



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



NEWSLETTER

ISRM | ISSUE 36 | OCTOBER 2019



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FEET, FASCIA AND FUNCTION SUMMIT 2019

NATURAL HISTORY
MUSEUM, LONDON
9 NOV 9AM–5PM

IN ASSOCIATION WITH
**EVIDENCE BASED
FITNESS ACADEMY**

EVENT SPEAKERS



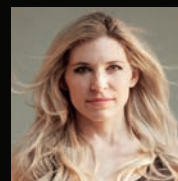
**DR MATT
WILKINSON**

SCIENCE WRITER,
ZOOLOGIST AND
AUTHOR OF
'RESTLESS
CREATURES'



**PAUL
EDMONDSON**

TEACHER, TRAINER
AND MEMBER OF
GRAY INSTITUTE'S
GLOBAL ED TEAM



**DR EMILY
SPLICHAL**

FOUNDER EBFA
GLOBAL AND
NABOSO
TECHNOLOGY



**RICHARD
SCRIVENER**

GLOBAL ANIMAL
FLOW MASTER
COACH



**ANTHONY
CAREY**

FOUNDER OF
FUNCTION FIRST,
CREATOR OF THE
PAIN FREE MOVEMENT
SPECIALIST PROGRAM

TO ENSURE YOUR PLACE

SIGN UP NOW AT

EVOLUTION101.CO.UK

EVENT SCHEDULE

8.30am	Doors open (Access via Exhibition Road Entrance)
9 - 9.10am	Opening Address by Adam Daniel
9.10 - 10am	Dr Matt Wilkinson: The Longest Journey - the Evolution of Human Movement and Human Nature
10 - 10.45am	Paul Edmondson: Improving Functional Capacity with 'Usable' Mobility, Stability & Strength
10.45 - 11.10am	Movement Break 1 - Rich Scrivener: The ABC's of Animal Flow
11.10am - 12.15pm	Anthony Carey: Myofascial Mobility and Movement Objectives: What Comes After the "Release"?
12.15 - 1pm	Lunch/Movement Break 2 - Rich Scrivener: The Form Specific Stretches of Animal Flow
1 - 2.05pm	Dr Emily Splichal: The Unique Fascial Architecture of the Foot & the Demands of Bipedal Locomotion
2.05 - 2.30pm	Movement Break 3 - Rich Scrivener: The Travelling Forms of Animal Flow
2.30 - 3.35pm	Anthony Carey A Successful Corrective Exercise Model for the Client in Pain
3.35 - 3.45pm	Break
3.45 - 4.50pm	Dr Emily Splichal: Advances in (Bare) Foot Science & Research: Foot Function, Local Stabilization & Fascial Integration.
4.50 - 5pm	Closing Remarks by Adam Daniel

EVOLUTION

Attention all Members: Don't miss the unmissable!

FEET, FASCIA AND FUNCTION SUMMIT 2019

Saturday 9th November 2019 – 9 AM - 5 PM

**PRESENTED BY EVOLUTION 101 IN ASSOCIATION WITH
EVIDENCE-BASED FITNESS ACADEMY**

***** Special Discount for ISRM Members *****

On the basis of the inaugural 2018 event, I cannot recommend enough this **exceptionally high-quality**, one-day **learning opportunity**, which all at once enthuse, stimulate, fascinate, and astonish each delegate, and very likely challenge some of our longest- and strongest-held understandings and beliefs about animal and human Movement.

*Organisers Evolution 101 are generously offering all ISRM members an
additional £20 discount off the early bird price of £180 –
In effect a 20% discount off the full ticket price of £200.*

How to register:

1. You may click the direct link below that will automatically open the discount price
<https://www.eventbrite.co.uk/e/feet-fascia-function-summit-2019-in-association-with-evidence-based-fitness-academy-tickets-57456647379?discount=specialoffer>
2. If booking via the website <http://www.evolution101.co.uk/>, select 'Tickets' and this will take you to Eventbrite.
 - Click 'Tickets' and then select 'Enter Promotional Code'
 - The discount code is **specialoffer**
 - This will then unlock the special ticket price.

If you have queries, please contact the organising team directly at
info@evolution101.co.uk



Editorial

From Tanya Ball

Welcome...

