



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

# NEWSLETTER

ISRM | ISSUE 19 | MARCH 2012

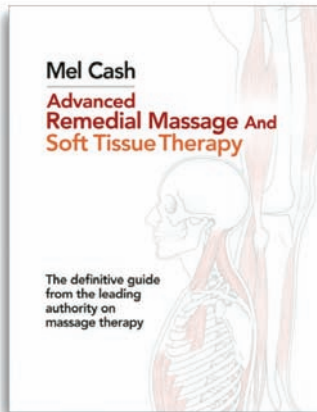
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The definitive guide to advanced remedial massage by Mel Cash, one of the world's leading authorities on massage therapy!



## **Advanced Remedial Massage and Soft Tissue Therapy** By Mel Cash

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

**The aim of the therapist is to treat and 'remedy' a client's problem; but to offer a real remedy you must do more than just relieve pain; you must also understand how the problem came about and how it can be avoided in future.**

**Advanced Remedial Massage and Soft Tissue Therapy** develops a deep understanding of the way the musculoskeletal system functions and dysfunctions. It also describes a range of advanced treatment techniques within a framework of assessment and rehabilitation. The guidance in this book will enable therapists to work safely and effectively with a very wide range of conditions suffered by people from all walks of life. Illustrated with 150 photographs and 75 diagrams it has clear concise text which has been written by a therapist for the therapist. This highly informative guide is a must-have both for students and therapists of Remedial Massage, Physiotherapy, Osteopathy and any other form of manual therapy.



### **About the Author**

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

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

### **Where and how best to get your own copy...**

**Cover price is £25, but Amazon are selling it for only £16-£18.**

**If you go onto the ISRM or LSSM website and click on the book icon there, it will take you through to Amazon.co.uk. ISRM receives a small commission for books purchased via that channel.**



# Breaking news! Breaking news!

## Seeing Hands Nepal – Update

(a good holiday for me, but a saga for Stefi)

From Mel Cash

### SHN Kathmandu

I returned to Nepal at Christmas 2011 along with fellow LSSM Tutor Stefania d’Adetta, who had never been there before. We started in Kathmandu where the new Seeing Hands Nepal (SHN) centre is going well, despite being small and only comprising two therapists and two students.

Chiran and his wife Laxmi are the two blind therapists who live at the Kathmandu centre, and are our most senior experienced therapists. Chiran has developed good managerial skills and now runs the centre, and their home, and controls the bank account. There was nothing I needed to teach them and so we had time to relax and enjoy our friendship. The two students were already pretty good, and will soon be working fully and earning a living. So they only needed supervised practice, which meant we had the afternoons free.

I took Stefi around the sites of Kathmandu and watched her experience the place for the first time. Like so many of us, she quickly got used to the noise, pollution, cold, poverty, and squalor, and was soon captivated by it all.

### Xmas ‘jungle trip’

For a few days over Xmas we travelled, with Rob and Sue Ainley, who set up and continue to ‘run’ the SHN charity, to a remote National park in Western Nepal. We rode through the jungle on elephants, but didn’t see any tigers. It was a beautiful area with lovely villages, and the fresh air, peace and quiet were a great relief. We then spent two days travelling up through western Nepal to Pokhara where the main SHN centre is.

### SHN Pokhara

The students I had seen there the previous year were now qualified, working and starting to do very well. Their progress and gain in confidence were a delight to witness. The experienced therapists I have worked with over many years are now achieving

outstanding standards. Many are building strong reputations, with regular clients who keep coming back. They were keen to show me just how good they were, so I received loads of great massage whilst Stefi provided excellent supervised practice with them.



### Stefi’s ‘enforced’ Kathmandu extra stay

The time then came for me to return to UK, while Stefi had planned to stay on for two days before flying back via Dohar (Qatar), where she has some wealthy clients. But without me to keep an eye on her, disaster struck! As she made her way back to her hotel room on her last night, she fell down the stairs and most unluckily fractured her leg! She managed to get herself to a hospital in Kathmandu where they actually did a fine job of setting the bone precisely in the right position (maybe her luck rather than their skill). She had broken her fibula low down near the malleolus (avulsion fracture) and sound repair would be vital for future normal ankle joint function. So she was faced with difficult choices: stay in Kathmandu and not move it at all, or fly home as soon as possible and get it surgically pinned. Either way she would be off work for a minimum of six weeks, and Kathmandu is a pretty cheap place to be stuck in. If she waited there, she would still be able to visit her wealthy clients in Dohar on her way back home. So she spent her days sitting on the sun-bathed roof of a very friendly and inexpensive hotel, where she made many friends and coped very well.

