



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

NEWSLETTER

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Breaking news! Breaking news!

From Mel Cash

'What do we call ourselves?' – A step further

I wrote a piece in the December 2013 Newsletter explaining why over recent years 'Remedial soft tissue therapy' has become a more accurate description of what we do, than 'Sports & remedial massage therapy'.

As part of our strategy in increasing awareness of this important distinction and introducing the new terminology, ISRM have just launched a simple A5 leaflet – see sample right

The idea is for members to print and distribute it at promotional/sports/other events as they see fit. You can either print this sample, or download the leaflet from the ISRM website; leaflets have also been despatched to all London Marathon ISRM massage teams.

London & Blenheim Triathlons

It is disappointing that this year ISRM will not be providing teams of therapists at the London and Blenheim Triathlons. Sport is also big business, and these events are run by the International Management Group (IMG) who have strong commercial objectives. They aim to make a profit wherever they can and that includes the massage area. Despite trying to drive a hard bargain with them it always costs ISRM some money to provide their massage facility. It irritates me that we have to lose money to help boost IMG's profit, but I feel it is worth it for the great experience it gives our members who volunteer. But despite us providing an excellent and faultless service at these Triathlons for many years, this year IMG have told us they will be using another organisation instead (don't know who). This is very disappointing, but we still hope to provide you with other events to work at.

Please refer to the 'Event Work' Page hereafter for more details – Ed.

Reminder – 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 me (Mel Cash) to discuss the possibilities.

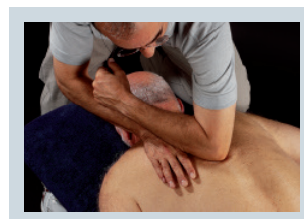


Soft Tissue Therapy

(much more than 'just' Sports Massage)

Sports Massage offers a great way of recovering from training and competitions as well as helping prevent injury. But what about the causes of injury as well as prevention and improved performance?

Most of us who compete in sport incur the physical stresses of a job and family life as well. Often what may appear to be a 'sports injury' actually has more to do with underlying postural and occupational factors. Soft Tissue Therapy considers all of this and includes Sports Massage within a framework of:

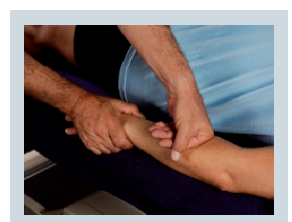
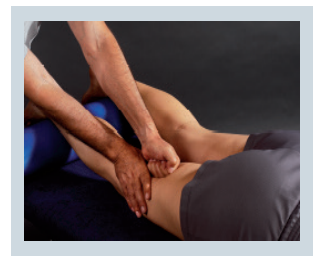


- injury assessment
- advanced treatment techniques
- remedial exercise and advice to...
- enhanced recovery
- prevent injury
- improve posture and function

This is not just beneficial for the athlete/sports amateur but also for anyone suffering with muscular aches and pains.

For more information or to find a therapist in your area, visit www.theism.com

Training for a rewarding and satisfying career as a Soft Tissue Therapist is available at ISRM centres in London, Exmouth, Oxford, Bristol, Southampton, Brighton and Loughborough.





Editorial

From Tanya Ball

Welcome...

A very warm welcome, everyone, to our spring 2014 ISRM Newsletter, and special greetings to any new student Members for whom this is

their first Issue. We trust that you will find this publication not only informative and helpful, but sufficiently inspirational for you to contribute a story/article in the next edition!

Great news – ISRM Conference Update!

I have been eagerly awaiting this opportunity to update you on progress regarding what now promises to be an un-missable event:

2014 ISRM Conference:

Saturday 8th – Sunday 9th November 2014

Regent's College, Regent's Park, London

(In celebration of LSSM's 25th Anniversary!)

Keynote speakers

We now have four confirmed eminent, internationally-renowned keynote speakers/presenters as follows:

- **Neil Black MCSP/SRP** – UK Athletics (UKA) Director, former UKA Chief Physiotherapist, former LSSM post-graduate CPD Course Leader
- **Dr Ceri Davies MB BS BSc MD FRCP** – Cardiologist, London NHS Trust, Royal London Hospital, Whitechapel, London; Dissection Workshop Leader for ISRM
- **Mark Comerford B.Phty. MCSP MAPA** – Motor Control/Management of Uncontrolled Movement Physiotherapy Clinician, Tutor, Author, Researcher
- **Peter Huijing PhD** – Fascia Researcher with special interest in Extramuscular Myofascial Force Transmission.