A very warm welcome to everyone to our Autumn 2019 ISRM Newsletter. A special welcome to any new students or full members for whom this is their first Issue. It is always my intention and goal that this publication should prove sufficiently informative, beneficial, and motivating to inspire readers to contribute a story/article in the next edition! *A special incentive to write for the December publication is that it is always produced both in electronic and hard copy formats.*

Please note that the **absolute closing date for submissions for the next Issue is: Friday 15th November 2019**, thank you.

Please send all contributions to me at: editor@theisrm.com

In this Issue...

After having contributed, without fail, to every issue of both the current ISRM Newsletter and its LSSM predecessor since their inception, **Mel Cash** has allowed himself a rare, well-earned sabbatical on this occasion. He will of course be returning to his *Breaking News* page for the December 2019 publication with plenty of informative and thought-provoking news, so – watch this space!

Feet, Fascia, and Function Summit (Saturday 9th November 2019 at the Natural History Museum, London)

As always in my experience, one 'loss' invariably generates an equal or superior 'gain', and I am delighted therefore to afford pride of place to Evolution 101's second **Feet, Fascia, and Function Summit** (see details on pages 2-3). This event is returning by highly popular request following its enthusiastic reception in 2018. May I personally urge anyone fascinated by human evolution, the

infinitely complex coordination required for movement, balance, ambulation, and function within the omnipresence of gravity – or those more generally looking for outstanding CPD opportunities – to book their place at the **special discounted rate** for ISRM members without delay!

Feature articles

It has regrettably been necessary, for technical reasons, to defer the feature articles intended for this issue to that of December 2019, which as a result will be a particularly copious edition.

Event Work

As in past years, a number of ISRM-organised onsite soft tissue therapy (STT) opportunities have taken place this year, and readers can catch up on and draw inspiration from first-hand stories and action photos. These include engaging, contrasting accounts of the 2019 London Marathon thanks to **Chloe Cyrus-Kent** and **Janice Barrett**. Enjoy the selection of pictures from various participants (thank you again to all of these) reflecting the buzzing atmosphere and powerful emotions of these events! A very grateful 'thank you' once again to all who helped, sometimes stepping in at short notice and/or personal inconvenience.

Expand your knowledge, enhance your skills (CPD)

Details of remaining 2019 and confirmed 2020 CPD (Continued professional development) courses can be found in this Section, covering a growing geographical catchment area. May I particularly draw your attention to the forthcoming **Born to Move (formerly Active Fascial Release)** and **Born to Walk three-day workshops to be tutored by eminent writer, lecturer and bodyworker specialising in Myofascial Release and Structural**

Integration James Earls in Winchester in March and May 2020 respectively. As previously, members will be notified of any further courses and workshops in subsequent Newsletters, via the ISRM website, and/or by group email as they become confirmed.

Research Developments and Clinical Practice

Why Psoas Major is NOT a 'hip flexor' – Part 2. As explained in the previous Issue, after having over many years engaged in good-humoured – but no less 'serious' – controversial discussions with colleagues and students about the contrasting reported roles of the psoas major muscle, I decided in autumn 2018 that the time was overdue for me to share – in *two parts* – the essential findings that had formed the basis of my 4,000 word research paper, which in turn was an requirement towards qualifying as a Kinetic Control Movement Therapist (KCMT) in 2013. Far from seeking to 'generate controversy for controversy's sake', my intention was and remains to *encourage and urge members to question and reflect on perceived contradictions or conflict between long-standing universally accepted knowledge or beliefs, and their personal self-directed learning and/or clinical experience.* If it doesn't 'fit', 'gel', or 'make sense'... *question it! Challenge it!* And do so without implicitly clinging to the premise that all established, collectively accepted 'science' is necessarily infallible and accurate. This is not the same as arrogantly assuming that 'we know better' than the countless highly accomplished researchers and scholars whom we owe most of the body of scientific knowledge available. It is in my view a matter of simply but boldly acknowledging that medical and healthcare research is perpetually evolving

and is often generated or motivated by anecdotal clinical experience ('why does such-and-such a treatment "work", how, and in what circumstances?'). In turn, ensuing new scientific findings lead to enhanced understanding and innovative developments which can fantastically inform, enrich, and further promote best, pioneering clinical practice.

