

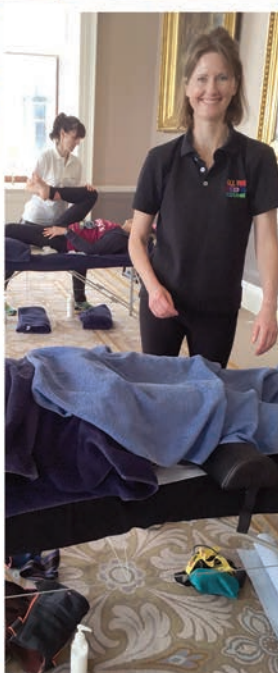


**I.S.R.M**  
INSTITUTE OF SPORT  
& REMEDIAL MASSAGE



# NEWSLETTER

ISRM | ISSUE 34 | OCTOBER 2018



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# Breaking news! Breaking news!

How did we get here?

From Mel Cash

## The beginning

Our journey began in September 1989 when LSSM started the first Sports Massage qualification in the UK. It was based on the first book on Sports Massage I had authored and had published the year before. It was a six-month course, and although it was called 'Sports Massage', it already included some advanced techniques such as Muscle Energy Technique and Soft Tissue Release. It was also the first externally validated qualification of its kind.

In those days, Sports Massage was a good fun job and we were kept very busy because there were not many of us around. But that soon changed as other schools jumped on the bandwagon, still teaching basic routine massage but with a bit more 'force', and then calling that 'Sports Massage'. So there were more and more therapists chasing the same amount of work. We were also realising that although it was a fun job, because clients mostly wanted treatments in the evenings and weekends, this wasn't giving us such a good personal lifestyle.

## From 'Sport' to 'Remedial' Massage Therapy...

As Sports Massage Therapists, we were not trained to treat injuries, but this wasn't stopping injured clients turning up for treatment. LSSM were the pioneers of this new profession while we were still learning and developing our clinical skills. To be able to treat injuries, we were told we had to become Physiotherapists, Osteopaths or Chiropractors, but our injured clients had often been to see these therapists already, yet had not found their treatment effective (not to imply that these therapies don't work, just that they don't *always* work). So why should we have embarked on training in the same way, only to fail the same people? We needed to find our own solutions.

We further developed our clinical skills so we could better meet the needs of the injured clients who were coming to see us, and with this we found ourselves achieving better results with a broader range of musculoskeletal problems. This opened our doors to a much wider clientele, with more and more non-sports people seeking our help. This was also offering us a much better lifelong career potential. So, in 1995 we extended the course to nine months (ten classroom weekends), with more advanced clinical skills and we re-named it 'Sport & Remedial Massage' (BTEC Level 4).

## 'Soft Tissue Therapy'

The dawn of the 21<sup>st</sup> Century brought further changes, with financial pressure on the NHS making it less able to fund treatment for minor and chronic musculoskeletal injuries. At the same time, there were also changes in the way Physiotherapists were being trained, with reduced focus on hands-on skills and instead, greater emphasis on 'exercise prescription'. And with fewer referrals from the NHS, this resulted in less accessibility to treatment for minor and chronic injuries. So people with these problems were finding it harder to find good, effective treatment.

In response to this, we continued to develop the Diploma Course qualification, and in 2008 extended it to a one-year formula (twelve classroom weekends) and BTEC upgraded it to Level 5. Since then, we have further refined it with additional assessment, treatment, and rehabilitation subjects, and in 2015 the qualification was renamed 'Soft Tissue Therapy'.

This new title more accurately reflects what we now do, because we are no longer defined by the word 'massage'. We use an extensive range of alternative hands-on techniques and, when necessary,

can perform highly effective treatments without using any 'conventional' massage strokes. We also include a lot more exercise, movement, and active lifestyle advice. We now offer a new level of therapy that can successfully address a wide range of physical issues for people of all ages and from all walks of life.

## So where do we go from here?

Our Soft Tissue Therapists are now the only ones in the UK who are adequately trained to treat minor and chronic injuries using this range of advanced hands-on methods. Gradually more and more of the general public should recognise this and be able to benefit from it. Doctors who see patients with these injuries have limited options within the NHS. Most are aware that a long wait to see a Physiotherapist who is exercise-orientated and offers limited hands-on treatment, if any, may not be the best answer. They should be encouraged to consider referring these patients to our Soft Tissue Therapists, who have both the time and the skills to provide the best care for them.

## Shaping the future – our collective and individual responsibility

What we need now is a sustained and widespread effort in raising awareness, through as many media channels as possible. Only we, with our knowledge of the profession and our long-term future at stake, can deliver this. We all need to 'spread the word' – through delivering treatments of the highest quality, and promoting the benefits of our profession. Virtually everyone in society suffers with minor and chronic injuries from time to time and they need to know that we are the only therapists out there now who are trained to treat them effectively with traditional hands-on skills.





## Editorial

From Tanya Ball

### Welcome...

A very warm welcome to all readers to our Autumn 2018 ISRM Newsletter. A special welcome to any new students or full Members for whom this is their first Issue. We hope that you will find this publication informative, beneficial, and inspiring enough to contribute a story/article in the next edition!

### First things first...



### In this Issue...

With LSSM currently in its 30<sup>th</sup> year, **Mel Cash** has aptly devoted his page, not so much to 'Breaking News', as to a first-hand account of the School's eventful history, from its humble beginnings to the firmly established training provider it has become today. The story demonstrates how LSSM has had to adapt and at times re-invent itself to retain its reputation as a pioneer and proactive force for the profession.

### Obituary - Leon Chaitow

With the sad passing of Leon Chaitow last month, the world of Research and Practice in Integrated Health, Manual and Movement Therapies has lost a universally revered and loved 'Gentle Giant' - See Obituary below.