'Breakout' workshops/seminars

A range of concurrent 'breakout groups' will also provide a wide selection of hands-on workshops as well as more theoretical seminars to meet just about every need and aspiration. In addition to the four above-mentioned presenters,

workshop leaders to date will include: Anatomy Trains[®] expert James Earls, Sports Psychologist Jonathan Katz (brother of 'our' David Katz), Dynamic Taping specialist Chris Gordon, to name but a few, alongside some senior ISRM tutors.

Registration

Registration for the event will be **online only**, via the ISRM website, and will be available as soon as the workshop programme is finalised, as workshop selection will be required on registration (so that we can estimate numbers etc. and where necessary repeat a workshop). It is anticipated that Registration will be available in late spring, and all Members will be notified by email.

Registration will be possible for one day only or both days, as we understand that many of our therapists work at least on one weekend day. I would however personally urge as many of you as are able to, to reschedule commitments on that weekend and not miss a minute of what will be an exceptional opportunity to:

- Meet exceptional people
- Gain fascinating new knowledge
- Consolidate and expand wonderful skills, and...
- Last but not least, renew or make meaningful contacts and friendships

We continue to work very hard to make this an event worthy of what ISRM stands for, and greatly look forward to seeing many, if not all of you, there next November!

ISRM Newsletter format - reminder

For the benefit of our new Members, may I confirm that the spring and summer newsletter editions are published online only, followed by a 'bumper' hard copy format for the December Issue. Any non-obsolete material from the electronic editions is reproduced in the published Issue of the same year. Members can access previous articles, case studies, etc. dating back from the spring 2009 edition to date. A very grateful 'thank you' to ISRM website manager Martin Docherty for his continued efforts in making our website ever more user-friendly and informative.

In this Issue...

After the exceptionally generous size of the December 2013 Newsletter, we have for various

reasons found ourselves somewhat thin on the ground for this edition, despite my best efforts to encourage, coax, even chase people for a contribution...

While there are no significant 'political' developments to report on in **Mel Cash's 'Breaking News'**, ISRM have taken further steps towards 'rebranding' the nature of our work. The intention is to contrast the value of the sound, reflective 'soft tissue therapy' we endeavour to teach and deliver, with the all too common 'brutal' connotation elicited nowadays by the term 'sports massage'.

Despite the absence of any 'official' **Feature articles**, we are indebted to Trevor England for sharing his student and post-graduate experience with **Strain-CounterStrain/Positional Release**. I would be surprised if this story did not strike a

chord with a number of readers, and very much hope that it will inspire them to re-visit this incredibly gentle, yet highly effective technique. I also trust that readers will delight in reading about an inspirational – non-massage-related – project very close to Mel's (and his friends') heart in a remote part of Ethiopia.

Catch up on Danielle White's and her team mates' experience at the recent Brooks Fleet Pre-London ½ Marathon in the **Event work** section, as well as on the mixed news regarding 2014 events in my Update.

Expand your knowledge, enhance your skills (CPD): As always, readers can select from a wide range of courses and workshops for variable levels in London, Oxford, Southampton, and Basingstoke. While a number of these are

taught and/or organised by ISRM tutors, there is a separate list of Fascia-related courses, from introductory to advanced level, run and taught by Anatomy Trains UK. Please therefore check carefully whom to contact if you wish to enrol as this varies depending on the workshop provider.

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

My grateful thanks as always to all who have contributed to this Issue. However... given the shortage of material received, I make no apologies for stating the obvious: if you would like a 'thicker' Newsletter, with more stories, case

studies, ideas, tips, etc., then please do not wait for 'someone else' to take action. **For example:** almost invariably during my CPD workshops, fascinating case studies are brought up and clinical assessment methods, hands-on treatment ideas, and remedial exercise advice are sought. **These cases would be of invaluable benefit to fellow therapists if published** – offering new/different ideas, treatment/remedial approaches, and above all, confidence to 'give it a go'! **Other examples:** throughout the ISRM membership, therapists are doing a fantastic job week-in, week-out, year-in, year-out, often with hugely important results for their clients. Is it too much to ask that you set aside

a few moments to share some of these successes 'on paper' to encourage and inspire others? Or perhaps you have attended a sports event or a CPD course you could recommend to others? Whatever it might be, we would love to hear, so **please get writing now! Thank you!**

Please note that the submission deadline for the Summer 2014 Issue is Friday 20th June 2014, thank you. Please keep sending your newsletter contributions to me at: editor@theisrm.com

Feature

Mel's Ethiopian project – an inspiring 'nothing to do with massage' story!