I wish you 'enjoyment' in reading Part 2 of why, contrary to what virtually every textbook would have you believe, I contend that *psoas major* is NOT a hip flexor...

Reminder – Good news for all ISRM Members!

May I again 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 grateful thanks as always to all contributors to this Issue. Your newsletter could however be even more informative, thought-provoking, and motivating if only... if only... the vast majority of members could cease to rely on '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 2019 Issue is: Friday 15th November 2019, thank you.

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

Feature Articles

LSSM Team Tommy's at the London Marathon 2019

From Chloe Cyrus-Kent



This year's London Marathon was met with perfect conditions for runners and much excited anticipation throughout the City. Londoners, beset by Brexit blues in recent months, needed a reason to cheer and they certainly found it on Marathon day. Hundreds of charities, from Save the Children to Save the Bees were all lining the route, cheering on courageous runners raising money for extraordinary life-changing causes. As ever, people from all countries were there, participating or supporting loved ones on their epic feat of running 26.2 miles in one go (wow!).

The LSSM provided teams of soft tissue therapists for 14 charities: Shelter,

Feature Articles



Scope, Spinal Injuries Association, National Autistic Society, Meningitis Now, Meningitis Research Foundation, Tommy's, National Deaf Children's Society, Together 4 Short Lives, FabKids, Children with Cancer, Teenage Cancer Trust, Prostate Cancer Research Centre, and Pancreatic Cancer UK.

Our LSSM team was privileged to offer post-event soft tissue therapy for Team Tommy's runners. Tommy's is a baby



charity funding research into miscarriage, stillbirth and premature birth. Their brave and brilliant runners were treated to a reception at Mabel's cocktail bar in Covent Garden, only a short walk from the finish line (easier to say if you haven't run 26 miles, perhaps). Our team was made up of LSSM students, one massage therapist and our team leader, myofascial release expert Phil Young. We set ourselves up in a bar area beside the main hubbub of Tommy's staff and families celebrating with their runners. Before the first runners arrived our team leader gave us tips on myofascial release for sore legs and prepared us for the new experience of working with post-marathon runners in great need of rest and recovery. We saw lots of very tired and tense quads, hamstrings and calf muscles for which myofascial release, as well as other soft tissue techniques, worked wonders. One of the runners said she felt she'd got "a new pair of legs" after her treatment and it was touching to hear the stories of the runners. In many cases we could see and hear their precious little ones nearby; families very proud they're raising money for a cause that means the world to them. In a small lull between runners, one of the Tommy's staff came to us with a hip flexor



complaint and it was brilliant to see our team leader skillfully use myofascial and positional release techniques with her, including the often-mentioned positional release of the psoas!

Before our post-event therapy work started we were fortunate to watch the first runners going past Cleopatra's Needle, just after mile 25. It was exciting to be in the Marathon atmosphere and see extraordinary elite athletes, seemingly taking it in their stride, followed later by those who were fighting with all their heart, body and soul against wrecked hamstrings and pure exhaustion in the last mile. It was interesting to watch St John's Ambulance staff help one man who had come to a standstill right in front of me, with intense pain in his hamstrings. Ambulance staff helped him focus, relax and release his hamstrings with a few simple exercises, and then get cautiously back on his way to the finish line. I was fortunate to spot a Team Tommy's frontrunner go past at one point and one runner for Pancreatic Cancer UK also caught my eye as he ran by. The



Feature Articles

back of his top read, "Pancreatic Cancer is tough. So am I". The toughness and determination of all the charity runners we worked with at the London Marathon was both moving and humbling and we hope that after their post-event soft tissue treatments, a few shattered legs felt a lot better. As therapists we certainly learned a lot from the experience ourselves, and even after giving treatments for more than 4 hours solid we could well imagine coming back for more another year!



The London Marathon – from a different perspective

From Janice Barrett

"So, 38 years later, Andrew ran the London Marathon, and just being a part of that journey has been amazing which is why I'll be signing on again to be a massage therapist next year."



For at least the past 7 years, I have worked as a massage therapist at the end of the London Marathon, but my engagement with the event has been much longer.

The first London Marathon took place on 29th March 1981 – and I was there watching it from the London pavements with my family. I was only fourteen years

old, but it obviously had a lasting effect on me and my younger brother Andrew who was only nine at the time. We went every year to watch it after that.

