



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

NEWSLETTER

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Breaking news! Breaking news!

Regulation and CNHC

From Mel Cash

I have been a bit quiet about Regulation, CNHC, and all the politics that go on behind the scenes in our profession. This has been because nobody yet knows how the new Government policy on Regulation in Health and Social Care will really affect us.

Before the changes were announced last year, CNHC seemed to be the only and best route for us to establish a recognised professional register for *Remedial Therapy*, which would be distinctly separate from *Sports Therapy* and *Massage Therapy*. Although there have been setbacks,* I had remained confident that we could ultimately achieve this with CNHC, but the question now is whether it will be worth it.

The Federation of Holistic Therapists (FHT) and ISRM have been strong supporters of CNHC since its inception. We both wanted CNHC to be the single Regulator for all of Complementary Healthcare, with separate registers for each profession. Under the new Government policy, CNHC now has to get accreditation from the new Professional Standards Authority (PSA), and this structure does not allow

for such exclusivity. This has forced FHT, which has a much larger membership than CNHC, also to apply to PSA for accreditation. In theory ISRM should do this as well, but our membership is far too small for such a major undertaking.

Both CNHC and FHT are having their applications processed at the present time, and assuming both achieve PSA accreditation, then ISRM members will have a choice: FHT, who will hold one single register, with a separate category for Remedial Therapy, or CNHC, which only has a register for Massage Therapy. But will any of this matter? I expect that the employers in the Health and Social Care industries will eventually only recruit professionals who are on PSA-accredited registers, but for most of us, our 'employers' are the general public or small clinics in the private sector. Will they be told that they should only use therapists who are on a PSA-accredited Register? *If* CNHC and/or FHT can do a good job of getting this message across to our 'employers', then it could be very worthwhile. But at the moment that seems a rather big 'if'!

I don't normally like to sit on the fence and wait to see what happens, but this really seems to be the only sensible option for us at the present time.

**CNHC can only set up a new register based on a National Occupational Standard, which is the responsibility of another Government-funded body called 'Skills for Health'. Their funding has been cut and it could be another two years before they can take on our therapy. In the meantime we can go onto the Massage Therapy register, but this puts us on the same level as someone with just a basic massage qualification.*

Mentoring

Are you a very experienced therapist and interested in offering some mentoring to newly qualified therapists? We are keen to encourage this and if you are interested please contact Mel Cash who will discuss the possibilities.



Editorial

From Tanya Ball

Welcome... A warm and hopefully sunny welcome to everybody, notably any new student/full Members for whom this is their first ISRM Newsletter – we do hope this publication will prove informative, helpful, and inspirational to all.

In this Issue... Mel Cash's 'Breaking News':

Mel brings us a very important update on (a) the forthcoming Government policy on Regulation in Health and Social Care, and how it may affect us; and (b) the best potential route for us to establish a recognised professional register for *Remedial Therapy*, as distinct from *Sports Therapy* and *Massage Therapy*. I therefore urge you to read this

carefully before making – or indeed deferring – any decision regarding joining a professional Body.

Our profession and its future: CNHC update: although we are all (or 'should be') aware of very important cautions relating to the wording we use when advertising and promoting our services, may I draw your attention to CNHC's recent clarification relating to cancer Advertising Codes. Many of us treat patients receiving or having received treatment for cancer – which is perfectly legitimate – but we do need to be wary of making any therapeutic claims which could not be substantiated.

Feature articles: Don't miss Sue Ainley's latest update on Seeing Hands Nepal's (SHN) ongoing expansion, including the outstanding advancement of some long-standing therapists in business management. You can also catch up with Cressida Sherston's progress since her severe horse-riding accident in 'Part 2' of her story.

Event work: WOW – Event Massage enthusiasts are truly spoilt in this Issue! Elina Treija's down-to-earth – or should that be 'down-to-mud'? – account of the 2013 **Fleet Pre-London ½ Marathon** is followed by inspiring **London Marathon** stories from faithful team leaders Sam Roberts and Phil

Young. Each reflect what the event means to them, and why they keep coming back year after year... Next in chronological order comes my report on this year's **Budweiser International 6-a-side Football Tournament**, complete with sunny photos of my delightful colleagues Nick Murrell and Antonino Balistreri, but a slightly bedraggled Sir Terry Venables! Rachel Perkins then relates with colour and humour her experience at the **Blenheim Triathlon**. Finally, **London Triathlon** 'veteran' Annette Cowling and 'first-timer' Tanya Boardman entertain us with their first-hand stories of this mass event, alongside my fellow-team leader Peter Story's outstanding photographic capturing of the atmosphere.

Expand your knowledge, enhance your skills (CPD): Whatever else, do not fail to read Katherine Creighton Crook's excellent and absorbing report from the recent **2013 Isokinetic Medical Group's International Conference on Football Medicine**. While in the context of the Conference, this provides valuable, constructive insights into state-of-the-art rehabilitation methods aimed at professional footballers, these can, with a combination of reflective practice, lateral thinking, and basic common sense, be adapted practically

to our more sedentary as well as amateur sporting clientele.

Regarding forthcoming Tutorial and/or CPD courses, may I draw the attention of those with a strong interest in 'Fascia' to:

- Alex Fugallo's highly popular Myofascial workshops (Regent's College, London).
- Hampshire-based introductory, intermediate, and advanced Fascia workshops (see Programme for details).
- Southampton-based Introductory and advanced Myofascial Taping courses.
- Kinesis UK Anatomy Trains® and other advanced course list.
- 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, with a special mention of our ever-imaginative, creative designer Glyn Rees. ***My renewed appeal to all readers please to send me your contributions for the hard-copy, winter edition in good time.*** We could really do with more 'Feature articles' and 'Case Studies' which have regrettably been lacking in recent Issues so – why not get started *now*? 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 Winter 2013 Issue is Friday 8th November 2013, thank you.

Our profession and its future



CNHC March 2013 Update

• **CNHC Facebook page goes live!**

We are delighted to announce that the CNHC Facebook page is now live. Please do visit the page to find out the latest CNHC news. You can find the CNHC Facebook page by going here: <http://goo.gl/KFuP8N>

• **Cancer Act 1939 - Important Notice**

As readers will know, all practitioners (not just those registered with CNHC) need to be aware of the Advertising Codes and make sure any wording used is in line with them. Where this does not happen, practitioners leave themselves open to complaints made both to CNHC, where a practitioner is registered with us, or to the Advertising Standards Authority, or both. CNHC has done a great deal of work in this area to produce wording which practitioners can use to avoid successful complaints being made (Complementary Therapy Descriptors).

However, another area that all practitioners need to be aware of is the Cancer Act 1939. Under Section 4 of this Act it is a criminal offence to advertise services which claim to 'treat any person for cancer'. Use of wording that breaches this legislation can lead to enforcement action by Trading Standards, which could result in a fine or up to three months in prison. It would also lead to the advertiser having a criminal record.

Of course many practitioners do work with clients or patients who are receiving treatment for cancer. Therapies such as aromatherapy, massage, reflexology, healing and Reiki are widely used in this type of work – particularly in hospitals and hospices – and are well-supported. The Act is not saying that it is not possible to work with these patients, but that it is illegal to use advertising which implies that treatment is being given for the cancer itself, as this responsibility of course lies with the patient's relevant medical team.

CNHC is seeking legal advice on wording that can be used in these circumstances and will circulate this as soon as it is available.

• **CAP: Complementary Therapies – Tips and Guidance**

The Committee of Advertising Practice (CAP) Copy Advice Team has prepared some guidance specifically for complementary therapists. This highlights some of the common pitfalls of complementary therapy advertising and is available on the CAP website: CAP Complementary Therapies – Tips and Guidance.

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

Feature

SHN Update

From Sue Ainley



Namaste!

The Seeing Hands project is going from strength to strength and we have plenty of good news to relate. For more stories and photos, please check out our facebook page <http://goo.gl/tZiNhP> - and don't forget to like it whilst you're there!

Those of you who follow us on facebook will know we have recently won a prestigious Social Enterprise Award!! Chiran attended the Surya Nepal Social Entrepreneurship ceremony in January to receive the award, chaperoned by Rob's sister who by chance happened to be in Nepal (thanks again Maggy, your visit couldn't have been better timed!). Short films were shown about all the finalists (you can see them here on youtube <http://goo.gl/mC7kam>) and Chiran stepped onto a star-studded stage amidst rapturous applause.

Although we have done the lion's share of the work involved to set up Seeing Hands, Chiran deserves the accolade for his dedication and hard work in becoming such a competent manager in Kathmandu, and working with us to overcome the hurdles we have faced throughout our continued expansions.



