



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

NEWSLETTER

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2012 PRE-OLYMPIC/PARALYMPIC ISSUE



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Breaking news! Breaking news!

Advanced Remedial Massage and Soft Tissue Therapy

From Mel Cash

ISRM continues to lead the way in developing a higher clinical level in the massage profession through Mel's new book, *Advanced Remedial Massage and Soft Tissue Therapy*, which was published in April 2012. Not only is it the most advanced book on the subject, it is also the textbook that matches the ISRM training programme.

'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.

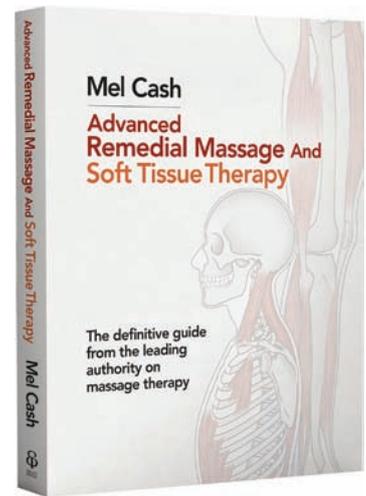
Advanced Remedial Massage and Soft Tissue Therapy develops a deep understanding of the way the musculoskeletal system functions and dysfunctions. It also describes a range of advanced treatment techniques within a framework of assessment and rehabilitation.

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.'

The cover price of the book is £25, but Amazon is massively discounting it, so take advantage of this great deal.

To buy a copy, please go to www.theism.com

Scroll down to see the book and click on 'Buy'. This will take you to the book on Amazon website.



(By going through our website, you pay the same, and we make a very small commission, thanks).

Mentoring

Are you an experienced therapist who would like to offer some support to newly qualified therapists? If you would like to offer some mentoring, then please let us know and we will see how best we can do this. Please email ISRM/LSSM Office with relevant details, thank you. Mel Cash



Editorial

From Tanya Ball

Welcome...

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

By the time you are reading this 'Pre-Olympic' ISRM Newsletter, many of the world's finest athletes will have converged onto our Capital and other Games venues,

from virtually every nation under the sun, for their acclimatisation and final preparation phase. What a privilege for us all to be a part of such a globally significant historical event, for us collectively as host country, but also individually, in the many ways we may be involved or will be following this exceptional occasion.

As you will discover in the Event Work Section, a number of keen ISRM members

are directly involved in the Olympic and/or Paralympic Games as volunteer Sports & Remedial Massage (SRM) Therapists, with a number of them attending their first shifts on site with effect from w/b 16th July.

Special congratulations and thanks to our ever-creative Newsletter designer Glyn Rees for the wonderful Olympic flavour he has so tastefully incorporated onto the front cover and elsewhere in this Issue – well done Glyn!

In this Issue...

Mel Cash's 'Breaking News':

If you haven't acquired it already, you could do worse than consider purchasing your own copy of Mel Cash's most recent title, *Advanced Remedial Massage and Soft Tissue Therapy*. This is a valuable companion to both students – as it is effectively a textbook that closely matches the ISRM training curriculum – and graduates – offering numerous very useful insights into the 'what, where, how, and why' of our trade. Make sure you don't miss out on how to get hold of a copy at discounted price!

Our profession and its future:

CNHC update: if there are issues relating to our profession that you are dissatisfied with and would like to see change, why not consider doing something very un-British and 'sticking your neck out', by putting your name forward as a CNHC Board Member candidate? To date, Mel Cash has somewhat single-handedly provided ISRM's – and to a large extent, our profession at 'Level 5' – mouthpiece, and it would be excellent for greater representation to be made from among us, as well as for Mel to enjoy more tangible support.

On another note, if you are in the process of drafting promotional material for your practice, and uncertain as to what advertising wording may be appropriate/legitimate, it is worth knowing that *'All CNHC registered practitioners may find the wording for their therapy available to download in MyCNHC'*.

Feature articles:

We sadly remain rather depleted of these this time, but Sue and Rob Ainley, who steadfastly continue to run the SHN project in Nepal, saved the day by sending in a wonderfully encouraging update with a very funny-but-not-funny anecdote thrown in.

Event work:

Read up on our busy spring events – taste the London Marathon atmosphere through colourful reports and photos, find out how some ISRM therapists gained a close-up view of the legendary FA Cup, find out who among us is doing what, where, at the Olympics and Paralympics, and... keep abreast of further 2012 ISRM events.

Expand your knowledge, enhance your skills (CPD):

May I draw the attention of those with a strong interest in 'Fascia' to: Alex Fugallo's highly popular Myofascial workshops. A new 'world class' publication on Fascia Hampshire-based introductory, intermediate, and advanced Fascia workshops (see my website for details). Readers can furthermore select from a range of courses and workshops for variable levels in London, Oxford, Southampton, and Basingstoke.

ISRM Newsletter format

For the benefit of our new Members, may I reiterate that since 2011 all newsletters Issues except the Xmas edition are produced online only, with all relevant (i.e. non-obsolete) material featured in electronic format being

reproduced in the following printed Issue.

The key aim is to reduce ISRM's annual printing and postage costs, so that more funds are available for the various worthy causes supported by our not-for-profit organisation.

May I also remind Members that you can now access previous articles, case studies, etc. from the Spring 2009 edition onwards online. A grateful thank you to ISRM website designer/manager Martin Docherty for his ongoing excellent input.

Finally... 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.*** We could really do with more 'Feature articles' and 'Case Studies' which have regrettably been lacking in recent Issues, but . 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

Please note that the submission deadline for the August 2012 Issue is **Friday 31st August 2012**, thank you.

Our profession and its future



CNHC News

CNHC fees

A reminder that CNHC's registration and renewal fee rose to £55 with effect from 8 May 2012. The cost of registering and renewing additional disciplines remains at £10 and £5 respectively.

CNHC register opens to Reiki

CNHC is pleased to announce that the Reiki register opened on Monday 14th May 2012.

This is the 14th therapy that CNHC are regulating. We look forward to welcoming onto the register Reiki practitioners who have met the CNHC's standards.

Any practitioner interested in applying should check the CNHC website for details of the verification process. For further details check CNHC's step by step guide on the 'How to register' section of the CNHC's website.

Therapy advertising wording available

All CNHC registered practitioners may find the wording for their therapy available to download in MyCNHC. The descriptors are also available on the CNHC website here [Complementary Therapy Descriptors](#). For more information see [CNHC Advertising Guidance](#).