Fast-forward to 1986, and I was then training to be a nurse right next to the finish line. That year, I was working in the Accident and Emergency Department at St Thomas' Hospital. I remember it being a bit busy, but not as bad as we had anticipated! 1988 saw me volunteering with St John's Ambulance as part of my Duke of Edinburgh's award scheme (I successfully got my Gold Award in part thanks to this). I remember lots of runners getting cramps and massaging and stretching their legs – a sign of things to come.

In 2011, I finally got around, first to studying on a holistic massage course, followed by training with LSSM to become a sports massage therapist. During this time, I volunteered as one of many students supporting charities with massaging their fundraising runners at the London marathon finish. Once qualified, I became a team leader, and that is what I have been doing ever since.

Having both my nursing background (I still work as a nurse too) and massage experience definitely makes this role easier. I also really enjoy supporting new massage therapists into their first foray of event work.

My hopes of ever running a marathon myself went with my knees back in my 20's, but that has not stopped me doing marathons in other ways. I used to be a guide for charity treks on such events as the Great Wall of China, the Sahara Desert, Machu Picchu, etc. and then discovered sports involving sitting down – so I have completed kayak marathons on the sea and the Thames as well as the Ride London 100 cycling event.

Now, fast-forward to 2019. My brother Andrew had not given up on his dream of running the marathon and he gained a place with PhabKids for this year's marathon. I duly signed up to volunteer for them and avidly watched his progress throughout the gruelling training. Anyone who runs a marathon will know that it is the hours and hours of training that count – and he put every one of them in.

Feature Articles

In early April, the ISRM teams were announced and my usual role of supporting new massage therapists began. Whilst Dan was the PhabKids Team Leader, I'd offered to help the new ISRM trainees. A flurry of WhatsApp messages soon followed and concerns allayed. I think it's easy to forget how daunting your first event is, yet it is so rewarding.

On the day itself I had an earlier start than usual. I have the bonus of living in London but I had to drop off my couch and kit at the finish venue extra early this year. Then I abandoned my post (as kindly agreed with Janine from the charity!) and

headed to mile 7.5 at Deptford Creek. As I saw Andrew running towards me I realised that he was achieving his life-long dream. After a quick hug, he was back on his way for the rest of the journey.

It took an excruciating 2.5 hours to get back to St James' Park (it had only taken 40 minutes to get there!). However, I made it back in time to meet the rest of the team and before any of the runners (but not in time for the team photo - sorry!).

Various members of my family were on the route and sent me updates throughout the afternoon and Andrew

made it across the finish line and onto my couch. Like most runners this year, he found it a hard run on the day despite the reasonable conditions (anyone know why?). He said "never again" and then signed up for the 2020 ballot the next day!

So, 38 years later, Andrew ran the London Marathon, and just being a part of that journey has been amazing which is why I'll be signing on again to be a massage therapist next year.

Event Work

Event work update

From Tanya Ball



So far, 2019 has proved an exciting year in terms of ISRM-organised event work, with a greater variety of types of events, including a couple of mid-week,

indoor evening opportunities ideal for, if limited to, students and therapists local to London.

According to the invariably enthusiastic feedback from the charities and other organisations we work with, our delivery of high quality pre-/post-event soft tissue therapy (STT) continues to meet (or exceed!) the standards people have come to expect of us. As always, it must be stressed that 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. So may I again take this opportunity say a

resounding and most 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.

2019 events which benefited from ISRM-provided STT include:

- Second London Landmarks Half Marathon – Sunday 24th March
- London Marathon – Sun 28th April
- SWRC MayFlyer Cycloportive (in aid of Full Circle Fund Therapies [Charity]) Cycling Event, Oxshott, Surrey – Sunday 19th May
- Sweat in the City – The Soca Fitness Fete, London – Wednesday 2nd May
- Bournemouth 7's Festival, Bournemouth – Fri-Mon 25th-28th May
- Ride London – Surrey 100/London – Sunday 4th August
- Sweat in the City – The Soca Fitness Fete, London – Wednesday 21st August

Forthcoming events:

Royal Parks ½ Marathon, London, Sunday 13th October.