From Tanya Ball

As a few of you are aware, Mel has for the past year been telling his friends and close colleagues about his 'Ethiopian project'. This arose from a chance conversation with a poor, but very bright young student, Tim Alemu in 2007, whilst on a trekking holiday in Northern Ethiopia. Tim (now 29), sister Birtukan (25), and younger brother Kibret (19) had been orphaned some years prior due to an epidemic, had been looking after each other ever since, and were deeply committed to 'making a difference' to their local community. Appreciated by all of us for his generous heart (among many other attributes!), Mel single-handedly funded the elder two through university, with Tim graduating in 2012 as a Medical officer specialising in community healthcare, and Birtukan as a Nurse last year (see pictures), While Kibret is training is Business Management.

Their relationship with Mel drew even closer during his August 2013 visit, when the foundations were laid for them to achieve their dream of using their education to help their community. A sound, sustainable plan to set up medical clinics to provide a high level of healthcare



Tim at his Graduation Ceremony

for the first time in the remote rural area around Lalibela was set up, supported by the Ethiopian Government who donated plots of land to build the clinics.

Construction is now well under way, and the centres will provide essential, often life-saving, medical care from minor surgery and emergencies through to family planning and promoting community health. The project has been designed to become self-funding after an inevitable initial phase of reliance on external finance. To date, virtually all costs associated with the Project have been absorbed personally by Mel as the prime benefactor, with small contributions from close friends and colleagues (see Mel's 60th Birthday stories in the December 2013 Newsletter Issue). However considerable further funds are urgently needed to complete the works, purchase vital medical equipment and in due course medicines, etc.

Because 'massage is not part of the project', Mel didn't really think it should be mentioned in the Newsletter (so don't tell him, or I'll get the sack!). But we, his close friends and colleagues, believe this is an inspirational story that deserves to be shared and where possible, supported. So we very much hope that you will look up www.ruralclinics.org to read the fuller account, and consider making a small donation to support this wonderful project.



the three siblings



Birtukan at her Graduation Ceremony

Feature

Positional Release Technique (PRT)

From Trevor England

When I first studied sports massage (2005), I was introduced to the Strain-CounterStrain (SCS) technique developed by Lawrence H Jones DO. As with other subjects during my training, this method was only briefly touched upon, while I was simultaneously focusing on NeuroMuscular Technique (NMT), Soft Tissue Release (STR), and attempting to master Muscle Energy Technique (MET). It would seem that SCS took a 'back seat' in my therapy tool box. It is a procedure which I feel many sports massage therapists overlook as they find they achieve results with more direct interventions.

It wasn't until two years after qualifying that, as a result of receiving an osteopathic treatment, I started to investigate SCS, its effect on the body, and how it had evolved over the years. After integrating it into my practice, it soon became one of my favourite tools when working with releasing areas of hypertonic tissue.

SCS origins – a brief history

When considering its history, the most notable person in developing this technique was Osteopath Lawrence H Jones (1912-1996). After much research he believed that 'putting a joint into its position of greatest comfort would reduce the continuing inappropriate proprioceptive behaviour' (Nicholas and Nicholas, 2008:129)

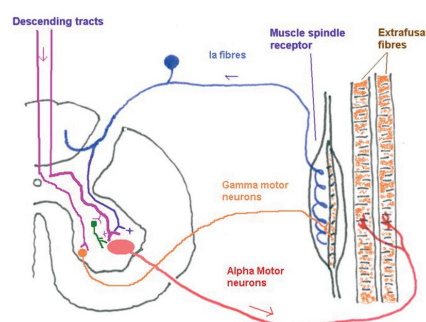
Dr Arthur Lincoln Paul, who studied under Jones, was introduced to the 'spontaneous release by positioning...' (Journal of Osteopathy as cited by Kain, 1997). This motivated Paul to develop the therapy known as 'Ortho-Bionomy', which is described as the 'correct application of the laws of life' (Kain, 1997:5). Ortho-bionomy is not widely known outside of the USA, although some UK-based practitioners offer it as a stand-alone treatment.

More recently Leon Chaitow published a comprehensive text on Positional Release

Techniques (PRT) (Chaitow 2007). In this work he dissects PRT, providing the reader with a thorough grounding in its theory and application. He refers to it as a 'gentle approach that allows "change" to emerge, rather than forcing it to do so.' (Chaitow, 2007:13) I find this particularly interesting as this contrasts with sports massage's stereotype as invariably a deep and aggressive modality. If deep tissue increases localised circulation, then would it not be more advantageous to **facilitate** the proprioceptors **innervating** that area, thus enhancing tone and circulation?