All change on the CNHC Board

At its June meeting, CNHC's Board will be approving the final details and timetable for significant changes to the composition of the Board of Directors.

The current Board consists of nine lay Directors (i.e. not qualified in any of the professions registered by CNHC). From November 2012 the Board will change to having five lay Directors and four Directors who are registered with CNHC. The appointed Chair will be one of the five lay Directors.

All of the individuals, both lay and professional, will be appointed for the various skills and knowledge that they can bring to the process of setting strategic direction, policy making, ensuring financial probity and public representation. Directors who are also CNHC registrants will not be on the Board to represent their individual therapies, as that role remains with CNHC's Profession Specific Boards (PSBs).

All Directors will be appointed through an advertised process and CNHC will publish the detailed timetable in its July newsletter. This change takes place following a review and will come into effect nearly five years after CNHC was set up.

STOP PRESS: The recruitment process for new Board members is now open. This includes four vacancies for registrant members.
If you're interested in this opportunity, an application pack is available on www.cnhc.org.uk

Want to add another therapy to your existing CNHC registration?

If you wish to add a therapy to your CNHC registration you need to be verified for that new therapy. You also need to ensure your existing registration is up to date. If your existing CNHC registration is due to expire

soon you will need to renew before adding a therapy.

To add a therapy you must apply through the relevant verifying organisation. Please check CNHC's website for details of its step by step guide. Each additional therapy costs £10 up to your 4th, after which there is no fee for additional therapies. Please be aware that there may be an additional administration fee payable direct to the verifying organisation assessing your application.

If you apply to register an additional therapy please use the email address you provided for your initial registration.

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

Feature

The Seeing Hands Nepal 2012 makes an unplanned splash!

From Sue & Rob Ainley

'Any UK therapists who think washing oily towels and covers is a pain should try doing them all by hand for a week – it is hard work! Thanks to Nepal's daily power cuts, we won't be able to use our machine all the time, but it should still significantly reduce the workload.'



Monsoon is upon us in Nepal, but hasn't dampened our spirits – clients are fewer but still coming, and we already have more therapists, more massage rooms, and more equipment in place for the coming season.

Sagar and Santosh passed their final SRM exams in April 2012 and are both now working and getting great feedback on their massage skills. Thanks to our excellent reviews on TripAdvisor.com, business has been far better than expected – the Kathmandu clinic is now turning a small profit, and the Pokhara clinic generated enough funds last season to pay for its own expansion.

As a result, we now have three additional rooms on the roof (an extra massage/training room, a staff room, and a bathroom), new custom-built 'made in Nepal' couches,

and finally... a washing machine! Any UK therapists who think washing oily towels and covers is a pain should try doing them all by hand for a week – it is hard work! Thanks to





Nepal's daily power cuts, we won't be able to use our machine all the time, but it should still significantly reduce the workload.

We are particularly delighted with the photos pictured in this edition, which were taken by a professional photographer (www.bernardhenin.com) who kindly spent a few days in both clinic locations capturing our work on film. Some of our blind therapists had a go at taking photos too – with surprisingly good results (the photo below was taken by Santosh, who is totally blind).

In May we had a fantastic SHN day out at Riverside Springs, which is a four-star hotel with a huge pool that just happens to be equidistant from Kathmandu and Pokhara. Up until when we arrived at the pool, the therapists were very sceptical. Most didn't think they would enjoy swimming, but once in, they loved it so much they wouldn't get out – even for lunch! The day was also accident free, except for poor Ramji, who inadvertently walked off the side into the pool whilst holding an ice-cream! (He was fine... if a bit shocked... but sadly the ice-cream wasn't...)

As the monsoon rains on, we are also experiencing a baby boom. Shanti gave birth to a baby girl in April, and whilst writing this update, we have just received news that Govinda is the proud father of a baby boy! Hari's wife and Laxmi are also due in the next few weeks, and all are being teased about their 'off-season' babies, which despite being unplanned, seem to be conveniently well

timed for the quiet tourism months.

In other news, Chiran is doing a great job at managing the Kathmandu branch, and Govinda, who now has a supervisory position in Pokhara, is fast following in his footsteps. We are immensely proud of both and happy to step back as much as we can as we encourage them to take over the day to day running of the business with minimal support. Over the next few months we will be planning our next student intake, and kicking off our volunteer program again. We are currently particularly interested to hear from experienced reflexologists, since many of our existing therapists are keen to learn this skill and add new strings to their bows.



Any therapists interested in volunteering for Seeing Hands in Nepal should email info@seeinghandsnepal.org with brief information about themselves and their experience/qualifications.

Many thanks to all at the ISRM for their continued support, particularly Mel Cash, Jo Chatfield, and Stefania D'Addetta.



Event Work

Event work update

From Tanya Ball



I am most appropriately writing this page on the eve of the Olympic Torch's arrival in Hampshire, and specifically in Basingstoke. More

about the Olympics and Paralympics in a moment, but let me first update you on the busy 2012 events to date, where ISRM have provided the usual high standards of SRM (Sports & Remedial Massage) expected from us.

So far, from an Event Work perspective, it has been by far the busiest first half of the year for us:

London Marathon – Sunday 22nd April 2012

After the Fleet ½ Marathon (reported in the Spring 2012 Issue), a collection of some 70+ students, graduates, and team leaders were divided into a dozen massage teams, each allocated to different charities, with the view to providing post-race SRM to their respective fundraising runners at their 'thank you' reception venues. You will find a number of colourful reports and photos of the event elsewhere within this Event Work section – enjoy!

From an organising/coordinating point of view, this was undoubtedly my most challenging London Marathon to date (well... apart from in my distant racing days, that is!) due to an unprecedentedly low response. Even with no fewer than three last-minute appeals for more massage volunteers via ISRM electronic circular, still I was unable to raise sufficient numbers, and all teams were consequently reduced compared to their desired quotas.

May I therefore extend my all the more heartfelt and grateful thanks to all those valiant members who supported the event.

On the positive side however, as every year, I subsequently received nothing but enthusiastic and delighted feedback from all quarters – massage team members, Charity event

coordinators, and through them, runners, all full of praise and gratitude for the wonderful massages they had received. This makes any amount of earlier hassle, frustration, or even near-panic infinitely worthwhile...

'Global Beer' International Six-a-Side Football Tournament, Regent's Park, Friday 4th May 2012

This was an unusual event, directly linked with the following day's FA Cup Final, which we were approached about with rather little time to spare. Please see Nick Murrell's (yes... a most worthy 'chip' off the more senior Allan Murrell 'block') entertaining report for the full flavour of the event.

