come and go. I have none the less found that with hard work, I

Feature Articles

have built a good, solid reputation and consistent clientele. I treat a complete mix of nationalities, including British, Polish, Russian, French, Dutch, Norwegian... and some Spanish – usually visiting here from Madrid. This means that I do not have to rely on the local Spanish population for my income, and charge the same fees as I did in the UK.

I now juggle my time between treating and looking after our four year-old daughter Iliana, who asks me every morning 'how many people I am going to make better today?'... She is fully immersed in the Spanish system, having gone to a Spanish nursery,

and now attending a state Primary School. The state education system at primary level is fantastic, however like the UK, it is based on catchment area, and very fortunately we happened to live in the catchment area for a new 'project-based' school that opened three years ago. I cannot fault it, and am amazed at some of the projects they do. The children are currently learning about the human body, with skeletons and real organs such as livers and lungs for them to look at and touch. They learn the Latin names for everything, and every day Iliana comes back with some more amazing facts she has learnt. Since having my daughter, I have broadened

my skills to include classes for new parents to learn the benefits of massage through infant massage. I run these sessions once a week over a four-week course. I have also been approached by schools, to come and talk about and demonstrate the importance of 'positive touch'. I am currently looking into gaining my Massage in Schools programme certificate. This would entail teaching four to twelve year-old children how to massage one another. Positive outcomes of this programme to date, to name but two, include children paying better attention in class after their massage, and a general reduction in incidents of bullying.

2014 ISRM Conference

Highlights from the 2014 ISRM Conference, Saturday 8th & Sunday 9th November

From Tanya Ball



Judging by the enthusiastic feedback from delegates (see following pages), the many who did not attend missed out on a wonderfully informative, useful, and inspiring event!

From the outstanding knowledge and articulate competence of the various presenters to the hands-on skills of the workshop leaders; from the eagerness and warmth of the audience to the

approachability of the session tutors; and from the thought-provoking theoretical content to the immediate clinical applicability of the practical training, the Conference undoubtedly offered 'something for everyone', and catered for a wide range of learning preferences and needs.

A broad spectrum of relevant literature, including discounted journal subscriptions, and clinical supplies at preferential prices were available for purchase throughout the weekend. ISRM are notably indebted in this respect to the Journal of Bodywork and Movement Therapies (JBMT), SportEX Journal, and Physique Management Company Ltd, who sponsored the event, as well as Anatomy Trains UK Ltd and Kinetic Control Ltd, for their support. It was also excellent to welcome among us The Disability Foundation (TDF) Charity (www.tdf.org.uk), who offer affordable complementary therapies to anyone affected by a disability, chronic illness, or a medical health condition,

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whether seen or unseen, via a pool of volunteer therapists.

After an opening welcome from Mel Cash, the eminent Professor of Anatomy in the Department of Surgery and Cancer at Imperial College, Ceri Davies, discussed the evolutionary adaptations and changes our pre-historical ancestors incurred in order to function optimally on two weight-bearing limbs rather than four. Particularly thought-provoking in my view was his closing statement to the effect that due to the astonishing technological developments of recent decades, notably in the medical field, modern man may no longer be subjected to the rigours of 'natural selection', and therefore the need for ongoing evolutionary adaptation.

Neil Black's account of his personal journey through elite sport from competitor, then physiotherapist, to his present post as UK Athletics Performance Director, provided rare insights into the exceptional demands and pressures facing anyone at the sharpest end of elite sport – in whatever professional capacity. Neil also expanded on the associated psychological qualities and self-discipline required to succeed – unwavering determination, resilience, self-confidence and reliance, alongside razor-sharp, often instant decision-making, focus, ability to delegate whilst being an effective team player. While all these virtues struck a familiar chord with me, what resonated most was his portrayal of his endeavour to be 'all things to all people'. In other words, at all times to be sensitive to, mindful of, and appropriately 'match' and respond to his diverse counterparts' specific frame of mind, mood, and psychological state of the moment. I regard this not only as a prerequisite quality for success in our therapeutic profession, but also in all sectors of healthcare and human interaction in life in general.

The Saturday and Sunday afternoon Sessions offered a superb selection of immediately applicable practical workshops and stimulating interactive talks. The spectrum ranged from Kinesio® taping or discovering

the intrinsic body-wide fascial connectivity in all function, to appreciating the incredible physical and emotional impact of being a professional musician, or the psychological implications of career-threatening illness or injury; and from clinically identifying and addressing restriction/compensation-generated pain and movement control dysfunction, to a tensegrity-modelled understanding of 'extra muscular myofascial force transmission' (EMFT).

The afternoon closed with a surprise presentation by the Federation of Holistic Therapies (FHT)'s Vice-President to Mel Cash in honour and recognition of his creation and stewardship of the London School of Sports Massage (LSSM) over the past 25 years.

An early evening respite was followed by a relaxed and sociable buffet dinner in celebration of LSSM's 25th anniversary. Punctuated by frequent laughter, the evening offered everyone a stress- and work-free opportunity to exchange stories, memories, and jokes as well as get to know 'new faces' and catch up with dear colleagues and session leaders. Mel turned quite emotional as he was presented with an unanticipated LSSM anniversary plaque, together with a cheque donation towards his Ethiopian 'Rural Clinics' project. Clare Leo and Vaneeka Patel from LSSM office then made a triumphant (re-)entry, bearing a surprise giant 'LSSM 25th Anniversary' decorated cake, complete with full colour icing logo! The donation was collectively raised by tutors and other close colleagues/associates of Mel's, while the cake was the result of an additional 'conspiracy' between Vaneeka, Clare, and myself.

The Sunday proceedings opened with a captivating presentation from Australian physiotherapist, researcher, and tutor Mark Comerford, on 'restriction/compensation' dysfunctional patterns and ensuing 'uncontrolled movement' (UCM) consequences for patients over time. He discussed various clinical implications before offering valuable insights into how to identify and address these.

Distinguished researcher, scientist, and lecturer from Vrije University (Amsterdam) Peter Huijing completed the keynote sessions with a brain-challenging exposé on the fundamentals of 'extra-muscular myofascial force transmission' (EMFT), from cellular level through inter-structural tissues to body-wide impact. This tensegrity-based model offered abundant food for thought with regard to how we understand clients'/patients' often apparently unrelated symptoms, and develop and apply an integrated, 'whole-person' approach in our bodywork.

More captivating afternoon Sessions followed, including 'repeats' of Saturday's over-subscribed taping and AnatomyTrains®-modelled workshops, and two 'classic Mark Comerford' hands-on master-classes with immediately relevant/applicable material from his morning contribution. Those seeking a more theoretical learning option were treated to advanced interactive lectures by Peter Huijing and Colin Paterson on EMFT and the anatomy and (dys)function of the often 'obscure' or 'forgotten' thoracic region respectively.



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As the event drew to a close, brains were steaming with newly acquired knowledge, and adjusting to the diverse neuro-physiological effects from fascial, taping, reciprocal inhibition-based muscle energy technique, and other applied interventions.

The only blemish on the occasion was the disappointingly, and in my view disconcertingly, low percentage attendance uptake in relation to ISRM's current membership. Extensive efforts and funds had been invested over in

excess of eighteen months, to plan an optimally balanced, varied, and relevant event bringing together outstanding internationally sought-after contributors 'under one roof'. Registration fees had also been very carefully considered and adjusted in light of ongoing economic constraints, resulting in significantly lower rates compared to similar events elsewhere.

In contrast, an invaluable opportunity for self-development, networking, and

socialising with like-minded people in a warm, enthusiastic, and friendly environment rewarded all Conference participants – presenters, delegates, and organisers alike.

My very grateful thanks to Mel, Vaneeka, Clare, our presenters/workshop leaders, and sponsors/supporters, as well as to all who attended, for making the event possible and so successful. I wish everyone enjoyable viewing of the photos and feedback on the following pages!