How does PRT 'work'?

To understand how PRT 'works', we must first recall the role of key proprioceptors, in particular the muscle spindles. According to Tortora and Derrickson (2007), these neural receptors monitor muscle length and stretch/tension, thus coordinating muscular contraction. Consider the process of a toddler learning to walk – a perfect example of how all this complex information eventually enables us to coordinate movement.



The stretch reflex and its modification by descending pathways.

Fig 1.

Muscle fibres are contained in a sheath of connective tissue (see Fig 1), each with a sensory and motor nerve, as well as a vascular supply. Muscle spindles feature among the range of sensory nerve endings present, whose role is constantly to relay (afferent) information – in the case of muscle spindles, about the degree of muscle length/stretch/

tension – to the central nervous system (CNS). The CNS continually despatches appropriate (efferent) motor responses to the corresponding muscle fibres.

As a muscle develops hypertonicity (whether from injury or postural adaptation), a self-perpetuating faulty process ensues: the muscle spindles (mis)interpret the increased tone as 'excessive stretch'. In order to protect the tissues from over-stretching and tearing, the CNS therefore 'instructs' the local myofibrils to **shorten**, i.e. contract **further**, thus increasing hypertonicity. This ongoing erroneous two-way scenario eventually manifests as a pattern of soft tissue dysfunction (Fritz, 2009). Interestingly, this increase in muscle hypertonicity results in greater energy being required. Greenman (1996) discusses this, and argues that restrictions in one major joint of the lower extremity can result in an increase of energy expenditure of 40% when walking! This further supports the importance of a thorough visual and gait analysis.

One of our roles as sports and remedial massage (SRM) therapists is to identify such areas of hypertonicity, and appropriately address them. I find it fascinating that Jones developed his own 'remedy' by locating specific tender points, and applying his protocol to release them via **SCS**. From my own practice and study, I have found the later **PRT** method effective for any hypertonic site, on the proviso of a sound anatomical knowledge of the area concerned.

Applying PRT (fig 2)

1. Locate tender point (monitor point), use verbal feedback pain scale (1-10) to agree a number (e.g. 7).
2. Use this point to locate the position of optimal release by:
3. **Slowly** moving an adjacent joint in a combination of directions that **shorten** the tissues around the tender point.

4. Applying a constant pressure, aim to reduce the pain level to <2 (ideally 'zero – just pressure').
5. Use minimal force.
6. Produce no additional pain.
7. 'Fine-tune' the monitor point.
8. Try using visualisation to engage the client.
9. Hold until a release is felt (typically 60-90 seconds) – softening or 'melting' of the palpated point, or a sense of 'fizzing'/fine vibration.
10. Slowly return area to neutral.
11. Retest area of sensitivity.

From practising this for several years, I gain great pleasure from feeling the tissues respond to this technique. With practice, we can gradually feel the client's body directing us as the tissues begin to release.

Moving on

In our profession as in many others, change is a regular occurrence. Chaitow has demonstrated the efficacy of integrating positional release after a period of intermittent ischaemic compressions (NMT) and to follow with gentle MET using the Post Isometric Relaxation (PIR) method. This combined sequence has been named *Integrated Neuromuscular Inhibition Technique* (INIT) and has proved highly effective in treating myofascial trigger points (Ward, 2004)

Case study

A female teacher in her early forties had been diagnosed with Adhesive Capsulitis. She presented the classical painful arc (60o-120o painful abduction of gleno-humeral joint - GHJ) along with hypertonicity in the supporting muscles and neck. Her condition affected all areas of her life and well-being as sleep was interrupted.

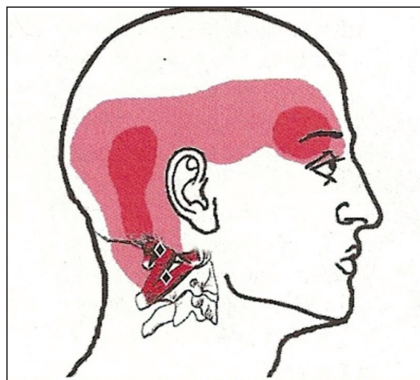
The area was initially too painful for the more 'aggressive' techniques such as STR and deep tissue work. There was also a great deal of 'guarding' from fear of pain. I applied PRT to the associated muscles, notably the rotator cuff group. This reinforces Cash's (2012) support for PRT as a regular treatment to hypertonic muscle areas, and helped my client re-gain pain-free range of movement.