Essentially, we were originally requested to a team of four experienced SRM therapists to provide 'round the clock' ten minute massages for the entire contingent of nine football teams from all over the world, which could comprise up to sixteen players each. The event organiser was a German consortium associated with the beer brand that was main sponsor of the 2012 FA Cup Final, which was taking place the following day.

I diplomatically expressed doubt about the efficacy of ten minute treatments, recommending instead the 20 minute session system implemented so successfully at key events such as Blenheim and London Triathlons over the years. This enables a simple 'on the hour, at 20 minutes past, and 20 minutes to the hour' schedule. This facilitates good time-keeping by the massage team, as well as treatment satisfaction from clients, who feel they receive value for money, and sufficient treatment time to 'switch off', and sense an often dramatic difference between 'before' and 'after'. To my delight and, I must admit, to my relative surprise, my German counterpart, Bjoern, who needless to say spoke and wrote impeccable English, not only listened and agreed, but insisted that in order to provide the best for the players, his company had decided to request and pay for a six-strong team of therapists!

On arrival at Regent's Park's 'Hub' early a.m. on the day, I was immediately aware that the event had been organised with legendary Germanic meticulousness: a vast squad of people were busily setting up the sponsors' marquee, setting out the football pitches with fluorescent plastic fencing between each, and ensuring that a hearty breakfast/brunch was ready indoors on the first floor. Meanwhile the ground floor, which comprised a dozen large, modern changing rooms, each with their own showers and toilets, around a central hall and stairwell, had been set out with military precision: each changing room had been allocated to a different team, whose country name was displayed on a large sign on the door its own national colours. I must confess to chuckling when I observed that the England and Argentina rooms were immediately adjacent to each other...

As teams arrived and the competition got under way, although we weren't overall as busy as we had anticipated, the work proved varied and interesting. It was a delight to meet and chat with evidently high calibre football players from such a wide range of countries. It transpired that each team present was a winning finalist of their respective national competition, with an expenses-paid long weekend trip to London as a prize... they were further competing for the real 'icing on the cake' potential reward of playing this tournament's final at Wembley Stadium on the Sunday (6th May – the day after the FA Cup final).

One highlight of the day for the 'footie fans' among us – I am a fervent Southampton FC ('Saints') supporter and keen Premiership follower, with a penchant for Mister-Wenger-who-spiiks-laik-zis' Arsenal – was the opportunity to behold the actual FA Cup itself! This was on display under guard in the impressive, airy first floor room of the 'Hub', designed rather like a (low) airfield control tower, i.e. a circular structure with massive glass window and door panels virtually all the way round, offering a stunning view over the beautiful Park as well and many landmark

London buildings in the distance. Unlike a control tower however, there was also a superb, broad terrace with plenty of space for tables and chairs. With regard to the FA Cup, the only concession to common sense security was that the base was a replica, which meant that there were no engraved names of previous winners to see.

We were joined p.m. by Mel Cash, who had generously arranged to deliver LSSM couches on the eve of the event, to save us humping these on foot as no vehicle access was authorised on the day. All in all, it proved a relaxed, unusual, and very friendly occasion to catch up with colleagues, swap treatments when less busy, treat a wide range of very receptive nationals – several of whom eagerly returned for more – and promote the excellence of professional and clinical skills that ISRM stands for. A great time was had by all. Finally, the post-event feedback from Bjoern, and through him, from the players, was full of superlatives, so there is a very real chance that we might be approached again by this organisation in years to come.

Future events

London Triathlon – Sat-Sun 22nd-23rd September / RTTB (Run-to-the-Beat) ½ Marathon – Sun 21st October

As mentioned in the Spring 2012 Issue, applications for the London Triathlon and RTTB 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.

Please note the change of dates of both these events from previous years in 2012 due to the combination of the Queen's Jubilee and the Olympics as follows:

- London Triathlon: Sat-Sun 22nd-23rd September 2012
- RTTB: Sun 21st October 2012.

Potential additional October event

At the time of writing, I am having preliminary discussions with IMG regarding a further large scale event in Northern England in early October 2012. This may present difficulties with regard to recruitment as we do not have many members 'up North', and the travelling/accommodation costs of providing a team from the Midlands and South may be prohibitive.

Please keep an eye on the ISRM Event Work page for this event over the coming weeks.

2012 Olympics/Paralympics

By the time you are reading this Issue, most if not all the Olympic athletes will have arrived in UK for their acclimatisation period. After so many years' preparation, it seems almost 'unreal' that the Games are literally upon us.

A recent electronic survey via ISRM webmail indicated that ISRM are fairly widely represented among the volunteer SRM therapists who will be working at the event. For details of who is doing what, please see the Olympic/Paralympic Profiles presentation in this Section.

May I use this opportunity to wish everyone involved in whatsoever manner a memorable experience. Please, where appropriate, send in your 'story' or any contribution for the next Newsletter Issue, specially photos, unusual anecdotes, etc. Please kindly email these to me at: editor@theisrm.com – thank you all in advance.

Finally: the ISRM event work registration process (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, 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.

A Deja vu 'Retirement' from Marathon running

From Steve Pearce



2nd November, 2009. The date of the running of the 40th New York marathon – and the tenth marathon I had run in less than four years. An operation to remove a heel spur was instrumental in my deciding to call it a day after ten marathons, although, in truth, I probably should have hung up my trainers at least six to twelve months beforehand. I felt slightly disappointed that I hadn't broken the four-hour mark, but a personal best of 4 hours 14 minutes (New York, 2006) wasn't too bad.

Fast-forward 18 months and, after a beer or two with my wife's nephew, I agreed to accompany him on a 'reccé' to Venice in October 2011 – and, whilst we were there, we agreed that we might as well do the marathon! Hmm – so much for hanging up the trainers...! The first 20 or so miles are run on the mainland, but the final few miles take place in the heart of Venice – and running across the Grand Canal on a specially-constructed pontoon and finishing the race after running through St Mark's Square, and then along the bank of the Canal, was a memory that I will keep for ever – I even managed to avoid cursing the fourteen or so mini-bridges that you have to deal with in the final mile or two!

... On to London in April 2012 – I had previously run this race for The Brain & Spine Foundation in 2007, 2008, and 2009. Having rekindled my interest in marathons in Venice, I made contact with Brain & Spine and was really pleased to secure a place for the 2012 event. I promised myself (or, more accurately, my wife) that London 2012 really would be IT. No more marathons. Halves, perhaps, but definitely – NO MORE MARATHONS!

