



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

NEWSLETTER

ISRM | ISSUE 26 | AUGUST 2014

READ ALL ABOUT IT

2014 ISRM Conference

Saturday 8th – Sunday

9th November 2014

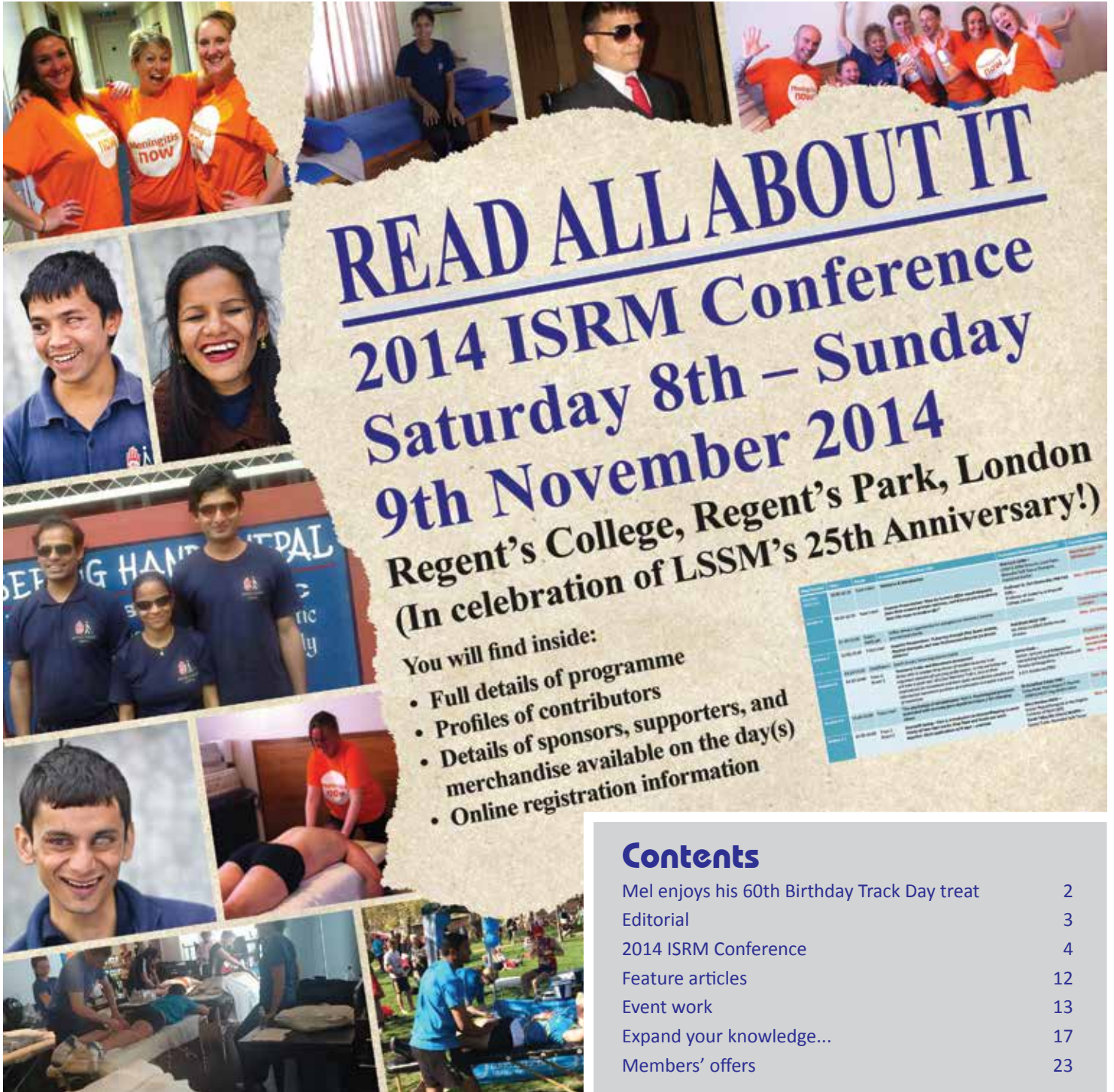
Regent's College, Regent's Park, London
(In celebration of LSSM's 25th Anniversary!)

You will find inside:

- Full details of programme
- Profiles of contributors
- Details of sponsors, supporters, and merchandise available on the day(s)
- Online registration information

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Mel enjoys his 60th Birthday Track Day treat – with expert coaching from David Katz... —



Mel asked please to 'pass this on to all the Southampton tutors that chipped in to my amazing track day':

'On Monday 7th July I had my Track day at Bedford Aerodrome. The weather was excellent and my little Caterham performed magnificently. I went

with David Katz (LSSM tutor, friend and an ex-racing car driver), who gave me some tuition and I had some more from a track-pro. I had a few scary moments but no major spills. By the end of the day I was really tearing round the track. Engine screaming to over 100mph along the back straight

then very hard on the brakes, tyres screeching round the first bend, and powering through the second bend, then flat-out along the next straight. Oooohhhh what absolute fun I had!!!

Thank you very much for giving me such a fantastic day.' Mel



Editorial

From Tanya Ball

Welcome...

A very warm welcome to our summer 2014 ISRM Newsletter, and a special welcome to any new student Members for whom this is their first Issue. We hope that you will find this publication sufficiently informative, helpful and inspiring to contribute a story/article in the next edition!

The highlight of this Issue is the much-awaited full information about our forthcoming...

2014 ISRM Conference

Saturday 8th – Sunday 9th November 2014

Regent's College, Regent's Park, London

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

You will find in the following pages:

- Full details of programme
- Profiles of keynote speakers and other workshop/seminar contributors
- Details of sponsors, supporters, and merchandise available at preferential rates on the day(s)
- Online registration information – please note that registration is online only, on a 'first come, first served' basis. This particularly applies to workshop selection, for which places are limited, so early registration is strongly advised.

May I personally urge as many of you as possible not miss this high-profile event, which will offer all delegates a rare opportunity to:

- Meet exceptional people
- Gain fascinating new knowledge
- Consolidate and expand wonderful skills
- 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, please note that our 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... In the absence of significant developments to report on in **Mel Cash's 'Breaking News'**, I have re-produced his enthusiastic 'report' and 'thank you' following his 60th Birthday Track Day gift from the Southampton LSSM Tutors' team. Who would have thought that 'little red car' was capable of roaring round a racing track at >100 mph? You will then find the highlight of this Issue, namely the long-awaited **full ISRM Conference information**, including:

- Conference programme
- Contributors' profiles
- Sponsors, supporters, and merchandise
- Online registration details.