'The Earth is Flat'... A cellist-cum-SRM therapist's take on the ISRM Conference

from Felicity Vincent

Thank you ISRM. What an amazing weekend! The problem was choosing what to miss – a lose-lose game. At least the Keynote Presentations didn't compete!

The Pure Mel intro well and truly warmed us up with its microphone-indigestion and trip-wires before Professor Ceri Davies took the stage. He had us glued to his every word as our Neanderthal forebears were dismissed as 'thick' in every way, which left the field open for the superior, thumbled, fine-limbed *Homo-Sapiens* - us.

He posed questions about a future in which modern medicine no longer makes 'Survival of the fittest' a rule. How will this affect our development? Our race is, on the whole, growing taller. Will this continue if lifestyle remains sedentary? A delegate wondered how the digital thumb will develop in light of the omnipresent electronic age... I would gladly listen to more of Professor Davies' lectures!

The morning flew on with Neil Black telling us about his ups and downs since his LSSM postgraduate teaching days. As a classical cellist, I wonder at and am amazed by top

sportsmen and was fascinated by Neil's running history and what had 'ignited' him. He has certainly reached the heights that many ISRM trainees would (almost) give their right arms for, but it hasn't all been a straight run. You can't go wrong telling your audience all the factors Mo Farah knew he had going for him on the Start line at the London Olympics. This musician was staggered at the size of his team of trainers and body workers. Now the challenge is on to prepare every aspect for Rio. I'll be watching!

On Saturday afternoon I was torn between loyalty to David Katz, who over the past decade has taught me most of what I know about the body, and James Earls whose teaching I hadn't yet experienced although I love the Anatomy Trains concept. With regret I missed David's sessions, but was over the moon with James' presentation which clearly demonstrated the long myofascial chains and fascial glide. The film clip of movement between the adductor muscles just might even have taken me a step closer to attending a dissection class! His Active Fascial Release session gave us techniques to use as soon as we got home.

James is gentle and easy to follow and his assistants were very attentive and helpful. It was a really useful afternoon.

Present at James' sessions was Professor Peter Huijing, our distinguished Sunday Keynote speaker from Amsterdam. He is by type a direct descendant of those immortal Dutchmen depicted by Rembrandt honing their dissection skills in search of knowledge of the sublime, the link between the hand and the brain. This is a man who can make a maths-fearing cellist fall in love with a sarcomere! He surely epitomises what the ISRM is about. An enterprising teacher instructed him at primary school that the earth is flat and maintained the pretence to his puzzled class for some weeks. It showed his pupils how hard it is to change world-accepted views and was a healthy base upon which to build challenges to accepted scientific theory, which Huijing and his followers continue to question and extend. Much more is known about extra-muscular myofascial force transmission than fifteen years ago, but there is far more to be discovered and it isn't simple!

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A glimpse of two ISRM Conference Sessions... and a remarkable decade of collaboration involving 'flutes and cadavers'!

'The musician as an athlete: A Masterclass in postural coaching for elite musicians'

with David Katz and Anna Pope

'On this basis, a whole range of techniques and exercises has evolved, which we use with my students. Initially I was interested in correcting posture to avoid pain and injury. The big surprise has been the extent of the improvement in playing quality. This has opened a whole new dimension for me, a dimension generally lacking (with some notable exceptions) in the education of the musician.'



Anna Pope: Flute teacher at The Purcell School, Junior Royal Academy of Music, Trinity Conservatoire of Music.

What Anna Pope says... 'Taking care of the flautist' – The 'Sound Collaboration'

What do cadavers have to do with flute playing? How did I, with an educational background entirely in the arts, find myself attending Imperial College, London, for an anatomy course? Do you know where your tongue is attached? Do you know precisely where your diaphragm is located, and how it affects other muscles?

I always knew roughly what 'good flute posture' should look like, and was fussy about it in my teaching. I had some experience of Alexander Technique, and would refer pupils with postural problems for lessons. But I

could not have described what constitutes 'anatomically ideal posture'. I had not realised the extent to which playing involves the whole body – how, for instance, tight hamstrings can affect breathing.

Then in 2003 I met David Katz. I dropped in to a Pilates class, just to see what it was all about, and he was teaching. I felt immediately that there was something here very relevant to me as a musician. This was the beginning of my collaboration with David (whose bodywork skills range far beyond Pilates), and of our research into the effects of flute playing on the body. On this basis, a whole range of techniques and exercises has evolved, which we use with my students. Initially I was interested in correcting posture to avoid pain and injury. The big surprise has been the extent of the improvement in playing quality. This has opened a whole new dimension for me, a dimension generally lacking (with some notable exceptions) in the education of the musician.

Through this work, I am gradually learning about anatomy and becoming ever more fascinated. I now know where the tongue is attached – the root of the tongue is attached to the chin, in case you were wondering!

David Katz: Manual therapist, Clinical Pilates practitioner, LSSM tutor

What David Katz says...

Soon after Anna joined my Pilates class, she

approached me to help her resolve a neck injury. Having worked with elite sports people and performers, I quickly became fascinated with the precision required by flautists in particular and musicians in general to perform at a high level. I was easily persuaded by Anna to help some of her young students. This was the start of a journey I have become passionate about.

Via my exposure through Anna to some of the music schools and colleges, I was shocked and at the same time saddened to see the lack of physical support and education provided to young, growing children, who are subject to the same pressures and expectations as adult musicians. This has led to us working together with the aim of educating young musicians and proving to them the importance of looking after their bodies.

We believe in 'prehab' versus 'rehab', and that therapies such as physiotherapy, massage, and osteopathy can be used as a preventative tool rather than just to 'fix' problems. Part of what I do is to identify problematic areas that the young flautist may have, and maybe apply some soft-tissue treatment alongside prescribing tailor-made exercises for that individual. My approach is always holistic. I believe that the physical stress placed on elite musicians is similar to what athletes and dancers experience, so I recommend physical warm-ups, stretching, relaxation strategies,

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and warm-downs. It is also fundamental that the musician find a movement discipline to keep fit, healthy and strong outside of their practising and playing, in order to maintain optimal performance.

The 'Sound Collaboration' explained...

What follows is a brief description of the work we do and the rationale behind it.

The way most people live, even without doing something as strange as playing a musical instrument, is often not conducive to good posture. There is a shockingly high incidence of muscle and joint pain among musicians. Playing an instrument places huge physical demands on the body, something often not appreciated until problems arise in later life. Young musicians face more pressure today than ever before to achieve, as standards rise and competition increases. They will never attain their full potential without a fit body — hence the name 'Flute-Fit' for our collaboration. However, we are concerned about all musicians.

Understanding basic functional anatomy and keeping oneself in good shape is surprisingly easy with a little time and effort and the right help. It is also very interesting and rewarding as the benefits become clear. For young musicians this should be an integral part of their education. Once they experience the improvements to their performance (which can be dramatic), they appreciate the value of the work and are able to carry this investment into their professional lives.

We are prioritising the young and their educators to help foster a revolution in attitude. Music schools and colleges need to consider the physical fitness of their students as fundamental; this should be part of their remit, not an option. There is now a growth in awareness of the need for dealing with the physical; note the articles by distinguished contributors to the British Flute Society (BFS) Journal, and the flourishing 'wellbeing' section at BFS conventions.

Musicians wishing to explore this field need to find a movement practitioner who teaches the discipline that appeals to them. They must have an enquiring mind and be willing to learn, and be open to re-evaluating their playing practices and teaching methods.

For there to be a fruitful collaboration, the movement therapist must be well informed in their area, must be interested and curious to learn about the unique demands placed upon the musician by their chosen instrument, and be willing to listen to, and learn from, the musician. Crucially there must be a meeting of minds.

'Good posture is fundamental to good playing posture!'