A combination of work pressures, colds, baptisms,

weddings, funerals, and an insistence on regular attendance at Craven Cottage to watch my beloved Fulham FC, had an adverse effect on my training programme – so much so, that in reality I was doing my long runs each weekend... but not much else. So, it looked as though a conservative run was likely – this was particularly the case when, in the weeks leading up to the race, there appeared to be weekly reports of top sportsmen and women suffering heart attacks whilst participating in their various endeavours. These people were at or near the top of their chosen sports, in supposedly tip-top condition, with the best medical and nutritional help on offer. And, worst of all, they were, on average, about half my age.

That was definitely another very good reason to run a conservative race. I had heard about the 'Galloway marathon' a few years before, and decided that there was no time like the present – that was definitely the plan for me. It is essentially a programme that calls on you to run for one mile, then walk for one minute. This is then repeated 25 times, after which you make a mad dash over the final 385 yards or so. That was the theory, and it sounded ideal for me.

I also happened to read a paper in one of the bodywork journals (Bodywork Professional Development, May 2011 newsletter – Fascial Fitness: suggestions for a fascia-oriented training approach in sports and movement therapies, Part 2: Training principles by Divo G. Muller and Robert Schleip) which confirmed that regular walk breaks were essential for long distance runners, as it enabled the fluid which is pressed out of the fascial tissues under strain, to be rehydrated during the walk breaks. It didn't take any more to persuade me that this was definitely the programme for me!

The weather on marathon day was more pleasant than forecast. I had prepared myself for the cold and rain, but it was much warmer than expected – ideal running conditions with hindsight – it was just a pity that I wasn't in tip-top condition! The usual jostling for places occurred over the first three or four miles but, as usual, the atmosphere was brilliant – both from the spectators' and runners' point of view. I was quite strict with myself and observed my walk breaks at the end of each mile, which felt strange in the early stages

of the race, as I still felt fresh. I also made sure that I ate one jelly bean during each walk break – I had 26 of them in my 'bum bag' (or 'fanny pack' if you're from the US), and it is a psychological boost when you get down to the last few of them as you approach the closing miles of the race.

I had briefed family and friends about where to stand, what to wear, what to shout etc. and, due to the controlled (i.e. slow) pace I had planned for myself, I fully expected to see said family and friends at all eight locations. Predictably enough, I missed seeing them in all but one place, but strangely, saw one friend (who I didn't know was going to be travelling into London to watch the race) in two separate sites. It was great to see my two daughters at around mile 22, although it would perhaps have been wise to have spent a little less than the ten minutes I did, catching up on all the news of their experience on marathon day!

The 'run a mile, walk a minute' plan gradually became 'run about three quarters of a mile, walk for 90 seconds' and went further in that direction the longer the race went on. Still, it got me round in one piece, without injury. 'Refreshed' thanks to a cold shower (courtesy of a torrential downpour just as I crossed the finish line and made my way back to the hotel to meet up with fellow Brain & Spine runners, organisers and supporters), followed by a very welcome post-race massage (one of the many benefits of running for Brain & Spine), I was able to walk quite comfortably the following day.

My finishing time wasn't great, but I've got the medal with 'London 2012' on it – which is the nearest I will ever get to an Olympic version.

So... that's it. Marathon number 12 in 2012. It sounded like a perfect place to hang up the trainers – again. The only trouble is, the nephew responsible for bringing me out of retirement to run Venice, has just moved over to Dublin. And, yes, you've guessed it, we've decided to run the Dublin marathon in October. We have run it together twice before, so it is a known quantity, but for someone who has supposedly retired from the 26.2 mile event on more than one occasion, I've decided that the training starts way in advance and that I have to stick with the programme – I wonder if I can finally break that magic four hour mark...?

2012 London Marathon – a message team leader's day

From Phil Young



As a regular Sports & Remedial Massage (SRM) Supervisor at the London Marathon, this year I was to lead an eager group of students/recent graduates assigned to support the charity SPARKS, a very worthwhile cause supporting research into serious children's diseases. Unfortunately for a number of reasons, we were down on our usual number of volunteers, but a highly positive response from all the team, who could not wait to get going on the day, left me in no doubt the event would be a success. Following one withdrawal, I had a team of five eager therapists raring to go.

The big day arrived, a bit damp and drizzly – much better for the competitors than blistering hot conditions. I was travelling to London from Huntingdon, and this year my youngest son came along to take in the London Marathon atmosphere. My wife Karen would normally have accompanied me as well, but she was indisposed with a broken

ankle. After a cramped train/tube journey with two couches and bag, we reached the Trafalgar Square Hotel by The Mall, at just past 11 a.m.

I was the last to arrive, and found that all the couches had been set up and were ready to go. After meeting Claire, the SPARKS fund raising coordinator, I got on with introductions, team-briefing, followed by a steady stream of questions by eager students – all was going well. Post-lunch at around 1.30 p.m., we welcomed our first competitor, who had completed the 26.2 miles in a very creditable 3 hours 15 secs. He had no injuries, just tired legs, and as the first client, he enjoyed the benefit of therapists Andreus and Gemma, treating one leg each. We soon received a consistent flow of weary athletes, proudly showing off their finisher's medal, and all eager to recount their own individual tale of how they had trained for the event, or how the race had nearly gone wrong.

Through the afternoon, our team of therapists worked their healing hands extremely hard to relieve sore/aching legs, incorporating a wide selection of STR/MET techniques. As team leader I kept a watchful eye on what was going on, and was – as always – most impressed with the versatility of skills demonstrated. Fortunately there few actual injuries to contend with, the only one I recall being a calf strain, where the competitor had successfully finished the race. A good session of ice therapy from Miranda provided essential relief. By 6 p.m., we had treated over 80 runners between us, and could justifiably be pleased with our efforts. I felt great pride in having been able to mentor such a dedicated team, passing on a few tips, and hopefully inspiring them to perform so well. Each were/are a credit to the ISRM and tutors who teach them, and I would like to take this opportunity to pass on my thanks for a great day's work. I look forward to meeting some of them again at the London Triathlon, and look forward to seeing how they will have further developed as therapists by then. The event was a success for SPARKS, with over 100 competitors raising in excess of £260,000 for the Charity. As team leader, I would also like to thank Claire and her staff for their support and enthusiasm during a very busy, but worthwhile afternoon's work.