People are continually amazed at what he does and achieves despite being totally blind, and he is fast becoming our regular media spokesperson!

Also linked here <http://goo.gl/Pk4MIS> is a short film featuring Chiran, made by Chahana Sigdel, who chose Seeing Hands as her subject for an amateur film competition.

Sadly she didn't win but the film did get shortlisted into the final 10 and has had lots of exposure as a result.



Rob & I travelled back to Nepal in March for a short stint to take on the next batch of students. We were flooded with applications from blind people this time and ended up interviewing over 50!

Four students were selected in the end (pictured above) and they are: Ganga Pariwal, Bibek Bhattarai, Bishnu Lamichane, and Bhima Chettri (with Sarsati helping). All the students are totally blind except for Bishnu, who is partially sighted and reads large print. She is finding it the hardest as her English is not as good, but she's working hard and her enthusiasm is obvious in her amazing smile!!

The students all really enjoyed learning with Anna Bevan, our latest volunteer trainer,

(pictured above left) who had the tough job of getting them through their first few weeks of theory and massage training. Anna was helped by Ramji (next to Anna), who is now learning the ropes of being an assistant trainer and so far doing well. We have no volunteers until September now so the students are staying in Kathmandu and studying full time there with Chiran. They will return to Pokhara after the monsoon, for more training with our next volunteer, Paul Atkins.

Both clinics are still doing well (despite a poor season in Nepal for tourist arrivals) and we now have around 100 reviews for each on Tripadvisor! With business increasing at the Kathmandu clinic, we are sending some therapists from Pokhara to make up the numbers on a temporary basis and hope permanently to relocate more staff there soon. Govinda (Pokhara clinic) now has a supervisory role and we're pleased to see him starting to take on more responsibility for the business, working with our new receptionist Nirmala to distribute leaflets and generally promote our services locally.

Special thanks on the volunteering front to Andre Baptista, who came back (again!) to see





our therapists and sort out their bad habits. Andre – you will be pleased to hear that treatment exchanges between therapists are now happening much more regularly!

We'll bring you more news after the monsoon, which based on current rain levels seems to have started early in Pokhara! As always, on behalf of the entire SHN team we'd like to say



thanks to all our donors for their continued support and send a big Namaste to everyone following our work.



The (literal) 'highs' and 'lows' of Equine Massage – Part 2

From Cressida Sherston

'Being no stranger to trauma, one of the things I have really learned through personal experience is that whilst it is important to be realistic about an injury or condition, being able to maintain a positive mental attitude can make all the difference to the physical healing process.'

'I am also now very much more aware of my own body mechanics when treating both horses and people. This and previous experiences of trauma have certainly influenced my personal approach to treating both equine and human patients. I certainly have greater empathy and compassion, but I now also really appreciate the importance of not always focusing on the primary injury site, but to approach treatment looking at the "bigger picture".'



Although the next stage of the healing process brought up some unexpected secondary symptoms, I am pleased to say that in this path to recovery, there have definitely been more 'ups' than 'downs'.

I have found that generally people seem to have had a great misconception about my back injury, and they mostly appear to think that I spent twelve weeks languishing on the living room floor studying or delighting in hours of reading time. The reality of my situation couldn't have

been more different. In order to manage the pain and sustain some mobility, I had to strike a balance between standing, walking, and lying down with my legs raised. Actually, just sitting was the most intolerable position and one which I eventually 'graduated' to with the wonderful investment in a saddle stool. My time was dedicated gradually to stepping up my own 'back boot camp' rehab programme, usually beginning with the mandatory hot bath just to get me mobile at the beginning of the day. The hot water did work miracles, however the feeling of traction pulling down through the lumbar spine and sacrum as I got out of the bath was the low point of the experience as I longed not to feel the effects of gravity.

I was apprehensive about my visit to the very highly recommended spinal orthopaedic consultant. This fear was quite unfounded, as I couldn't have been more relieved to be given

a prognosis that was realistic, encouraging, and refreshingly in no way judgemental. He didn't actually waste his breath on reminding me of the risks of partaking in a dangerous sport, but saw the accident as bad luck, combined with an unfortunate concurrence of circumstances, which had resulted in my fall.

The consultant's examination confirmed that I had a reasonable neutral posture. It was evident that in flexion, my spine was held fairly stiffly with a tendency to full flexion from the hip, but good in extension (my self-treatment and routine of exercises to mobilise the back had paid off). My full range of motion in flexion had shortened dramatically by at least 70%, just about reaching my knees and absolutely no chance of making any contact with my toes for a long while. Thankfully, the neurological examination showed good knee and ankle reflexes. The femoral and sciatic stretches were



both negative (i.e. normal), and my hamstrings on both sides were lengthened and relaxed. The consultant was amazed at the actual lack of very superficial pain and tenderness around the lumbar paraspinal muscles and over the right sacroiliac joint. I however wasn't surprised, because I really do believe that any superficial pain had been greatly reduced by my daily regime which involved lumbar self-massage, STR, and taping – having attended a kinesio taping course last year, I had found that I could quite easily apply a lumbar 'star', although I only used this very occasionally.

The deep soft tissue damage and neurogenic pain were really both my and the consultant's greatest concern. This was most evident as femoral nerve pain radiated over the right hip into the groin which, at its worst, then travelled down my right leg and into my foot. For those who aren't familiar with neurogenic pain, it really is an intense, draining, and persistent pain. Because of my training, I was well equipped to manage my pain, knowing when to adapt my position or posture in order to relieve some of the nerve compression. On instruction from the A&E orthopaedic registrar, I had been sleeping supine with my legs raised and supported by a minimum of two pillows under my knees. In the latter stages of my rehabilitation, I needed to begin to reduce the degree of support, as whilst this position allowed my lower back to relax, it was also leading to shortening of the psoas muscle. I do remember being woken by persistent nerve pain, knowing that a pain killer wouldn't be the answer, whereas simply reintroducing additional pillow support made the pain totally subside within two minutes.

My initial appointment with the consultant was most definitely a more positive experience: I felt so gratified to hear the words 'I can see no reason why you shouldn't make a smooth recovery with time, patience and physical therapy'. However, he did warn me that with the compression injury over the sacroiliac joint, it may be some time before I could be comfortably back in the saddle. Three months on from the accident, and although the injuries to the back were of most

concern, I was becoming more aware of the other issues which hadn't been so evident in the acute stage. I was developing a lot of discomfort through the left side of my neck, with paraesthesia in the left hand. Also, on the right side I had intermittent pain in the 7th and 8th ribs. All in all, I felt like a neurological mess. Since then, whereas my neck has received a lot of massage and osteopathic treatment and has really settled, the ribs are proving to be more of a challenge to resolve. Taking all these symptoms into account, it really demonstrates how in a fall from a height and with velocity, the actual ground force on impact produced a powerful ricochet effect causing further injury away from the point of contact on my lower back.

I had two further appointments with the spinal consultant in January and February 2013. Thankfully my MRI scan didn't show any nasty surprises or unexpected clinical issues. By the middle of January I was well underway with a course of physiotherapy. The focus was very much on my not so great 'neutral posture' and a lot of work on regaining balance and proprioception, as well as very importantly increasing stability in the lower back and pelvis. The real torture came in the form of friction around L4 (the worst fracture), the very tender ilio-lumbar ligament, usually combined with a side-lying attack on my right QL. With a positive Ober's test for my right ITB, a dramatically shortened psoas (further exacerbating my groin pain), a very tight and tender gluteus medius, topped off with 'piriformis syndrome', I could see there was a long way to go and these sessions were definitely challenging!

I have no doubt that my progress with physiotherapy would not have been as positive without the interim massage sessions which, at my request, included considerable myofascial release and the opportunity really to address the secondary symptoms in my neck and ribs. Although my own self-massage techniques had no doubt helped, it was evident that the entire lumbar and sacral regions had become severely restricted by a fibrotic mass with thickened scar



tissue, especially local to the fracture sites. After a few treatments, it was wonderful to witness my posture dramatically restored from what had become a very flattened lumbar spine.

By the beginning of March I began to take on some equine and human patients. The biggest physical challenge was not so much the treating, but driving, because sitting for any great length of time was still very uncomfortable. My neurogenic symptoms had not fully resolved and I was genuinely beginning to worry if they ever would. However, on my last appointment with the consultant, he confirmed that the bone healing was now complete, but that it may take several months for all the soft tissue and neurogenic symptoms fully to settle. I was told that if the SIJ and groin pain hadn't fully resolved by late summer, then he would recommend a SIJ intra-articular steroid/anaesthetic injection. This is a procedure I have observed being carried out by veterinary surgeons on horses, and with that knowledge, a fear of needles, and awareness of the length of spinal needles, I am pleased to say that so far, this is not a procedure I am going to need!