I am delighted to have received – at the 11th hour – a wonderfully positive update from **Seeing Hands Nepal's (SHN)** founders Sue and Rob Ainley. The excellent news includes: the qualification of a fresh group of therapists to support both the Pokhara and Kathmandu clinics; the imminent opening of a second practice in the Nepalese Capital – i.e. the third overall; and the blossoming and maturing of both individual staff and the project overall, resulting in the venture having now become financially and administratively self-sufficient. I trust that everyone will celebrate this hard-earned and well deserved success.

Event Work: Catch up on recent/forthcoming Event Work in my Update, and enjoy reading about Team Leader Gabby Bignell's London Marathon experience, alongside plenty of happy expressions on colourful photos from her and other teams. A big 'thank you' again to all who helped at the event and specially to those who sent in their photos.

Expand your knowledge, enhance your skills

(CPD): A number of readers no doubt attended the recent British Fascia Symposium (Windsor, 10th-11th May 2014). If, like me, you were unable to attend, do not miss Lizanne Robey's interesting and reflective appraisal of the event. 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.

New – Please also note the rare opportunity to receive **free professional bodywork** as a 'model' for a Series of **Anatomy Trains® courses** in Oxfordshire, but you must be available for all the dates indicated.

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

My grateful thanks as always to all contributors to this Issue. Given the shortage of material received, however, may I urge each of you personally not wait for 'someone else' to send in a report, story, case study or anything else of interest. *It would be particularly appreciated if some of those attending the ISRM Conference could please write a piece about that experience in time for the December 2014 edition.*

Whatever it might be, we would love to hear, so please get writing now!

Thank you!

Please note that the submission deadline for the December 2014 Issue is Friday 14th November 2014, thank you.

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

2014 ISRM Conference – Saturday 8th-Sunday 9th November 2014

Regent's College, Inner Circle, Regent's Park, London NW1 4NS

Conference Programme

Day/Session	Time	Room	Presentation/Workshop title	Presenter/Workshop Leader(s)	Comments/queries
Saturday 08/11/14	10.00-10.15	Tuke's Hall	Welcome & Introduction	Mel Cash LSSM – LSSM & ISRM Director, Lead Tutor, Remedial Soft Tissue Therapist, Published Author	Maximum capacity: 350 Delegates
Session 1	10.15-11.30	Tuke's Hall	Keynote Presentation: 'How do humans differ morphologically from their nearest primate relatives, and what physical problems does this cause in modern life?'	Professor D. Ceri Davies BSc PhD FAS FIAS – Professor of Anatomy at Imperial College, London	Max. 350 Delegates
	11.30-12.00	Tuke's Hall/Café	Coffee break / opportunity for delegates to network / browse promotional stands		Promotional stands available
Session 2	12.00-13.15	Tuke's Hall	Keynote Presentation: 'A journey through Elite Sport: Athlete, Physical therapist, and now Performance Director for British Athletics'	Neil Black MCSP SRP – UK Athletics (UKA) Performance Director	Max. 350 Delegates.
	13.15-14.30	Café/Tuke's	Lunch break / browsing promo stands		Promotional stands
Session 3 A	14.30-16.00	Floor 2 Room 1	'Anatomy Trains and Movement Assessment' <i>Being able to engage long chains of myofascia across is an important element of sporting performance. In this workshop we will take a quick tour of a few Anatomy Trains, look at their implications for movement and then apply immediately useable and informative movement positions and principles to expose any areas of restriction.</i>	James Earls – Writer, lecturer and bodyworker specialising in Myofascial Release and Structural Integration. ± 1-2 Assistants (TBC)	Sessions 3 A-F to run concurrently Max. 40 delegates
Session 3 B	14.30-16.00	Tuke's Hall	'The psychology of rehabilitation' Part 1: Psychological processes associated with recovery from significant injury / life-changing illness	Dr Jonathan E Katz PhD – Consultant Psychologist C.Psychol AFBPS HCPC Reg BASES HPSA	Max. 350 Delegates
Session 3 C	14.30-16.00	Floor 2 Room 2	Kinesio® taping – Part 1: Introduction to Kinesio® taping to cover theory of how tape works. How Tape and Fascia can work together. Basic applications of K tape – practical.	Chris Gordon MCSP – Senior Physiotherapist at the English Institute of Sport (EIS) Sarah Tidey BSc (Hons) MISRM – Senior Tutor, Remedial Soft Tissue Therapist, Pilates Instructor	Max. 40 delegates
Session 3 D	14.30-16.00	Floor 2 Room 3	The musician as an athlete: An introduction to posture coaching with young elite musicians – Part 1: Flautist(s) <i>The ISRM forum sessions will demonstrate the interaction of posture coaching, soft tissue therapy, and musicality to identify and correct physical and technique issues to avoid injury and improve sound and performance quality. In short, 'treating musicians as athletes'.</i>	David Katz Dip RM, Dip MS Manual Therapist, Clinical Pilates Practitioner Anna Pope MA (Oxon) Hon ARAM, ARCM Flute Teacher at The Purcell School, Junior Royal Academy of Music, Trinity Conservatoire of Music	Max. 20 delegates
Session 3 E	14.30-16.00	Floor 2 Room TBC	'Open' clinical problems forum – Delegates to request in advance clinical issues to be covered	Tanya Ball MSc BA BCSI KCMT LSSM – Senior Tutor, Clinical Soft Tissue & Movement Therapist, KMI Structural Integrator ± support tutors (TBC)	Max. 20 delegates
	16.00-16.30	Tuke's Hall/Café	Tea break / browsing promo stands		Promotional stands available
Session 4 A	16.30-18.00		'Active Fascial Release' <i>Over the last few years movement and manual therapies have been converging and this new hands-on approach combines the best aspects of Soft Tissue Release, Fascial Release and Functional Movement to create an effective, fun and engaging method. Active Fascial Release (AFR) allows movement therapists to work with soft tissue and soft tissue therapists to work with movement. It is a powerful combination of hands-on intelligence working with the innate sense of the client, therapist and client get immediate feedback as to the limitations, restrictions and possibilities within the clients' body. AFR is an ideal diagnostic, treatment and movement education tool that can be used before and after a treatment or even instead of a couch-based massage.</i>	James Earls + Assistant(s)	Sessions 4A-4E to run concurrently Max. 40 delegates
Session 4 B	16.30-18.00	Tuke's Hall	'The psychology of rehabilitation' Part 2: Psychological recovery from significant injury within the context of Paralympic and Non-disabled performance sport	Dr Jonathan E Katz PhD	Max. 350 delegates
Session 4 C	16.30-18.00		Kinesio® taping – Part 2: Clinical applications of Kinesio tape. Practical session.	Chris Gordon & Sarah Tidey	Max. 40 delegates