**Feature articles** include **Jon Tilt's** heart-warming story of his experience of a family reunion in Nepal, and first-hand experience of receiving Soft Tissue Therapy from LSSM-trained local Therapist Ramji, from the charitable project *Seeing Hands Nepal*.

Having graduated over four years ago, **Tanya Boardman** tells of her exciting but at times testing transformation from 'student' to 'professional therapist', sharing valuable tips, ideas, and her 'can-do' attitude that should encourage and inspire any recent graduates, or those perhaps a little apprehensive about resuming the profession after a break.

**Event Work:** As always, readers can catch up on and draw inspiration from 2018 sports events supported by onsite ISRM volunteer soft tissue therapy teams. These include first-hand accounts of the 2018 London Marathon and of the inaugural London Landmarks ½ Marathon. A big thank you to **Sarah Dunkley** and **Libby Palmer** for these. A selection of photos from various participants reflect the buzzing atmosphere and range of emotions of these events. A huge 'thank you' as always to all who helped, sometimes stepping in at short notice and/or personal inconvenience, on these occasions.

**Expand your knowledge, enhance your skills (CPD):** Details of remaining 2018 CPD (Continued professional development) prospects can be found in this Section, and as previously, readers will be notified of further courses and workshops in subsequent Newsletters and/or by group email when appropriate. Your attention is specially drawn to the rare learning opportunities offered by the *5<sup>th</sup> International Fascia Research Congress* (Berlin) on 14<sup>th</sup>-15<sup>th</sup> November 2018 and the *Feet, Fascia, and Function Summit* (London) on 17<sup>th</sup> November 2018.

Those considering Soft Tissue Therapy 'Tools' or 'Instruments' – whether to spare their hands or for other reasons – may be interested to read Chartered Physiotherapist Chris Gordon's introduction to Instrument-Assisted Soft Tissue Mobilisation (IASTM) for STTs.

### Reminder – Good news for all ISRM Members!

May I draw everyone's attention to the various special offers/discounts to both students and full members, displayed on the inside or outside of the back cover of this Issue.

- ✓ **Health Education Seminars (HES)**  
postgraduate courses/workshops:  
£20 off one-day and £40 off two day courses
- ✓ **Marshcouch:** 10% off all couch orders
- ✓ **Physique Management Company:**  
10% off sports injury treatment and massage products
- ✓ **Journal of Bodywork and Movement Therapies (JBMT):** 15% off annual subscriptions.

### \*\*\* Newsletter contributions – please get writing now! \*\*\*

My most grateful thanks to all contributors to this Issue, some of whom I know dug very deep into their limited 'spare' time to enable the rest of us to benefit from their insights. Going forward, I am appealing to each of you not to leave it to 'somebody else' to make the effort. Consider how much you have gained from others' tips, knowledge, and experience, and make sure you return the compliment by sharing yours in the next Newsletter. ***Please get writing now!***  
***Thank you!***

**Please note that the submission deadline for the December 2018 Issue is: Friday 30<sup>th</sup> November 2018, thank you.**

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

### ISRM Newsletter format – reminder

For the benefit of our new Members, please note that our 'mid-year' newsletter editions are published online only, followed by an

extended hard copy as well as e-format for the December Issue. Any non-obsolete material from earlier electronic editions of a given year is reproduced in its end-of-year printed issue.

Members can access previous newsletters online dating back to the spring 2009 edition. A very grateful 'thank you' to ISRM website manager Martin Docherty for his continued efforts in making our website

ever more user-friendly and informative, and to Glyn Rees of QP Printing for his high quality and creative design.

## Obituary

### Au-revoir to a 'Gentle Giant'...

I am sure that those of you who knew him personally or through his prolific publications will share my deep sadness at the news that Leon Chaitow passed away last month. I thought that no tribute to him could equal or surpass that of his dear daughter Sasha, which is reproduced below.

Besides hearing him present at a various clinical / research conferences and other events over the years, I was most privileged to attend an entire Module entitled 'Advanced Soft tissue Techniques' led by him in person as part of my MSc in Complementary Therapy – Bodywork Pathway, and he was my intermittent editorial 'boss' in relation to reviews and/or publications in the JBMT (*Journal of Bodywork and Movement therapies*).

To me (and no doubt many), Leon will always be fondly remembered as a 'Gentle Giant' in personality, wit, disposition, and stature, as well as a

phenomenal mentor and inspirer as a clinician, tutor, speaker, adviser. For all his exceptional knowledge and skills, he would display warm, reassuring open-mindedness to other views, interpretations, suggestions, one of his staple replies having been, "Try it and see!" His presence and inspiration shall live on through his abundant publications.

Tanya Ball



**Leon Chaitow**  
(7 December 1937 –  
20 September 2018)

*It is with great sadness that I must announce that after a long and uneven battle fought with courage, strength, and the humour that those who knew him were privileged to enjoy, as of September 20th 2018, Dr Leon Chaitow is no longer with us. Since early 2018 he found himself in failing health. Nevertheless,*

*in that time, he was able to complete his last book, Fascial Dysfunction 2e, soon to be released by Handspring Publishers, and made arrangements for editorial succession of JBMT. For those who knew him well, in the words of Dylan Thomas, Leon raged like few against the dying of the light and did not 'go gentle into that good night.' He died at home, in the arms of his beloved wife Alkmini and daughter Sasha, and now lies in the British cemetery in Corfu. In truth Leon is not gone. His legacy lives on in his many books and articles, in the students he taught, in the patients he treated, and in the family to whom he was a most beloved husband and father whose loss will never fade. The greatest way to honour him is to continue to carry that torch and pass on the spirit and essence of his work. It is with great honour and pride that I, for one, shall do so. Arrangements are being made for a memorial service in London in coming months.*

**Sasha Chaitow PhD,**  
**21 September 2018**

## Feature Articles

# Four years as a Soft Tissue Therapist

From Tanya Boardman

***"You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future."*** – Steve Jobs

### Four years on...

I qualified as a Soft Tissue Therapist on the LSSM Diploma course in 2014, having studied at Southampton, and I have found it useful to reflect on what has happened since.