It is now eight months since the accident, and I am delighted to report that I am totally healed. Being no stranger to trauma, one of the things I have really learned through personal experience is that whilst it is important to be realistic about an injury or condition, being able to maintain a positive mental attitude can make all the difference to the physical healing process.

I can honestly say that my overall posture, the actual condition of my back in terms of healthy function, balance and range of motion are probably better now than before this accident. I am also now very much more aware of my own body mechanics when treating both horses and people. This and previous experiences of trauma have certainly influenced my personal approach to treating both equine and human patients. I certainly have greater empathy and compassion, but I now also really appreciate the importance of not always focusing on the primary injury site, but to approach treatment looking at the 'bigger picture'.

Event Work

Event work update

From Tanya Ball



A year on from the 2012 Olympics, isn't it wonderful that there remains so much success for Great Britain to cheer in a range of sports – cycling, tennis, athletics, and, as I write,

cricket (I am typing this as play is abandoned on Day 5 of the 3rd Ashes Test Match, the ensuing draw guaranteeing that England retain the Ashes).

Elsewhere, a number of ISRM students/therapists have been busy providing the usual high standards of SRM (Sports & Remedial Massage) expected from us at a number of 2013 events, as summarised below.

Fleet Pre-London ½ Marathon, Sunday 17th March 2013

A six-strong team of recent and experienced ISRM therapists 'survived' adverse, at times torrential conditions to provide pre/post race massage at this long-established, popular, and exemplarily organised event. Read Elina Treija's colourful story, mud, rain, and cold included!

London Marathon, Sunday 21st April 2013

Five weeks after the Fleet ½ Marathon, a collection of some 70+ students, graduates, and team leaders were grouped into a dozen or so 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. Two faithful team leaders – Sam Roberts and Phil Young – have each sent in inspiring accounts reflecting what the event means to them, and why they keep coming back year after year...

From an organising/coordinating point of view, this was a difficult London Marathon due to a surprisingly low response to the online registration system. Even with last-minute appeals for more massage volunteers via ISRM electronic circular emails, I was still unable

to raise quite enough numbers, so all teams were consequently slightly reduced compared to their desired quotas. *May I therefore extend my all the more grateful thanks to all those valiant people who supported the event.*

On the positive side however, as every year, I subsequently received enthusiastic and grateful feedback from various quarters – massage team members, Charity event coordinators, and through them, runners. The latter were without exception all full of praise and thanks for the wonderful massages they had received – a great credit to all volunteers/team leaders involved... and a sense of 'worthwhile hassle' for me!

Budweiser International Six-a-Side Football Tournament, Wembley AC, Sunday 12th May 2013

After such an enjoyable day last year, I was eager to 'chase' the event organiser in sufficient time to enquire whether our services would be required this year. Fortunately, as the tournament was once again planned for London, the answer, to my delight, was 'yes', although with fewer teams than in 2012, the organisers only require three experienced SRM therapists this year instead of six. See my report elsewhere in this section, complete with a photo of the 'venerable Venables'!

Blenheim Triathlon, Saturday 8th – Sunday 9th June 2013

In good keeping with its tradition – and also with the appallingly cold, wet spring this year – much of the 2013 event took place under November-like gloomy skies, in an unrelenting Arctic wind, punctuated with occasional showers. Mercifully the sun did make rare, short appearances from mid-afternoon on both days, but this was of little consolation to earlier competitors jumping into the 14°C lake for their open water swim! They then had to face head-on icy winds in wet clothing, before trying to persuade their cold, stiff muscles to complete a 2.5k or 5k run.

With the entrance to our marquee facing the wind, we were forced to move the booking desk and couches to one side to minimise the wind chill factor and prevent light items from developing spontaneous flying skills of their own! This in turn made us 'less visible', which together with the unfavourable conditions inevitably impacted on the number of massage bookings. All the more credit to the fantastic team for their excellent work with the clients who did come and find us! Don't miss Rachel Perkins' humorous and entertaining tale of her experience!

London Triathlon – Saturday 27th – Sunday 28th July 2013

Back to its normal summer date after last year's deferment to September, due to the 2012 Olympics, this once again proved a thoroughly absorbing, intensive, and entertaining event for all concerned. We significantly exceeded the previous year's number of treatments for each day, despite Saturday always being the 'quieter' day, and the feedback from competitors leaving the massage area was, as always, highly complimentary. This was of course matched by their significantly improved walking style 'after', compared with 'before' treatment! A big 'thank you' once again to all our hard-working and ever-smiling team! Soak up the atmosphere for yourselves by reading the various first-hand accounts from both 'new' and 'regular' SRM team members Tanya Boardman and Annette Cowling respectively, and enjoy the visual representation courtesy of Peter Storry's near-professional camera work.

Future events – the Run-to-the-Beat (RTTB) ½ Marathon, Sunday 8th September 2013

Due to the RTTB having been brought forward from its usual end-September date this year, I am at the time of writing very short of SRM volunteers. Please would anyone interested and available urgently register via the usual ISRM website Event Work page, thank you. This is a mass (12,000+) event traditionally

starting/finishing within view of the rather impressive O2 Arena.

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.

The 'Mud Race' – alias the 2013 Fleet ½ Marathon, Sunday 17/03/13

From Elina Treija



Have you ever wondered how it feels to run a race on wet grass alongside another 2,299 people? Well, everyone who had entered

and actually turned up for this year's Brooks Fleet pre-London Half Marathon did get the chance to experience the toughest of

running conditions, with chilly temperatures, rain, and mud all along the course.

Our team of Sports and Remedial Massage therapists (SRMTs) from ISRM – Andy, Joanne, Katy, Verity, Hazel, and I were there to help relieve tight and achy muscles following this 'survivor's pursuit'. Travelling to the race venue in Fleet's Calthorpe Park from my Southampton home suggested it was going to be a challenging day for everyone involved, and we were ready to face the trial! We arrived near 8 a.m. and easily found our designated massage area, right by the refreshments. Our 'office for the day' was



large enough for six massage couches, with sufficient space to move freely whilst treating. The organisers had done a very good job of providing us with a safe, rain- and mud-proof area with a reception desk and chairs. The runners began to arrive for race registration, and the large marquee we were in gradually filled up with competitors trying to motivate one another for the effort ahead. We first encountered inquisitive clients asking about our services and pricing, and treated six of them before the 10.00 a.m. race start, which I am sure benefited their muscles.

Once the race was under way, we had time to get to know one other over a cup of hot tea (which was helpful to keep our hands warm for the massages!). We had all come



from different locations, including Fleet, Tring, Southampton, and London areas, and it was exciting for me to meet like-minded people and enjoy the atmosphere of a sporting event. Joanne and Andy are SRMTs with years of experience, who supported the rest of us – recent LSSM graduates. It was the first Fleet half marathon event experience for Hazel, Katy, Verity and me, whereas Joanne had prior experience and was able to compare the event with previous years.

The first ‘soldiers’ began to arrive for post-race treatment at around 11.30 a.m. completely exhausted, covered in mud, and in great need of helping hands to restore and soothe their bodies. Runners I treated mainly had sore and hard calf and quadriceps muscles, so most of the work was aimed at relieving tension in these areas. Joanne had a case of a torn calf muscle which required extra attention. Andy treated a runner with post-race muscle cramp, which was likewise more challenging. We had plenty of towels and blankets to keep runners cosy and warm, but unfortunately the weather took its toll on a number of runners seeking post-event treatment.

In order to attract more clients, we placed a notice in front of the big marquee so that recent finishers could see it, but unfortunately to little avail. It was a great shame that out of 2,300 participants, we



only treated 20 people in total among the six of us. Perhaps a bigger poster with an arrow pointing in our direction might have helped, as some participants weren’t sure precisely what we were doing there. From 1 p.m. onwards our working area became quieter and, realising we were approaching the end of the event, I went for a walk to promote our services, encouraging all the remaining runners to have their muscles taken care of. Some finishers were already too cold, and only wanted a hot bath, others who would have taken up the offer had no cash on them, while others still were heading straight home, for which we couldn’t blame them.

All the runners we treated on the day had struggled with the weather throughout the race, but it was nice to see that irrespective of their result, everyone was rewarded for their efforts with a medal as a memento of this tough race. All participants were greatly appreciative of our help and we received many ‘thank you’s.

I would personally like to thank the organisers for providing us with a safe working area, the runners for their endurance, ISRM for their support, and everyone in our team who made the day enjoyable. Have a fruitful summer!