This is our basic model:

- Consider the musician in terms of: posture, limb proportions, muscle strength and weakness, degree of relative flexibility/inflexibility or even hypo/hypermobility, body awareness and proprioception.
- Eliminate and/or treat any existing issues and devise strategies to address any dysfunctional areas/patterns.
- Teach the person to recognise their ideal standing and sitting posture, explaining the anatomy with the help of 'Stanley the Skeleton'.
- Help the musician to find their ideal playing posture.
- Fine-tune and hone for performance.
- It becomes very clear to performer, therapist, and listener alike how working with the body affects function, comfort, and, excitingly from the musician's point of view, sound quality, technical ease, and confidence.

This close teamwork over a number of years, combining Anna's talent and expertise as a teacher at elite music institutions and of young elite musicians, with my knowledge and hands-on skills as a soft tissue, postural and movement therapist, continues to be very rewarding, and results can be instantaneous.

A typical session would entail postural coaching to identify and correct issues to avoid injury and improve sound and performance quality.

The format would be two soloists – a flautist and either a violinist, cellist, or saxophonist (depending on who is available on the day) receiving a 90 minute class. We would be using video (high speed and normal speed)

and sound feedback, with the session including audience discussion and feedback.



Anna Pope studied with Maija Lielausis and later with William Bennett, after graduating from Oxford with a First in Russian. She has given many recitals in this

country and in Europe, and broadcasts on Swedish Radio.

Her ensemble 'Pipe Dreams' has recorded music for two flutes and piano.

She has been a professor of flute for 20 years at the Junior Royal Academy of Music (RAM), and has taught at the Purcell School for nearly as long. She is also on the professorial staff at Trinity College of Music. Teaching is the focus of her interest and her pupils have enjoyed notable success. They have maintained an almost continuous presence in the National Youth Orchestra (NYO) since 1993, including three as principal flautist. In 2010, Emma Halnan became the second of her students to achieve Concerto Finalist status in the BBC Young Musician competition in 2010.



DAVID KATZ Dip.R.M. Dip.M.Sc is a highly skilled movement consultant and manual therapist, with a passion for the biomechanics of ideal

dynamic and static posture.

He uses a variety of massage, mobilization, and movement techniques to maintain or restore ideal function. David manages his own busy Remedial Pilates studios and Bodywork practice in London, and runs his own courses, as well as being a senior tutor at the London School of Sport Massage (LSSM), and lecturer on the 'Balanced Body Pilates on tour'. He is also a presenter on other mainstream Pilates courses at graduate and post-graduate level.

In private practice for nearly twenty years, David has worked with clients from many fields and backgrounds, and has a particular interest in performance and pain affecting performing artists.

Thank you for a really interesting and thought-provoking conference. I had debated for a while as to whether to attend, but decided it would be worth the trip up to London to meet up with tutors and fellow graduates. The taster workshops were also a draw and I decided on the Parts 1 and 2 Dynamic Taping. Fantastic!! That tape is certainly magic!! I had been wondering whether to do a proper weekend workshop, but having now done the taster workshops at the conference, I have decided I will definitely be enrolling on one in the new-year.

The speakers were interesting too and it was great to catch up with my tutors and fellow graduates and be around people that have helped and inspired me on my massage journey!!

Thank you again, kind regards, Linda Richards



I attended on the Saturday and thoroughly enjoyed the whole day. The guest speakers and workshops were extremely informative and useful.

The evening buffet was also very good but could have been slightly earlier. Overall, a great day.

Regards, Adrian Edwards



'My four-week old baby made me choose just one day of the conference and wow, what choice!

In the end I chose the Sunday and decided not to chop and change too much, so I mainly went to all of Mark Comerford's sessions. He was so good and inspiring, talking of his work on the diagnosis and then rehabilitation of people with what he terms 'Uncontrolled Movement'. He showed how this UCM underlies much of the postural musculoskeletal pain that people experience. His theories really resonated with me as I see these issues every day in clinic, and I will be following this up (I've bought his book and will probably do his course too).

Professor Huijing's lecture on his 30 years of lab work into the wonderful and slightly strange world of Fascia was very interesting too. Well done Tanya for securing these two world leaders (I think) for the conference, and well done to everyone else at the ISRM for a super stimulating day.'

Kind Regards, Charlie Pollington



The ISRM conference exceeded my expectations. The first two speakers provided lots of food for thought and not only inspired me to make changes to my practice, but also my life. To have had the opportunity to listen to Neil Black talk about his career and his motivation, I feel extremely lucky. The workshop on Taping was very informative, and I've already been using it in my practice. At a time when I find it difficult to decide which CPD course to spend my hard-earned cash on, I couldn't have done better than attend that day.

Thank you all. Carol Stratford



I thought the speakers and workshops were great, varied and interesting. I thought that it was good value for the quality of the presenters.

I personally couldn't commit to two days. I think that I would have needed a lot more of a heads up to clear the diary for a whole weekend. I think that a one-day conference would have been better. Also, it was a long day, with lots of breaks. It could have been condensed down.

Kind regards, Hazel Clark



As always some fascinating insights, especially Mark Comerford's snippet about the stronger you contract the muscle, the better the result in terms of stretching – has big implications for the application of MET!

Mainly my thought is that it is always interesting to hear talks from people involved in elite sport, but I guess most therapists work with the general public so more of a focus on that might be interesting in future events.

Regards, Andy Morgan



I thought the Conference was excellent and really enjoyed the sessions I took part in. I especially liked the Sunday afternoon sessions with Mark Comerford and would be interested in doing some more workshops along those lines. Well done for doing such a brilliant job of organising!!

*Kind Regards,
Alison Dalziel Christoforou*



Just a quick message to say I really enjoyed the conference – I found all the speakers very informative in many different ways.

I attended James Earls' workshop on the Saturday, which I found mind blowing and would love to continue to learn about 'Active Facial Release'. I think because we only had time to work on one leg, you could really feel the difference between the two... a feeling that continued for days afterwards. Very odd, that, and his very convincing suggestion that the SCM is a hip flexor too – after his demonstration, we couldn't really argue with him... maybe with a better understanding of fascia and Anatomy Trains I could!

On Sunday I attended Mark Comerford's workshops, which gave me a greater understanding and love for MET, a technique I hadn't got on with before this workshop.

In summary, it was money well spent learning from the best, so thank you and your colleagues so much for the experience.

Kind regards, Sharon Gwynn



I found the Conference informative and inspiring, from the keynote speakers to the practical 'hands on' workshops. It was a great day to catch up with colleagues and friends, and I left London with fresh thinking and a renewed zest for soft tissue therapy. Thank you for the day!

*Kindest regards
Jessica Rickards*





I really enjoyed the conference. It was an amazing experience and opportunity to meet fantastic therapists and listen to interesting lectures/workshops. Hope there will be many more in the future.

*Kind regards,
Natalia Kwiecinska*



It was one of the greatest conferences I have attended! The talks and workshops were of very high standard. Some of the speakers and the instructors are very famous and I feel so fortunate to have seen/heard many of them in one weekend. It must have required a lot of efforts on the side of the organizers to draw all of those eminent people. Thank you so much! I hope we will have a conference annually.

Kind regards, Tonoko Hoggard

I thought it was a great day (I only attended on the Sunday) and I was very impressed with the quality of the talks. The only problem was that with so many good speakers, I would like to have heard them all but obviously had to make choices. Please let me know about further events.

Best wishes, Clive Lathey



I had a fantastic weekend. I came home full of new insights – was impressed by the broad range of backgrounds from the professionals leading the sessions. Can't think of a better way to earn some CPD. Here's to the next 25 years.

*With best wishes,
Ian Tennant*



Excellent day at the Conference, Neil Black's talk was brilliant, really enjoyed the Active Fascial Release class with James Earls. I know a little more now than before the conference... Well done for all your efforts in putting on a great conference.