Selective events roundup

London Landmarks Half Marathon

After having stepped in at the 11th hour to support the inaugural 2018 event following the demise of the originally appointed event massage provider, we were delighted to be approached again this year, this time as a first choice and in good time (and we have already been asked to support the 2020 event).

A sixteen-strong ISRM team attended the event under Sue Burnett's experienced leadership, and the numerous feedback messages from team members, organisers, and runners alike are a testament to both the therapists' performance and enjoyment. So here's to even surpassing this success next year!

London Marathon

This year's London Marathon saw some 90 ISRM volunteers + team leaders distributed into fifteen STT teams, each allocated to a different charity, travel to various venues within a short distance of the race Finish,

Event Work

where the charities' respective 'thank you' receptions were being held for their fundraising runners. As in the past 20+ years since LSSM started offering students and graduates event work experience, the role of our enthusiastic and eager teams was to provide restorative, pain-easing gentle post-race treatment to these highly-deserving aching but elated finishers.

New 'Sweat in the City' events

These are City fitness centre-based 'aerobathons' where a selection of 'top' fitness instructors teach participants a range of workouts with live DJs throughout an evening. The organisers have been hosting these events since 2017, which have rapidly expanded. I understand that some 150 fitness enthusiasts participated in both (May and August) events supported by an energetic handful of students, under the fine leadership of Julie Davidson on both occasions.

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 some of the above events through first-hand accounts and a range of photos (unfortunately of variable quality due to lighting etc.), also featured in this Section of the present newsletter. May these inspire many to sign up for future event work!

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.

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

How to apply for Event Work:

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

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

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?'

Event work - London Marathon





Expand your knowledge, enhance your skills

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 25th Oct 2019 Fri 28th Feb 2020
Fri 17th Jan 2020 Fri 27th March 2020

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@gmail.com if you wish to attend.

Strapping & Taping workshop

Course objectives:

Part 1

- Basic principles of strapping to include rigid taping, compression, immobilisation and facilitation
- Looking at different types of tape and understanding their functions
- Practical application of compression strapping of an ankle
- Practical application of ankle & thumb rigid strapping
- Functional taping of the knee

Part 2

- Introduction to the theory of Kinesiotaping.
- Investigating Kinesiotape's uses for:
 - o Inhibition of trigger points
 - o Increase/decrease muscle tone
 - o Offloading Myofascial pathways
- Use of Myofascial taping in a sporting arena

* 4 people max*

Date: Sat 19th October 2019
NEW DATE: Sat 14th March 2020
Time: 9:30-4:30pm

Venue: BWT Physio. 1 Springfield Road, Poole, BH14 0LG
Cost: £100
Course Tutors: Susie Toms MACP, HCPC –Physiotherapist
Sarah Tidey BSc Soft Tissue Therapist

Please send an email to sarahtidey@gmail.com if you wish to attend.

Emergency First Aid at Work (EFAW) *Colin Iggleden*

This is a 6-hour course designed for where an organisation's risk assessment of First Aid needs identifies that there is a requirement for Emergency First Aid at Work practitioners. The national Award for Emergency First Aid at Work issued on successful completion of this course satisfies the requirements of the regulatory body for First Aid. All learners will have the skills and knowledge to provide their organisation with Emergency First Aiders who can provide treatment to their casualties in a prompt, safe and effective manner.

Date: Sat 5th Oct 2019
NEW DATE: Sat 7th March 2020
Time: 10am-5pm

Cost: £70
Tutor: Colin Iggleden

Venue: Nightingale House' – Building 67, University of Southampton, 12 University Rd, Southampton, SO17 1BJ (Same as LSSM)

Please send an email to info@icactivetraining.co.uk if you wish to attend.

Expand your knowledge, enhance your skills

*** CPD TOO GOOD TO MISS ***

Book and block your diary NOW!



(1)

Born to Move

Venue: Winchester

Date: Fri Sun 27 29 March 2020

Tutor: James Earls

Born to Move (previously Active Fascial Release, AFR) blends functional movement principles with hands-on manipulation of the soft tissue to give you completely new and exciting assessments and treatment strategies for your clients. Born to Move allows the practitioner to work with motor control, joint and soft-tissue issues all with the same technique – the client is simultaneously assessed, treated and re-educated with pain-free interventions.

What is Born to Move?