Fig 2. Applying PRT to upper thoracic region



Fig 2. Applying PRT to upper thoracic region



Conclusion

It is in my view a shame that PRT remains relatively little used among the SRM profession. This may be partly due to the context in which the technique is taught – alongside so many others which are 'mandatory' for the final exam. It then follows that many therapists tend to prefer to use what they are confident with... I personally consider PRT a great addition to any therapist's tool box, especially in the field of musculoskeletal pain and

dysfunction. I hope that my passion for PRT shines through this article, and that it will re-ignite interest among readers to read and/or attend CPD training in it.

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About Trevor England

Trevor qualified in Sports & Remedial Massage (SRM) in 2005, and has since trained in a variety of manual soft tissue approaches, achieving two further qualifications He has been teaching in the Lifelong learning sector since 2009, and has gained a full teacher status via Westminster University. He teaches Sports Massage along with advanced massage workshops around central London.

Event Work

Event work update

From Tanya Ball



The good news...

At the time of writing this page, a solid team of graduates have very successfully attended the Brooks Fleet Pre-London ½ Marathon, while over a dozen SRM teams are limbering up for yet another memorable experience at the London Marathon. Readers can take in the Fleet event atmosphere through Danielle White's great report, along with a selection of photos from team mates, in this Section, while the London Marathon stories will feature in the summer Newsletter Issue. A further team will also be supporting the Hotelympia 10 K race at the end of April.

The bad news...

As indicated in Mel Cash's 'Breaking news' Page, ISRM will regrettably not be involved in the Blenheim and London Triathlons, nor the Run-to-the-Beat ½ Marathon this year, as commercial event organisers IMG have, in a less than transparent manner, elected to work with a different event massage provider. I understand that this is a one-year experiment and that we will be given the opportunity, at the end of the season, to 'bid' for these events for 2015, albeit on a different commercial basis from the past. This is clearly a considerable disappointment for all ISRM members concerned, but it does highlight how competitive the area of event massage is becoming, particularly when it comes to mass events run primarily with financial gain and prestige in mind.

And the better news...

I am currently pursuing the opportunity for ISRM to support a series of endurance events in the South, in association with an experienced and trustworthy event organiser I have known for many years. Unfortunately due to his current ill-health, this may be either limited or not materialise

in time for 2014, but I am optimistic for 2015 and beyond, so 'watch this space'! More generally, we are intermittently approached by charities and other organisations to support various fundraising cycling and running/walking events, so despite not being involved in the usual 'mass events', we there can still offer onsite massage opportunities. **Any events where volunteer therapist places are still available can be viewed on the relevant 'event work' page of the ISRM website (www.theism.com).**

Reminder – the ISRM event work registration process (again!)

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

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

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

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

How to apply for Event Work:

- From the ISRM home page (www.theism.com), 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 'sub text' 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. We could not possibly field these teams nor provide the quality of service without each one of you.

The 2014 Brooks Pre-London Fleet Half Marathon (Sunday 17th March): Sport Massage in the sunshine!

From Danielle White

*‘The atmosphere was amazing – as soon as we had completed one twenty-minute session, we were ready and waiting for the next, treating a wide range of runners from different locations, with contrasting experiences and levels of training. One soldier in particular merits special mention for completing the race with a Bergen on his back! He was duly rewarded with a simultaneous massage from both Shirley and Victoria!’
(...)*

‘In my personal view, this time is just as invaluable as the hands-on practice. Many of us work as self-employed therapists and we discussed ways of improving our skills, developing our business, recommended courses, and generally each gave one another support. I gained great advice from Jo on teaching, and CPD courses from Jenny. Event work gives you that spark to go straight home, read more, research, and focus on your self-development, which is what I did.’



The alarm beeped at 6.00 a.m. on Sunday 16th March – not the norm for most, but this was my wake-up call for supporting the 2014 Brooks Pre-London Fleet Half Marathon, alongside a team of experienced Sports & Remedial Massage Therapists (SRMTs). As I drove down the motorway away from my North London comforts, the sun was beaming down, the air was crisp and fresh, and even at 7.00 a.m. the weather was setting the mood for a positive day for both SRMTs and competitors.