Session 4 D	16.30-18.00		The musician as an athlete: An introduction to posture coaching with young elite musicians – Part 2: Violinist & Taiko Percussionist <i>(See Session 3D above)</i>	David Katz & Anna Pope	<i>Max. 20 delegates</i>
Session 4 E	16.30-18.00		Joint Session: <i>Running a business, business development, Tax issues, Insurance etc.</i>	Wolfgang Mittlemeier MA LSSM (Dip) MISRM / David Balen	<i>Max. 30 delegates</i>
'Open' time	18.00-18.45				
Session 5	18.45-19.30	Tuke's Hall	ISRM Members-focused Presentations on the theme: 'LSSM/ISRM past, present and future'	Mel Cash / other ISRM Member(s)	<i>Max 350 delegates</i>
	19.30-21.30	Refectory	Buffet dinner (NB Additional Fee)		<i>Max TBC/Add. fee</i>
SUNDAY 09/11/14					
Day/Session	Time	Room	Presentation/Workshop title	Presenter/Workshop Leader(s)	Comments/queries
Sun09/11/14 Session 6	09.30-11.00	Tuke's Hall	Keynote presentation: 'Movement control – fitting in with bodywork therapies' <i>This presentation will highlight the relevance of using movement assessment for bodywork therapies to provide a strategy for improving movement function, pain and performance.</i> <i>It will highlight the relationships (cause or consequence) between restrictions and movement compensations to maintain function. Articular and myofascial subgroups of movement restrictions will be examined, and optimal strategies to regain movement function will be presented. There will be an emphasis on regaining extensibility of myofascial restrictions.</i> <i>It is normal to compensate for these restrictions by increasing movement somewhere else in order to maintain function. Some of these compensations are well controlled and do not contribute to movement impairment or pain. However, compensations that are uncontrolled have strong evidence-based links to chronic and recurrent musculoskeletal pain. Processes to identify uncontrolled movement (UCM) will be presented, and strategies to regain movement control and to recover stabiliser muscle function will be highlighted.</i>	Mark Comerford B.Phty. MCSP MAPA – <i>Performance Rehab</i> Principal Director; <i>Movement Performance Solutions</i> and <i>Kinetic Control</i> Director; Clinical Physiotherapist, Researcher, Tutor/Lecturer, and published Author	<i>Max 350 delegates</i>
	11.00-11.30	Tuke's Hall/Café	Coffee break / browsing promo stands		<i>Promotional stands</i>
Session 7	11.30-13.00	Tuke's Hall	Keynote presentation: Fundamentals of extra-muscular myofascial force transmission (EMFT)	Dr Peter Huijij PhD – Prof. Emeritus at Vrije Universiteit Amsterdam's Faculteit Bewegingswetenschappen	<i>Max 350 delegates</i>
	13.00-14.30	Café	Lunch break / browsing promo stands		<i>Promotional stands</i>
Session 8 A	14.30-16.00	Floor 2 Room 1	Clinical application of movement control – Part 1: 'Finding and fixing the relationship between upper quadrant restrictions and movement control compensations' <i>This workshop will present and demonstrate the interrelationships between some specific upper quadrant restrictions and the uncontrolled movement compensations that they produce. It will concentrate on some problematic upper quadrant muscles – pectoralis minor, levator scapula, latissimus dorsi and the posterior shoulder rotator cuff.</i> <i>Five hands-on strategies to manage myofascial restrictions of problematic upper quadrant muscles will be demonstrated:</i> <ol style="list-style-type: none">1. Sustained stretch for connective tissue extensibility2. Contract-relax (post-isometric relaxation) techniques for myofascial restrictions3. Proximal stabiliser-facilitated active inhibitory restabilisations for myofascial restrictions4. Distal mobiliser inhibitory restabilisations for myofascial restrictions5. Myofascial trigger point stimulation for myofascial restrictions <i>The decision-making process regarding which of the strategies are appropriate and which are not appropriate to use in certain situations will be discussed.</i> <i>An assessment process to identify uncontrolled compensations for these restrictions will be presented and strategies to retrain movement control and facilitate appropriate stabiliser muscle recruitment to regain control of these movement impairments will also be demonstrated. These stabiliser muscles include serratus anterior, upper and lower trapezius and the shoulder rotator cuff stabilisers.</i>	Mark Comerford & Tanya Ball	<i>Sessions 8A-8E to run concurrently</i> <i>Max 40 delegates</i>

Session 8 B	14.30-16.00	Tuke's Hall	Extra-muscular myofascial force transmission (EMFT) – more detailed/advanced clinical considerations and implications	Dr Peter Huijing	<i>Max 350 delegates</i>
Session 8 C	14.30-16.00	Floor 2 Room 2	Kinesio® taping – Part 1 – REPEAT of Session 3 C	Chris Gordon & Sarah Tidey	<i>Max 40 delegates</i>
Session 8 D	14.30-16.00	Floor 2 Room ?	'Anatomy Trains and Movement Assessment' – REPEAT of Session 3A	James Earls + Assistant(s)	<i>Max 40 delegates</i>
	16.00-16.30	Tuke's Hall/Café	Tea break / browsing promo stands		<i>Promotional stands</i>
Session 9 A	16.30-17.30	Floor 2 Room 1	<p>Clinical application of movement control – Part 2: 'Finding and fixing the relationship between lower quadrant restrictions and movement control compensations'</p> <p><i>This workshop will present and demonstrate the interrelationships between some specific lower quadrant restrictions and the uncontrolled movement compensations that they produce. It will concentrate on some problematic lower quadrant muscles – the iliotibial band with its myofascial attachments (tensor fascia latae and superficial gluteus maximus), the 2-joint hip flexors (rectus femoris and sartorius), the hamstrings and piriformis.</i></p> <p><i>Five hands-on strategies to manage myofascial restrictions of problematic lower quadrant muscles will be demonstrated:</i></p> <ol style="list-style-type: none"> <i>1. Sustained stretch for connective tissue extensibility</i> <i>2. Contract-relax (post-isometric relaxation) techniques for myofascial restrictions</i> <i>3. Proximal stabiliser-facilitated active inhibitory restabilisations for myofascial restrictions</i> <i>4. Distal mobiliser inhibitory restabilisations for myofascial restrictions</i> <i>5. Myofascial trigger point stimulation for myofascial restrictions.</i> <p><i>The decision-making process regarding which of the strategies are appropriate and which are not appropriate to use in certain situations will be discussed.</i></p> <p><i>An assessment process to identify uncontrolled compensations for these restrictions will be presented and strategies to retrain movement control and facilitate appropriate stabiliser muscle recruitment to regain control of these movement impairments will also be demonstrated. These stabiliser muscles include the deep gluteals, iliacus, popliteus, and the midfoot stabilisers.</i></p>	Mark Comerford & Tanya Ball	<p><i>Sessions 9A-E to run concurrently</i></p> <p><i>Max. 40 delegates</i></p>
Session 9 B	16.30-17.30	Tuke's Hall	Guest speaker Presentation – Theme TBC	Speaker TBC	<i>Max. 350 delegates</i>
Session 9 C	16.30-17.30	Floor 2 Room 2	Kinesio® taping – Part 2: clinical applications of Kinesio tape. Practical session – REPEAT of Session 4 C	Chris Gordon & Sarah Tidey	<i>Max. 40 delegates</i>
Session 9 D	16.30-17.30	Floor 2 Room ?	'Active Fascial Release' – REPEAT of Session 4 A	James Earls + Assistant(s) (TBC)	<i>Max. 40 delegates.</i>
	17.30-17.40		Very brief comfort break/relocate to Tuke's Hall		
Session 10	17.40-18.15	Tuke's Hall	Closing summary, Q & As	Panel comprising available Conference Contributors	<i>Max. 350 delegates</i>