Born to Move has been developed by James Earls, blending his understanding of myofascial and functional movement principles with hands-on manipulation of the soft tissue to create a variety of therapeutic effects.

James trained with Tom Myers, the originator of the Anatomy Trains model, and studied functional movement principles with Gary Gray and David Tiberio of the Gray Institute. Born to Move aims to bring the best of both these models together to give you an immediate and effective treatment tool.

Born to Move combines elements of motor control theory with a neuro-myo-fascial approach to identify, treat and finally re-educate the client's movement patterns. The blending of guided movement with various soft tissue engagement protocols has created a method that addresses the body as a whole and acknowledges the roles of the body's various tissues and their interrelationships.

Expand your knowledge, enhance your skills

*** CPD TOO GOOD TO MISS ***

Book and block your diary NOW!



(2)

Born To Walk

Venue: Winchester

Date: Fri Sun 01 03 May 2020

Tutor: James Earls

Walking is one of the most common daily functions, but one of the least understood biomechanically. To understand anatomy the therapist must first understand function. In this workshop we analyse the mechanics of efficient gait, looking at the chain of movement events from the feet to the spine and into the shoulders. Upon completing this course you will have the tools to understand true, real-life movement and how to correct faulty patterns.

Description

To understand anatomy, the therapist must first understand function. In this workshop we analyse the mechanics of efficient gait, looking at the chain of movement events from the feet to the spine and into the shoulders.

We explore how gravity works in concert with the joints and thereby the fascial and myofascial tissue to improve proprioceptive communication, muscle firing, and collagenous recoil. You will come away with the tools to investigate, analyse and intervene in non-pathological walking, learn how to build a personalised movement program to improve your clients' gait.

NEED MORE INCENTIVE TO BOOK?

*** Rare opportunity to be tutored by eminent writer, lecturer and bodyworker James Earls ***

*** Early Bird discount *** Complimentary welcome pack, fresh fruit and refreshments ***

Cost, discounts, and registration information overleaf. For full course details, visit www.borntomove.com

For all further enquiries and/or to request a WORD version of this Registration form,
please email Sarah at: sarahtidey@ymail.com

Please send your completed Registration form with payment if applicable to:
BTMove/BTW Courses, c/o 15 Parkstone Heights, Poole, Dorset BH14 0QE

Expand your knowledge, enhance your skills

2020 Born to Move / Born to Walk (BTW) in Winchester – REGISTRATION FORM

A – Dates, venue and general details

Venue (both courses)	Course dates	Accommodation	Parking
Winchester Rugby Club North Walls Park, Hillier Way Winchester, Hants SO23 7SU	AFR: 27-29 March 2020 BTW: 01-03 May 2020	Winchester offers a wide range of accommodation options to suit all budgets – please make your own arrangements as required.	Plenty of car parking is available behind and to the side of the Club House.

Directions

By car:

- M3 Leave at Junction 9.
- Head north on A34/A33.
- Keep to right hand lane marked A33 Basingstoke & Kingsworthy.
- Take the first left onto B3047 (Cart & Horses) for 1.2 miles.
- Turn Left into Russell Road.
- Turn right at end, then first left into Hillier Way.
- The WRFC Grounds are 220 m on right at end.

By rail / public transport:

Trains: South Western Railway / Cross Country Rails

From Winchester Railway Station:

On foot: 15 min walk (check map or use preferred app.)

The following transport lines have routes that pass near Winchester Rugby Football Club: buses numbers: 1, 66, E1 (please check according to individual requirements).

Website: <http://www.winchesterrugby.com/>

B – Personal and professional details

Surname	First name(s)	Mobile number	Email address (please write LEGIBLY , thank you!)

Postal address	Post code

Profession(s)	Main:	FT <input type="checkbox"/> / PT <input type="checkbox"/>	Years' experience since qualification	Years / Months
	Additional:	FT <input type="checkbox"/> / PT <input type="checkbox"/>	Years' experience since qualification	Years / Months
	Additional:	FT <input type="checkbox"/> / PT <input type="checkbox"/>	Years' experience since qualification	Years / Months

Previous experience of Fascial Release, the Biotensegrity Model, Structural Integration, etc.:

C – Your goals: what are your goals and/or expectations in attending this/these course(s)? (Multiple answers welcome!)

- 1)
- 2)
- 3)
- ...