*Thank you, regards,
Roy Harwood*





Very good conference - I only attended Saturday but was very impressed with the quality of the speakers. I attended the workshop with David Katz and learnt a lot and felt very inspired, plus we had a wonderful high quality music performance thrown in.

Anette Holtmeyer-Cole



I signed up for the conference almost as soon as I received the first details as I was so excited by the speakers and workshops offered: it was just what I wanted! I was not disappointed – the workshops (I attended the James Earls and Mark Comerford ones) and lectures were as inspiring as educational and provided much to think about further.

I also came away with things that I could incorporate straight away into my practice and ideas as to future CPD that I would like to do. Everyone was friendly and I liked the balance of lectures in the morning and workshops in the afternoon.

*Thank you to all the organisers and speakers, it was wonderful!
Kind regards from Kate Sheridan*

Jonathan Katz's psychology lecture was absolutely amazing, with only nine people attending, it felt really personal and I was thoroughly interested in his topic. I thought he delivered it exceedingly well and passionately, so I would definitely be up for going to one of his CPD courses in the future. Thanks again for arranging such a positive day,

Kind Regards, Poppy Bowler



The ISRM conference was an enjoyable experience. It was great to meet so many other therapists, and not just those trained at LSSM. The speakers were thought-provoking, especially Prof. Ceri Davies. His final comment, that I have savoured ever since the conference, was that 'medicine is good for the individual, but not for the gene pool; modern society has no selection pressures to force evolutionary changes.'

Roger Hamilton-Smith



Really enjoyed the conference... Good to catch up with people from the course... Speakers – informative and inspirational... Workshops – good to remember we all need to continually develop our practice, and that it is possible to develop ideas for the sector... A great way to add to your CPD hours!

Neil Sellman



Event Work

London Marathon 2014: A massage team leader's day with Meningitis Now

From Gabby Bignell



After three years of participating in the London Marathon as a post-race massage therapist with the ISRM, it was great to be offered the opportunity to be a team leader for my fourth year, supporting the Charity Meningitis Now. Sunday 13th April dawned stunning and sunny, which I always think helps buoy everyone's spirits and starts the day off well. Of course, my second thought was for the runners who could well suffer more exhaustion and dehydration-related complications both during the marathon, and definitely by the time we got to see them at their post-race reception! My first time working with the charity Meningitis Now was great, and Becky, their Events Coordinator and my contact, was so helpful and friendly running up to the big day, and in our set-up. We were stationed at The Overseas League House, just on the edge of Green Park and a short walk from the Finish line. This was very handy to give our seven-strong team a chance to see some of the day's running action first-hand before our massage work. We were provided with a lovely packed lunch and any drinks we needed, and had the opportunity beforehand to get the feel for the reception party and the day as it unfolded.



Something rather unusual, and which I had never encountered before at the LM or other event, was that each therapist had their own hotel room to work from (bar one double, sharing, room), complete with en-suite shower (for the runners – shame...) and a large, wall-mounted, flat screen TV showing live marathon footage! All towels for our use were provided by Meningitis Now, which was also a big bonus. There was a moment of slight panic when we realised the towels were also intended for the showers, but actually there were plenty enough to go round in the end... phew! Our team of therapists was assembled, set up and after a short team briefing, raring to go by midday. Most were on the same LSSM Diploma course (24G), so a great atmosphere of excitement and team spirit was already in place, which was wonderful.

With just over one hundred participants expected at the reception, there was an anticipatory buzz amongst the team (even separated by their individual rooms!) before the first runner came in at around 1.15 pm. The en-suite showers proved a real treat for the competitors, however they (understandably!) found it almost impossible to leave them. Some runners wanted a massage without a shower, while others wanted a shower but on emerging found the therapist in the adjoining room already treating someone else! I had to abandon my lovingly pre-prepared runners' list, as this new situation created an interesting and quite amusing game of 'spot the free shower room' and 'spot the available massage therapist', which Becky (another MN staff member of the same name) and I spend much of the day organising, running up and down the corridor to accommodate everyone as quickly as possible. As things finally started to quieten down, it was a joy to walk around and watch the team 'working their magic' on the runners and their various states of post-race recovery. Great attention was given to making them feel welcome and



ensuring they got the massage they wanted, while treating any other obvious areas needing attention. A full range of both new and more familiar techniques were in use, including STR, MET and of course effleurage, petrissage, friction, etc. As we were packing-up after 5.30 pm, a few unexpected and dishevelled late-comers appeared, and the team, rather than calling it a day, very professionally really pulled out the stops, ensuring they were also treated. A huge thanks to my hard-working, excellent, and fun massage team (Annette Cowling, Beth Clark, David Meer, Elizabeth Irvine, Helena Martin, Juri Nael and Kerri-Anne Langendoen) for making the London Marathon 2014, specially on my first occasion in a team leader role, so enjoyable and memorable: you should be very proud of yourselves. It was a pleasure to spend the day with you all and I wish you the very best of luck in your massage careers!



The Meningitis Now Massage team members

Team leader: Gabby Bignell

- Annette Cowling
- Beth Clark
- Juri Nael
- Elizabeth Irvine
- Helena Martin
- Kerrie-Anne Langendoen
- David Meer

Event Work

The 2014 Brooks Pre-London Fleet Half Marathon (Sunday 17th March): Sport Massage in the sunshine!

From Danielle White

'The atmosphere was amazing – as soon as we had completed one twenty-minute session, we were ready and waiting for the next, treating a wide range of runners from different locations, with contrasting experiences and levels of training. One soldier in particular merits special mention for completing the race with a Bergen on his back! He was duly rewarded with a simultaneous massage from both Shirley and Victoria!'

'In my personal view, this time is just as invaluable as the hands-on practice. Many of us work as self-employed therapists and we discussed ways of improving our skills, developing our business, recommended courses, and generally each gave one another support. I gained great advice from Jo on teaching, and CPD courses from Jenny. Event work gives you that spark to go straight home, read more, research, and focus on your self-development, which is what I did.'



The alarm beeped at 6.00 a.m. on Sunday 16th March – not the norm for most, but this was my wake-up call for supporting the 2014 Brooks Pre-London Fleet Half Marathon, alongside a team of experienced Sports & Remedial Massage Therapists (SRMTs). As I drove down the motorway away from my North London comforts, the sun was beaming down, the air was crisp and fresh, and even at 7.00 a.m. the

weather was setting the mood for a positive day for both SRMTs and competitors. Having taken a gap between training and qualifying as a therapist, I found attending event work a lifeline in building up confidence in my hands-on skills, sharing best practice with colleagues, and working in different environments. Alongside the practical element of event work, I loved the atmosphere, witnessing the nervous

yet excited runners in preparation with their friends, families, and supporters, who would later be cheering them on as they crossed the finish line. The ambience within the massage area was just as energising, as we prepared to treat many legs and lower backs. While the more experienced team members knew what to expect, the newer ones felt similar to the runners: excited but somewhat nervous of what the day ahead would bring. With the sun already warm at 9.00 a.m., colleague Jo (Chatfield) was relieved that she could dispense with woolly gloves between treatments, and that couches would not be sinking into the mud as she had experienced in 2013!

Jo and I were joined by five other fantastic ISRM therapists – Shirley and Adam representing the Midlands and Tanya (Boardman), Victoria, and Roger representing the South. Local multidisciplinary clinic Back to Action was in partnership with the event, whose Director Jenny and therapists Jenine and Sarah complemented our ten-strong team boasting many years' experience.

Event Work



Pre-event: set up, sunshine and warming up

As the event crew were in preparation, we made our way to our designated marquee. As many of you know, massage areas are sometimes located in the smallest, remote locations away from all the action, adversely impacting on the success of pre- and post-race treatments. Not in our case though – highly experienced Race Director Penny Abbott had sited us in the same marquee as the chip collection/baggage drop-off points, which most importantly were right next to the Finish line. This ensured that every competitor would need to pass by both before and after the race, maximising our exposure. So we were in luck not only with the sunshine but with the location!