### So what is the future for SHN?

A second floor has now been built on the Pokhara SHN centre, providing a teaching room easily convertible into a treatment room in the busy season. There is also now a staff room and a laundry area. This means that all the ground floor rooms can be used for treatments, and with overnight accommodation available in the staff room, the therapists will be able to run evening clinics, which are much in demand. In all this will double the capacity at the centre.

We can now start to train up another group of blind students in Pokhara so that we have soon enough therapists to be able to open another clinic at the other end of what is a long, windy town.

The Kathmandu centre is quite different in that it receives a more regular client base from people living and working there. The premises are small with only two treatment rooms. It may be possible to expand into the adjacent building, but if this fails we will have to look for other premises.

Because massage in Nepal only pays in the tourist sector, we can only operate successfully in Kathmandu and Pokhara, and there is a limit to the capacity there. We may reach ‘saturation point’ within the next two to three years. We anticipate that by then the therapists will be able to take full responsibility for the day-to-day running of the clinics, which would enable us to explore opportunities to expand the project to another country.





## Editorial

From Tanya Ball

### Welcome...

Hardy, humble crocuses and snowdrops, followed by dazzling daffodils, narcissi, and even early tulips... welcome everyone to this opening Issue of our landmark Olympic and Jubilee 2012 year!

A specially warm welcome to new Members, notably students, for whom this is their first ISRM Newsletter – we trust that you will find this publication informative, helpful, and inspirational.

Reading about colleagues' professional experiences, steadfast determination, and perhaps at times 'leaps of faith' to follow a dream, eventually rewarded with successful achievement, can and often does empower others to believe that with sufficient commitment, they, too, can attain their goal.

### ISRM Newsletter format

For the benefit of our new Members, may I reiterate that we (ISRM) decided from 2011 on to produce the spring and autumn newsletter editions online only, with hard copy format for the Xmas and possibly summer Issues. All relevant (i.e. not obsolete) material featured in an electronic edition is reproduced in the following printed Issue.

The key aim is to reduce ISRM's substantial annual printing and postage costs, so that more funds are available for worthy 'causes' supported by our not-for-profit organisation. Alongside this electronic age transition, ISRM have been working very hard behind the scenes to make all previous Newsletters available online, so Members can now access previous articles, case studies, etc. from the spring 2009 edition onwards.

A special thank you to ISRM website wizard Martin Docherty for his patient, painstaking work on this, as well as on rejuvenating the 'old' website into a more modern, truly user-friendly, informative tool.

### In this Issue...

#### Mel Cash's 'Breaking News':

Don't miss the official Press Release on Mel's new title, Advanced Remedial Massage and Soft Tissue Therapy, and how to get hold of a copy at discounted price!

Mel then updates us on his latest (Xmas 2011) visit to The SHN Project in Kathmandu and Pokhara, Nepal, including a memorable jungle trip, and a more literal an consequential 'trip' for poor Stefi d'Addetta!

#### Our profession and its future:

I strongly urge Members to read both Mel's announcement of forthcoming changes to CNHC Registration, and CNHC's latest update.

#### Feature articles:

After the 'bumper' volume of stories in the previous edition, we are sadly somewhat depleted of these this time. However Sue Ainley, who with husband Rob tirelessly continue to run the SHN project in Nepal, has sent in an encouraging update. This bears testament to the tremendous continuing effort and perseverance that humbly takes place 'behind the scenes', transforming the lives, hopes, and dreams, as well as restoring the sense of dignity and self-worth, of a few highly dedicated blind Nepalese.

#### Event work:

Read up on the recent Fleet ½ Marathon, find out – if you haven't done so already – the route and bearers of the Olympic Torch, and keep abreast of the forthcoming ISRM events on the calendar for 2012.