The team:

Phil Young	Team leader
Yvonne O'connell	Experienced practitioner
Gemma Underwood	Student
Miranda Jankowska	Student
Andreus Jovaisas	Student
Mauricio Pontes	Student

Blenheim Palace Triathlon Saturday 8 June 2012

From Gail Hastilow



Even when I was a student with LSSM during 2011, I had prioritised the Blenheim Triathlon over the London Marathon as the event I most wanted to volunteer for. The Triathlon seemed the perfect opportunity to some valuable experience at event work and find out about the soft tissue areas that needed attention both before and after taking part in competition. Quite apart from anything else, being able to drive to the event with couch and all the things I would need, gave it a very clear advantage over the London Marathon.

Having qualified in December 2011, one of the first things I did was check out the ISRM website to see what volunteer events were on offer. As soon as I saw the Blenheim Triathlon listed, I applied to take part and was soon accepted. All too quickly, the time passed during which I set up my practice, Poise Sport and Remedial Massage (www.poiseremedialmassage.com), in January 2012 and started to see client's. Direct experience of providing massage therapy at a triathlon event involving swimming, cycling and running, I saw as both invaluable and complementary to my client's needs. Many of my fellow massage therapists at LSSM are triathletes, marathon runners, or take part in iron man competitions, so I wanted to see what they did up close and personal.

Having been accepted and realising there would be a very early start, I decided that rather than drive from my home in Loughborough on the day, I would stay overnight in a nearby B & B. Once Tanya's emails started to arrive they gave clear

advice on what was expected and what to bring. Increasingly this advice concentrated on an aspect that I hadn't initially thought of for a summer event, namely the potential for mud, rain, wind, rain, cold, and more rain!

So getting ready for the event proved to be an experience in itself! The key was preparation, although my checklist did start to take on a comic aspect once I'd dealt with the necessities of towels, oils, couch roll and clock etc. As my couch was going to be the most cumbersome thing to carry, everything else had to be as light and balanced as possible. The addition of thermals, weather proofs and a plan to stop my couch from sinking into a potential quagmire, however, soon started to dominate. My large Ikea bag soon became alarmingly heavy and I was concerned about how I was going to get it all from the car park to the massage marquee. The whole thing had started to take on the feel of an expeditionary adventure.

On the day of the event my alarm went off at 5.50am to give me time for a good breakfast and arrive by 7.45pm. Even though this felt really early, Blenheim Palace was already busy and full of competitors with bikes and boxes containing their kit. Thankfully the distance to the marquee was quite short, but even so I grateful for the helping hand from someone from Leukemia Research - the charity for the event. This proved to be very provident as our marquee had been moved. The main sponsor's marquee had fallen victim to the high winds the day before and blown away. Our intended marquee - which was centrally placed and part of the route to the start - had been deputised. Unfortunately, this meant we were now in a more isolated location, making us more difficult to find - me included.

The team started to arrive, although we were still a bit unsure whether we were in the right place. There were 6 of us in total with a mixture of 4 students and 2 qualified massage therapists. It was good to chat to the students from LSSM to see how they

were getting on with their course. There was lots of nervous energy, combined with excitement about the day ahead, and a few groans from the early start. Despite the confusion as to whether we were in the correct marquee, we decided to set up our couches just in case any one turned up looking for a pre-event massage. Tanya arrived and gave us some tips about what we could expect and what the competitors would be looking for. We were ready, but the poor location meant that not many sought us out for many pre-event massage bookings.

On a positive note, it did give us a chance to see a little of the competition in action. We were near both a transition point and the finish line. It was very exciting to see the competitors hurtling towards the transition area on their bikes before emerging for the run and the last stage. The first view the competitors had as they started their run was actually of the finish line and I couldn't help wonder what psychological effect this might have. I would have liked to have seen the swim event, but this would have taken me too far from the massage area.

Returning to the marquee, the slow bookings started to become more regular and we all swung into action. The common areas for attention were aching legs, calves, shoulders and gluteals. Soon we were all using lots of STR, NMT and MET alongside effleurage and petrissage to warm up and release those muscles and soft tissues.

Without exception, the triathletes could feel the immediate benefits of sports massage to release their tired muscles. One novice participant had found the waters of the lake to be so cold she told me she had never really got warm again. This was evident from the hint of blue skin. However, within 20 minutes she had resumed a nice pink colour and was feeling much warmer. I worked on her calves and hip flexors and finished with a head massage to ease her headache. She left with a grateful smile.

Despite the eagerness and appreciation expressed by all the triathletes I massaged, it became apparent that none regularly saw a sport and remedial massage therapist. I must say that the experience of receiving a massage, if only for 20 minutes, seemed to change that view. All were grateful for the advice on stretches for the muscles that had been massaged and asked how to go about contacting a suitably qualified sports massage therapist as part of their training programme. My final advice to maintain hydration was met with more knowing smiles as I suggested they at least try to drink some water before buying that celebratory beer.

One good thing about our location was the junior competitions that were taking place directly opposite our marquee. Youngsters from around 3 to 13 were gleefully running around a small track before taking to their bicycles. Some still had stabilizers but all seemed to be having the time of their lives. A couple of the youngsters even came for a massage - an ideal start for their future training! They certainly received the inspiration of the Brownlee brothers (Alistair and Jonathan) who broke the Blenheim course record by over 2 minutes with impressive race times of 57 minutes, 16 seconds. I heard from those who came for a massage that they appeared to complete the race with ease, which was good news for the

forthcoming Olympic Games. I find myself looking forward to watching the triathlon even more now.

My final massage was for a young student who hobbled into the tent around 5.45pm with some very tight calves. Her training had been a little too intense in the build up to the event and she realised that she had pushed muscles a little too much. A short massage later, my final client left feeling a little happier than when she arrived. All that was left was to carry my stuff back to the car and make my way home, tired but very contented.

Dambuster Triathlon, ITU 2012 World Championships Qualifier, Rutland Water, 16th June 2012

From Lynne Roscrow



In a year where I am targeting numerous sporting events, in particular triathlons, this was my fourth event so far, and the second at Rutland Water.

The weather forecast had been for horizontal rain – not ideal. Also, having been

to this venue in March, I knew the best place to set up my massage couch was right at the finish line, on the lake beach (see picture of me at the Dambuster Duathlon, March 2012). Although the Registration tent was made available to me, only about 100 yds from the finish, it was up a small hill and hidden by trees, so I knew that irrespective of what signage was put up, very few, if any, competitors would make the effort.