Twelve years' post-event massage experience at the London Marathon

From Sam Roberts

'The atmosphere is very noisy, with children playing and families chatting, there is a big cheer every time a runner who has just finished enters the room, and people everywhere! The massage therapists have to deal with friends who want to chat while they are being treated, or children running in and looking through the face hole at their mum or dad. This is why I love it, it is busy and mad, but we are organized and providing an invaluable service.'

I have been massaging at the London Marathon for twelve years. I was a volunteer for about six, and have since been a supervisor/team leader. I enjoy it every year. I have always been part of a team of at least five or more and have been based in various venues including hotels, offices, gyms, and even bars!

The atmosphere of the Marathon is well documented as being one of the best, and the support the runners receive from friends, family, and strangers as well as from the charity they are fundraising for, is amazing.

For the last three years, I have been fortunate enough to work with the same charity, Shelter. This has been an added pleasure as it has meant familiarity, knowing how the charity works, and treating some of the same runners from year to year.

I generally aim to get to my venue by 11 a.m. at the latest so I can set up and familiarize myself with the space. Members of my team usually start to arrive at around 12 p.m. We hold a team briefing where I explain how the day will run and what to expect.

After 'reassuring' any nervous team members, I give them all an hour to enjoy the atmosphere and get lunch, making sure they are back by 1 p.m. Although Shelter provide us with lunch, I do advise the team to go outside for fresh air and extra supplies, as once they start massaging, they will be there until 6 p.m.!

It is generally the case that runners do not start to arrive at the charity venue until at least 2 p.m., but it is important to be ready

for that one exception! All therapists stand by their beds waiting in anticipation, but once they start they have no time to worry, as all their energies are focused on the runner they are treating.

Shelter are highly organized and able to provide food and drink for their runners, showers, and space to chill out, as well as a free massage. Lawrence, Shelter's organizer, always gives me a Shelter member to liaise with, so there is very good communication.

The atmosphere is very noisy, with children playing and families chatting, there is a big cheer every time a runner who has just finished enters the room, and people everywhere! The massage therapists have to deal with friends who want to chat while they are being treated, or children running in and looking through the face hole at their mum or dad. This is why I love it, it is busy and mad, but we are organized and providing an invaluable service.

Although I have always taken my couch with me, it is most often used by a volunteer. My role is therefore rather to concentrate on delegating and keeping time. The main rush is between 3 and 6 p.m., and quite often there are a few people who trail in at 5.55 p.m. However, my team are 'done' by then, so I let them go home and treat the last few runners myself as I feel so sorry for them – you would have to see the state they arrive in!

Over the years I have experienced all sorts of circumstances – guys who like to have an alcoholic beverage and then come for a massage; massive cramp attacks which nearly throw the runner off the couch;

bleeding nipples and hanging toe nails; runners on the edge of passing out, and occasional torn muscles... clearly some of these equal no massage!

This year, one male runner was not feeling great, and halfway through his massage disappeared to the toilet. He was gone some time and all his stuff was still at the couch, so we did not know if he was coming back or whether to use the couch for someone else. I asked Lawrence to check the toilets to make sure he was ok. A little later he returned but was in no fit state to be treated. You never know what an event is going to throw at you and you have to think quickly, be able to advise the volunteers when necessary, and improvise! I do offer to take over from any therapist who feels they need a break, but they all work like troupers and treat at least ten runners each. I keep an eye on the team and do my best to motivate them. I also make sure I have a quick preliminary chat with each runner who comes for a massage, so I can ascertain what state they are in.

I can tell you that by the end of the day my state is a weary one! However, I am not sure I will ever stop volunteering, I have so much fun!

My most grateful thanks and resounding congratulations to Sam (and our other regular event massage 'veterans' over the years), for your ongoing support, inspiration, and willingness to share/pass on your skills. ISRM event work would simply not be sustainable without your much appreciated dedication. – Ed.

Post-race London Marathon massage for the Charity SPARKS – a team leader's day, Sunday 21/04/13

From Phil Young



The SPARKS SRM Team, L to R: Jerry Zawilski; Chris Beggs; Phil Young; Hannah Taylor; and Sarah Lawson

The London Marathon, along with the London Triathlon, has been part of my yearly plan for the past seven years, and this year I was once again Team Leader, supporting the charity SPARKS, a charity supporting research into children's diseases. The build up to the day had been good, with a team of four students, all willing and eager to test their newly found skills, learnt at the LSSM. SPARKS' overall coordinator, Rebecca, was keen to meet us and had been awaiting the day with great expectation. All we needed to do was get to the Trafalgar Hotel, soak up the atmosphere, and enjoy the day. The morning of 21st April dawned, a

nice day, hopefully not too hot for the competitors. I caught the 09.00 a.m. train from Huntingdon, followed by a brisk tube ride to Charing Cross, and very soon I was in Trafalgar Square. our location was just by Admiralty Arch.

I was greeted by an excited Rebecca, keenly awaiting the arrival of the other team members. By 11.15 a.m., the whole team was in place, together with two additional therapists. Once the basement had been cleared of hotel guests, we were able to set up and await the first athlete home. Lunch had generously been laid on for us courtesy of SPARKS, followed by a team briefing,

and we were ready to go. The first runner came in at 1.30 p.m., having completed the course in a creditable 3 ½ hours. With no problems to report other than tired legs, he had the privilege as first athlete home, of Hannah and Sarah attending to one leg each, quickly rejuvenating his aching limbs. It was not too long before the masses of runners fundraising for SPARKS came along for some well-earned sustenance and a welcome massage. The team worked very hard, and as the afternoon progressed, over 80 competitors were treated, fortunately with no major injuries to report. One of Chris' clients however came in suffering from quite bad cramp. A home-made isotonic drink (10% orange juice/water and half a teaspoon of salt), coupled with gentle recovery massage helped reduce this, and he improved immensely as he rehydrated/refuelled over the afternoon. As we were finishing at around 5.30 p.m. one further lady runner arrived, very weary and distressed because of her badly blistered feet. I was able to deter her well-meaning mum from bursting the blisters, preventing possible infection, and suggested she see a chiropodist to get her blisters professionally attended to.

The team can justifiably be proud of their skills and efforts, demonstrating throughout the afternoon their sound use of general massage and STR/MET techniques. Through their sterling work, a large number of runners would have recovered faster and not felt so stiff and tight by the following morning. As for myself, I would like to express my thanks and congratulations to all the team for a fantastic day's endeavours, and I hope to meet them at future events/forums.

Budweiser International Six-a-Side Football Tournament, Wembley FC, Sunday 12th May 2013

From Tanya Ball



Wembley FC (no, not 'Wembley Stadium' alas...) proved a much more suitable venue for this year's event, with free onsite parking, plenty of outdoor space for two competition pitches, warm-up area, improvised massage area (see below), in the immediate vicinity of changing rooms, and indoor/outdoor catering facilities. This was in contrast to 2012, when the tournament was held in Regent's Park – a most beautiful setting, but miles from parking, resulting in Mel Cash generously dropping off and collecting LSSM couches from Regent's College.

For those 'non-footie fans' among you, Sunday 12th May 2013 was the day after the FA Cup Final, where underdogs Wigan famously (or infamously, depending on where your loyalties lie) defeated Manchester City, but made less happy history later that week, by becoming the first team ever to win the FA Cup and be relegated in the same season. High profile FA Cup sponsors Budweiser organise their annual international six-a-side tournament to coincide with the 'bigger event', with national knock-out competitions in different countries over preceding months,

the overall winning team's prize being an all-expenses paid long weekend trip to London, including VIP FA Cup seats.

As last year, it was clear on arrival at Wembley FC that everything was being organised with German precision: plastic fencing around the competition pitches, outdoor catering tables and benches laid out in good old European 'Bier Fest' style, sponsors' logos and flags everywhere... The three of us making up the SRM team – Antonino Balistreri, Nick Murrell, and myself – were warmly greeted by my contact, Bjoern, and shown to the changing room which had been designated as the massage HQ... although we were instructed to expect some players still to want to use the showers, in full open-plan view... Er... Besides the obvious lack of privacy, potentially slippery wet floors, steam, and massage might not be a great combination! The dominant smell of damp and mildew was a further turnoff, as was the fact that the changing room was somewhat remote from the main action. As I always say, when it comes to event massage, 'out of sight is definitely out of mind'.

Although rain had been forecast for later in the day, the weather at the time was fairly sunny and not too windy. So after consultation as a team, we requested and were enthusiastically granted permission to set our couches up strategically on the grass area between the front of the pavilion, the competition pitches, and the warm-up pitch, where players had to pass in either direction in-between games. This proved an excellent choice, as it was not long before a couple of players sheepishly approached us to see if we could help with their pre-event niggles. Needless to say that word quickly got round, and before long we were thoroughly enjoying 'surprising' our delightful players from various nationalities, including from UK, with the tissue changes that could be



brought about in a mere 15-20 minutes. I could not help but laugh at myself as I was finding it harder to understand the ‘Scouser’ accent from members of the Liverpool-based team than some of the players from overseas!