#### Expand your knowledge, enhance your skills (CPD):

May I draw the attention of those with a strong interest in 'Fascia' to the Advanced Workshop Series taught by Til Luchau, and the Mary Bond workshop, organised by Kinesis UK. These are rare opportunities to

learn from some among the best in their fields, in the UK as opposed to investing in the cost of flights 'across the pond'. Please note however that these workshops are intended for therapists with considerable pre-existing knowledge, understanding, and hands-on experience in the field of Fascia.

Readers can also select from a wide range of courses and workshops for variable levels in London, Oxford, Southampton, and Basingstoke.

Finally, if you are curious about fascial work and notably 'structural integration' (SI), outside models are still required for the spring 2012 'Part 3' training course in Weston-on-the-Green, just North of Oxford. This is an unique opportunity to experience the SI treatment 'Series'... free of charge, but you MUST be available without fail for each of the dates listed.

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

Please keep sending your newsletter contributions to me at:  
[editor@theism.com](mailto:editor@theism.com)

Please note that the submission deadline for the Summer 2012 Issue is **Friday 22nd June 2012**, thank you.

# Our profession and its future



## CNHC Changes From Mel Cash

Up until now, ISRM members have been able to go on either or both the Massage register and the Sport and Remedial register, but behind the scenes there have been some issues with this.

The Sport and Remedial register was set up to accommodate Sports Therapists and Remedial Massage therapists because it was believed that they have strong similarities. They both require the same level of academic understanding and skill, but while one applies these to the specific requirements of the athlete, the other does so to the needs of the wider general public. Hence this single register has caused confusion and some discontent within the industry, and the solution is to consider establishing a separate register for Remedial Therapists.

CNHC's policy is to only set up registers for individual therapies which have National Occupational Standards (NOS). There are NOS for Sports Therapy, but not for

Remedial Therapy. Why? The latter therapy is dominated by the ISRM qualification, which is verified and validated by BTEC, who have not to date required NOS, and so ISRM never made a case for them. The Government body authorised to set NOS for our sector is Skills for Health, but due to the cut-backs their funding has been reduced considerably, and they are unlikely to be able to undertake NOS development work in the foreseeable future. CNHC now needs to consider therapies devoid of NOS, and are developing a system that will allow and accommodate this situation. ISRM will be working on the matter over the coming months and will be applying for a Remedial therapy register to be set up by the end of the year.

### So what does this mean to you?

If you are already on the Sport & Remedial register, then you can remain there. You will be registered as a Sports Therapist from 19th

March 2012 – which is when the change comes into effect – until your registration is due for renewal. When the Remedial therapy register is set up, you can then apply to join it and let the other registration lapse.

If you are a new registrant, you should apply for the Massage register only. You can then apply to join the Remedial register when it is set up.

### Does it really matter to you?

No! At the present time the general public are not searching the CNHC website (or making telephone enquiries) to locate a particular type of therapist. Instead they are finding a therapist in the marketplace and then checking whether they are CNHC registered. So as long as you feature on any CNHC register, that is all you really need at the present time



## CNHC March Update

### Important notice for all CNHC registered practitioners

CNHC will be increasing its fees for the first time since the register opened in January 2009. With effect from 8 May 2012 the basic registration and renewal fee will rise to £55. The fee for registration of additional disciplines will remain unchanged at £10 per discipline (to a maximum of four, after which it is free) and £5 per discipline at renewal.

Anyone registering or renewing up to 8 May will be able to register or renew at the current rate of £45.

The increase in fees will enable CNHC to continue to enhance its registration processes and carry out further development work.

### Important notice for all CNHC registered Sports & Remedial Therapists

Following a review of CNHC's entry criteria in relation to the Sports & Remedial Therapy register, CNHC has agreed, in consultation with CNHC's Sports & Remedial Therapy Profession Specific Board (PSB) and Massage Therapy PSB, that with effect from 19th March 2012 the Sports & Remedial Therapy register will be renamed as the Sports Therapy register.

For full details see **CNHC's Announcement** on the CNHC website.

### Advertising wording update

The Nutritional Therapy descriptor is now complete and CNHC registered nutritional therapists may download the wording by logging into **MyCNHC**. The Sports Therapy

descriptor will be available to download from 19th March when the register title changes. All of CNHC's discipline descriptors are also available on the CNHC website at **Complementary Therapy Descriptors** (Sports Therapy from 19th March). This means all descriptors except Naturopathy have now been agreed and CNHC will provide an update in due course.