Having taken a gap between training and qualifying as a therapist, I found attending event work a lifeline in building up confidence in my hands-on skills, sharing best practice with colleagues, and working in different environments. Alongside the practical element of event work, I loved the atmosphere, witnessing the nervous yet excited runners in preparation



with their friends, families, and supporters, who would later be cheering them on as they crossed the finish line. The ambience within the massage area was just as energising, as we prepared to treat many legs and lower backs. While the more experienced team members knew what to expect, the newer ones felt similar to the runners: excited but somewhat nervous of what the day ahead would bring. With the sun already warm at 9.00 a.m., colleague Jo (Chatfield) was relieved that she could dispense with woolly gloves between treatments, and that couches would not be sinking into the mud as she had experienced in 2013!

Jo and I were joined by five other fantastic ISRM therapists – Shirley and Adam representing the Midlands and Tanya (Boardman), Victoria, and Roger representing the South. Local multidisciplinary clinic Back to Action was in partnership with the event, whose Director Jenny and therapists Jenine and Sarah complemented our ten-strong team boasting many years' experience.

Pre-event: set up, sunshine and warming up

As the event crew were in preparation, we made our way to our designated marquee. As many of you know, massage areas are sometimes located in the smallest, remote locations away from all the action, adversely impacting on the success of pre- and post-race treatments. Not in our case though – highly experienced Race Director Penny Abbott had sited us in the same marquee as the chip collection/baggage drop-off points, which most importantly were right next to the Finish line. This ensured that every competitor would need to pass by both before and after the race, maximising our exposure. So we were in luck not only with the sunshine but with the location!

As we introduced ourselves and organised our plans for the day, we eagerly awaited pre-event punters. Most runners were more interested in a

'traditional' warm-up than a pre-race massage, so we treated just six competitors before the start. Most of these understood the benefits of what we could offer, and provided us with our own 'warm up' for the event. We didn't stop there though – Adam demonstrated his phenomenal sales techniques and did an amazing job at generating interest, so we began to pre-book post-event treatments as the runners queued to collect their race chips.

10.30 a.m.: They're off!

As the runners and supporters made their way to the start line, the park cleared pretty quickly, leaving just us, the bacon butty stand, and of course an ice-cream van. At this point the weather was beautiful – not a cloud in the sky... so we used our 'downtime' wisely by sitting in the sunshine with either a 99 ice-cream or a bacon butty, giving us the opportunity to get to know each other and share our experiences in SRM. In my personal view, this time is just as invaluable as the hands-on practice. Many of us work as self-employed therapists and we discussed ways of improving our skills, developing our business, recommended courses, and generally each gave one another support. I gained great advice from Jo on teaching, and CPD courses from Jenny. Event work gives you that spark to go straight home, read more, research, and focus on your self-development, which is what I did.

From jog to sprint!

By 11.30 a.m. we knew the elite competitors would be close to the finish line. The Back to Action team moved their couch to the front of the marquee and completed mini treatments on each other to highlight our presence, and Adam was ready to promote us to the finishers as they crossed the line. At 11.40 the first runner came through, and this was our start time for our event!

Over the next hour we moved into a 'jog', with a steady flow of runners filtering in and mostly treating legs, gluts, and lower backs. Many competitors were using this race as preparation for longer distance events such as the London Marathon. One triathlete was going to jump on his bike and cycle straight back to London after his massage, as part of his Ironman training! With the warm conditions, we were expecting muscle cramps and dehydration, and there were indeed a few cases of runners not remembering crossing the finish line, and/or feeling dizzy. Our collective experience meant that we were prepared for all eventualities, and able to call upon the St John's Ambulance First Aid team when needed.

Our location was key to our success, and from 12.30 to 2.00 p.m. we were in 'sprint mode', with back to back treatments and a queue of runners waiting for some all-important hands-on work. The atmosphere was amazing – as soon as we had completed one twenty-minute session, we were ready and waiting for the next, treating a wide range of runners from different locations, with contrasting experiences and levels of training. One soldier in particular merits special mention for completing the race with a Bergen on his back! He was duly rewarded with a simultaneous massage from both Shirley and Victoria!

Of the 2,500 competitors, we treated 50 – six pre-event and 44 post-race. The sunshine and our location at the Brooks Fleet ½ Marathon greatly contributed to our team's achievement of that number. It was a pleasure to be a part of and meet some wonderful therapists. I will definitely be coming back next year!



Expand your knowledge, enhance your skills

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

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

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

The Spring 2014 CPD/Tutorial Programme is available in this Section, or can be requested by e-mailing Tanya@tmb-src.co.uk

Requests for tutorials or workshop subjects not featured in Programme are welcome!