This year’s overseas line-up comprised teams from Argentina, Chile, India, Malaysia, Ukraine, but were missing the Vietnamese contingent, due, we were told, to visa problems. Hence Wembley FC had stepped in at the 11th hour to make up numbers, alongside the other ‘White’ (Liverpool area) and ‘Blue’ (East London) English squads. The knock-out phase of the tournament was slightly marred by an ugly on-pitch incident resulting in one player from each team being excluded from

further participation in the tournament – what a waste of an overseas trip for those at fault!

As the tournament progressed, we found ourselves in ever greater demand as the effort, twists, turns, and knocks – not to mention perhaps the odd glass of Budweiser? – were taking their toll. Besides generally finding out more about players’ training and ‘maintenance’ regime – which invariably did not include massage – it was fascinating to witness their almost incredulous reaction as they stood up from the couch to discover ‘new legs’, or, in the case of one of the goalies, the complete disappearance of his lumbo-pelvic pain. Several English players noted the ISRM website, with the more local



ones sometimes taking contact details for potential follow-up.

As the English ‘Whites’ and ‘Blues’ prepared to battle it out in the final, our workload fortunately came to a close just as dark clouds gathered and the air turned chilly. Time to pack up! Rain soon followed, spectator brollies popped up, while on the pitch the match went into a penalty shootout after a 0-0 score at the end of playing time. The Whites eventually emerged as proud 2-0 winners over their rivals, and both bedraggled teams quickly changed for the ‘surprise’ presentation. Unbeknown to all but very few among the organisers, it had been arranged for the Budweiser Cup to be presented by none other than football ‘legend’ Sir Terry Venables, to the intense excitement of all concerned. I found myself quite shocked to see this very familiar face ‘in the flesh’ so unexpectedly, let alone be acknowledged with a smile, and was fortunate enough to capture the scene on camera despite the crowded, wet situation.

Soon it was time for us to bid farewell to Bjoern and each other, and dry off on the car journey home. A very enjoyable day once more, but unlikely to be repeated in the near future as next year’s venue for the tournament is... Brazil!



Event Work

The 2013 Blenheim Triathlon, Sat-Sun 8th-9th June

From Rachel Perkins

LEUKAEMIA & LYMPHOMA RESEARCH
**BLENHEIM PALACE
TRIATHLON**
8/9 JUNE 2013

'I'm not going to deny the fact that massaging at events is a long day, and when you get home and sit down you realise how exhausted you actually are. But it is so true that time flies when you're having fun, and just to meet some of the most inspiring people in a short space of time makes the whole thing totally worthwhile. Massaging competitors is uncomplicated, and there is always help at hand. In fact you'd be surprised at how natural it all feels after the first treatment is out of the way. It becomes about the interaction with the person on your couch, and being able to share their journey and event experience.'



The Transition area

It's 05.00 a.m. on a June Sunday morning and I'm off to provide massage treatment to competitors at the Blenheim Triathlon. Now I'd like to say it's a lovely warm June morning, but in true British style, the weather is plain freezing... Luckily I've packed fleece, fleece blanket, coat, and wrap (anyone who knows me will be familiar with my love of wraps – they started off as a chic accessory in my 'previous life' – before sport massage – however they are now verging on making me

look like a granny! But I can't let go of them, in the same way that I am unable to let go of my Filofax, but that's another story...). I digress...
... I arrive, park my car, and here the fun starts – or to be more precise the constant love-hate relationship I have with my couch. It slips in the boot like a well behaved dog; get to my destination, and BOOM! I literally have to wrestle the so-and-so out of the boot. Anyway, a ripped couch cover later we are out, slightly hotter than when we arrived, and



Rachel's 'Granny Trolley'

to the hilarity of the young photographers beside me, we're off over bumpy grass, carefully balanced on a set of trolley wheels. The HQ for today is a nice little marquee situated right next to the finish line. Granny trolley parked (this trolley is a source of amusement wherever I go, however it holds everything including the kitchen sink, and was cheap as chips from Ikea, so laugh away especially when you need an extra towel and other massaging provisions), couch up and all ready to go, go, go.

We are a team of eight therapists today, all from different parts of the country, all with different levels of experience, here to work as



The swim assembly area

a team and make competitors feel a little bit brighter and sooth those aches and pains. Now this is my first triathlon, but luckily I have collared Rosie, a triathlete fellow massage student, who takes me round the course and explains the 'what's and 'wherefore's. The Blenheim Palace grounds firstly are a stunning setting, and secondly the atmosphere is quite different from a marathon, it almost feels like a nice 'family' day out. Competitors are meandering down to the water in their wetsuit attire, families in tow, chatting and laughing; it almost encapsulates you to the point where you want to dive in to the water and join in too (well nearly but not quite). Young, old, 'I'm having a mid-life crisis', you-name-it, they were all there, squeezed into wetsuits, ready for the off. Walking up to the 'transition' area (funny how you catch on to the correct

terminology very quickly), there was a whole world of bikes racked up... Hmmmm... I could definitely sense an air of 'mine's lighter than yours' amongst the competitors, following the current fashion of owning a white car, it would seem owning a white bike is the order of the day too!

Hot footing it back to the not-so-glamorous marquee, I'm set up and ready to go. Pre-massage treatment brings a small group of friends buzzing with an air of competitiveness among them, all with their different strengths in the various disciplines. They all work together and this triathlon was the 'men from the boys' challenge. Post-massage surprised me the most: I was presented with happy, enthusiastic, excited competitors, quite different from the demeanour of a recent marathon finisher (please note I'm not in any



way 'pooh- poohing' marathon runners). I was drawn into this enthusiasm, not that it takes much for me to be engaged into something – the atmosphere was addictive. I'm not going to deny the fact that massaging at events is a long day, and when you get home and sit down you realise how exhausted you actually are. But it is so true that time flies when you're having fun, and just to meet some of the most inspiring people in a short space of time makes the whole thing totally worthwhile. Massaging competitors is uncomplicated, and there is always help at hand. In fact you'd be surprised at how natural it all feels after the first treatment is out of the way. It becomes about the interaction with the person on your couch, and being able to share their journey and event experience. I love working at events, but then I love people and can talk the hind legs off a donkey, always have, always will.

It's now exactly a week since the Blenheim triathlon... I'm swimming tomorrow, not quite sure how I'm going to pour my body into the swim suit I've not put on for nearly 3 years... ooh and I will be having a fitting for a bike in the next couple of weeks too... can you see a pattern emerging here? Watch this space – that 'mid-life crisis' is dawning!



Event Work

'What really brings me back to the London Triathlon each year'

From Annette Cowling

'Although London is the largest triathlon in the world, it remains a real family event, with many competitors bringing children and older relatives along to support them. (...) But what really brings me back to the London Triathlon each year (apart from the massage of course), is the atmosphere. The pounding music and cheering crowd create a real buzz, regularly punctuated by chants of "Oggy-oggy-oggy, oi-oi-oi" from the swim start.'



Just ten months ago, the delayed London Triathlon – deferred due to the 2012 Olympics – took place amidst grey skies and reports of increasing austerity. But this year, back in its usual slot, it saw competitor numbers up to around 13,000, and the glorious hot



weather ensured a more inviting weekend for athletes and spectators alike. Although London is the largest triathlon in the world, it remains a real family event, with many competitors bringing children and older relatives along to support them. Another standout feature is the general friendliness of everyone involved, a fact remarked upon by several triathletes new to this event. But what *really* brings me back to the London Triathlon each year (apart from the massage of course), is the atmosphere. The pounding music and cheering crowd create a real buzz, regularly punctuated by chants of 'Oggy-oggy-oggy, oi-oi-oi' from the swim start.

2013 was my fourth London Triathlon, and as usual I decamped from West Oxfordshire to the London Docklands for the weekend. Saturday dawned bright and hot, and the team of mainly students took advantage of the quiet start to browse the trade stands (some serious retail therapy to be had for those into running, cycling and swimming), and see some of the tri action.

The work started later when the steady stream of novices and experienced triathletes started filtering in. The nature of triathlon is that the whole body is worked hard, therefore clients present with a range of soft tissue complaints from tight quads, hamstrings and calves to neck, back and shoulder tension, giving the team plenty of variety of treatment. Sunday is always the busier day as the longer Olympic distance triathlon proves a greater challenge to the athletes, and this year was no exception. The last treatments were completed at around 5 p.m. and by 5.30 I was on the long journey home. Overall a good job well done by all concerned.