Practitioners may use this wording to describe their practice in a way that will reduce the risk of a successful complaint to the ASA.

For more information about advertising please see **CNHC's Advertising Guidance** on the CNHC website.

**For further information about the CNHC and how to register call 020 3178 2199, email [info@cnhc.org.uk](mailto:info@cnhc.org.uk) or visit [www.cnhc.org.uk](http://www.cnhc.org.uk)**

## Feature

# Greetings from everyone at Seeing Hands Nepal (SHN)!

From Sue Ainley

*'Seeing Hands is one of the greatest organisations working for the blind in Nepal, without this opportunity my life would be very different. I have no skill in any other sector but now my hands have talent and I can provide for myself, for my life and my family. I am very proud of that.'*

We had a great Christmas here in Nepal, tracking tigers in remote Bardia National Park together with Mel Cash (member of SHN & founder of ISRM in London), Cedric Jeanson (SHN Trustee), and Stefi D'Addetta (LSSM tutor). Sadly the tigers were all too elusive but we all had a fantastic time, and it was a great for everyone to get to know each other and see our work firsthand.

### Training Programme News

Our current students (Sagar and Santosh) are doing exceptionally well and should qualify as planned in March. Both benefited enormously from training with returning volunteer Andrew Salvietti (who was here Oct/Nov 2011) and Mel Cash in the lead up to Christmas (thanks again to both for tirelessly devoting their time and raising funds for us). Andrew brought tonnes of assistive stuff for the blind – canes, cane tips, talking calculators and more, and Mel kindly lugged a new massage couch all the way from London! Another volunteer tutor (Erin Clarke, from the Western School of Massage in Glasgow), is due to come over in February 2012 to help get them through the final stages of their training.

### Clinic Updates

Both students will work in the clinic in Kathmandu when they qualify (alongside Chiran and Laxmi), bringing the total number of therapists working there up to four. Business in Kathmandu has improved considerably and even though we are well into the low season now, we still have a steady stream of clients, many of whom are regulars. We also hit the top spot on Tripadvisor which has really put us on the map.

In Pokhara we also had a very busy season that continued well into December, and as a result we have decided to add more rooms so we can accommodate more clients – and therapists. We are building one extra treatment/training room, one private office/staff room with much-needed storage space and one more bathroom. We are still planning to open a third clinic this year as well, but adding more rooms on the roof of our existing clinic will allow us to fulfil our need for extra space better in the short term. It will also enable us to move training activities back to Pokhara again from Kathmandu. While training in the capital did have some advantages, it was much more difficult for students to find nearby accommodation and make their way to the clinic for lessons. It is also high time we developed some more teachers and potential managers amongst our more experienced staff at the Pokhara clinic, and training there again will help us achieve that. As part of that aim, we have also arranged a Management Training course for them to attend in February 2012.

### Future Plans & Needs

We are proud to say that Seeing Hands is a successful and truly sustainable social enterprise that has dramatically changed the lives of its beneficiaries for the better. In the words of Samrat, one of our therapists:

*"Seeing Hands is one of the greatest organisations working for the blind in Nepal, without this opportunity my life would be very different. I have no skill in any other sector but now my hands have talent and I can provide for myself, for my life and my family. I am very proud of that."*

It gives us a very warm feeling to see our team of blind staff developing and growing as individuals – the change in their lives evident in the photo montage of the December 2011 Issue. Thanks to all those who helped us get this far, and please keep donating as we still have more to do. We are now raising funds to cover training costs for the next batch of students, and the cost of establishing a third clinic, which we hope will also be part-funded by revenues generated by the clinics over the coming months. As always, we would be very grateful for any support, however small. If you would like to make a donation, either reply to this email or visit <http://www.seeinghandsnepal.org/contact.htm> and click the Make a Donation button on the main page. If you are UK based, please send a cheque to our registered address below so we don't have to pay transaction fees.