Firstly, a look back at what I was doing and why I joined the course: I had a full-time job in university administration and wasn't particularly looking for a new career. I had experienced sports massage as an athlete (mainly running) but hadn't thought seriously about whether I could deliver it myself. I had booked myself on the Introductory Module weekend and found out that most people I met there were already signed up for the

full Diploma course. Hmmmm! They seemed like a nice bunch, I'd enjoyed the weekend – what was there to lose?

And what am I doing now? I'm fully self-employed, and delivering soft tissue therapy for about 10 hours a week (amongst other things\*). How did this happen? Well – there were a series of small steps that got me here.

## Feature Articles

### Growing my business step by step...

**Baby step 1:** At around week 5 into the Diploma course, I realised that I needed to up my practice hours. I signed up to help at an event. It happened to be a 24-hour running event, but I met some great therapists that still help and inspire me to this day. And I earned some money!

**Baby step 2:** Around week 9 into the Diploma course, I was becoming aware of all the opportunities that being a Soft Tissue Therapist (STT) could offer, and in a lightbulb moment I realised that the only thing stopping me from making a good go of this was my job. I pretty much decided there and then to see if I could reduce my hours to part-time to find more time to explore massage therapy as a career. It took some negotiation, but I agreed to work 3 days, giving me 2 days (plus weekends) to develop STT or explore other things.

**Baby step 3:** I continued with event work and began spreading the word amongst friends and family. Shortly afterwards, I saw an advert for a newly qualified therapist to join a clinic. Perfect! I called up and we arranged a time for me to give a demo treatment (when I think I was more nervous than for my practical exam!) and I got the job.

It was a slow start due to my time availability, as I was still sorting out my part-time hours, but it was a start, and we had a plan to increase my hours during the week with the option of some weekend work as well.

Over the first few months, bookings were a bit sporadic, but after my first appointment (a 30 minute session for neck and shoulder tension), they slowly built up. My confidence increased ("this may take longer than a single session to improve"; "would you like to book another appointment?") and soon I had my first repeat booking. Having said that, I still think it took me about eighteen months to be confident of a regular client base, which I'm pleased to say, has continued to grow. I still do event work at running, cycling and triathlon events and my clients include stressed office workers,

elite runners, trainee dancers and a stunt man! Not knowing quite who's going to walk through the clinic door is one thing that keeps it interesting and keeps me learning.

I'm particularly reflecting on my journey now, because it feels a little like I'm starting all over again, as I recently started working in another clinic. I'm back to regular checking of the team calendar, and trying not to sound surprised when clients book again. And gradually, like the first time, it's growing.

### My top eight lessons for success:

Asked to capture my top eight lessons learned, this is what they are:

1. **Can you make money from it?** I was asked this countless times during my training and in transitioning to make Soft Tissue Therapy more of an income generator for me. It may not be an immediate source of riches, but there's an ever-expanding client base that you can tap into with application and effort. It is also flexible, enabling you can to expand or restrict your working hours to suit your needs.
2. **Don't take it personally if people don't re-book or if they cancel an appointment** (especially if they haven't even met you yet). There will be other clients and it isn't personal – people are simply busy and have changing priorities.
3. **Tell people what you do, when you do it and where you work.** The most surprising of contacts can become champions for you and a word of mouth recommendation is priceless.
4. **Consider partners/collaborations/joining an existing clinic.** It is good to have the reassurance of a team around you, even if you don't actually see them very often because you're all working out of the same room, but at different times. Working at events, or for sports teams, all help in remembering that you're working for yourself, you're not alone.

5. **Keep up with CPD** – this keeps things fresh, gets you meeting other therapists and helps you to treat your clients better.
6. **Look after yourself.** Remember the ideal posture, get a treatment yourself, or book in some down time between clients to eat and drink. There's a strong tendency, especially initially, to "people-please", which leads you to work anti-social hours, travel long distances and exhaust yourself. Try to stop doing this as soon as you realise you are doing it!
7. **Learning the techniques of soft tissue therapy is just the start.** You can learn about starting a business, efficient administration, excellent time management, social media management, marketing, public speaking and the logistics of setting up and running your own clinic. You may already have these skills, and you may not want to use them or learn them and that's just fine – you can do things your way.
8. **Keep up membership of ISRM** – you can get various discounts, keep up with the latest industry news, and it can be a way to gain clients as some health insurers insist on using a registered therapist.

### "All you need to do is..."

If you join the dots looking backwards, it all seems obvious and pre-determined, but looking forward, it most often feels like you need to make giant leaps to get anywhere. Finding a little bit of courage to try the smallest "something new" is all you need to do. That's how we all got started.

\*In my "amongst other things", I run a small consultancy company and I coach people wanting to start or grow their business. I would be delighted to offer some mentoring slots to ISRM members who are feeling a bit stuck or who have lost their way in developing their therapy business.

## Feature Articles

# Finding calm in the chaos

From Jon Tilt – Soft Tissue Therapist (in training!)



I've been back home from my trip to Nepal for nearly a month now, and I'm still trying to find words to describe it. Chaos, hustle, bustle, dust, rain, humid, and loud all spring to mind, and at the same time, calm, gentle, and beautiful. How can that be?

A country where cows wander unbothered across busy streets, where scooters whiz through crowded pavements tooting at anyone in their way. Where pedestrian crossings appear to be advisory, traffic signals non-existent, and police risk life and limb in the middle of the road dispensing arbitrary hand signals to passing motorists.