Event Work

Massage – Swim – Bike – Run – Massage: an experience at the London Triathlon 2013

From Tanya Boardman

'Would I do it again? Without a doubt – event work comes highly recommended! It's a good feeling to be able to support people who set out to complete a challenge, and to see them achieve it. And it is so useful to work on different people in a short space of time.'



I am a student at the London School of Sports Massage, having just completed weekend 6 of the course being run at Southampton. This was my second experience of event work, but at a much larger scale than before. I had volunteered to work both weekend days at this big event.

The London Triathlon is an annual event bringing together competitors of all standards to complete a swim, bike, and run of various distances. There are different competitions over two days and competitors come in all shapes and sizes, from the very amateur to the very elite. The Saturday race categories were 'Super Sprint' (400m swim, 10km bike, 2.5km run) and 'Sprint' (750m swim, 20km bike, 5km run), with events for both individuals and teams. Sunday comprised the 'Olympic' distance (1,500m swim, 40km bike, 10km run) as well as an 'Olympic Plus' distance (1,500m swim, 80km bike, 10km run).

The HQ for the event is the ExCeL Centre in London's Docklands, and parts of the race including the finish, take part inside the exhibition hall. This means you can wander around, resisting or otherwise splashing out on new kit, whilst cheering on the race.

The massage area was in the main expo/sponsors' area, which enabled us to experience the full atmosphere. There was enough space for ten or so couches as well as a waiting area. Tanya Ball managed the booking system, while Peter Storry allocated the clients. I never got to the bottom of the no doubt complex system (usually demonstrated by hand waving and/or calling out names) but it seemed to work very smoothly! Massage sessions were 20 minutes, and we took rolling breaks to keep fresh, as well as a longer lunch break. We were supported with free water and lunch, and additional refreshments (caffeine!) were available to buy in the main concourse.

On Saturday we had a fairly sedate start, due to racing starting later, and over a shorter distance, but as the afternoon rolled on we enjoyed a few 'full on' sessions with all couches occupied. People were looking for a mixture of pre-race (for the same day and the next day) and post-race treatment. On the Sunday, our clientele included competitors from the previous day as well as those racing on the day. There was a mixture of elite and amateur athletes, and it certainly gave me a chance to experience the contrasts between 'well looked after' muscles and those which weren't quite as well prepared as they could be.

Working at an event is a great experience for 'quick fire practice', thinking on your feet, and in most cases seeing some immediate improvements. Here are the main reasons that I would advocate event work:

- Good practice of general massage techniques – a lot of effleurage, petrissage, and tapotement, especially for pre-racers and

those post-racers with particularly tight legs

- Good practice of some specialised techniques – mainly STR and MET
- Thinking on your feet – at busy times, clients were coming in thick and fast, and with only 20 minute sessions, you have to get cracking!
- Switching to new bodies – makes comparisons easier (very welcome to students like me)
- Focus/prioritise and get feedback. Oftentimes clients were at the 'everything hurts' stage, so you had to find out which bits hurt most...
- Working through clothing – damp tri suits don't make the best basis for effleurage!
- Providing clear instructions on which position you want your client in, how you might want them to move etc.: in a noisy hall, tired from a three-hour event, possibly with English as a second language, it can be a barrier to concentration
- The importance of posture and technique when tired – after six or more hours on your feet, it's a little bit tempting to let your posture go...

So, how did I feel at the end of it? No doubt it's a tiring experience, but it's also thoroughly rewarding – gaining confidence and experience, receiving thanks from the clients, and being able to contribute to such a big event.

Would I do it again? Without a doubt – event work comes highly recommended! It's a good feeling to be able to support people who set out to complete a challenge, and to see them achieve it. And it is so useful to work on different people in a short space of time.





Pictures taken and supplied by Peter Storry

Expand your knowledge, enhance your skills

The 2013 Isokinetic Medical Group's International Conference on Football Medicine

From Katherine Creighton Crook

'All the movements in the FIFA 11+ programme are geared to training the central nervous system to recruit muscles in a functional way, not just training muscles to be strong in isolation with poor functional activation. The emphasis is on qualitative, not quantitative measurements, so each exercise is performed for a set amount of time as opposed to a set number of repetitions. This directs the focus onto proper technique, vs. "just getting the set done".'

In April, I attended the Isokinetic Medical Group's International Conference on Football Medicine: Muscle and Tendon Injuries. It was a multi-disciplinary conference, with club doctors, physiotherapists, trainers, chiropractors, surgeons, and many other health professionals from football, rugby, Olympic athletics, cricket, and even Aussie rules football. I was very fortunate to hear some prominent clubs' doctors (such as Bayern Munich, Tottenham Hotspurs, and South African and English rugby club doctors) speak about the issues they face and the techniques they use for rehabilitating and preventing muscle and tendon injuries. Even though I could only attend a few talks (they ran four rooms simultaneously), I still felt able to gain a wide-ranging overview on the most up-to-date information in the world of football injury prevention – even if, from my view as a Sports & Remedial Massage Therapist (SRMT), the role of manual therapies may have been underrepresented.

In attending the various talks, I realised much of elite sport rehabilitation is similar to high fashion – while extremely interesting, unobtainable for 'regular' therapists like me. For example, club doctors and physios are now leaning towards very early pain-free loading in their rehabilitation, versus rest days, prior to return to training. The essential aspect of this early return to activity is 'pain-free':

if it's pain-free, they can do it. How do they achieve this? One tool is a treadmill that can support a person to 20% of their body weight and then increase it by one percent at a time. The illustration (from an English Premiership club) was a footballer able to run 'supported' at 14 kph two days after a serious muscle strain, whereas if he were running at his full body weight, his pain-free limit would have been half that. Am I going to be getting one of those treadmills any time soon? Unlikely! But I can at least pass on the pain-free principle to my clients.

One of the most useful takeaways for me was the FIFA 11+ warm-up programme. The 11+ programme was developed jointly by FIFA's Medical Assessment and Research Centre (F-MARC), the Oslo Sports Trauma Research Centre, and the Santa Monica Orthopaedic and Sports Medicine Research Foundation. It has been shown to reduce injuries by 30-50%, and as a result, FIFA are suggesting that this become a regular part of every football team's training routine. As a therapist, I'm constantly advocating strength and conditioning work and dynamic warm-ups to my clients with sport-related complaints. Now I have something specific with a robust evidence-base to point them to, and not just those who play football.

The 11+ Programme is comprised of three parts and should last about 20 minutes. The programme was specifically

designed to prevent groin and thigh strains, ankle sprains and knee ligament injuries, which occur in a number of sports other than football. Part 1 covers slow running exercises, active stretching, and light partner contact. Part 2 consists of six sets of exercises, with three levels of difficulty each, aiming to improve core and leg strength. Part 3 includes higher-speed running exercises with planting and cutting movements. Although parts 1 and 3 specifically mimic movements common in football, multi-directional running is a good way to stimulate supporting muscles that may not be challenged sufficiently with activities like running and cycling, and similar movements can be found in other contact and non-contact sports.

Finally, all the movements in the FIFA 11+ programme are geared to training the central nervous system to recruit muscles in a functional way, not just training muscles to be strong in isolation with poor functional activation. The emphasis is on qualitative, not quantitative measurements, so each exercise is performed for a set amount of time as opposed to a set number of repetitions. This directs the focus onto proper technique, vs. 'just getting the set done'.

One of the other recurring principles in the conference was the link between varied leg pain and poor lumbo-pelvic stability. While we all know core stability is important, it

was illustrated on multiple occasions that improving lumbo-pelvic stability either through core exercises or, in one instance, using methods to improve stability in the actual lumbar vertebrae themselves, could have a significant impact on hamstring, quadriceps, or calf pain. This emphasised to me the importance of recommending general core stability work to all clients with recurrent leg pain. But which exercises to recommend? Well, I would go back to the

11+ programme with its planks, side plank, and single-leg balances.

Having come away from this conference, and introducing this to a number of clients, none of which had heard of it, I'm interested to know how 'common knowledge' the 11+ is in the SRMT world. As a therapist, have you heard of this before? Or is this news to you, as it was to me, when I first heard about it in April?

If you're not familiar with it, I highly recommend you have a look at the full manual and website for more information on the 11+ programme, which is available via the 11+ homepage at <http://f-marc.com/11plus/home/>.

If you would like to discuss/comment about the above with me, my email address is: katccrook@gmail.com, thank you.