On the day the weather held – well, the rain held off at least, but the wind was still hanging around making itself known. After chatting to a couple of fellow therapists (there were to be five in all), we decided to risk it and set up on the beach again. We felt that any tent we might try to set up could get blown away! You may think that this idea was going to make for a chilly post-race massage, but in fact we were relatively sheltered by a hedge and slight hill, and many competitors quite liked the cooling wind! Indeed, a number of them waded back into the lake for a post-race ice bath! It appeared to be the place to be to chat about the race.

It was a good event, with around 1,000 entrants, so we were all kept nice and busy for a couple of hours. The folk who climbed onto my couch included an osteopath and an orthopaedic surgeon. Thank goodness I know my stuff! I also had my 'regular' triathlon competitor whom I have seen now at four events!

One thing that I observed is that there is a great sense of camaraderie at events like this, I don't know if it is just triathlon, but people are friendly and honest. Four competitors didn't have the cash on them, but I gave them their rubs and trusted them to come back... and they all did. I didn't trust myself to take the watches offered as security! Now that's trusting!

Event Work

International Six-a-Side Football Tournament, Regent's Park, Friday 4th May 2012

From Nick Murrell

'We saw one of the USA teams for a pre-match treatment, and that was them hooked. They returned two further times throughout the day. The second USA team came in via word of mouth and we soon had Sweden, UK (two teams), Mexico, and various other nationals on our couches.'



On Friday 4th May 2012, Tanya Ball coordinated a team of six ISRM qualified massage therapists to take part in supporting the 2012 Global Beer Champions six-a-side football tournament based at 'the Hub' in London's Regent Park. The venue being just a stone's throw away from the LSSM, Mel Cash kindly delivered couches to the venue the night before, to save us from humping our own on the Friday morning on rush hour trains. Antonino, Katherine, Jo, Spike and myself, led by Tanya, met for an early coffee before the players arrived.

As we looked out at the venue and pitches, the day was clearly sponsored by Budweiser. Our initial thought was that the day may consist of Budweiser employees from all over the globe playing in a tournament to get

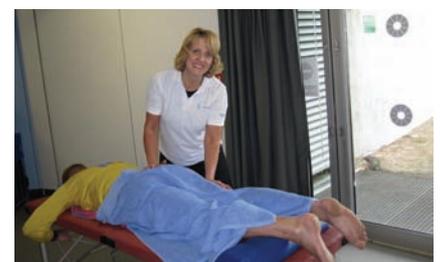
time off work. As it transpires, the event was the culmination of various six-a-side teams, winning tournaments in their own countries, coming together in the UK to play the global tournament. As if a visit to the UK in May weren't glamorous enough for the twelve teams (from the USA, UK, Mexico, Asia, and Europe) the all-expenses paid trip included tickets to the FA Cup Final on the following day (Saturday 5th May). In addition, the finals of the Regents Park tournament were to be played at Wembley Stadium on Sunday 6th May.

Once we had fuelled up on filter coffee and pastries (and after the unplanned over 60's yoga class had vacated the massage room), we were able to be set up for the day. Twelve matches were to be played between 10am

and 2pm in the group stages, with further knock-out stage games between 2.15 and 2.45pm. The event host had informed the players that we were available for massage, and so we eagerly awaited players, swapping treatments while the opportunity was there. The first players came in at around 11am.

We saw one of the USA teams for a pre-match treatment, and that was them hooked. They returned two further times throughout the day. The second USA team came in via word of mouth and we soon had Sweden, UK (two teams), Mexico, and various other nationals on our couches. We treated a mixture of cramp, tightness, stiffness, as well as some knocks and strains.

As the lunch time bell rang, we went up to the café and had pictures taken with the FA cup trophy (the base of which was a replica, i.e. not engraved). The post-lunch demand for massage was less than we had anticipated, so we managed to fit in further treatment swaps, which was an added bonus to the day. We were also joined by Mel Cash, who was due to collect the couches post-event. As you can see from the pictures, it was a fun day had by all – even the previous three days' rain held off for us!



London Marathon 2012

From Rosetta Eligon

'None of the competitors I massaged had ever completed a marathon before, so these were extra special treatments for them. They had prepared well... I learned a lot about them and the training they had undertaken in order to be ready for the day. Dedication and commitment were paramount. Tension in the thighs, calves, and shoulders were the main areas they requested help with, which we soothed away with gentle techniques. Also gentle stretching came in handy for some folk as well.'



I recall my first experience of working as a volunteer for the London Marathon was in 2009. A team of us massaged from a huge marquee, well set out to cope with the large numbers of runners for that charity. It was such a brilliant experience that I decided that I should try and do some more similar events where possible.

The process to apply to become a massage volunteer through the ISRM is pretty straightforward, and information is provided to the detail almost in military fashion. With good knowledge of what was expected of me, this made it easy to get to the venue fully prepared for the event. I strongly suggest that anyone who has not massaged at an ISRM-organised event (with Tanya Ball) get on the case straight away. The expectations are very high, but you must be very serious about the undertaking as you are REPRESENTING!!!!

However you will have a lot of fun, good memories, and make friends.

The day was absolutely FANTASTIC... the weather was good, with clear blue skies. I hope that the runners had their sun block and were well hydrated. This year I had the privilege to massage at the Institute of Chartered Engineers (ICE) (I cannot help but think of Ice, Compression and Elevation) located at One, Great George Street, SW1, working for two very successful charities with very worthwhile

causes – RedR and Coram. I and fellow Sports and Remedial Massage Therapist James were based here for the day. We received a very warm welcome from the RedR and Coram teams, and were taken care of throughout. We used the time before the runners arrived to learn more about the charity and staff. We worked together as a team and prepared the massage areas with great enthusiasm, and sense of purpose and care for our runners, thinking of every possible need they might have and how to cater for them.

A small part of the lobby area was partitioned off for treatments, and in addition the first floor First Aid room was used as a massage area as well. Space in the latter was pretty tight but it was enough to work safely. Reaching the first floor was a challenge for some runners – getting up and down the stairs! There was no alternative and for Health and Safety reasons the lift was not an option.

Our runners began to trickle in by early afternoon. None of the competitors I massaged had ever completed a marathon before, so these were extra special treatments for them. They had prepared well... I learned a lot about them and the training they had undertaken in order to be ready for the day. Dedication and commitment were paramount. Tension in the thighs, calves, and shoulders were the main areas they requested help with, which we soothed away with gentle techniques. Also gentle stretching came in handy for some folk as well. Most runners had travelled far to get to London, and in fact were heading back home that same evening. The experience was brilliant. They loved the cool face wipes, which they found very soothing when applying them to their face after running in the sunshine.

The main point that I learned was that runners do not always want a massage immediately.