Then you stumble across a World Heritage site, the most ornate temple or palace, or a vibrant market full of colour and wonderful smells. You watch for a moment the locals, carrying huge loads on their backs, getting on with life, and realise that it just is what it is and for some reason it works.



It was a late decision to travel to Kathmandu to see my sister Sophie and her family, and picking the monsoon season probably wasn't the smartest idea. A chance discussion with my daughters over Father's day brunch ended with us booking to meet for a week. My sister, who has worked for various NGOs around the world and currently works for Marie Stopes, was surprised at the speed we arranged everything, especially as she had been encouraging us for the past few years to come out.

For me personally it was more than just a trip abroad. Having lost two very special people in the past two years, my wife Liz to breast cancer, and my new partner Judy to the effects of an auto-immune illness, this was my first chance to look to the future and start thinking about what the rest of my life might hold. Pretty heavy stuff really!

Arriving after a fourteen-hour trip in the pouring rain didn't appear to be a good omen, but luck was with us and despite it being in monsoon season, the weather was good for most of the time.

We spent the first few days exploring Kathmandu, temples, palaces, markets, cycling and running in the local hills and getting a feel for this wonderful city.

At the weekend we set off on a six-hour epic cycle ride to a retreat in the mountains called Nanobuhda, close to a monastery. The ride consisted of two brutal climbs up muddy and rutted paths, with the most beautiful valley of paddy fields in-between. Our climbing efforts were rewarded with stunning views, and over breakfast the next morning we had our first glimpse of the Himalayas as the clouds parted for a few minutes.

Before setting off, I had been discussing the trip with one of my LSSM class teachers,

Tanya Ball, and she told me about the 'Seeing Hands Nepal' project and how I had to visit them.

Checking out previous articles in earlier ISRM newsletters and their website I found:

"Seeing Hands Nepal (SHN) is a social enterprise to provide training and employment for blind and partially sighted people in Nepal as Massage Therapists."

With three centres in Kathmandu, I discovered the nearest was in the district of Thamel, fairly close to my sister's house. After some help from Mr Google we managed to track down the clinic in a back street, and I went in and introduced myself.

The clinic had a reception area where the therapists and clients were waiting. I was given a menu and decided an hour long sports massage at \$18 was too good an opportunity to miss. Ramji was to be my therapist, and I was taken upstairs to one of several treatment rooms. Mine had two tables, I assume for couples to be treated together.

Ramji left the room while I changed, then got me to read a list of contraindications (which of course I recognised and had memorised from Mel's book during my studies!).

I like to talk during my treatments, and Ramji obliged in excellent English.





Ramji is a completely blind therapist who originally trained as a teacher, but massage gives him the freedom to work on his own with no dependencies on others for doing things like marking homework.

He explained how his training had had to have been done in very small classes and had taken a year – no point in using a book to learn anatomy, training had to be totally hands on!

I have to commend Ramji on his techniques and skills. He worked on my legs and back, easily finding all my usual niggles and a few more that I didn't know I had! One of the best massages I've had.

I learned that their clientele is mainly westerners as the locals still associate massage with somewhat dubious practices.

Once you see what *Seeing Hands* has achieved here and how superbly trained the staff are, it seems so obvious that having a blind therapist is a brilliant idea. A beautiful quote from their website seemed to capture it for me and help me articulate why I enjoy massage so much:

*"When you touch a body, you touch the whole person, the intellect, the spirit and the emotions"*

I'm back home now, ready to resume my soft tissue therapy training that had been on hold for six months, and I'm still pondering how to describe Nepal.

"Beautiful, gentle, chaotic, with a temple or palace around every corner."

"It's all about finding the calm in the chaos."

I certainly left calmed, motivated, and inspired by my experience.

## Event Work

# 2018 London Marathon – Children with Cancer

From Sarah Dunkley



A glorious day to be running the marathon, said no one on the 22<sup>nd</sup> April 2018, there were very hot conditions for all who were running. We were fortunate at the Children with Cancer venue, an air conditioned room with over 50 couches set up, and a delicious spread of lasagne, jacket potatoes and a range of sandwiches along with plenty of fruit, water and sweets to get us ready before the runners finished their race.

We had our team briefing, were given free t-shirts, and informed of the expected number of finishers and the funds raised to date (can't recall), and then we waited for the first of the runners... A huge round of applause erupted as each of them came through, creating a great atmosphere, with all the volunteers and runners in high spirits.

We worked in pairs, sharing a couch, so

there was the option to take it in turns or to treat one leg each! The massages focused on effleurage and petrissage with some stretching movements to help relax our clients' aching bodies. My therapy partner and I settled into a pleasant routine, asking each runner if they had picked up any injuries during the race or had any specific pain, as well as enquiring how they felt now they had stopped; with the heat in particular, we wanted to make sure they were taking in enough water. Most runners wanted their legs treated and had sore quads and calves in particular. We saw a fair few pairs of blistered feet and lots of hobbling and shuffling. Some runners had achy upper backs and shoulders, but it is safe to say they were all grateful for any and all remedial work. We had one runner who was on their phone for the whole massage, retelling their run to a loved one, another who looked like he was asleep, one lady told us this was her first and last marathon, and another said she had completed five marathons and loved them!

The Children with Cancer organisers on the day were brilliant, lots of photos were taken and they chaperoned each runner to

## Event Work

a free couch, ensuring that the queue never exceeded one runner! The ISRM team were very sociable, sharing experiences and hints and tips in-between treatments. Some of the team were about to graduate, while others had years of experience to share, and we were able to observe one another's techniques.

Our team supervisor Roberto was wonderfully supportive, very positive, full of energy and most importantly he prioritised

keeping us fuelled up with sweets and drinks – a big 'thank you' to him for his encouragement and guidance, and the shoulder massages he gave us all!