ISRM Conference Contributors' Profiles

Keynote Speakers



Professor D. Ceri Davies BSc PhD FAS FIAS

Professor D. Ceri Davies has taught Medical Students at London Medical Schools for almost 30 years and is currently Professor of Anatomy at Imperial College London. He also has extensive experience of teaching Anatomy to University Students of Allied Healthcare Subjects and to Extramural Students in Physical Therapy disciplines, and for many years has conducted Anatomy teaching workshops for ISRM / LSSM students and practitioners.

Professor Davies acts widely as an External Examiner in the UK and overseas, is actively involved in Postgraduate Medical Education and is a member of the Court of Examiners of the Royal College of Surgeons of England. He has served as a Board Member of the Human Tissue Authority and as President of the Anatomical Society, and is currently a member of its Education Committee. Professor Davies is currently President of the Institute of Anatomical Sciences and Inspector of Anatomy for Ireland.



Neil Black MCSP SRP

Neil Black has enjoyed a distinguished life-long career at the sharp end of British Athletics, first as an elite athlete himself, then as a highly skilled and versatile clinical Physiotherapist specialising in Sports Medicine, culminating in his current decisive role as Performance Director at UK Athletics (UKA).

Current Position at UKA: Performance Director

Key roles and responsibilities include:

- Culture, people and places
- Oversee delivery of the World Class Performance Plan system (Olympic and Paralympic)
- Oversee delivery of sports science and sports medicine support
- Management of relationship with UK Sport and English Institute of Sport (EIS)
- Continuation of management of culture.

Previous Roles at UKA

Chief Physiotherapist from November 2004, Sports Medicine and Science Lead since December 2007 – Neil has worked with the Governing Body and athletes, attending most Championships since the 1992 Paralympic Games.

Previous Roles at UKA

Athletes whom Neil has worked closely with towards global success over the past 20 years include: Sally Gunnell, Linford Christie, Colin Jackson, Tony Jarret, Roger Black, Iwan Thomas, Steve Smith, Jonathan Edwards, Katharine Merry, Kelly Holmes, Denise Lewis, Kelly Sotherton, Phillips Idowu, Jessica Ennis, Steve Backley, Greg Rutherford, and Mo Farah.

Other

Neil has also fulfilled significant clinical physiotherapy roles, including running his own practice for a number of years, and has lectured on Sports Medicine and taught a wide range of Manual Therapy workshops, including tailored courses for LSSM graduates.

Educated in Northumberland, Neil is a Chartered Physiotherapist and registered with the Chartered Society of Physiotherapy and Health Professionals Council.



Mark Comerford B.Phty. MCSP MAPA

'I'm motivated by movement!'

I find it amazing that some people still manage to function despite the way they move. These people are good for business! It provides a sense of satisfaction in being able to explain why their symptoms are linked to their movement habits, and then being able to change their movement patterns and habits and watch the changes in symptoms and function.

I trained as a physiotherapist in 1980 and have been on a journey, searching for the 'holy grail' of trying to understand movement and function ever since. I have been developing models of trying to understand good movement function; developing simple and structured ways of assessing and evaluating what goes wrong with movement when pain and disability come to visit and then don't go away; and then developing principles and strategies of movement correction to help evict these unwelcome guests. Being one of the founding Directors of *Kinetic Control* and *Movement Performance Solutions* has allowed me to work with and learn from a lot of very talented people.

I have had a lot of help along the way from mentors and brilliant brains like Shirley Sahrman, Gwen Jull, Paul Hodges and Lorimer Mosley. I now work with a great team of like-minded movement professionals such as Sarah Mottram and the rest of the Kinetic Control and Performance Stability team. Our aim is to return to movement therapies some of the knowledge, clinical insights, clinical reasoning skills and therapeutic applications of movement control that we have learned from others, and that we have developed and 'fine tuned' over the years.

I do this through the *Kinetic Control* and *The Performance Matrix* training courses and consultancy. Being a principal partner in *Performance Rehab* (Brisbane, Australia), I also keep my hands and head 'active' by working clinically. Performance Rehab was established with the mission of providing a multidimensional approach to the management of musculoskeletal pain, movement dysfunction, and elite level functional performance. I also provide teaching, training, and support for both undergraduate and postgraduate university education in the UK and Australia. I am also a current board member of the Sports Medicine Australia (Queensland).

I have had the advantage of being able to gain a diverse experience working with all levels of pain, dysfunction and disability in the community. This includes people at one end of the spectrum who have a long history of chronic and recurrent musculo-skeletal pain with a 'desperate look' in their eyes, to elite level sporting competitors and teams at the other end of the spectrum. I have had the opportunity to work as a performance and rehab consultant for various sporting and professional organisations including the Chicago Bulls (NBA), Washington Wizards (NBA), West Side Dance & Physical Therapy (New York City Ballet), Vermeil Sport & Fitness (USA), and Athletes' Performance (USA).

My special interest is in the development of clinically relevant models of movement function and dysfunction, and understanding the influence of pain on movement and muscle function and the enhancement of performance. I also believe passionately in the need for clinicians to use diagnostic subgroups of movement dysfunction and to use clinical reasoning in frameworks based on evidence-based practice to improve the standards of therapeutic exercise in 'best practice'.