As we introduced ourselves and organised our plans for the day, we eagerly awaited pre-event punters. Most runners were more interested in a 'traditional' warm-up than a pre-race massage, so we treated just six competitors before the start. Most of these understood the benefits of what we could offer, and provided us with our own 'warm up' for the event. We didn't stop there though – Adam demonstrated his phenomenal sales techniques and did an amazing job at generating interest, so we began to pre-book post-event treatments as the runners queued to collect their race chips.

10.30 a.m.: They're off!

As the runners and supporters made their way to the start line, the park cleared pretty quickly, leaving just us, the bacon

butty stand, and of course an ice-cream van. At this point the weather was beautiful – not a cloud in the sky... so we used our 'downtime' wisely by sitting in the sunshine with either a 99 ice-cream or a bacon butty, giving us the opportunity to get to know each other and share our experiences in SRM. In my personal view, this time is just as invaluable as the hands-on practice. Many of us work as self-employed therapists and we discussed ways of improving our skills, developing our business, recommended courses, and generally each gave one another support. I gained great advice from Jo on teaching, and CPD courses from Jenny. Event work gives you that spark to go straight home, read more, research, and focus on your self-development, which is what I did.

From jog to sprint!

By 11.30 a.m. we knew the elite competitors would be close to the finish line. The Back to Action team moved their couch to the front of the marquee and completed mini treatments on each other to highlight our presence, and Adam was ready to promote us to the finishers as they crossed the line. At 11.40 the first runner came through, and this was our start time for our event!

Over the next hour we moved into a 'jog', with a steady flow of runners filtering in and mostly treating legs, gluts, and lower backs. Many competitors were using this race as preparation for longer distance events such as the London Marathon. One triathlete was going to jump on his bike and cycle straight back to London after his massage, as part of his Ironman

training! With the warm conditions, we were expecting muscle cramps and dehydration, and there were indeed a few cases of runners not remembering crossing the finish line, and/or feeling dizzy. Our collective experience meant that we were prepared for all eventualities, and able to call upon the St John's Ambulance First Aid team when needed.

Our location was key to our success, and from 12.30 to 2.00 p.m. we were in 'sprint mode', with back to back treatments and a queue of runners waiting for some all-important hands-on work. The atmosphere was amazing – as soon as we had completed one twenty-minute session, we were ready and waiting for the next, treating a wide range of runners from different locations, with contrasting experiences and levels of training. One soldier in particular merits special mention for completing the race with a Bergen on his back! He was duly rewarded with a simultaneous massage from both Shirley and Victoria!

Of the 2,500 competitors, we treated 50 – six pre-event and 44 post-race. The sunshine and our location at the Brooks Fleet ½ Marathon greatly contributed to our team's achievement of that number. It was a pleasure to be a part of and meet some wonderful therapists. I will definitely be coming back next year!



Event Work

2014 event work roundup

From Tanya Ball



A warm welcome to all new and existing members to the ISRM Event Work section. May I start with a couple of '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 '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.

2014 Summary

2014 has, perhaps fortuitously for me, been a quiet year in terms of ISRM providing onsite SRM (Sports & Remedial Massage) at sports events. This was largely due to London and Blenheim Triathlon/RTTB Half Marathon organisers IMG electing to appoint a different massage provider for this year's events. From a personal point of view, this unrequired organisation input was more than offset by my heavy involvement in planning and coordinating our own landmark 'event' – the recent LSSM 25th Anniversary ISRM Conference. However, a number of our members offered their comprehensive soft tissue skills at the following events this year:

- Fleet pre-London ½ Marathon – March
- London Marathon – April
- Hotelympia 10 k – April
- Ride London cycle event (SRM team for Help

the Hospices charity) – August

- Reigate ½ Marathon – September
 - Pilgrims' Full and Half Marathon – September
- In addition, we received requests from charities for various smaller events, but unfortunately things failed to materialise as either they recruited therapists from other sources (charities often approach several massage providers concurrently, which can be frustrating), or no response was received from members.

The above represents participation from some 120 students/graduates. 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 some of the above events can be found elsewhere in this Section, and make excellent reading, alongside great photos that reflect the buzzing atmosphere – enjoy!

2015 and beyond

I have not received confirmation at the time of writing, regarding our involvement in some of our regular events next year, but the Fleet Pre-London ½ Marathon is almost certainly 'on', while the London Marathon is definitely so. 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. I am also actively pursuing other event work opportunities which hopefully will materialise and be announced in due course.

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)

Event Work

- 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.

'Run Reigate' – Half Marathon and Fitness & Food Festival, Sunday 29th September 2014

from Jo Chatfield



The Facts!

- Date/time: Sunday 29th September 09.00 hrs
- Location: Priory Park, Reigate
- Route: starting and finishing in Priory Park, the course took runners down to Horley and back through lovely Surrey countryside
- Number of runners: 2,863
- Spectators: over 10,000 people cheering on their friends and family and enjoying the festival
- Event SRM service: seven ISRM therapists (students + team leader) plus thirteen other therapists working on behalf of Chart Clinic in Reigate
- Total number of treatments: 185 post-event massages over 2 ¼ hours.

The details!

Miss United Kingdom was flown in by

helicopter to kick off Reigate's inaugural half marathon. Roads were closed and the never-ending stream of runners was pleased to be set free bang on time. In the very large massage marquee, we were all eagerly awaiting the first finishers, and didn't have to wait long. The first man crossed the line in 1 hour 10 minutes, and from then on we hardly had time to think and worked flat-out for over 2 hours.

As an ISRM tutor, I could see immediately who had been ISRM-trained. The way our therapists were well prepared for event work, their effective use of their couches and of appropriate techniques made them stand out from the crowd. It was a very intense two and a half hours of consecutive massages, but no one from ISRM flagged or needed a break – whereas I couldn't say the same for all the remaining therapists...

Most people who came along expected to pay for massage, but we were not allowed to charge – one of the terms of the sponsorship deal Chart Clinic had secured. We got around the (in my opinion) awful practice of offering massage for free by collecting donations for the official race charities, and selling charity raffle tickets. Most runners were only too

happy to give something back for the excellent treatment they had received.

I was so proud to be part of a great team on a very special day for my home town. My only regret was that we were so busy that I didn't have a chance to look around the rest of the Fitness & Food Festival and sample the food, drink, and exercise classes on offer. My grateful thanks to all the therapists for turning up so early on a Sunday morning and working so hard on a 'day off' – great job done by all!

All involved in Run Reigate were saddened by the death of a 27 year-old male runner from Battersea at the event. Our thoughts are with his family and friends. Such tragic situations remind me of the importance of observing contraindications and working to high professional standards.



Event Work

Pilgrim Marathon & Half Marathon, Farnham, Sunday 21st September 2014

from Roger Hamilton-Smith

'Overall I enjoyed a great day out, met and worked with excellent fellow-therapists from a wide range of schools. We had plenty of time to swap stories, techniques, and opinions, which was probably as valuable as the income earned.'



The weather for the event was superb with sun, a stiff breeze, and blue skies littered with fast moving clouds. Finding the venue, the Sands Recreation Ground, Farnham, was simple – it was a matter of just driving slowly through the swarm of oncoming spectators. The event staff's 'high-viz' vests were excellent markers, and their owners had been briefed to expect a team of soft tissue therapists.

There was plenty of parking on the field, and although the event was underway, we were able to drive right up to the massage marquee to unload equipment. Unlike some events, the Pilgrim event organisers and staff were forward thinkers and clearly experienced at this kind of event.

The massage area was large, well lit, with plenty of tables and chairs. This would allow the team to focus on the treatments, rather than wasting time herding the runners about. An admin table was set up with a pre-massage medical checklist and a signing-in sheet.