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

Anatomy Trains® Courses

Please note: The workshops listed below are not organised by ISRM.

For further enquiries and/or to enrol on any of them, please contact Anatomy Trains UK at: workshops@anatomytrains.co.uk or visit www.anatomytrains.co.uk

Anatomy Trains I

This workshop introduces you to the first four main lines – Superficial Front, Superficial Back, Lateral and Spiral Lines – alongside structural and functional anatomy. You will explore concepts of tensegrity and elastic recoil for movement efficiency, as well as the basis of BodyReading and Fascial Release Technique.

Dates:

19/20 May 2014 – London
03/04 June 2014 – London
12/13 July 2014 – Exmouth
19/20 September 2014 – Birmingham

Anatomy Trains II

We will look at the remaining lines in detail and build on the skills learnt in AT I. We will teach you to reliably connect with the fascial tissues, the many ways in which you can mobilise them and, most importantly, the reasons why you would do it and when. Each of the techniques will be presented in the context of their structural and functional influences making this an unique workshop that will lead you to the deeper skills explored through the rest of the series.

Dates:

21/22 September 2014 – Birmingham

Anatomy Trains in Motion

Anatomy Trains in Motion is a course specifically designed for modern movement teachers and therapists, who want to expand their professional horizon and expertise in structural integration through movement. Whatever your movement modality – Yoga, Pilates, Personal Training, Dance

Dates:

18/19 June 2014 - London

Fascial Release & Functional Movement Series

Designed with the busy therapist in mind, these workshops can be taken in any order. The unique circular skill-building which is inherent in the system means that you do not have to fit your diary around ours. Each workshop can stand on its own to give you new understanding of each area and how the structural and functional anatomy relates to many common issues.

Arches & Legs— 3 Days

We will look at the structure of the foot and its interaction with the ground and the forces coming from the leg muscles, creating strategies to improve mechanics by dealing with myofascial restrictions and imbalances.

Dates:

06/07/08 June 2014 – Weston on the Green

Fans of the Hip— 2½ Days

The hip and pelvis combine to transfer the forces from two legs to one spine and therefore have a hugely complex role to fulfil in the body. This course sheds light on the pelvis – the keystone of human architecture – by organizing the 20 or so muscles of the pelvis into three fans. Get specific with sensitivity.

Dates:

27/28/29 June 2014 – Weston on the Green

Abdomen, Chest & Breath — 2½ Days

This workshop focuses on the rib cage and its relationship with the pelvis and how structural issues in the trunk can compromise the breath.

Dates:

04/05/06 July 2014 – Weston on the Green

Tensegrity Spine — 2½ Days

This workshop examines the spine as a tensegrity truss. The spine is an integral part of our structure and we all know the painful effects of incorrect mechanics when it

doesn't work. However, we often fail to appreciate the wonderfully adaptive job it does when the vertebrae are allowed to 'float' in myofascial balance.

Dates:

12/13/14 September 2014 – Weston on the Green

Shoulders & Arms — 2 Days

You will learn to recognize 'ideal' and compensated patterns and how to tie them into the story of the rest of the body. This will allow you to see what work needs to be done to create lasting results for this region of the body.

Dates:

10/11 May 2014 – Weston on the Green

Head, Neck & Jaw — 2 Days:

The neck is a remarkable feat of biomechanical engineering and this course will focus on key areas of the neck and jaw complex to enable you to create successful strategies and thereby set the body up for long-lasting change.

Dates:

11/12 October 2014 - Weston on the Green

The Final Piece – 8-Day Structural Bodywork

Certification Module: Learning the 3-Session Series

After completing the full series of FRSB workshops you will be able attend the final eight-day section (3 days on, 2 days off and 5 days on). You will learn how to combine them into a 3-session format to create a powerful tool in producing long-lasting change and benefits for your clients. Sessions will be demonstrated in class. You will then exchange the series with a class partner before working on an outside model to ensure your familiarity and competence with the full process.

Dates:

14 - 23 November 2014 – Weston on Green.

Guest Workshops

Heart & Hands: Shoulder Girdle Support for Self-Expression

Speaker: Mary Bond

Date: 12/13/14 September 2014

Location: London

Body Mandala: Posture as a Path to Presence

Speaker: Mary Bond

Date: 20/21 September 2014

Location: London

Job opportunity! Sports Massage Therapist wanted – Reigate

Sports Massage Therapist invited to join our team...