I have published papers on movement and muscle function; the integration of local and global muscle training to enhance joint stability; and core stability training. I have had the opportunity to travel as an invited speaker at numerous international conferences. I also get to go to interesting places and meet lots of interesting people while delivering training courses internationally on the area of assessment of movement dysfunction and performance, and the use of exercise and movement training to best manage movement dysfunction and enhance performance.

I have a wonderful family who miss me when I'm away from home and support me when I'm back causing all sorts of trouble.



Peter A Huijing PhD **Most recent Academic/Faculty positions**

After working for the Vrije Universiteit Amsterdam's Faculteit Bewegingswetenschappen since 1974, Peter Huijing has been Prof. Emeritus at that Faculty since 2009. He has also been Visiting Professor at the Institute of Sports Science of Waseda University, Tokyo, Japan, since the beginning of 2014.

Degrees

- BA Amsterdam Academy of Physical Education
- PhD Physiology, University of Minnesota, Minneapolis USA.

Teaching experience

Peter Huijing has been teaching students of many backgrounds (Medicine, Ergonomics, Physical education, Engineering, Human Movement Sciences, Sports science) for over 40 years.

Congresses and symposia

He has been an Invited (keynote) Lecturer at numerous congresses and symposia internationally for many years, and Co-organizer of a number of important international congresses, most recently the 2nd International Fascia Research Congress in Amsterdam, 2009.

Fields of research

Muscle physiology, anatomy, biomechanics & bioengineering, with applications in the fields of human movement sciences, surgery, sports science, physical and manual therapies, rehabilitation, etc.

Publications

Peter Huijing has published extensively on experimental and modelling work in the following research fields: Over 200 peer-reviewed journal articles published between 1984 and 2013, including several review articles. Concurrently, over 200 other authored and co-authored contributions were published in congress proceedings, books etc, notably:

Co-author/co-editor of several textbooks or congress proceedings, most recently:

- Introduction to Human Kinesiology (in Dutch). Wolters, Groningen, 1996, fully revised edition
- Fascia Research II. Basic Science and Implications for Conventional and Complementary Health Care, Elsevier, München
- Fascia: the Tensional Network of the Human Body. Churchill-Livingstone, Elsevier. Edinburgh, London 2012, Polish edition 2014.

Special Awards

2007 – Prestigious Muybridge Award from the International Society of Biomechanics, for Prof. Huijing's career achievements in Biomechanics.

Workshop/Seminar Leaders



James Earls

James Earls is a writer, lecturer and bodyworker specialising in Myofascial Release and Structural Integration.

Increasing the understanding and application of manual therapy has been a passion of James' since he first started practicing bodywork over 20 years ago. Throughout his career James has travelled widely to learn from the best educators in his field, including Thomas Myers, developer of the Anatomy Trains® concept.

James and Tom founded Kinesis UK, which co-ordinates Anatomy Trains and Kinesis Myofascial Integration (KMI) training throughout Europe, and together they authored the definitive guide to the assessment and manipulation of fascial patterns, *Fascial Release for Structural Balance*.

James teaches a range of courses across the UK and Europe as the Director of Kinesis UK, and is also a regular lecturer at conferences and workshops around the world. Renowned for his relaxed and humorous style, James is a popular presenter whose subject is applicable to a wide-ranging audience that includes osteopaths, physiotherapists, massage and movement therapists, and is in demand from the Sports Medicine departments of Premiership Football and Premier League Rugby teams.

James has collaborated with some of the leading researchers in bodywork and fascial theory including Art Riggs and Robert Schleip, and is currently involved in a number of research projects involving fascia, movement and treatment modalities. He is also the founder and Director of Ultimate Massage Solutions, one of the UK's most prestigious providers of professional literature and workshops in the field of bodywork.

Three years' research has culminated in James recently publishing *Born to Walk*, an exploration of the Anatomy Trains, myofasciae and how they relate to walking. The book provides a full three-dimensional understanding of the interaction of forces through the human body, and uses comparative anatomy to explain how and why *genus homo* may have developed bipedalism.

In his spare time, James enjoys exploring the sights and sounds of London on foot and is a patron of both the Zoological Society of London and the Natural History Museum.



Dr Jonathan E Katz PhD – Consultant Psychologist

C.Psychol AFBPsS HCPC Reg BASES HPSA

Dr Jonathan Katz is an authority in developing robust interpersonal communication systems, working with individuals, teams and organizations in promoting effective performance resilient to source of stress and pressure. This is achieved by providing coaching, mentoring, and training support to all levels of high performance environments from individuals to organizational and management structures and systems.

Jonathan has provided psychological coaching support to a range of individuals (athletes, coaches, managers and performance directors), competing at national and international levels including World Cup Events, European and World Championships, and Commonwealth, Olympic and Paralympic Games across a wide range of individual, team, amateur and professional sports.

He was the Great Britain Head Quarters Psychologist for Paralympics GB at the Athens 2004 and Beijing 2008 Summer Paralympic Games, the lead psychologist for the Turin 2006 Winter Paralympic Games, and team psychologist to both the British Disabled Ski Team at the Vancouver 2010 Winter Paralympic Games and the British Disabled Target Shooting Squad at the London 2012 Summer Paralympic Games.

Jonathan's professional portfolio includes providing training and coaching within business settings. He has co-developed and delivered bespoke training courses in coaching within the context of a multinational organization. Further training within this organization was the implementation of a workshop on 'effective communication within line management' with senior managers.

He has provided CPD training within the NHS, running group-based experiential workshops. Jonathan provides individual coaching to senior managers and executives, supporting effective coping and management across a range of professional challenges. He also provides professional mentoring and supervision.

Jonathan's applied professional practice in business and elite performance settings is founded upon extensive support delivery, promoting mental health and wellbeing within clinical psychology settings.



Chris Gordon MCSP

Chris Gordon has always had a passion for sport, and after leaving school, he worked as a sailing instructor before completing his training as a Physiotherapist at St Mary's Hospital, London. After qualifying, he spent three years at Harlequins RFC working with international players, including Jason Leonard and Will Carling. He then moved across London to Saracens RFC, where his patients included Kieron Bracken, Francois Piennaar and Thierry Lecroix.

In 1997 Chris trained in Western Acupuncture at the Royal Homeopathic Hospital in London, to complement his physiotherapy treatments. In 2003 he started working with the English Institute of Sport (EIS) with athletes from the British Olympic judo, rowing, hockey, canoeing, trampolining, athletics and Paralympic teams. Since 2004 he has worked with the British Olympic Sailing team, travelling both to Athens and Beijing Olympic Games as part of the most successful sailing team ever. In 2012, Chris worked with the medal-winning British Rowing Team in preparation for the London Olympic Games.