Sometimes they want to rest first, and if they are feeling exhausted or a little out of sorts... observe them and offer support... they may eventually pop in for a massage. If in doubt, liaise with the First Aid team so they can keep an eye on them.

As for the ICE building, I found its vastness and enormity just amazing. I took a particular interest in the edifice in all its grandeur and how it served the community.

From very humble beginnings in 1818 in a small room with a handful of very committed men, the ICE today boasts over 82,000 members from 166 countries worldwide. I learned recently of a type of engineering called 'geospatial engineering', which analyses sport and performance. There are many examples of their endeavours in connection with Sports performance, as illustrated via the link below:

<http://www.ice.org.uk/topics/geospatialengineering/Case-studies/Case-study-Measuring-athletes-performance>

I was also impressed with their step-free facilities, just have a look at this video:

http://www.onegreatgeorgestreet.com/OGGS_accessible_entrance_video.asp

The building itself is actually more modern than it looks, originally built in 1913 as a leisure/relaxation facility for the ICE, while their head offices was only a short walk away. They subsequently moved their HQ to One, Great George Street in later years. The ICE and the ISRM to me have more in common than one would expect, in that they were both set up to promote learning and sharing of ideas. The ISRM's commitment to excellence in Sports and Remedial Massage already enjoys international membership, and will, I should imagine, exceed its expectations as time goes on.

Impressive London Marathon travel logistics!

From Rod Stone



Had a great time at London Marathon yesterday...

The Oxford / Gloucester contingent... Ian has a large estate car... so volunteered to drive us all there... firstly collecting me from my house, where we were joined by Hannah, and we then proceeded to collect Abi at Junction 6 of the M40... We then managed to drive through various cordons in Central London with little trouble and were all in our various venues by approximately 9 a.m.!

I was with the Leukaemia & Lymphoma Research (LLR) team, in the Methodist Central Hall, working with Matt, Alex, Shazza, Ali, Gemma, and Richard. Based on LLR's estimate of the normal percentage of runners who pre-book their attendance at a post-event reception, we reckoned that some 35-40 runners would require a massage.

Our input started at around 1.15 p.m. with a trickle of runners, which increased steadily

as more kept coming in later. We never had more than two or three people waiting at any one time, so there was a good throughput.

All lovely people – runners as well as LLR fund raisers/organisers... and we even met the LLR Director of Fund Raising as well as their CEO! The venue and set-up were ideal, with excellent refreshments, including sandwiches, chocolate bars, fresh fruit, tea and coffee... all much appreciated!

We finished all our treatments by 5.45 p.m. Overall, I thoroughly enjoyed the whole experience – very good indeed.

Please see attached photos of LLR team.

- Balloon Arch photos: L-R Alex, Matt, Richard, Ali, Rod, Gemma, Shazza



London 2012 update

ISRM and the standards of Sports & Remedial Massage it upholds are widely represented at the Olympic and Paralympic Games!

From Tanya Ball

Although this may not be an all-inclusive list, the following ISRM members have been selected to work as volunteer Sports & Remedial Massage (SRM) therapists at the forthcoming 2012 Games. Congratulations to all concerned, and may I wish us all an inspiring, phenomenal experience that will surpass our highest expectations!

Full name:

Hannah Barr

Olympics sports & venues:

Olympic Village Polyclinic
20th-31st July (multiple sports)



Paralympic sports & venues:

Mayesbrook Arena (Athletics training venue)
Excel Exhibition Centre (Competition venue for Boccia, Judo, Table Tennis)

Additional information: I will be camping at Match Day Centres in Walthamstow arranged via 'Camping at the Games' - so hopefully the weather will be good to me!

Full name:

Michael Reeves

Olympics sports & venues:

Olympic Stadium and warm up track (Athletics)
Basketball Arena (Basketball)
North Greenwich Arena (Gymnastics)



Paralympic sports & venues:

Basketball Arena (Wheelchair Basketball)

Full name:

Margaret Ehrenberg

Olympics sports & venues:

Olympic Stadium (Athletics - competition)
Newham Leisure Centre (Athletics - training)



Additional comments: getting very exciting, though somewhat apprehensive as to

whether I'll be able to behave myself being subservient to the physios, when I see things I know I can treat.

Full name:

Roberto Ciurleo

Olympics sports & venues:

Olympic Stadium (Athletics - competition)
Mayesbrook Arena (Athletics - training)

Paralympic sports & venues:

Olympic Stadium (Athletics)



Full name:

Marianne Bayes

Paralympics sports & venues:

Aquatics Centre, Olympic Park (Disability Swimming)

Additional comments: working at holding Camp in Manchester for five days, alongside one Physiotherapist and a fellow SRM Therapist for the duration.



Full name:

Steve Harding

Olympics sports & venues:

Aquatics Centre (Diving/Swimming)



Full name:

Lorna Hetherington Sport:

Paralympics sports & venues:

Polyclinic, Olympic Park (multi-Paralympic sports)

Additional comments: VERY EXCITED!!!! Can't wait to be involved in the Games and really looking forward to the new challenge of working with Paralympians. Went on the course at NLSSM - working with disabled



athletes, which was very useful and gave me much more confidence. Forget all the trash-talking - London is going to be an amazing place to be this summer and I feel very fortunate to have been chosen to be involved.

Full name:

Mark Edmons

Olympic sports & venues:

Mayesbrook (Athletics - training)
Olympic Stadium (Athletics - competition)

Paralympic sports & venues:

Athletes' Village Polyclinic (multi-sports)
Additional information: background: used to race for Team GB for triathlon till 1997. Currently work from three London venues in Canary Wharf, The City and Covent Garden.



Full name:

Tanya Ball

Olympics sports & venues:

Olympic Stadium (Athletics - competition)
Newham Centre & Mayesbrook Arena (Athletics - training centres)

Additional comments: mixed thoughts - under no illusions as to the extreme demands on energy the long shifts, extensive travel, and very late nights will make, as well as potential safety risks associated with the latter (our shifts finish well after spectators will have left the stadium). But at the same time... hugely excited and looking forward to, and feeling most privileged to be able actively to participate in what will clearly be a once-in-a-lifetime experience for someone of my generation - virtually 'on my doorstep' (well, 2½ hours' travel from it, anyway...).



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Myofascial Release: Lower Limb

- Sat-Sun 29th-30th September:

Myofascial Release: The Trunk

- Sat-Sun 27th-28th October

Myofascial Release: Upper Limb

- Sat-Sun 17th-18th November

To book your place, please go to:

http://www.lssm.com/cpd_courses.php

thank you, The ISRM

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

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The autumn 2012 CPD/Tutorial Programme will shortly be available to view and download at www.tmb-src.co.uk, or can be requested by e-mailing Tanya@tmb-src.co.uk

Thank you in advance for your interest.