We are looking for... a confident, self-motivated, enthusiastic Sports Massage Therapist with excellent communication skills and the drive to provide outstanding care, to join our growing multidisciplinary health clinic in Reigate, Surrey on a self-employed, part-time basis, with potential to grow into a more full time role.

Opportunity... The successful applicant will have the opportunity to not only build their own client base at our clinic with support, but also work from the established list of existing sports massage clients of our practice. This is a good opportunity for someone who has experience or is just starting out as you will be working alongside other qualified sports massage therapists, Osteopaths and a growing team of other healthcare practitioners. Support with building a client list... Full support will be given to help with marketing and advertising and we will promote you to our extensive client list. The applicant must be motivated and willing to take an active role in the clinics marketing activities. You will be under supportive direction to help generate new patients within the local area through clubs, associations and by networking participation at other activities and events that may facilitate and help grow the business.

We are also one of the official sponsors of the Adidas Reigate Half Marathon in September 2014. As a clinic we will be very involved with this event on the day and the care of runners in the months leading up to the run.

About Chart Clinic...Established now for five years in Reigate this reputable Osteopathic and Sports Massage Clinic had the opportunity to move to a prominent town centre location in March 2012. The new clinic, located in the busy town of Reigate has three totally renovated treatments rooms that are all spacious, modern and well appointed for the use of therapists joining us. Easily reached by foot or public transport, with a car park within one hundred metres and on-street parking available for up to one hour.

Applicants: You must possess relevant qualifications in Sports/Deep Tissue massage. Please send in a covering letter and CV. Successful candidates will be contacted for formal application and interview.

Please email CV and Covering Letter to james@chartclinic.co.uk or post to Chart Clinic, 40-44 Church Street, Reigate, Surrey. RH2 0AJ

Applicants will be considered and evaluated until 2nd May 2014. A provisional start date for May 2014 has been set but may be brought forward to an earlier date if the successful candidate wishes to start sooner.

Please visit our website for more details of the clinic and our location at www.chartclinic.co.uk

Travel to Chart Clinic:

- By Car: Junction 8 M25 (1.5 mi)
- By Train: Reigate (0.5 mi) or Redhill (2 mi)
- Train from London Bridge:
- Fastest train to Reigate direct (38 minutes)
- Fastest train to Redhill direct (31 minutes)
- Train from London Victoria:
- Fastest train to Reigate direct (41 minutes)
- Fastest train to Redhill direct (33 minutes)

Winter/Spring 2014 Hampshire Tutorial/CPD Programme - Basingstoke

Course Programme

Tutor: Tanya Ball MSc BA BCSI LSSM MISRM MCNHC MIAISI
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 01/05/14 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 15/05/14 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 22/05/14 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. |
| Thursday 05/06/14 2 pm-5.30 pm | Fascial Release for the trunk/thoracic area HALF DAY WORKSHOP | Intro/ intermediate | Learn to address fascial restriction/imbalance to enhance clients'upper/lower body 'pendulum' motion in gait and BREATHING! |
| Thursday 19/06/14 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. |
| | | | 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 uptake, 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.



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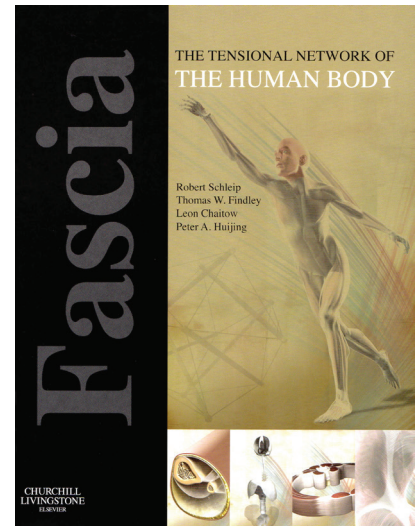
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Below are a selection of websites that might be of interest to you. If you have discovered some others that you would like to share, please send them along to admin@theism.com Thanks

<http://www.movementlectures.com>

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

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

shoulderdoc.co.uk

sportsinjuryclinic.net

stopsportsinjuries.org

sportsresource.org

leonchaitow.com

osceskills.com



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



Complementary & Natural Healthcare Council

ISRM Therapists can register with the Complementary and Natural Healthcare Council which is backed by the Department of Health

VALIDATED SCHOOLS



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



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



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



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



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



**Massage Training School
Exmouth**
www.themassagetrainingsschool.com

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A register of ISRM members is available to the public on www.theism.com

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