As usual, you can read more information and see photos on our blog, and on our Facebook page:

[www.seeinghands.blogspot.com](http://www.seeinghands.blogspot.com)

[www.facebook.com/pages/Seeing-Hands-Nepal/172867839460992](https://www.facebook.com/pages/Seeing-Hands-Nepal/172867839460992)

With heartfelt thanks for your continued support on behalf of all our volunteers, staff and students,

Rob & Sue Ainley

**Seeing Hands Nepal**

[www.seeinghandsnepal.org](http://www.seeinghandsnepal.org)

UK Registered Charity No 1120429

8 Nelson Road, Ilkley, LS29 8HN

## Event Work

# Event work update

From Tanya Ball



Writing this page is appropriately coinciding with LOCOG's official announcement of the Olympic Torch route and bearers, as well as the usual flurry of

event work-related e-mails in the build up to the London Marathon.

As mentioned in the December 2011 Issue, IMG have once again requested our (ISRM's) input into the Blenheim and London Triathlons, and the Run-to-the-Beat ½ Marathon. *Please note the change of dates of all three of these events from previous years in 2012 due to the combination of the Queen's Jubilee and the Olympics as follows:*

- *Blenheim Triathlon:*  
Sat-Sun 9th-10th June 2012
- *London Triathlon:*  
Sat-Sun 22nd-23rd September 2012
- *RTTB: Sun 21st October 2012.*

Applications for some of the events are closed at the time of writing, as the quotas have been reached. *HOWEVER please keep checking the website if you would like to participate in them, as I re-open them periodically if/when withdrawals from currently 'approved' team members allow for new places to become available.*

In addition to the above, we have to date provided a SRM team of graduates at the Fleet ½ Marathon as in recent years, and a small team of volunteers at the Hotelympia 10 k in the Docklands. We have also been asked to provide teams at the Brighton Marathon on 15th April, but regrettably this is now looking highly doubtful for reasons beyond our control – it has reportedly been suggested that couches may not be brought into the marquee(s) for 'ealf 'n safety' reasons... no... I don't know either...!

### 2012 Olympics/Paralympics

#### Torch route and bearers

As mentioned above, this has just been announced at the time of writing. In case anyone interested does not have a link to hand, here is the one provided by LOCOG: <http://www.london2012.com/olympic-torch-relay>.

#### Volunteer therapists' selection

Incredibly, with less than four months to the 2012 Olympics, the selection process for Clinical volunteers initiated in March 2011... is *still* in progress as far as some therapists are concerned, a few ISRM colleagues and myself included. This is despite assurances last year that all volunteers would be notified irrespective of inclusion or exclusion no later than January 2012. My repeated 'chase up' emails pointing out the obvious – namely that it was unrealistic to expect us self-employed clinicians to 'reserve' several weeks and potentially decline fee-earning work, without any guaranteed involvement in the Olympics, appear to have been met with indifference.... The best 'assurance' I eventually received was that all applicants would receive a definite answer by end April 2012, against my 'ultimatum' of 15th February...

#### Finally: the ISRM event work registration process (again!)

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

Duplicate entries are difficult for me to spot due to the automated system, and once an applicant has been approved, I am unable to delete them from the relevant event team list. This again means having to e-mail that person individually to ask them to cancel

one of their applications, unnecessarily wasting time I could be devoting more productively to the Event Work scheme.

If you cannot 'see' the event you are looking for but know it was previously on display on the web page, the most likely reason is that I have 'closed' the event because applications have reached full capacity. Please therefore do not e-mail me individually to ask if you may be included – events fill on a first come,

first served basis and it is therefore up to members to 'jump in early' if they want to secure a place. Please note however that sometimes a 'closed' event may re-appear nearer the date if withdrawals mean that new places have become available, so it is a good idea to keep checking.

Should you encounter problems you suspect to be *website-related*, **please contact the ISRM** and not me, as this is

completely outside of my control, let alone my skills! Thank you.

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

## The Fleet Pre-London ½ Marathon 2012 – a first-hand account

Recent LSSM Graduate Heidi Rietiker reports on her first-ever event work experience – Photos graciously provided by Stewart Beeny ([www.beenyimages.com](http://www.beenyimages.com))

*'Most people we spoke to were desperate to book a post-event massage, so I thought to myself, 'this must be the calm before the storm'! (...)*

*Before we knew it, there were towels, lotion, and clothes being thrown everywhere! The runners would walk (or hobble) in and all you heard was 'legs', 'legs', 'please massage my legs'! Predominantly general massage techniques were used incorporating MET of hamstrings and calves. It was so inspiring to look around and see the therapists all using different techniques and chatting away to their clients.'*



Couch, check! Towels, check! Lotion, check! etc. etc... The list seems endless when preparing for an event. I'm sure this was a question in one of the theory papers on the course? It was – Question Paper Two, number 9... Let's hope I got this one right!