Although I was the lead therapist for the day, it was a role in name only. The team worked very

well together, swapping roles of administrator, organiser, refreshments, and promoting our services to the race organisers, as well, of course, as 'therapists'! There were no major emergencies to deal with, the St John's Ambulance team even referred a couple of their casualties to us.

As the first finishers came over the finish line, it seemed as though we would have a wasted day. After a quick word with the race PA announcer, we soon got busy with treatments, with a couple of competitors having to wait during a short peak period. We were very proud that nobody had been turned away, nor had anyone waited for more than ten minutes for their massage.

We agreed as a team of therapists on a time limit and fee per treatment; at the end of the day we donated around 10% of takings and divided up the rest between us.

A few lessons could be learned for future years, including specially the following:

1. It transpired that unbeknown to us, the race announcers were advertising the

post-event massage as free of charge. It took us some time to work out what was happening and rectify the problem – as it turned out, only one person declined to pay for their treatment. Perhaps supplying the PA announcer with a short printed script, explaining what the therapy team was offering, could prevent this confusion in future.

2. Although the massage marquee was huge, the signage for the post event massage was almost non-existent. Large posters, banners or other signage would certainly have increased client numbers. However this would incur additional cost, which has to be met by someone. Perhaps the ISRM could offer a solution to event team leaders, provided that the ISRM benefited from adequate promotion in return?
3. The pre-agreed treatment session duration should be more rigorously observed to ensure that waiting times are kept to a minimum. It would also ensure that all therapists carried out a more equal number of treatments.

Overall I enjoyed a great day out, met and worked with excellent fellow-therapists from a wide range of schools. We had plenty of time to swap stories, techniques, and opinions, which was probably as valuable as the income earned.



Other ancillary news/updates

Update on Mel's inspiring 'nothing to do with massage' Ethiopian project!

From Tanya Ball

As a few of you are aware, Mel has for the past year been telling his friends and close colleagues about his 'Ethiopian project'. This arose from a chance conversation with a poor, but very bright young student, Tim Alemu in 2007, whilst on a trekking holiday in Northern Ethiopia. Tim (now 29), sister Birtukan (25), and younger brother Kibret (19) had been orphaned some years prior due to an epidemic, had been looking after each other ever since, and were deeply committed to 'making a difference' to their local community. Appreciated by all of us for his generous heart (among many other attributes!), Mel single-handedly funded the elder two through university, with Tim graduating in 2012 as a Medical officer specialising in community healthcare, and Birtukan as a Nurse last year (see pictures), While Kibret is training is Business Management.

Their relationship with Mel drew even closer during his August 2013 visit, when the foundations were laid for them to achieve their dream of using their education to help their community. A sound, sustainable plan to set up medical clinics to provide a high level of healthcare for the first time in the remote rural area around Lalibela



Tim at his Graduation Ceremony

was set up, supported by the Ethiopian Government who donated plots of land to build the clinics.

Construction is now well under way, and the centres will provide essential, often life-saving, medical care from minor surgery and emergencies through to family planning and promoting community health. The project has been designed to become self-funding after an inevitable initial phase of reliance on external finance. To date, virtually all costs associated with the Project have been absorbed personally by Mel as the prime benefactor, with small contributions from close friends and colleagues (see Mel's 60th Birthday stories in the December 2013 Newsletter Issue). However considerable further funds are urgently needed to complete the works, purchase vital medical equipment and in due course medicines, etc.

Because 'massage is not part of the project', Mel didn't really think it should be mentioned in the Newsletter (so don't tell him, or I'll get the sack!). But we, his close friends and colleagues, believe this is an inspirational story that deserves to be shared and where possible, supported. So we very much hope that you will look up www.ruralclinics.org to read the fuller account, and consider making a small donation to support this wonderful project.



the three siblings



Birtukan at her Graduation Ceremony



Mel asked please to 'pass this on to all the Southampton tutors that chipped in to my amazing track day':

'On Monday 7th July I had my Track day at Bedford Aerodrome. The weather was excellent and my little Caterham performed magnificently. I went



with David Katz (LSSM tutor, friend and an ex-racing car driver), who gave me some tuition and I had some more from a track-pro. I had a few scary moments but no major spills. By the end of the day I was really tearing round the track. Engine screaming to over 100mph along the back straight

Mel's 60th Birthday Track Day treat

From Tanya Ball

then very hard on the brakes, tyres screeching round the first bend, and powering through the second bend, then flat-out along the next straight. Oooohhhh what absolute fun I had!!! Thank you very much for giving me such a fantastic day.' Mel

Expand your knowledge, enhance your skills

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 2015 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
Remedial Soft Tissue Therapist / Board Certified Structural Integrator

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

Active Fascial Release (AFR) Workshops With James Earls

If you regret missing James' introductory AFR Sessions at the recent ISRM Conference, or if you did attend them but want to learn more, please see below for a great opportunity:

Active Fascial Release course
Tutor: James Earls

Dates: 28th Feb & 1st March, 2nd & 3rd May 2015
Venue: Weston-on-the-Green Memorial Hall, Oxfordshire
Investment: £720

For further information or to book, please contact: Michelle Benjamin +44 (028) 9581 9055
workshops@activefascialrelease.com

Winter/Spring 2015 Hampshire Tutorial/CPD Programme - Basingstoke

Course Programme

Tutor: Tanya Ball MSc BA BCSI LSSM MISRM MCNHC MIA SI
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 12/02/2015 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 26/02/15 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 05/03/15 2 pm-5.30 pm	Fascial Release for the scapulo-thoracic/shoulder region HALF DAY WORKSHOP	Intro/ intermediate	Learn to address fascial restriction/imbalance to enhance clients’ postural and functional upper limb support/movement. * See also other fascial release workshops below.
Thursday 12/03/15 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 19/03/15 2 pm-5.30 pm	Fascial Release for the thigh, hip, & knee HALF DAY WORKSHOP	Intro/ intermediate	Learn to address fascial restriction/imbalance to enhance clients’ postural and functional support: hip/ leg/knee weight & movement transfer. * See also other fascial release workshops above/below.
Thursday 26/03/15 2 pm-5.30 pm	Neuro-Muscular technique (NMT)	Intro/ intermediate	Discover/expand on 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 02/04/15 2 pm-5.30 pm	Understanding the lower back and pelvis: 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 09/04/15 2 pm-5.30 pm	Fascial Release for the lumbar & pelvic region HALF DAY WORKSHOP	Intro/ intermediate	Learn to address fascial restriction/imbalance to enhance clients’ postural and functional support: leg/ pelvis weight & movement transfer. * See also other fascial release workshops above/below.
Thursday 16/04/15 2 pm-5.30 pm	Pre-exam/pre-assessment revision - HALF DAY TUTORIAL	Intro/ intermediate	Ideal opportunity to consolidate skills / maximise confidence ahead of assessments or exams. Students to select tutorial content in advance e.g. STR/MET/other...
Thursday 23/04/15 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 30/04/2015 2 pm -5.30 pm	Soft Tissue Release (STR) & Muscle Energy Technique (MET) consolidation/ development HALF DAY WORKSHOP	Intermediate - L5 Dip. w/e 5+ students/ graduates seeking confidence/ broader techniques etc.	Ideal and/or 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. Ideal pre-STR/MET assessment and/or pre-exam revision.
Thursday 07/05/15 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 14/05/15 2 pm-5.30 pm	Understanding the cervical and thoracic region: 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. ***Workshop will include rib dysfunction***
Thursday 21/05/15 2 pm-5.30 pm	Fascial Release for the trunk/ thoracic/cervical 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 28/05/15 2 pm-5.30 pm	Understanding the lower leg, ankle, and foot: essential assessment = 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 11/06/15 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’.
Thursday 18/06/15 2 pm-5.30 pm	Pre-exam/pre-assessment revision - HALF DAY TUTORIAL	Intro/ intermediate	Ideal opportunity to consolidate skills / maximise confidence ahead of assessments or exams. Students select tutorial content.
Thursday 25/06/15 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.