The charity and ISRM teams were excellent company, we were well looked after and enjoyed a good laugh as we worked hard to support those amazing runners.



## Event work update

From Tanya Ball



As in recent years, ISRM have continued to promote and deliver the high standards of pre-/post-event soft tissue therapy (STT) in 2018, which event organisers, charities, and the general recipient public have come to expect of us. This has been made possible above all thanks to the numerous ISRM-accredited students and therapists who generously volunteered their time, energy, and skills in supporting various charitable and/or commercial sports events. May I take this opportunity once more to express a very grateful 'thank you' to all concerned on behalf of our organisation. We could not have delivered onsite support to any of the events listed below without your much appreciated inputs.

2018 events which benefited from ISRM-provided STT include:

- Fleet ½ Marathon – originally Sunday 18<sup>th</sup> March, rescheduled to Sunday 29<sup>th</sup> April due to adverse weather
- Inaugural London Landmarks Half Marathon, Sunday 25<sup>th</sup> March
- London Marathon – Sun 22<sup>nd</sup> April
- SWRC MayFlyer Cyclo sportive (in aid of Full Circle Fund Therapies [Charity]) Cycling Event, Oxshott, Surrey – Sunday 6<sup>th</sup> May

- Bournemouth 7's Festival, Bournemouth – Fri-Mon 25<sup>th</sup>-28<sup>th</sup> May
- Ride London – Surrey 100/London – Sunday 30<sup>th</sup> July

This year's London Marathon saw some 80 ISRM volunteers, distributed into thirteen STT teams, deliver first class post-race treatment to well-deserving fundraising runners at their respective charities' 'thank you' reception venues.

In addition to the above list of events, ISRM volunteers have been recruited on an *ad hoc* basis for 'smaller' ones as and when required and possible. Regrettably some requests from event organisers for onsite STT support reached me at too short notice for us to be able to respond favourably.

Readers can taste the vibrant atmosphere of the London Marathon and London Landmarks Half Marathon events through first-hand accounts, and a range of photos from these and other events are also featured in this Section of the present newsletter. May these inspire many to sign up for event work in 2019!

### 2019 events

Details of these will be posted on the ISRM Event Work page as and when they become confirmed; registration to volunteer for the 2019 London Marathon will open in December 2018.

**Finally: How to register for ISRM-organised event work (this reminder features in each Issue)**

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

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

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



## Event Work

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

### How to apply for Event Work:

- ✓ From the ISRM home page ([www.theisrm.com](http://www.theisrm.com)), login
- ✓ Click on 'Your ISRM' and select 'event work' from the drop-down menu
- ✓ Follow any (very easy) instructions to view the current list of events
- ✓ Click on whichever you are interested in
- ✓ READ CAREFULLY the information in red below the event, and ENSURE that you are available on the date of the event(s)
- ✓ Please, please, PLEASE ensure that you enter **ALL** details requested including your 'status' e.g. 'student', 'recent graduate', etc.,
- ✓ Please, please, PLEASE only apply (click) **once** for a given event! Some people have managed to click as many as seven times for the same event...

Duplicate entries are difficult for me to spot due to the automated system.

If you cannot 'view' 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 'on view' 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 that you suspect to be *website-related*, **please contact the ISRM/LSSM office** and not me, as this is completely outside of my remit, let alone my skills ☺! Thank you.

Once again, a very grateful thank you on

behalf of ISRM to all who have supported/are supporting ISRM events over the years. In contrast, if you have never attended an event and/or are currently studying on the Diploma course... **what are you waiting for?** Here are selective examples of the numerous benefits that could be yours in return for 'giving it a go':

- ✓ Skills enhancement, consolidation, new techniques – from watching others
- ✓ Significant gain in self-confidence – from achieving a successful 'day' involving 'thinking on your feet' and receiving genuine, positive feedback from recipients
- ✓ New ideas, tips, lasting friendships, networking, etc. – from meeting and mingling with like-minded fellow therapists
- ✓ A tremendous sense of achievement coupled with an urge to find out: 'When is the next event?'

# ISRM Team support Tommy's at inaugural London Landmarks Half Marathon, 25/03/2018

From Libby Palmer – Clinical Sports and Remedial Massage Therapist



The first London Landmarks Half Marathon took place on Sunday 25<sup>th</sup> March 2018. It was a pleasure to act as the Team Leader for the ISRM Soft Tissue Therapy team, offering post-race massage to fundraising participants running for the Charity Tommy's.

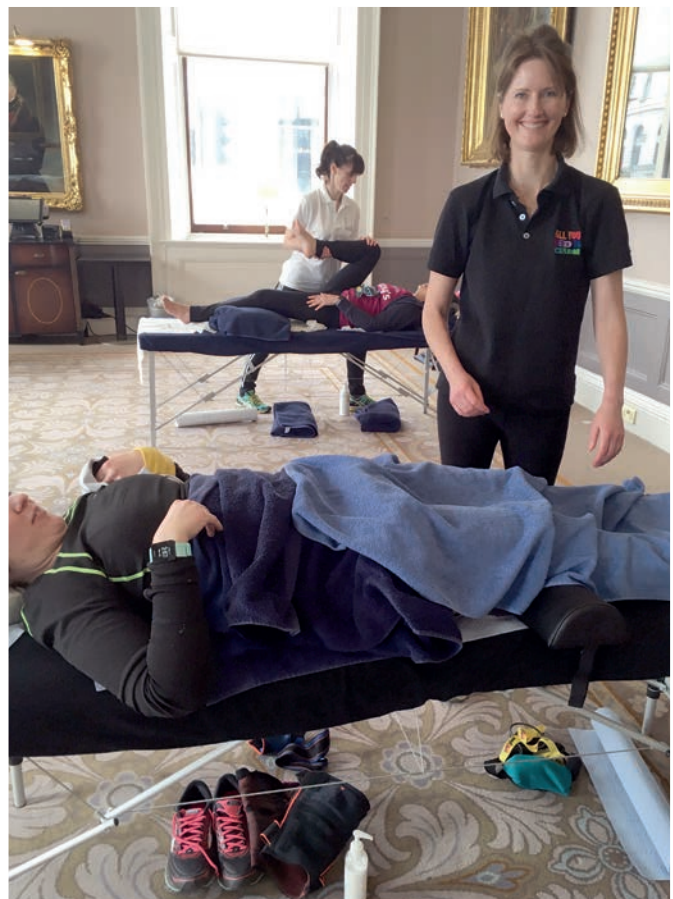
ISRM students and graduates offered the high standard of treatment expected of us, and coped with the high demand with exemplary professionalism, dealing with the usual range of tight calves, hamstrings, blisters, and cramps. I also witnessed some lucky runners receiving a shoulder massage.