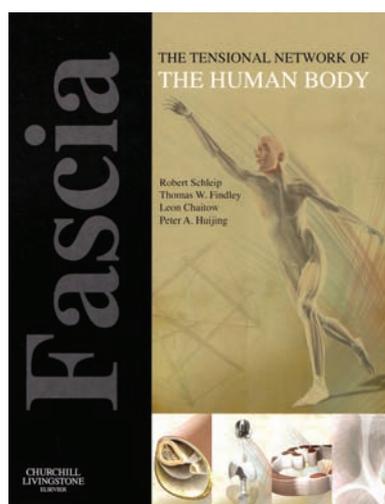
Tanya Ball MSc BA BCSI LSSM MISRM MCNHC MIASI

Sports Massage & Remedial Therapist – Board Certified Structural Integrator

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

A (big) 'new kid on the block' for the 'serious — about fascia' among us...

From Tanya Ball



I cannot recommend highly enough the following publication, hot off the press to coincide with the Third International Fascia Congress, held in Vancouver last March:

**Chaitow L., Findley T. W., Huijing P.,
& Schleip R. (Eds.) 2012.**

**Fascia: The tensional network of
the human body. Elsevier**

Please note: RRP £39.99, BUT currently available @ 15% discount – £33.99
from Elsevier Publishers <http://www.elsevierhealth.co.uk/>, which
undercuts the best Amazon.co.uk prices!

The comprehensive back cover blurb speaks for itself:

'This book represents an important collaboration between clinicians of the manual therapies and scientists in several disciplines that grew out of the three recent International Fascia Research Congresses (Boston, Amsterdam, and Vancouver). The book editors, Thomas Findley MD PhD, Robert Schleip PhD, Peter Huijing PhD, and Leon Chaitow DO, were major organizers of these congresses and used their extensive experience to select chapters and contributors for this book. This volume therefore brings together contributors from diverse backgrounds who share the desire to bridge the gap between theory and practice in our current knowledge of the fascia and goes beyond the 2007, 2009 and 2012 congresses to define the state-of-the-art, from both the clinical and scientific perspective.'

Highlights include that this publication:

- Reflects the efforts of almost 100 scientists and clinicians from throughout the world
- Offers comprehensive coverage ranging from anatomy and physiology, clinical conditions and associated therapies, to recently developed research techniques
- Explores the role of fascia as a body-wide communication system
- Presents the latest information available on myofascial force transmission which helps establish a scientific basis for given clinical experiences
- Explores the importance of fascia as a sensory organ – for example, its important proprioceptive and nociceptive functions which have implications for the generation of low back pain
- Describes new imaging methods which confirm the connectivity of organs and tissues
- Designed to organize relevant information for professionals involved in the therapeutic manipulation of the body's connective tissue matrix (fascia) as well as for scientists involved in basic science research
- Reflects the increasing need for information about the properties of fascia, particularly for osteopaths, massage therapists, physiotherapists and other complementary health care professionals
- Offers new insights into the fascia-related foundations of Traditional Chinese Medicine Meridians and the fascial effects of acupuncture.

Prepared by over 100 specialists and researchers from throughout the world, *Fascia: The Tensional Network of the Human Body* will be ideal for all professionals who have an interest in fascia and human movement - physiotherapists, osteopathic physicians, osteopaths, chiropractors, structural integration practitioners, manual therapists, massage therapists, acupuncturists, yoga or Pilates instructors, exercise scientists and personal trainers – as well as physicians involved with musculoskeletal medicine, pain management and rehabilitation, and basic scientists working in the field.’

About the Editors of *Fascia: The Tensional Network of the Human Body*

Edited by **Robert Schleip**, PhD, MA , Director Fascia Research Project, Ulm University Germany; Research Director European Rolfing Association; Director Deutsche Gesellschaft für Myofascial Release; Registered Naturopath, Certified Rolfing & Feldenkrais Teacher; **Thomas W. Findley**, MD, PhD , Center for Healthcare Knowledge Management, VA New Jersey Healthcare System, New Jersey, USA; Professor, Department of Physical Medicine and Rehabilitation, UMDNJ-New Jersey Medical School, Newark NJ; Executive Director, Ida P Rolf Research Foundation, Boulder CO, USA; **Leon Chaitow**, ND, DO (UK), Registered Osteopath and Naturopath; Honorary Fellow and Former Senior Lecturer, School of Life Sciences, University of Westminster, London, UK; Fellow, British Naturopathic Association.; Fellow, College of Osteopaths, UK and **Peter Huijing**, PhD, Professor of Biomechanics and Physiology, Research Instituut MOVE, Faculteit Bewegingswetenschappen, Vrije Universiteit, Amsterdam, The Netherlands.

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Part 7 Fascia-oriented therapies

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SECTION III – RESEARCH DIRECTIONS

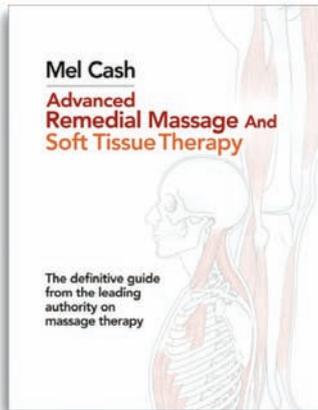
Part 8 Fascia research: methodological challenges and new directions

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Glossary

As a humble, immensely honoured contributor by a mere single chapter (Chapter 5.6: Scleroderma-related conditions), which cumulatively required numerous weeks of intensive work, I cannot begin to imagine the herculean task that befell the four main Authors/Editors, as well as so many other incredibly knowledgeable researchers, clinicians, and scientists who produced the bulk of the text. Crossing all the 't's and dotting all the 'i's of correct Referencing alone proved in excess of two long days' work! But the process not only proved an enjoyable, fascinating learning experience, but imposed a healthy dose of discipline to meet publishing deadlines! My warm congratulations and grateful thanks to the Authors/Editors for such a treasure of resources.

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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.

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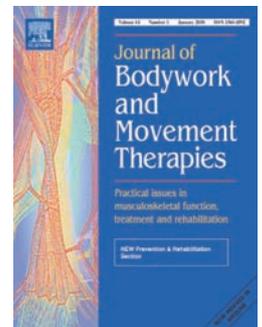
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