Having just qualified last month on the (Southampton) LSSM Diploma Course, I am off to my first event tomorrow, the Fleet Pre-London 1/2 Marathon, as a recent graduate. I'm excited but nervous at the same time. LSSM t-shirt ironed and ready to go.

It's an early, bleary eyed start to the day at 6 a.m. on a Sunday! Which was actually 5 a.m. as the clocks had gone forward. Surely Sundays are meant for lie-ins? Well – not today! I jump in the car and off I go from Poole to Fleet. Fortunately I am accompanied by my partner, who is a professional freelance photographer and agreed to take some photos for this article.

On arrival in Fleet, I am glad to see a friendly face – a fellow-recent graduate from my Southampton group. Having spent a year attending the course every weekend, I am missing seeing everyone and catching up. The huge park used as the Race HQ was full of marquees and tents for different sponsors and organisers, and the Army were busy unloading hundreds of water bottles from their truck. Our sports massage area was strategically located within the registration/ changing/kit marquee – where competitors could leave their kit bags during the race.





This would provide us excellent exposure throughout the event. It was freezing cold inside, but we soon opened up the sides and the sun came pouring in to warm us all up.

We had a team of eight therapists on the day, all from different areas with varying experience levels and backgrounds, so a good old natter soon broke the ice! We began to set up our couches, which was a mission in itself as we had to try and find a flat area on the bumpy grass! I could just imagine the first competitor jumping on a wobbly couch and promptly falling off the other side, which we wouldn't want of course!

The park slowly started filling up, with competitors heading for the registration marquee, and supporters establishing their prime viewing positions. A few keen runners

booked in for a pre-event massage to loosen up. As they were just about to race, no deep techniques were used, just effleurage and petrissage to give their circulation that well-needed boost! Most people we spoke to were desperate to book a post-event massage, so I thought to myself, 'this must be the calm before the storm'!

The start gun went off and the park was deserted! We took this golden opportunity to relax and chill out in the glorious sunshine. But our break was cut short when the winner completed the course in an impressive 1 hour 7 minutes, so we decided we had better get ready for action...

Before we knew it, there were towels, lotion, and clothes being thrown everywhere! The runners would walk (or hobble) in and all you heard was 'legs', 'legs', 'please massage my legs'! Predominantly general massage techniques were used incorporating MET of hamstrings and calves. It was so inspiring to look around and see the therapists all using different techniques and chatting away to their clients.

We were performing fifteen-minute massage sessions, so there wasn't much time to think,

and time was up before you knew it! I think the slogan of the day was 'RICE' as competitors received valuable advice as well as a much-deserved massage. Everyone left the massage area sounding and looking considerably better than when they had come in.

In two post-event hours, we managed as a team of eight to complete nearly 60 treatments! Everyone contributed to creating a fantastic atmosphere, team spirit, and contagious enthusiasm. After a very satisfying day's work, it was time to pack up and head home. Bring on the next event!!



## Expand your knowledge, enhance your skills

### **Kinesis UK short Workshops and KMI Training in Structural Integration**

*For further information on any of the courses listed, please email/contact as per details below – thank you for noting that these are NOT ISRM courses.*

#### **Short Workshops – Anatomy Trains & Fascial Release for Structural Balance (FRSB) Workshops**

- 28/29 April 2012  
**Anatomy Trains for Movement Therapists**  
Mike Doxey - Bristol, UK
- 02/03 June 2012  
**Anatomy Trains for Movement Therapists**  
Mike Doxey - Chippenham, UK
- 01/02 September 2012  
**Anatomy Trains for Movement Therapists**  
Galway, Ireland

- 22/23 September 2012  
**Anatomy Trains for Manual Therapists**  
Weston on the Green, Oxfordshire
- 29/30 September  
**Anatomy Trains for Manual Therapists**  
Mike Doxey - Birmingham, UK
- 6/7 October 2012  
New! **Anatomy Trains II** (for Manual Therapists)  
Weston on the Green, Oxfordshire
- 3/4 November 2012  
RSB Intrinsic Muscles of the Pelvis  
Weston on the Green, Oxfordshire

#### **Contact details for the above workshops:**

E-mail [workshops@anatomytrains.co.uk](mailto:workshops@anatomytrains.co.uk)  
Tel. +44 (0) 28 9058 0764  
Website: [www.anatomytrains.co.uk](http://www.anatomytrains.co.uk)



## **KMI Training, UK**

**Attention all ISRM Members! Opportunity to receive KMI Structural Integration... for FREE!**

Kinesis UK are again looking for 'outside models' who would be interested in receiving the KMI 12 session series of Structural Integration bodywork.