D – Course registration cost details

Course	Early Bird fee	Early Bird closing date	Full course fee	Please tick selected course(s) and rates		Cancellation Policy		
				Early Bird	Full fee			
Born to Move (27-29 March 2020)	£450.00	Friday 07 Feb. 2020	£510	<input type="checkbox"/>	<input type="checkbox"/>	Up to 30 days prior to relevant course start date(s): Full refund	Between 29 and 15 days prior to relevant course start date(s): 50% refund (*) LESS £50 admin. fee	Within 14 days (or fewer) of relevant course start date(s): No refund (*)
BTW (01-03 May 2020)	£450.00	Friday 07 Feb. 2020	£510	<input type="checkbox"/>	<input type="checkbox"/>			
BT Move + BTW joint reg.	£750.00	Friday 07 Feb. 2020	£930	<input type="checkbox"/>	<input type="checkbox"/>			

PLEASE NOTE that places are limited and will be allocated on a first come, first served basis.

(*) Full refund at organiser's discretion if cancelled place can be filled by another delegate but please note Admin. Fee applies.

Cancellation by course organisers ('force majeure'): full refund.

PAYMENT METHODS	By online bank transfer:	Bank: First Direct	Account name: 'Sarah Tidey'	Sort code: 40-47-59	Account No: 70890618
	ESSENTIAL: Please ensure you state 'BTMove', 'BTW', or 'BTMove/BTW' in your Payment Reference – thank you.				

By cheque: please make cheques payable to 'Sarah Tidey' and send, enclosing your completed Registration form, to: BTMove/BTW Courses, c/o 15 Parkstone Heights, Poole, Dorset BH14 0QE. Thank you.

For all further enquiries and/or to request a WORD version of this Registration form, please email Sarah at: sarahtidey@gmail.com

**Please send your completed Registration form with payment if applicable to:
BTMove/BTW Courses, c/o 15 Parkstone Heights, Poole, Dorset BH14 0QE
For full details about both courses, visit www.borntomove.com**

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SEE PAGE 2-3 OF THIS ISSUE

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

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Requests can be made by e-mailing 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*

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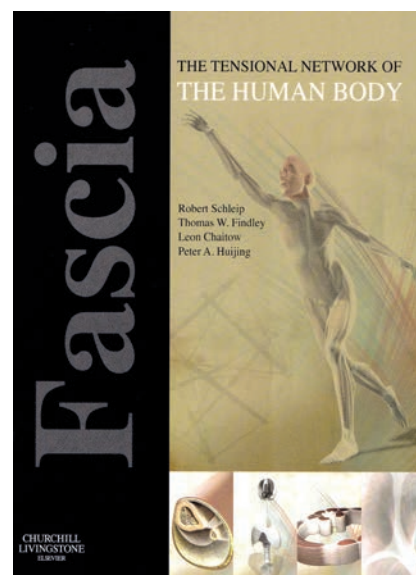
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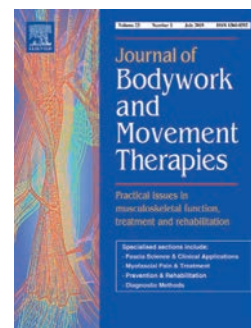
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Below are a selection of websites that might be of interest to you. If you have discovered some others that you would like to share, please send them along to admin@theism.com Thanks

<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

stopportsinjuries.org

sportsresource.org

leonchaitow.com

osceskills.com



SRTC
The Sports and Remedial Therapies Council

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

CNHC



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

L.S.S.M.
London School of
SPORT & REMEDIAL MASSAGE



LONDON SCHOOL OF SPORTS MASSAGE
Central London, Southampton & Brighton
www.lssm.com

OSSM
Oxford School of Sports Massage

**Oxford School
of Sports Massage**
Oxford
www.ossm.co.uk



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

**The School of
Natural
Therapies**
Training School for Massage & Holistic Therapies

**SCHOOL OF
NATURAL THERAPIES**
Clapham, London
www.schoolofnaturaltherapies.co.uk



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

**The Massage
Training School**

Massage Training School
Exmouth
www.themassagetrainingsschool.com

CSSM
Cambridge School of
Sports Massage

Cambridge School of Sports Massage
Cambridge
www.thecssm.co.uk

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