Autumn 2013 workshops with Alex Fugallo at Regent's College, London

A) Myofascial Release Technique

• Introduction to MRT – one day workshop

Sun 8th Sept or Sat 14th Sept 2013
(delegates must complete one of these before continuing)

• The Lower Limb two-day workshop

Saturday – Sunday 28th –
29th September

• The Trunk two-day workshop

Saturday – Sunday 19th – 20th October

• Upper Limb, Neck & Head two-day workshop

Sat – Sun 30th November – 1st December

Cost:

- One-day Introductory workshop: £120
- Two-day workshops: £240

For more information and to book a place, please visit:

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

B) Muscle Energy Technique for the pelvis and lumbar spine

Sat – Sun 2nd – 3rd Nov 2013

Muscle Energy Technique (MET) encompasses a very wide range of treatment approaches.

Based upon a biomechanical model used in osteopathic practice, this course will teach the assessment of pelvic dysfunction and treatment of the lumbo-pelvic region using MET. Accurate assessment and localisation of forces are key to a successful outcome and mean that minimal effort is required. The aim is to use light force isometric contractions as the principal method to restore normal articular mobility to the individual joints. The overall result is improved function and in some cases reduced pain.

Cost: £240

For more information and to book a place, please visit:

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

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

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The Autumn 2013 CPD/Tutorial Programme is now 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, please see Alex Fugallo's Myofascial/MET advert in this Section, and/or visit www.theism.com.

Autumn 2013 Hampshire Tutorial/CPD Programme - Basingstoke

Course Programme

Tutor: Tanya Ball MSc BA BCSI LSSM MISRM MCNHC MIASI
Sports Massage & Remedial Therapist / Board Certified Structural Integrator
e-mail Tanya@tmb-src.co.uk / website www.tmb-src.co.uk

Day	Workshop	Level	Course details
Thursday 12th Sept 2013 2 pm -5.30 pm	Soft Tissue Release (STR) consolidation/ development HALF DAY WORKSHOP	Intermediate - L5 Dip. w/e 5+ students/ graduates seeking confidence/ broader techniques etc.	Ideal to refresh and develop further skills – reaching those 'difficult' muscles, making STR more specific. Also ideal 'bridging' workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 3rd Oct. 2013 2 pm -5.30 pm	Safe working posture– how well do you protect your body as a therapist? HALF DAY WORKSHOP	All levels	Essential review opportunity if you suffer from overuse strain (hands, back, neck, shoulder...) in your work as a manual therapist! (Re-) learn how to use your bodyweight and protect yourself more effectively, reducing fatigue whilst enhancing efficacy.
Thursday 10th Oct. 2013 2 pm-5.30 pm	Understanding the shoulder: essential assessment leads to effective treatment HALF DAY WORKSHOP	Introductory/ intermediate	Understanding the source of pain/ overuse injury: learn to 'see', interpret what you 'see', and focus on effective, relevant treatment. Also ideal 'bridging' workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 24th Oct. 2013 2 pm-5.30 pm	Fascial Release for the <i>foot, ankle, lower leg</i> HALF DAY WORKSHOP	Intro/ intermediate	Learn to address fascial restriction/imbalance to enhance clients' postural and functional support 'from the feet up'. * See also other fascial release workshops below.
Thursday 31st Oct. 2013 2 pm-5.30 pm	Understanding the hip & knee: essential assessment leads to effective treatment HALF DAY WORKSHOP	Introductory/ intermediate	Understanding the source of pain/ overuse injury: learn to 'see', interpret what you 'see', and focus on effective, relevant treatment. Also ideal 'bridging' workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 7th Nov. 2013 2 pm-5.30 pm	Fascial Release for the thigh, hip, & pelvis HALF DAY WORKSHOP	Intro/ intermediate	Learn to address fascial restriction/imbalance to enhance clients' postural and functional support: leg/pelvis weight & movement transfer.
Thursday 14th Nov. 2013 2 pm-5.30 pm	Pre-exam/pre-assessment revision - HALF DAY TUTORIAL	Intro/ intermediate	Ideal opportunity to consolidate skills / maximise confidence ahead of assessments or exams. Students select tutorial content.
Thursday 21st Nov. 2013 2 pm-5.30 pm	Muscle Energy Technique (MET) consolidation/ development HALF DAY WORKSHOP	Intermediate - L5 Dip. w/e 6+ students/ graduates seeking confidence/ broader techniques etc.	Ideal to refresh and develop further skills – targeting those 'difficult' muscles, making MET more specific. Also ideal 'bridging' workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 28th Nov. 2013 2 pm-5.30 pm	Neuro-Muscular technique (NMT)	Intro/ intermediate	Discover/develop this quick, yet highly effective approach to trigger point and other local tissue restriction release. Once familiar with NMT, combining it with Positional Release (PRT) is highly recommended for optimal effect (see PRT workshop details below).
Thursday 5th Dec.. 2013 2 pm-5.30 pm	Positional Release Technique (PRT)	Intro/ intermediate	PRT can be particularly useful in addressing acute/sub-acute pain, with optimal results when combined with NMT (see above). Many 'chronic' presentations also respond very well. Attending both workshops in order is recommended.
			Other suggestions welcome!

Details for all above courses

Venue: Basingstoke, Hampshire (7 mins' from M3 J7 just South of B'stoke).

Tutor: Tanya Ball

Workshop enrolment fee: (Half-day workshops): £50 per person

Please note that a minimum of four Delegates is required for a workshop to run.

For further information and an enrolment form, please email Tanya at: tanya@tmb-src.co.uk - Thank you.

Please note that full payment for your selected workshop(s) must be received at the time of enrolment

to guarantee your place on the relevant course(s). Should a course be postponed or cancelled due to insufficient intake, you will be offered the choice of a full refund, or the reallocation of your fee to another workshop of your choice.

Please make cheques payable to 'Tanya Ball' and email Tanya@tmb-src.co.uk for forwarding address, thank you.

CPD hours: three and a half CPD hours per half-day.

Autumn 2013 Fascial Release/ Anatomy Trains® courses & workshops from Anatomy Trains UK

Robert Schleip

- Fascia Research Update
London – 5/6 October 2013

Mary Bond

- Sole of Mobility
London – 18–20 October 2013
- New Rules of Posture for Structural
Integration Practitioners
Weston-on-the Green – 25–28 October 2013

Art Riggs

- Cultivating a Powerful and Soft Touch
Strategies for Treatment with Deep Tissue
Massage and Myofascial Release
Edinburgh – 01-03 November 2013.

Anatomy Trains & Fascial Release for Structural Balance (FRSB) Workshops – various tutors

- New! Anatomy Trains I – Michael Watson
Birmingham – 0/21 September 2013
- New! Anatomy Trains II – Michael Watson
Birmingham – 22/23 September 2013
- FRSB Shoulders & Arms – Michael Watson
Exmouth – 28/29 September 2013

- FRSB Arches & Legs – James Earls
Weston-on-the-Green – 11–13 October 2013
- FRSB Abdomen, Chest & Breath – James Earls
Weston-on-the-Green – 1–3 November 2013
- New! Anatomy Trains II – James Earls
Exmouth – 9/10 November 2013
- FRSB Arches & Legs – James Earls
Birmingham - 22–24 November 2013
- Walking the Lines – James Earls
Bristol – 7/8 December 2013

***For more information, check
www.anatomytrains.co.uk or call
Don Thompson on +44 (0) 1862
894 474 or email [workshops@
anatomytrains.co.uk](mailto:workshops@anatomytrains.co.uk)***

*Weston-on-the-Green, nr Oxford is two miles from M40 J.9, just off the A34 north of Oxford.





MYOFASCIAL TAPING
FLEXOTAPING®

FOUNDATION COURSE

Location: Southampton

Date: SAT, 2nd November 2013, 09.00 – 17.00
SUN, 3rd November 2013, 09.00 – 14.00

Course fee: £219 for therapists, doctors, trainers, ...
£175 for students (20% discount)

Incl. tape material, high quality manual, refreshments, fun & CPD certificate

- RESTORE MYOFASCIAL BALANCE
- RELIEVE MYOFASCIAL PAIN INSTANTLY + LONG LASTING
- ENHANCE YOUR SPORTING PERFORMANCE



MYOFASCIAL TAPING Method
The Original

The Physio Training Academy of Markus Erhard is the origin, home & only provider of original Myofascial Taping courses.

MYOFASCIAL TAPING

is a revolutionary, unique, most innovative and successful taping and therapy method developed by **Markus Erhard**. It is **totally different to kinesiology taping methods** – with a totally **different** taping & therapy approach based on **NEW FASCIA RESEARCH** & the **myofascial connections (ANATOMY TRAINS™)** to rid the body of restrictions and restore the body's natural myofascial balance - **instantly and effectively**.