KMI is a wonderful 'tonic' for your posture and movement, and can be remarkably effective for chronic aches and pains that have their origins in our habit and posture.

KMI work is performed on a massage table, or for certain moves on a stool or bench. The practitioner will use their fingers, hands, or arm to contact certain tissues, and then ask the client to move in specific ways while they open and reposition those tissues.

The sessions will take place between April and June 2012 at Kinesis UK's Oxfordshire venue (Weston-on-the-Green Memorial Village Hall, Mill Lane, Weston-on-the-Green, Oxfordshire OX25 3QR). As there are limited public transport options to the location, it is strongly recommended that volunteers ensure they have independent motorised transport.

Models will be required on twelve specified afternoons within the following periods:

- 16-27 April 2012
- 14-25 May 2012
- 19-30 June 2012.

**PLEASE NOTE THAT you will imperatively need to be able to commit to all 12 dates.** Kinesis UK are happy to provide these sessions for free (the normal cost would be £600 to £1200).

All course delegates are professional bodywork practitioners expanding their skills.

Kinesis UK are looking for people of both genders, over the age of 18, who are basically healthy, and who think they would benefit from receiving KMI sessions. If you are considering enrolling on the KMI training, this would be an excellent opportunity to familiarize yourself with the tutors, the teaching style, classroom atmosphere, and nature of the work being taught. If you are interested in signing up, then please get in touch with Kathy Green on 028 9058 0764 or at [info@anatomytrains.co.uk](mailto:info@anatomytrains.co.uk), thank you.

Please note that places will be filled on a first-come, first-served basis. Please feel free to pass on these dates and contact details to anyone you think might be interested in these free sessions.

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

## **Hampshire-based CPD & tailored under-/post-graduate tuition programme with Tanya Ball**

A wide range of **high quality courses and workshops** are available for all levels throughout the academic year in Kempshott (M3 J7 just South of Basingstoke).

**The spring 2012 CPD/Tutorial Programme is now available to view and download at [www.tmb-src.co.uk](http://www.tmb-src.co.uk), or can be requested by e-mailing [Tanya@tmb-src.co.uk](mailto:Tanya@tmb-src.co.uk)**

Thank you in advance for your interest.

*Tanya Ball MSc BA BCSI LSSM MISRM MCNHC MIASI*

*Sports Massage & Remedial Therapist – Board Certified Structural Integrator*

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

## \*\*\* RARE OPPORTUNITY FOR 'FASCIA-FASCI(A)NATED THERAPISTS' \*\*\*



**UK-based workshop series with Til Luchau**  
Kinesis UK are really proud to be able to bring two of the biggest names in bodywork:

Til Luchau has been rapidly making a name for himself in the last few years producing a list of high quality articles and a great DVD series. His accurate and comprehensive style will be appreciated by anyone coming along to the workshops, which are as follows:



- **15/16/17 June 2012 Pelvis, Hips & Sacrum 1 & II plus Sciatica I** - Weston-on-the-Green, Oxfordshire - £320 before 31 March 2012 (£345 after)
- **22/23/24 June 2012 Neck, Jaw & Head I & II plus TMJ I** – The Skylight Centre, London - £320 before 31 March 2012 (£345 after)
- **29/30 June & - 01 July 2012 Spine, Ribs, Low Back I & II plus Headaches I** – The British School of Osteopathy, London - £320 before 31 March 2012 (£345 after).



This workshop series presents a comprehensive system for working with the body in its entirety, encompassing over 20 session sequences and more than 200 techniques, tests, and procedures.