Chris now runs a Physiotherapy and Sports Injury clinic equipped with a rehabilitation gym in his home town of Emsworth, where he treats a range of professional and amateur athletes.



Sarah Tidey BSc (Hons) LSSM MISRM

Sarah Tidey gained a BSc (Hons) Degree in Sports and Exercise Science at Birmingham University and went on to train as a Sports Massage Therapist, qualifying in 1998.

Life before kids allowed her to work in professional sports, and with a particular interest in water sports, she was the Massage Therapist for the Royal Yachting Association 1999-2011. She has attended many European and World Championships with the British Sailing Team, also working with them towards their great success at Athens and Beijing Olympic Games. Working for the English Institute of Sport (EIS), Sarah provided massage and Pilates for members of the GB Diving Team between 2001-2012, and was an integral part of their support staff, based in Southampton.

When the volume of massage became excessive, she decided to broaden her skills and qualified as a Body Control Pilates® Instructor in 2002, and teaches individual sessions and mat classes.

Sarah shares her passion for massage by teaching and since 2003 has been a senior tutor for the LSSM on the Southampton-based Level 5 Diploma Course.

Life with kids does not allow so much travelling, so she now happily splits her week between providing massage treatments in a local private physiotherapy clinic in Poole and teaching Pilates.

Sarah enjoys cycling (but says she doesn't go as often as she should!) and is a keen windsurfer. She loves all water sports from stand up paddle boarding to surfing (but says she is not very good at them!).



David Katz Dip RM, Dip MSc

David Katz is a highly skilled movement consultant and manual therapist, with a passion for the biomechanics of ideal dynamic and static posture.

David uses a variety of massage, mobilization and movement techniques, to maintain or restore ideal function. David runs his own busy Remedial Pilates studios and Bodywork practice.

He runs his own courses, is a senior tutor at the London School of Sport & Remedial Massage, and is a lecturer on the 'Balanced Body Pilates on tour' and a presenter on other mainstream Pilates courses at graduate and post-graduate levels.

In private practice for nearly twenty years, David has worked with clients from many fields, and has a particular interest in performance and pain affecting performing artists.

Anna Pope MA (Oxon) Hon ARAM, ARCM



Anna Pope studied with Maija Lielausis and later with William Bennett, after graduating from Oxford with a First in Russian. She has given many recitals in this country and in Europe and broadcast on Swedish Radio.

Her ensemble 'Pipe Dreams' has recorded music for two flutes and piano.

She has been a professor of flute for 20 years at the Junior RAM and has taught at the Purcell School for nearly as long. She is also on the professorial staff at Trinity College of Music. Teaching is the focus of her interest and her pupils have enjoyed notable success. They have been an almost continuous presence in the NYO since 1993, including three as principal flute.

Emma Halnan in 2010 was the second of her students to be a Concerto Finalist in the BBC Young Musician competition.



Tanya Ball MSc BA BCSI KCMT LSSM

Clinical experience

A former GB marathon runner and county level basketball player, Tanya Ball has been managing her full-time Remedial Soft Tissue Therapy practice in Hampshire for over fourteen years. She treats a broad patient-base in terms of age, background, and activity level, from sedentary people to élite/professional athletes. Her clinical work involves mutual inter-professional referrals, a strong emphasis on motor control-based postural and movement dysfunction analysis, treatment, and functional goal-orientated remedial/preventative advice and exercise prescription.

Teaching

A senior LSSM Tutor since 1999, Tanya has assumed joint overall responsibility for the Southampton-based LSSM Diploma course since 2003, and tutors a wide range of CPD courses at all levels for soft tissue and other manual therapists, including Chartered Physiotherapists.

CPD

Her extensive CPD training since graduating from LSSM in 1997 includes:

- A MSc Complementary Therapy – Bodywork
- A number of Kinetic Control® (KC) Motor Control courses, culminating in 'The Movement Solution' (TMS) 1, 2, and 3 KC Series, gaining qualification as a Kinetic Control Movement Therapist (KCMT)
- Training and qualifying as a KMI® Structural Integrator in accordance with the Anatomy Trains® (AT) model developed by Thomas Myers, in turn based on Dr Ida Rolf's earlier work. A separate exam qualified her as a Board Certified Structural Integrator^{CM} (BCSI^{CM}).

Therapeutic models – the best of both worlds...

Tanya's strong background in and familiarity with both contrasting therapeutic models – the disciplined analytical rigour of the KC-based movement dysfunction methodology, and Thomas Myers' highly integrative Anatomy Trains®, place her in an exceptionally privileged position to engage with each client as an unique human being, whilst drawing on sound, evidence-based clinical research and principles.

Research & publications

Following her Poster presentation and Workshop leadership at the 2nd International Fascia Congress in Amsterdam (2009), Tanya authored a clinical paper on the benefits of fascial release (FRT) in relieving specific symptoms of Lupus Erythematosus, based on two of her own case studies, and a textbook chapter on 'Fascia and Scleroderma', published in 2011 and 2012 respectively.

She is currently writing a research paper on the scientific evidence underpinning the various roles ascribed to the 'controversial' muscle Psoas Major, scheduled for publication in 2014-15.

She is also a former contributor to The Coach – a specialist Athletics Coaching magazine – and has been ISRM Newsletter Editor since 2008.

Event/onsite Massage provision

She has been Event Work Co-ordinator for ISRM (and formerly LSSM) since 1999, providing high quality on-site SRM services at major sports/athletics events including the London Marathon and Triathlon.

Conference Sponsors



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ISRM are very grateful to Physique Management Company for sponsoring the Conference's Kinesio® Taping Workshops by supplying the necessary tape free of charge, and making supplies available for purchase at preferential rates at their Promotional Stands (located in Tuke's Hall).

Tiger Tapes, proud sponsors of the ISRM Kinesio® Taping Workshops

Physique Management are leading suppliers of sports healthcare products. Their quality yet competitively priced range of Tiger Tapes are widely used at professional clubs and associations across the UK. Tiger K Tape, as used in the Kinesio Workshops, will be available to purchase at discounted prices this weekend. Please visit Rob on the Physique Management trade stand.

Feature Article

Dear friends of Seeing Hands...