We had the privilege of treating the first female athlete to finish, British runner Joanne McCandless, who completed the course in a time 01 hr 22' 42".

Our team comprised Jenny Holmes, Seon Rice-Lupin, Julie Davidson, Rachel Gower, Charles Kinsey, Vitalijs Gubskis, and me – Libby Palmer.

The Tommy's team were fantastic, ensuring that our clients were well looked after, that everything ran smoothly, and that we were kept fed and watered. Thank you all for a great day!

## Event work - London Landmarks Half Marathon









Expand your knowledge, enhance your skills

# EVOLUTION

## FEET, FASCIA AND FUNCTION SUMMIT 2018

IN ASSOCIATION WITH

**EVIDENCE BASED  
FITNESS ACADEMY**

NATURAL  
HISTORY  
MUSEUM,  
LONDON  
17 NOVEMBER  
9AM–5PM



## EVENT SCHEDULE

## Expand your knowledge, enhance your skills

**8.30am**

**Doors open at 8.30am (Access via Exhibition Road Entrance)**

**9am**

**Opening Address by Adam Daniel**

**9.10 - 9.50am**

**Speaker: Vybarr Cregan-Reid**  
**Primate Change: Feet, faces, fiction, fact & function**



To make a body you don't just need DNA, you also need an environment for it to be expressed in. From hunter-gathering to farming, to dwelling in cities, through industry, and deep into cyberspace, humans have been changing, too. This talk is a wide-ranging look at how our bodies are in shock from these changes, where modern living is as bracing to the human body as jumping through a hole in the ice. Why are there no chairs in Homer, the \*Bible\*, and \*Hamlet\*, but 187 of them in Dickens' \*Bleak

House\*? Why do most humans' fingers travel farther than they do each day? Why are 85% of Singaporeans short-sighted? And what do all these things tell us about the way we live now? Our eyes, feet, muscles, ligaments and tendons do not know what century they were born into and they are defending and deforming themselves in response. Come join Vybarr Cregan-Reid for a whistle stop tour of the modern body looking at how the environment we have made is changing us all, inside and out.

**9.50 - 10.30am**

**Speaker: James Earls**  
**Feet, Fascia and their Functions**



Absorption, capture, and the amplification of energy are all features of human feet and our fascial tissues. Inhibition of any of these features is likely to have a knock-on effect on your clients' movement efficiency. In this presentation we explore the interplay between the feet and the fascia? Therapists and trainers of all persuasions can benefit from an understanding of how the bones of the feet are specifically aligned to be free enough to spread following heel strike yet able to lock together to

provide a solid lever for toe-off. Like a two-way street, the movement of the bones sends forces into the soft tissues and those tissues then draw the bones back together ready for the release of energy at toe-off. Using the terminology of form and force closure we will see how the skeletal and fascial systems are co-dependent, providing a wonderfully efficient mechanism – when it is allowed to work, that is! We will explore how posture and full-body functional mechanics influence the feet, how the feet can influence the rest of the body in posture and in function, and the keys to unlocking freedom of movement.

**10.30 - 10.50am**

**Movement Break Powered by the Gray Institute – Sagittal Plane**

## Expand your knowledge, enhance your skills

**10.50am - 12.05pm**

**Speaker: Anthony Carey**  
**Pain Free Movement: The Science and Application**



As the fitness industry grows and the socioeconomic climate of health care becomes more restrictive, personal fitness trainers will encounter more clients with musculoskeletal pain. You are either working with chronic pain clients now or very likely to work with chronic pain clients in the future. The bio-pyscho-social-paradigm is paramount to understanding your professional role and the effects of pain on your client and their sense of safety. The client in pain, although cleared for

exercise by their physician, will present many unique challenges that the personal fitness trainer will not see with their other types of clientele. Exercise professionals need to know the value of strategic movement and the red flags to avoid for our clients. Movement is medicine only when done right.

**12.05 - 12.45pm**

**Lunch**

**12.45 - 2pm**

**Speaker: Dr Emily Splichal**  
**Evolutionary Advantage of Barefoot Science**



Over 300,000 years ago when man first stood upright, there was a dynamic shift in the plantar foot contact with the ground. Join Functional Podiatrist Dr Emily as she explores the power of the plantar foot and how this proprioceptive stimulation links to higher brain processing. Learn how our nervous system was shaped for locomotion and the powerful link between brain, barefoot and bipedalism.

**2 - 2.15pm**

**Movement Break Powered by the Gray Institute - Frontal Plane**

**2.15 - 3.15pm**

**Speaker: Anthony Carey**  
**Expanding the Movement Catalogue through Movement Variability**

What is perfect movement? The human body has enormous resources for completing the same fundamental tasks with huge amounts of variability based on many factors. New research is emerging showing that traditional learning models of repetition may not produce the best learning results nor be optimal for the joint and soft tissue structures. Embracing and programming variable input through movement will equate to more real-world learning and a more robust movement catalogue. It also just might keep your clients happier and more engaged.