Completion of the five principal courses in the series leads to optional Certification in Advanced Myofascial Techniques (CAMT). Co-sponsored by **James Earls Workshops**, this very popular series of seminars presents practicing somatic therapists and qualified students with advanced and little-known myofascial techniques which can be easily incorporated into existing personal styles. Drawing on a wide range of disciplines, the focus is on unusual, interesting, and fresh approaches that will both expand technique repertoire and inspire creativity and innovation. Please note that there is a brief list of anatomical structures to review prior to the course (available [www.Advanced-Trainings.com](http://www.Advanced-Trainings.com)).



### UK-based workshop with Mary Bond

We are very excited to also have found a space in the diary of one of the world's leading movement instructors, Mary Bond, developer of the Rolf Movement syllabus and author of numerous books and DVDs including the best selling *The New Rules of Posture*.

In this 2-Day workshop we explore ways in which our perceptions influence posture and coordination. Drawing from movement principles introduced in her book, *The New Rules of Posture*, and from recent neuroscience, Mary Bond shares practical physical guidance that can transform your somatic practice and your daily life through movement-meditation that allows our innate body wisdom to integrate new options for being in the world. Learn to recognise the compressive effects of effort and focus and practice perceptual cues that dissolve facial tension.



- **28/29 July 2012 – Eyes in Your Spine; Enhancing Mobility & Spinal Awareness** – The Skylight Centre, London - £245 before 30 April (£265 after).

To join us on any of these rare opportunities, please contact our office for more information:  
[workshops@anatomytrains.co.uk](mailto:workshops@anatomytrains.co.uk)  
website [www.anatomytrains.co.uk](http://www.anatomytrains.co.uk)



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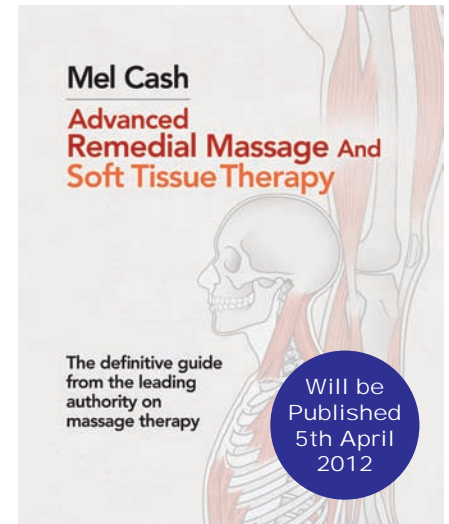
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## Journal of Bodywork and Movement Therapies

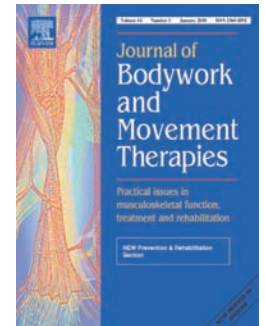
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*Journal of Bodywork and Movement Therapies* brings you the latest therapeutic techniques and current professional debate. Publishing highly illustrated articles on a wide range of subjects this journal is immediately relevant to everyday clinical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

## 15% discount for members of the Institute of Sport & Remedial Massage

All members of the ISRM are entitled to a **15% discount** to an annual subscription to the *Journal of Bodywork & Movement Therapies*.

Want to subscribe? – Four issues per annum – £72. Contact Customer Services and quote your ISRM member number. **Journals Customer Services – email: JournalsCustomerServiceEMEA@elsevier.com, Tel: 01865 843434**

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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

[www.acupressure-training.co.uk](http://www.acupressure-training.co.uk)

[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)

[www.brasschecktv.com/page/57.html](http://www.brasschecktv.com/page/57.html)

[www.thepagerankchecker.com](http://www.thepagerankchecker.com)

[www.youtube.com/watch?v=25LUX3lgtFU#comment](http://www.youtube.com/watch?v=25LUX3lgtFU#comment)

[www.youtube.com/watch?v=eJC9GOZblgk&feature=related](http://www.youtube.com/watch?v=eJC9GOZblgk&feature=related)

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[www.youtube.com/watch?v=-3lUJ2Q7hp0](http://www.youtube.com/watch?v=-3lUJ2Q7hp0)

[www.youtube.com/watch?v=0R4zRSE\\_-40](http://www.youtube.com/watch?v=0R4zRSE_-40)



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  
[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)



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



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

### » FIND A THERAPIST

A register of ISRM members is available to the public on [www.theism.com](http://www.theism.com)

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