New techniques – significant effects

The physiological effects are achieved by new myofascial taping techniques for intensive myofascial release, myofascial activation and correction of fascia course. The results are a structural change of fascia, improvement of muscle function, and improvement of motion with increased range, enhanced sporting performance and ability of regeneration.

Revolutionary pain relief

The most valuable effect for your clients is the reliable pain relief of acute and chronic myofascial pain in one therapy session. The effects are maintained, during any movement and are therefore most popular for elite sports.

Original Myofascial Taping courses

The **Physio Training Academy** of Markus Erhard is the origin, home & only provider of **original Myofascial Taping courses**. The Physio Training Academy has run over 500 Myofascial Taping courses for therapists, doctors & trainers etc. from all over the world - from those working in the health services, private practice and especially those involved in elite sports. Our worldwide network of doctors, osteopaths, physiotherapists, sports scientists, lecturers and many people from fascia research are involved in our **research projects** and **studies**. The evidence gained goes back into the courses and development of techniques and therapy approach to keep up our **overall goal and ethos** - we want to bring the **best CPD courses** to provide the **most innovative and effective myofascial therapy method** for patients and athletes.

Certified practitioners

English Premier Football & Rugby clubs, over 30 UK national teams, Football World Cup 2010, the Commonwealth Games 2010 (official supplier Team Scotland), Rugby World Cup 2011, European Football Championship 2012 and the Olympics 2012.

Objectives

- Learn how to make distinct changes in your clients' myofascial tension and structure, restoring myofascial balance, instantly.
- Learn how to read and test your client's fascia, postural and movement patterns
- Learn about the Anatomy Trains & nature of fascia and its local and global connections in the myofascial system
- Learn how to prevent injury, relieve pain, facilitate motion, increase range and power, treat swelling and dysfunctions, instantly and enhance your therapy and sporting performance in an effective and efficient way...

THE MYOFASCIAL TAPING WAY.

For registration, info, dates & more visit www.physiotrainingacademy.co.uk

PHYSIO TRAINING ACADEMY
recommends



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FOR PROFESSIONALS

flexotape.co.uk





MYOFASCIAL TAPING

FLEXOTAPING®

SPORTS PERFORMANCE SPORTS TRAUMA

Location: Southampton

Date: SAT, 9th November 2013, 09.00 – 17.00
SUN, 10th November 2013, 09.00 – 14.00

Course fee: £219 for therapists, doctors, trainers, ...
£175 for students (20% discount)

Incl. tape material,
high quality manual,
refreshments,
fun,
CPD certificate

- RESTORE MYOFASCIAL BALANCE
- RELIEVE MYOFASCIAL PAIN INSTANTLY & LONG LASTING
- INCREASE MAX FORCE
- PREVENT INJURY
- ENHANCE YOUR SPORTING PERFORMANCE

MYOFASCIAL TAPING Method
The Original

The Physio Training Academy of Markus Erhard is the origin, home & only provider of original Myofascial Taping courses.

This course is addressed to practitioners with specific professions such as sports medicine, sports physiotherapy and sports rehab. This advanced practical specialization course (80% practical) is designed to learn, see and feel how the MYOFASCIAL TAPING method is used in the field of sports physiotherapy and sports performance in the context of many different kinds of sports and sport specific injuries. The course allows practitioners to learn sport specific taping applications for rehab, injury prevention and to enhance the athlete's sporting performance for training, competition and faster regeneration, significantly. Athletes benefit from instantly improved muscle function and significantly increased max force, enhanced flexibility, sport specific motion patterning and fascia correction techniques.

Besides profound theory and presentation of scientific studies the course includes integrative and systemic therapy concepts from ANATOMY TRAINS™, manual therapy, osteopathy and myofascial rehab training in combination with Myofascial Tape®. This relatively new myofascial taping method, developed by Markus Erhard, is based on Thomas Myers' ANATOMY TRAINS™ and new fascia research. Students will learn how to regulate local and global fascia and muscle tension by new myofascial taping techniques. For the best results and immediate objective markers our courses include common clinical and new fascia tests to demonstrate the instant effects of the tape applications. The applications come not in a totally set pattern. Due to the specific dysfunctions and sports related patterns or injuries of the athlete, the screening and the taping applications will be modified and as individual as possible to get optimum results.

One taping session brings amazing results, instantly. Some consecutive applications make it long lasting.

Registration: www.physiotrainingacademy.co.uk OR info@physiotrainingacademy.co.uk

PRAXIS SPORTS PERFORMANCE / SPORTS TRAUMA

Muscle / Fascia injuries (special highlight)

- Delayed Onset Muscle Soreness (DOMS)
- Muscle strain
- Torn muscle/fascia fibres: general/acute/subacute
- Torn muscle/fascia fibres special: calves/thighs
- Dead leg
- Complex muscle/fascia injuries

Myofascial lymph techniques

- Contusions/dead leg/complex muscle/fascia injuries

Upper Extremity ARM LINES: SUPERFICIAL / DEEP, FRONT & BACK ARM LINES / FUNCTIONAL LINES

- Rotator cuff/shoulder instability
- Functional myofascial techniques
- Improvement of sport specific motion patterns
- Torn collateral ligaments of thumb and fingers
- Full front arm line release
- Lat. epicondylopathy (special highlight)
- Med. epicondylopathy (special highlight)

Trunk DEEP FRONT LINE / LATERAL LINE FUNCTIONAL LINES

INDIVIDUAL OPTIMIZATION TECHNIQUES

Lower Extremity SUPERFICIAL BACK & FRONT LINE DEEP FRONT LINE / FUNCTIONAL & SPIRAL LINE

- Plantar fasciitis & heelspur
- Inversion trauma & ankle distorsion
- Shin splints
- Jumpers knee / ITBS; runners' knee
- Osgood Schlatter
- ACL (post-traumatic/post-surgery)
- Patella tracking
- Spiral release of knee
- Adductors (special highlight)

THEORY SPORTS PERFORMANCE / SPORTS TRAUMA

FASCIA INTEGRATION IN SPORTS

- Therapy success & injury prevention by fascia integration
- Enhanced sporting performance by functional fascia control
- Load-bearing capacity, elasticity and recoil of fascia

- Fascia and force transmission
- »Fascia synthesis« after training & competition
- Fascia as central element in proprioception
- Fascia in SSC
- How to train fascia actively & manually

FASCIA DIAGNOSTICS

- Fascia screening (active and passive fascia tests)
- Body reading (visual assessment)

ANATOMY TRAINS™ & TENSEGRITY IN SPORTS



Victory House - 17 & 19 Marino Way
Finchampstead - Berks, RG40 4RF

PHYSIO TRAINING ACADEMY
recommends



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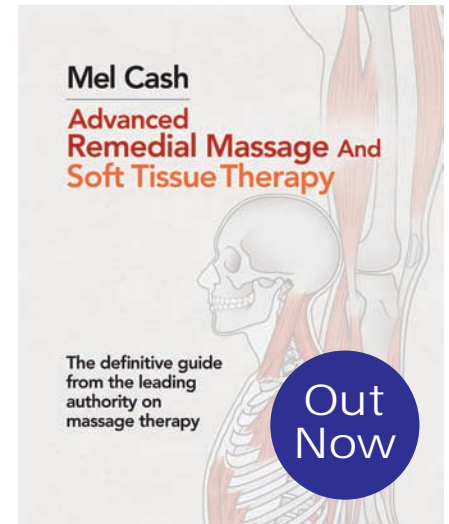
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Journal of Bodywork and Movement Therapies

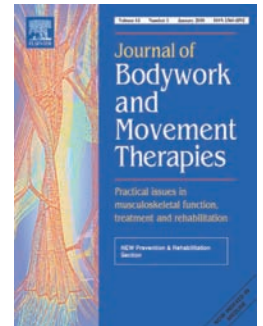
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Journal of Bodywork and Movement Therapies brings you the latest therapeutic techniques and current professional debate. Publishing highly illustrated articles on a wide range of subjects this journal is immediately relevant to everyday clinical practice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

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www.acupressure-training.co.uk

www.news.bbc.co.uk/1/hi/business

www.getbodysmart.com/ap/muscularsystem/quizzes/upperextremities/menu/menu.html

www.brasschecktv.com/page/57.html

www.thepagerankchecker.com

www.youtube.com/watch?v=25LUX3lgtFU#comment

www.youtube.com/watch?v=eJC9GOZblgk&feature=related

www.youtube.com/watch?v=QZ3NdVP0g8&feature=related

www.youtube.com/watch?v=-3lUJ2Q7hp0

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



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



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



BLUECHIP MASSAGE CPD
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www.bluechipmassage.co.uk



Massage Training School Exmouth
www.themassagetrainingsschool.com

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