**3.15 - 3.30pm**

**Movement Break Powered by the Gray Institute - Transverse Plane**



Expand your knowledge, enhance your skills

3.30 - 4.20pm

**Speaker: Dr Emily Splichal**  
**Cognitive Training for Motor Coordination**

As movement specialists, we sometimes get caught up in the movement function of the nervous system, however optimal human movement also requires balance in cognitive and emotional stimulation. Join Functional Podiatrist Dr Emily as she explores the link between what she calls IQ, EQ and MQ with sensory stimulation and barefoot science.

4.20 - 5pm

**Q&A with Panel Discussion and Closing Remarks**

5.30pm

**Drinks Reception**



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WITH MARK COMERFORD

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*Basic Science and Implications  
for Conventional and Complementary  
Health Care*

## Fifth International Fascia Research Congress BERLIN | November 14 -15, 2018

**Connecting Key Issues:  
How Fascia Research Can Impact Health Outcomes**

### CONFIRMED SPEAKERS

**Leon Chaitow, ND, DO**

**Mark Driscoll, PhD**

**Tom Findley, MD, PhD**

**Paul Hodges, PhD**

**Daniel Lieberman, PhD**

**Robert Schleip, Dr. biol. hum.**

**Melody Swartz, PhD**

**Frank Willard, PhD**

**L'Hocine Yahia, PhD**

**PLUS, A SPECIAL FASCIA  
ILLUMINATED SESSION WITH**

**Jean-Claude Guimberteau, MD  
and others**

### WHO SHOULD ATTEND?

Scientists and health care and fitness professionals who wish to learn more about the latest research on fasciae would benefit from the Fascia Research Congress. The Congress brings together the researchers who are involved with the most recent studies on the properties of the fascial fabric with those who observe its workings in the clinical setting. This unique combination informs and energizes both groups toward further developments in this growing field.

### LOCATION

The Urania Center in Berlin, Germany, with a 125 year history of hosting scientific conferences, is serving as headquarters for the 2018 Fascia Research Congress.

### WORKSHOPS AND EVENTS

Pre and post-conference workshops and events will be offered by leading clinicians in the field of fascia, as follows:

- Fascial Anatomy Workshop: Nov. 10-12, Plastinarium in Guben
- Fascial Anatomy Workshop: Nov. 13, Plastinarium in Guben
- Pre-Conference Workshops: Nov. 13, Urania Center
- International Conference on Fascia in the Osteopathic Field: Nov. 16-18, Urania Center

**REGISTER NOW AT [FASCIACONGRESS.ORG](http://FASCIACONGRESS.ORG)**



Expand your knowledge, enhance your skills

# Instrument-Assisted Soft Tissue Mobilisation (IASTM) for Massage Therapists

From Chris Gordon MCSP SRP



You may have read about using metal tools as part of your treatment. I thought it would be a useful opportunity to provide some details on how the instruments work and how they may fit into your daily practice.

I have been using instruments as part of my treatments for 10 years now. I was introduced to them when I was working at Bisham Abbey as a Physiotherapist with the English Institute of Sport.

I was originally trained to use Graston tools and taught Graston Technique.

It fits quite closely with a Traditional Chinese therapy called Guasha ('moving blood', I think is the translation) and that has given IASTM a bit of bad press as Guasha is a very deep and aggressive treatment, expected to produce bruising by the end of a treatment session. That is not the plan with IASTM!

At the same time as starting to use Graston tools, we were doing some work with a Bowen Technique Therapist, Nick Baker, who elicited an interest in looking at fascia in much more detail. Fascia features surprisingly little in the skill set of a Physiotherapist, and in my experience of working with and teaching Massage Therapists, I feel you have a better understanding of and ability to feel fascial tissue. And that is important because understanding fascia is essential to using instruments effectively as part of your treatment.

A number of different makes of instruments are available nowadays. They can be made of polycarbonates, which cost much less, or you can find stainless steel tools, which are more expensive. They have different curves to suit different body areas and have different edges of variable sharpness. These edges enable you to adjust your pressure from deep to superficial.

If you are able to afford a good quality stainless steel tool, it is worth the investment. Bearing in mind that these tools will last forever if you look after them, it may be worth splashing out a little more money. Ultimately, the better the tool, the better the feedback you will receive, the better the outcome you will achieve, and especially, the better the patient's experience!

## Expand your knowledge, enhance your skills

### A full set of Graston tools – of which I use three more than the rest:



#### How do the instruments 'work'?

Initially, I use a tool to 'sweep' along and across a fairly large area around the area targeted for treatment. This also allows me to assess effectively a fair scope of tissue proximal and distal to the target area. This initial 'sweeping' technique enables me to feel for areas of thickening and roughness where I picture fascia as congested or stuck. This is where a good quality tool presents an advantage as it mediates better feedback into your hand. Having assessed the tissue I can use a range of techniques and edges to mobilise the tissue and 'iron out' some of the 'creases'.

#### Why not just use your hands?

I thought this when I originally worked with tools. *'Isn't this what I do with my hands, surely?'* Basically the answer is 'yes', that is true – but I feel I can achieve greater depth and be more targeted using tools. Occasionally a patient will return with some bruising following a relatively gentle treatment, which is not something I ever see following treatment with my hands. So I feel the tools can reach deeper and be more targeted.

Secondly, there is the bonus of saving your hands. I still use my hands to assess and manipulate tissue, but the bulk of the heavy work can be done with tools, which definitely saves my hands by the end of a busy day.