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.		

Expand your knowledge, enhance your skills

Self-employed vacancies for ISRM Members

Sports Massage Therapist required for established practice in Basingstoke

There is a vacancy to cover the following clinics. This could be by one or two therapists, the start times are flexible to a degree:

- Monday 10am to 9.30pm • Wed 4.30pm to 9.30pm
- Saturday 9am to 5.30pm

The hourly rate would be £17.50, which is 50% of the amount charged to the client. The therapist would work on a self-employed basis, by invoicing for the hours worked.

All necessary equipment e.g. couch, massage lotion, towels, couch roll etc. would be provided including branded polo shirt/s.

The clinic is based at the Chineham Business Park, Basingstoke, and has a professional set up including receptionist (until 6pm), waiting area, kitchen, and ample free parking.

The ideal therapist would be LSSM- or OSSM-trained, should be able to provide references, evidence of CPD, and valid insurance.

Time management, initiative, and excellent treatment skills would be essential as would reliability and trustworthiness. A minimum of one year's post-graduate clinical experience would be desirable but not essential.

Enquiries and/or applications should be emailed together with an up to date copy of your CV to: charlottemassage@gmail.com

Experienced Osteopath / Remedial Massage therapist required for busy Southampton clinic

YOU Massage Therapy are Southampton's leaders in Massage and Remedial therapy.

Earlier this year we expanded our services to include Osteopathy. We are proud to announce that growth in this field means we are seeking an experienced Osteopath / Remedial Massage therapist to join our team.

This position would ideally suit a person with skills in both areas, but we would consider applicants from both fields. Both Employment and Self Employment options would be available for the right candidate.

Please submit a cover letter and up to date CV at your earliest convenience, as interviews are drawing to a close to: youtmassagetherapy@gmail.com

Soft Tissue Therapist required for busy clinic in Farnham, Hampshire

Soft Tissue Therapist required for busy clinic in Farnham, Hampshire

An opportunity exists to take over from an existing Soft Tissue Therapist in a busy practice in Farnham. The successful applicant should be able easily to travel to Farnham. As well as treating an established client base, the ideal candidate should be motivated to create additional business through working with other local practitioners and promoting their services via local sports and other events and clubs. The vacancy has arisen due to the existing post holder relocating away from the Farnham area.

Key requirements and job details:

Qualifications/years' experience required: Candidates must hold full ISRM Membership, ideally with a minimum of twelve months' post-graduate practice. However confidence, motivation, and good interpersonal skills are more important.

Current days/times required: Tuesdays (1-8pm) and Thursdays (3.30-8pm), but additional or other timeslots could be made available.

Remuneration and rent percentage details: Self-employed basis with rent charged at 40% of client fees. Therapist collects all monies themselves (subject to negotiation with Practice proprietors). Current rates are: £57 for 50 minute and £37 for 30 minute appointments.

Free parking is usually available on site or in nearby streets.

Facilities available: Fully equipped room in large physiotherapy practice, including hydraulic couch. Post holder may wish to bring own larger towels and bolsters etc. and would need to provide their own lotion.

Key patient sub groups: General public of all ages from children to retired folk, mostly local to Farnham.

Interested applicants should email brief details of their experience and current position to Jo Chatfield – jochatters@hotmail.com

Expand your knowledge, enhance your skills



TOM MYERS

4-D Fascial Dynamics: Taking the Strain and Bouncing Back

A unique opportunity to see Tom Myers in London presenting his exciting new three-day workshop.

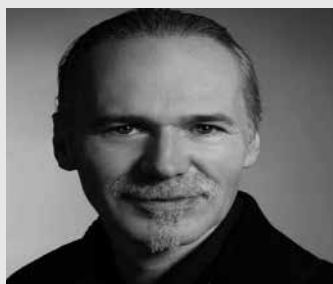
He explores the new science of the 'neuromyofascial web' in terms of fascial properties – elasticity, viscosity, and plasticity – and how these properties are practically applied to training, development, and rehabilitation. How does the fascia interact with the nervous system in healing, and the circulatory system in hydration?

How do we train youthful elasticity throughout life? Learn the fascial do's and don'ts – recommendations and cautions that the new research indicates for fascial training and injury repair. This course includes assessment skills for 'body-reading' the fascial patterns, and practical application in touch-cueing and manual-therapy technique.

Date: 30/31 January & 1 February 2015

Venue: Diorama Arts Studios, London NW1, UK

Price: £475 before 31.11.14 & £525 thereafter



ROBERT SCHLEIP

Fascia and Sports Medicine

Robert Schleip returns to the UK to teach this 3 day course where you will learn how new fascia oriented perspectives can be integrated into your daily practice.

This includes specific exercise/training recommendations, manual treatment as well as self-treatment techniques, specific diagnostic assessments as well as guidelines for a collagen-renewal oriented tapering between proper loading and recovery period.

Most sports experts know well how to foster endurance, speed, coordination or muscle strength. This workshop will equip them with the latest insights about optimal training and treatment conditions for a healthy renewal of the body-wide fascial network. Suitable for movement therapists, sports trainers and therapists, and dance or martial artists.

Date: 13-15 March 2015

Venue: Diorama Arts Studios, London NW1, UK

Price: £399 before 30.11.14 and £450 thereafter



ANATOMY TRAINS

GUEST WORKSHOPS 2015



MARJORIE BROOK

Scar Tissue Level I and Level II

International Educator/therapist and creator of the STRAIT method Marjorie Brook provides solid training in the physiological and anatomical effects and principles of fascial restrictions, scar tissue and adhesions, the latest research on fascia and the skills to apply the STRAIT Method™. You will learn a detailed approach to assess fascial restrictions throughout the body and how to manually release scar tissue and adhesions from superficial to deep fascia - including techniques for lengthening and increasing the lymphatic and venous circulation to the connecting tissues. This workshop will give you hands-on practice with different types of scar tissue. You will also be given instruction on how to utilize body mechanics that will support your clients and yourself in your work as a scar-tissue release therapist.

Scar Tissue

Level I: 18-19 April 2015 **Level II:** 20-21 April 2015

Venue: Diorama Arts Studios, London NW1, UK

Price: £280 before 30.01.15 and £315 thereafter

Special price for both workshops:
£525 before 30.01.15 £575 thereafter

Integrated Therapeutic Stretching Upper and Lower Body

An intricate, dynamic form of stretching based on the elemental actions of joints, ligaments, and muscles. The goal of Integrated Therapeutic Stretching (ITS)™ is to help the body become more efficient, thanks to an increased range of motion and the re-education of muscles. Once the muscles and surrounding fascia have been released using ITS, the body-mind complex needs to be re-trained to function in its renewed state. Discover how to assist a patient in becoming aware of these changes to their body mechanics, and find out the myriad ways the changes will manifest in their daily activities.

Integrated Therapeutic Stretching

Upper Body: 25-26 April 2015 **Lower Body:** 27-28 April 2015

Venue: TBC, Edinburgh, UK

Price: £280 before 30.01.15 and £315 thereafter

Special price for both workshops:
£525 before 30.01.15 £575 thereafter

For course bookings, contact us on Tel: +44 (028) 9581 9055 or via email: workshops@anatomytrains.co.uk

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Expand your knowledge, enhance your skills

Anatomy Trains is changing.
By integrating the most recent research
and the latest understanding of
biomechanics and myofascia we have
updated and improved our training.



The modular, weekend workshop
format is designed to give the
student more flexibility in their
learning compared to the previous
longer format.

It is more affordable, requires less
time away from work and loved
ones and can be taken in any order
– letting you decide the speed of
your progression through the series.