From Rob & Sue Ainley, Founders



Great news, this summer we have a fresh batch of qualified therapists, all of whom have now begun working within the Seeing Hands clinics. Pictured above are Ganga, Bhima and Bibek outside the Kathmandu clinic and Bishnu (right) who is working in Pokhara. Feedback from massage clients (and other therapists) is already very encouraging and their skills are testament to the hard work put in by all the local staff and volunteers who played a part in their training.

By all accounts they are all enjoying their work – and their hard-earned wages even more so. Bhima is expecting a baby, so won't be working for long, but intends to come back to work as soon as she can. As the monsoon rains on, the clinics are much quieter anyway and our new larger team in Kathmandu are getting a chance to settle in before the season starts.

At the same time, we say a fond goodbye to Sagar, who has now moved on from Seeing Hands to new study-based pastures. Sagar has a real healing touch, but wants to challenge himself more academically and is setting off on his own journey of learning and personal development. He will be sorely missed by everyone and is under strict instructions to keep in touch.

The other therapists are all doing well and continuing to surprise us by getting more and more independent every day. Lalu (below left)

has just returned after an amazing horizon-widening trip to the gulf to visit her sister (who is working in Kuwait). One or two of our blind therapists have experienced flying on a domestic plane in Nepal but Lalu is one of the first (and certainly won't be the last) to try international travel. She had a great time but says she won't miss the heat, which topped 50 degrees some days. Chiran K (affectionately known as Anmol which means 'priceless') has now taken over the role of clinic supervisor from Govinda (it's a rotated post) and is doing a good job so far. It is fantastic to see more therapists maturing and learning to lead and take on responsibilities. As a result, the future of both clinics in Nepal is looking much brighter. As many of you will know, we have been searching for a suitable location for a third clinic for some time - and with us not being able to be in Nepal, we thought the task was almost impossible. Happily in our absence, ChiranJeevi (Blind Manager of the Kathmandu branch - pictured below) has stepped up to the mark and forged a partnership with Change Fusion, a local organisation that supports social entrepreneurs. He is now in the process of agreeing a rental contract to share a building in Patan with Change Fusion, who were also looking for new premises. Patan is on the South side of the Kathmandu valley and is home to a large number of expatriates, so is



an ideal location for us. We owe a huge debt of gratitude to Jo Hill (marketing and business development volunteer) and Change Fusion's Country Director Luna Shrestha, who have both helped Chiran to kickstart this new venture. He's done a fantastic job on his own and is truly making us proud now. The new clinic should be open within a few months and we'll bring you more news - and photos - very soon.

Finally, and most significantly, we are immensely proud to announce that Seeing Hands has finally reached its sustainable goals!! With income from the massage clinics now comfortably covering overheads, we have now ceased fundraising and are planning to wind down charity activities over the next few months. From now on, we will be focusing on the independent goal - making sure that Seeing Hands' is not only able to stand on its own two feet, but can walk tall amid the mountains we miss so much! Thank you one final time to all those who donated, volunteered, and helped us on our journey.

We'll keep the news coming in our usual sporadic way, look out for photos of the new clinic on our facebook page over the next few weeks. Namaste to all!



Event Work

Event work update

From Tanya Ball



The impressive success for British sport of the past two years has not to date materialised in 2014, but as I am writing this on Day 1 of the Commonwealth Games, many are no doubt pinning their

hopes on this wonderful event. Besides gathering an array of world class athletes across numerous disciplines, the 'Friendly Games' provide a rare opportunity for the best representatives of smaller Commonwealth members to shine, perform with pride for their country, and 'place it on the map'.

Despite the disappointing news announced previously, that ISRM would not be involved in the 2014 Blenheim and London Triathlons, nor the RTTB (Run-to-the-Beat) ½ Marathon, a number of ISRM students/therapists have been busy providing the usual high standards of SRM (Sports & Remedial Massage) expected from us at the London Marathon and a few smaller-scale other events. Readers can soak up the atmosphere of the Meningitis Now massage team by enjoying Team Leader Gabby Bignell's account hereafter.

London Marathon, Sunday 13th April 2014

Some 80+ 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.

The event build up went better than in 2013 from an organising/coordinating point of view, although as per 'tradition', additional appeals for more massage volunteers via the ISRM electronic circular were necessary. *My grateful thanks to everyone who supported the event.*

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...

Future events

Ride London – Sunday 10th August 2014

Two ISRM teams will be supporting Charities at this challenging 100-mile cycling event. Hopefully reports and pictures will follow in a future Issue (hint, hint!).

'Challenge UK' Half and Full Ironman Triathlon distances, Weymouth, Sunday 14th September 2014

Please see ISRM 'Event Work' web page for details (full details awaited at time of writing).

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.theismr.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.





Event Work

London Marathon 2014: A massage team leader's day with Meningitis Now

From Gabby Bignell



After three years of participating in the London Marathon as a post-race massage therapist with the ISRM, it was great to be offered the opportunity to be a team leader for my fourth year, supporting the Charity Meningitis Now. Sunday 13th April dawned stunning and sunny, which I always think helps buoy everyone's spirits and starts the day off well. Of course, my second thought was for the runners who could well suffer more exhaustion and dehydration-related complications both during the marathon, and definitely by the time we got to see them at their post-race reception! My first time working with the charity Meningitis Now was great, and Becky, their Events Coordinator and my contact, was so helpful and friendly running up to the big day, and in our set-up. We were stationed at The Overseas League House, just on the edge of Green Park and a short walk from the Finish line. This was very handy to give our seven-strong team a chance to see some of the day's running action first-hand before our massage work. We were provided with a lovely packed lunch and any drinks we needed, and had the opportunity beforehand to get the feel for the reception party and the day as it unfolded.



Something rather unusual, and which I had never encountered before at the LM or other event, was that each therapist had their own hotel room to work from (bar one double, sharing, room), complete with en-suite shower (for the runners – shame...) and a large, wall-mounted, flat screen TV showing live marathon footage! All towels for our use were provided by Meningitis Now, which was also a big bonus. There was a moment of slight panic when we realised the towels were also intended for the showers, but actually there were plenty enough to go round in the end... phew! Our team of therapists was assembled, set up and after a short team briefing, raring to go by midday. Most were on the same LSSM Diploma course (24G), so a great atmosphere of excitement and team spirit was already in place, which was wonderful.