#### Do clients like it?

Yes – once they have got over the shock of being attacked with metal blades! I explain carefully how the tools work, which helps start a conversation about fascia and movement etc., which in turn will tie in with their exercise prescription.

More importantly, patients appreciate the immediacy of the treatment. As I work, I keep re-assessing ROM (range of movement) and pain levels etc., and if I am targeting my treatment effectively, I would expect to see improvements during the session. Patients report that they 'like the feeling that something is being done' even though it can be a little uncomfortable.

#### How do you learn?

If you are already a practising Massage Therapist, learning to use instruments is quite easy. The tricky part is assessing tissue and formulating an effective plan. If you are already experienced at doing that you will find that the introduction of tools complements what you have been doing with your hands.

A one-day course with a recognised trainer should be sufficient to give you the confidence to get started and decide which instrument is appropriate for your needs.

There are more advanced techniques that you can learn as an additional day's course, but you may not feel the need to do this until you have used instruments regularly for six months or so.

#### Courses

After running one-day courses in 2018, I plan to provide some courses in February and March 2019. For further details, please visit [www.chrisgordonsportsphysio.co.uk](http://www.chrisgordonsportsphysio.co.uk) or email me at [chrisgordonsportsphysio@gmail.com](mailto:chrisgordonsportsphysio@gmail.com).

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## Refresher/Revision sessions

**Sarah Tidey BSc, LSSM, ISRM**

**Practical workshops to revise hands on skills and underline theoretical knowledge.**

*Designed to target your areas of weakness. Come armed with a list of injury scenarios, joint assessment that would like to revise.....Or just a list of things you have forgotten!!*

**Dates:**

Fri 18th Jan 2019  
Fri 1st March 2019  
Fri 5th April 2019

Time: 10-2pm

Venue: 15 Parkstone Heights, Parkstone, Poole, BH14 0QE

Cost: £60

\* 4 people max\*

- Revising all techniques
- Introducing tips to avoid getting 'stale'
- Review rehab protocols
- Refresh the way you assess injuries and work out treatment plans

Please send an email to [sarahtidey@ymail.com](mailto:sarahtidey@ymail.com) if you wish to attend.

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

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

Requests can be made by e-mailing [tanya@tmb-src.co.uk](mailto:tanya@tmb-src.co.uk)

***Please note that while specific requests for tutorial or workshop subjects are all welcome, courses can only take place subject to sufficient uptake.\****

Thank you in advance for your interest.

*Tanya Ball MSc BA KCMT BCSI LSSM MISRM MCNHC MIASI  
Remedial Soft Tissue Therapist / Board Certified Structural Integrator / Kinetic Control Movement Therapist*

For further ISRM-accredited CPD workshops and courses, visit [www.theism.com](http://www.theism.com)





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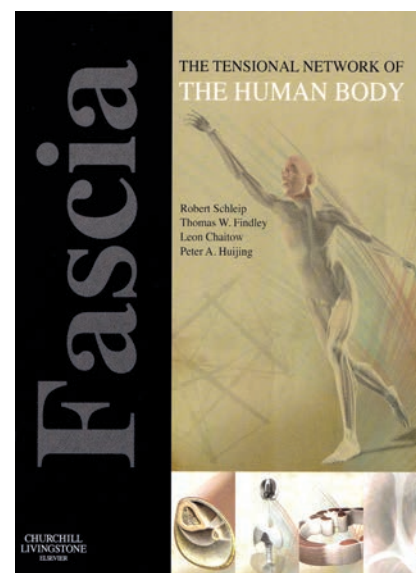
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## Journal of Bodywork and Movement Therapies

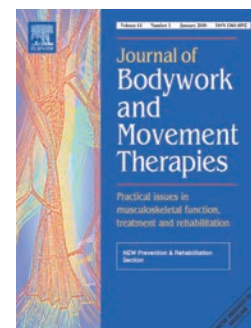
NEW – Prevention & Rehabilitation Section

**Editor: TBC**

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

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

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



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

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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](mailto:admin@theism.com) Thanks

<http://www.movementlectures.com>

[www.news.bbc.co.uk/1/hi/business](http://www.news.bbc.co.uk/1/hi/business)

[www.getbodysmart.com/ap/muscularsystem/quizzes/upperextremities/menu/menu.html](http://www.getbodysmart.com/ap/muscularsystem/quizzes/upperextremities/menu/menu.html)

[shoulderdoc.co.uk](http://shoulderdoc.co.uk)

[sportsinjuryclinic.net](http://sportsinjuryclinic.net)

[stopportsinjuries.org](http://stopportsinjuries.org)

[sportsresource.org](http://sportsresource.org)

[leonchaitow.com](http://leonchaitow.com)

[osceskills.com](http://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

## VALIDATED SCHOOLS



**LONDON SCHOOL OF SPORTS MASSAGE**  
Central London, Southampton & Brighton  
[www.lssm.com](http://www.lssm.com)



**Oxford School of Sports Massage**  
Oxford  
[www.ossm.co.uk](http://www.ossm.co.uk)



**ACTIVE SCHOOL OF COMPLEMENTARY THERAPY**  
Loughborough  
[www.activerecovery.co.uk](http://www.activerecovery.co.uk)



**SCHOOL OF NATURAL THERAPIES**  
Clapham, London  
[www.schoolofnaturaltherapies.co.uk](http://www.schoolofnaturaltherapies.co.uk)



**BLUECHIP MASSAGE CPD**  
Central London (CPD only)  
[www.bluechipmassage.co.uk](http://www.bluechipmassage.co.uk)



**Massage Training School**  
Exmouth  
[www.themassagetrainingsschool.com](http://www.themassagetrainingsschool.com)



**Cambridge School of Sports Massage**  
Cambridge  
[www.thecssm.co.uk](http://www.thecssm.co.uk)

### » FIND A THERAPIST

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