Building on the renowned Anatomy Trains
and Thomas Myers' style of BodyReading,
our training now also includes much more
functional assessment which combines
biomechanics and functional anatomy
alongside the myofascial meridians.

You will come away with a model of
efficient and graceful movement,
and a clear understating of the roles
of the various types of fascia and
their interactions with the neural and
muscular tissues. Most of all, you will learn
assessment techniques to identify weak
links and a range of effective treatment
strategies to correct them.

Beginning with the newly updated
Anatomy Trains weekends, we will give
you a general overview of the body,
bringing you up to date with the newest
thinking on how the body 'likes' to move.

By analysing the bones and joints we
can see the channelling effects of the
forces through the body and how they fit
into the Anatomy Trains model to create
a map of the body's response during
normal function.

Each subsequent weekend will build
on the introduction, deepening your
understanding of the area covered
and including new assessments and
techniques to create a comprehensive
analysis and treatment system.

It is a system that allows the therapist
to design unique, dynamic and effective
interventions for each client, strategies
that will allow them not only to feel
better but also move with greater ease
and comfort.

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:

7-8 Feb 2015 — Weston-on-the-Green

9-10 February 2015 — London

9-10 March 2015 — London

11-12 May 2015 — London

8-9 June 2015 – London

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 a unique workshop that will lead
you to the deeper skills explored through the
rest of the series.

Dates:

21-22 Feb 2015 — Weston-on-the-Green

13-14 April 2015 – London

6-7 July 2015 – London



Expand your knowledge, enhance your skills

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:

6-8 Mar 2015 — Weston-on-the-Green

10-12 April 2015 — Exmouth

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:

12-14 Dec 2014 — Birmingham

24-26 Apr 2015 — Weston-on-the-Green

Abdomen, Breath & Chest— 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:

8-10 May 2015 — Weston-on-the-Green

4-6 September 2015 — Bristol



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:

5-7 Jun 2015 — Weston-on-the-Green

4-6 December 2015 — Exmouth

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:

4-5 Jul 2015 — 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:

12-13 Sep 2015 — Weston-on-the-Green

4-5 Jun 2016 — Exmouth



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 8-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:

14-23 Nov 2014 — Weston-on-the-Green

6-15 Nov 2015 — Weston-on-the-Green

KMI Part 3: Structural Integration Training

Dates:

16 Feb - 4 Mar 2016 & 2- 21 Apr 2016
— Weston-on-the-Green

NEW! 4D Fascial Dynamics with Tom Myers

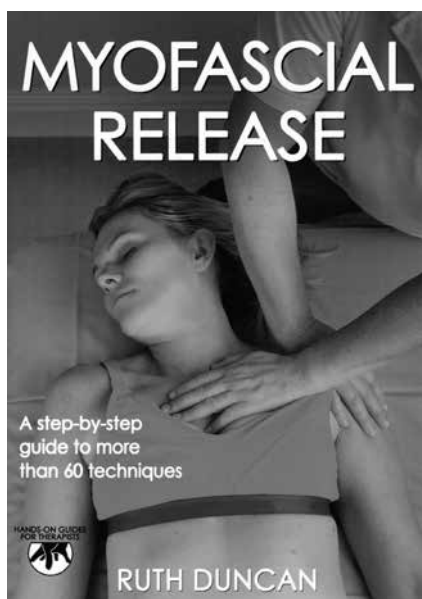
Dates:

30 Jan -1 Feb 2015 — London

NEW! Anatomy Trains in Motion with Karin Gurtner

Dates:

4-5 Jul 2015 — London



Myofascial Release by Ruth Duncan
SST ISRM SMTO offers an impressive range of theoretical information and step-by-step clinical application to suit a wide spectrum of manual therapists with an interest in, or passion for, a bio-tensegrity-based, whole-body therapeutic approach.

A worthy addition to Publishers Human Kinetics' 'Hands-On Guides for Therapists' series, the book is intelligently and thoughtfully structured, and though the earlier theoretical sections are duly supported by references to up-to-date fascia and other research, the text is written throughout in a jargon-free, approachable and direct style. The intelligent structure of the work ensures that while much of Part 1 lays essential foundations for the student or novice practitioner, it comprises a very useful summary for all about the anatomy, properties, and multiple functions of fascia, from cellular to integrative three-dimensional whole-body matrix dimension.

Part 2 discusses the subtleties of body workers' prime assessment tool – palpation – and the principles, rationale for, and merits of various myofascial release (MFR) techniques, supported by clear photographic illustrations. Part

Myofascial Release A step-by-step guide to more than 60 techniques by Ruth Duncan

Book Review from Tanya Ball

3 constitutes the real 'meat' of the manual, with a detailed, step-by-step guide to applying six technique types, each with a number of body region-specific applications and abundant, clear photographic illustrations. Lastly, Part 4 invites the more advanced therapist to explore greater subtlety in combining techniques, or enhancing, varying, and tailoring treatments. 'Therapist tips' are provided in each practical section and readers can test their learning via the 'Quick questions' at the end of each chapter. There is also important guidance about 'safe practitioner working posture'.

Although she has knowledge and experience of other fascial therapeutic models, the author's work is profoundly influenced by and based on the MFR approach developed by John F Barnes PT, under whom she trained. One key element of this approach is the emphasis on applying the techniques for at least five minutes: *'It is thought that the time needed for tissues to begin to rearrange themselves is approximately 90 to 120 seconds; the viscous ground substance determines the ease at which this occurs. Because collagen begins to change only after 90 to 120 seconds, MFR techniques must be performed for more than five minutes to influence the entire fascial network.'* (Barnes 1990 cited in Duncan [2014] p. 15). This timing is in my view more prescriptive than the looser 'waiting for the tissues to melt' methodology advocated by Dr Ida Rolf – the founder of 'Structural Integration' (SI) – and some of her eminent pioneering successors. However the rationale for the Barnes formula appears sound and the technique efficacy is anecdotally well documented, offering a very useful complement to other MFR therapeutic strategies.

My combined training over the years at LSSM, in Thomas Myers' Anatomy Trains® model of Structural Integration, and as a Kinetic Control Movement Therapist, invariably emphasises active client participation, and functional movement analysis, correction, and enhancement. From this perspective, the MFR approach in Myofascial Release strikes me as being delivered almost exclusively in a passive, static, and non-weight-bearing mode. Even with the most dedicated client-centred focus, this in my view risks impeding optimal transition from 'treatment' to 'function'.

All in all, this well designed, written, and illustrated book should prove a very useful tool for a wide range of manual therapists to complement and broaden their soft tissue skills in general, and their fascia-orientated proficiency in particular.

Duncan R. (2014) Myofascial Release. Champaign: Human Kinetics.





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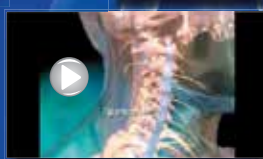
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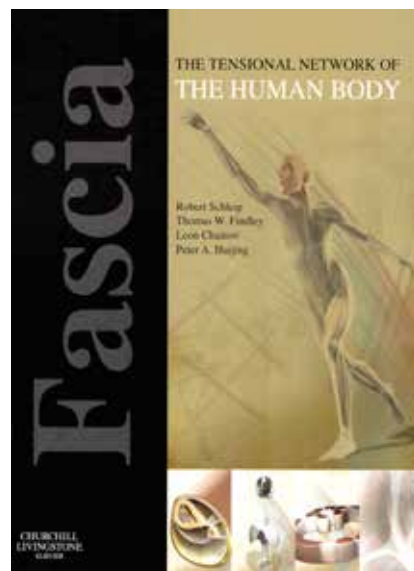
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Below are a selection of websites that might be of interest to you. If you have discovered some others that you would like to share, please send them along to admin@theism.com Thanks

<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

sportsresource.org

leonchaitow.com

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.



Complementary & Natural Healthcare Council

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

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