With just over one hundred participants expected at the reception, there was an anticipatory buzz amongst the team (even separated by their individual rooms!) before the first runner came in at around 1.15 pm. The en-suite showers proved a real treat for the competitors, however they (understandably!) found it almost impossible to leave them. Some runners wanted a massage without a shower, while others wanted a shower but on emerging found the therapist in the adjoining room already treating someone else! I had to abandon my lovingly pre-prepared runners' list, as this new situation created an interesting and quite amusing game of 'spot the free shower room' and 'spot the available massage therapist', which Becky (another MN staff member of the same name) and I spend much of the day organising, running up and down the corridor to accommodate everyone as quickly as possible. As things finally started to quieten down, it was a joy to walk around and watch the team 'working their magic' on the runners and their various states of post-race recovery. Great attention was given to making them feel welcome and



ensuring they got the massage they wanted, while treating any other obvious areas needing attention. A full range of both new and more familiar techniques were in use, including STR, MET and of course effleurage, petrissage, friction, etc. As we were packing-up after 5.30 pm, a few unexpected and dishevelled late-comers appeared, and the team, rather than calling it a day, very professionally really pulled out the stops, ensuring they were also treated. A huge thanks to my hard-working, excellent, and fun massage team (Annette Cowling, Beth Clark, David Meer, Elizabeth Irvine, Helena Martin, Juri Nael and Kerri-Anne Langendoen) for making the London Marathon 2014, specially on my first occasion in a team leader role, so enjoyable and memorable: you should be very proud of yourselves. It was a pleasure to spend the day with you all and I wish you the very best of luck in your massage careers!



The Meningitis Now Massage team members

Team leader: Gabby Bignell

- Annette Cowling
- Beth Clark
- Juri Nael
- Elizabeth Irvine
- Helena Martin
- Kerrie-Anne Langendoen
- David Meer

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

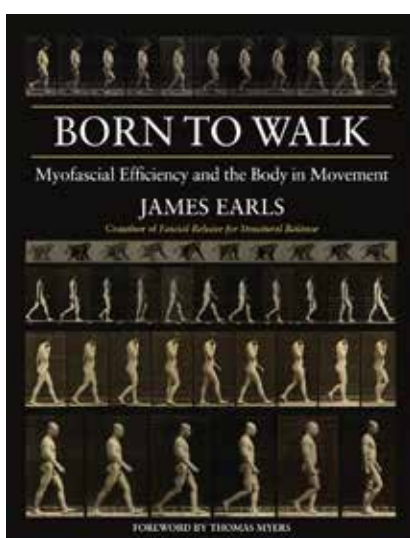
Requests for tutorials or workshop subjects not featured in Programme are welcome!

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



Born to Walk: Myofascial Efficiency and the Body in Movement

James Earls

Using his sequence of 'essential events' in walking, and showing how they are 'spring loaded' through the myofascial meridians, James Earls has advanced the Anatomy Trains theory into normal and movement rehabilitation.

Fully illustrated with assessments, strategies and therapeutic techniques, his book is of immediate use to the manual therapist, movement teacher or personal trainer.'

A British Fascia Symposium Review

From Lizanne Robey

'What appealed to me was the unity between complementary therapy and traditional medicine, and their joint interest in furthering fascial research and clinical application. I liked the fact that complementary therapy was held to account, and that what we know to be true as body workers, such as the benefits we have seen our clients experience due to fascial work, is also increasingly being embraced and proven by traditional medicine.'

I attended the British Fascia Symposium in May 2014, coming from the perspective of a sports and remedial massage therapist who had recently commenced Pilates training due the synergies I could already see. I hoped to further my knowledge and understanding of fascia and how it affects everything, and to improve my own practice. I was not disappointed – it was an excellent event and superbly organised. I was delighted to see such a mix of organisations and individuals presenting, providing workshops, exhibiting, and attending. It was also great to catch up with friends and to meet other manual and movement therapists doing interesting fascial work.

All of the presentations in the main conference hall were superb, and covered different angles, from what fascia actually is, its role in function and dysfunction, tensegrity, how it shapes us from birth, to clinical fascial treatment methods, and research-based evidence and studies

showing its relevance and integrity in the human body, and how we treat it as a whole.

What appealed to me was the unity between complementary therapy and traditional medicine, and their joint interest in furthering fascial research and clinical application. I liked the fact that complementary therapy was held to account, and that what we know to be true as body workers, such as the benefits we have seen our clients experience due to fascial work, is also increasingly being embraced and proven by traditional medicine. Prof. Ceri Davies, whom I have enjoyed learning from on cadaver courses, provided an anatomist's view which ensured we maintained a practical understanding and approach to fascia. He provoked an interesting, if heated, debate between Leon Chaitow and himself. Robert Schleip then diplomatically restored some balance by endorsing the work of both presenters with his presentation, which rested both on his scientific research and clinical

complementary therapy backgrounds. Julian Baker then finished off with humour and a reminder that fascia is everywhere, connects everything, and that as manual therapists, our touch, combined with active movement can have amazing effects on our clients' fascia and dysfunctions.

The workshops offered a very well considered breadth of hands-on learning. However my only slight complaint was that there were limited spaces on the two workshops led by Leon Chaitow and Robert Schleip, whose names were a major reason for many people to have registered for the conference. Having missed out on those, I did however attend a very useful workshop by Ruth Duncan, in which she taught hands-on myofascial release skills that I have been able to put into practice since.

All in all an excellent weekend event – relevant, informative and fun... Oh and the food was good too!



Free Professional Bodywork!!

James Earls, Director of Anatomy Trains UK, is holding a Structural Bodywork Certification Training to certify practitioners from all over the world.

The training is taking place at:

**The Memorial Village Hall,
Weston-on-the-Green, Oxfordshire**

We need models for postural assessment followed by FREE structural bodywork. The work will

be performed by a class student but all students are qualified practitioners of other modalities and they will be closely supervised by Certified Trainers of Structural Bodywork. You will be receiving high quality bodywork from a well trained practitioner.

Models need to be available on the following days:

Sunday 16 November 2014

Thursday 20 November 2014

Saturday 22 November 2014

Sessions are 90 minutes but we advise allowing 2 hours on each day.

We ask that you commit to all three dates.

We also need teacher models – please contact us for dates.

What do you get in return?

FREE Structural BodyWork on three different occasions!

The KMI System is based on Dr. Ida Rolf's pioneering work, as developed by Tom Myers. Dr. Rolf's classic 'recipe' for structural bodywork is interpreted through the lens of Tom's Anatomy Trains Myofascial Meridians, a revolutionary understanding of soft-tissue patterning.

KMI brings clarity, and gentle effectiveness to the practice of Dr. Ida Rolf's Structural Integration.

Please call 028 9581 9055 or email: workshops@anatomytrains.co.uk to book your sessions today!

Northern College of Acupuncture

INFORMATION

**MSc in Advanced Complementary Medicine
(Research and Practice) - see link**
**MSc in Advanced Oriental Medicine
(Research and Practice) – see link**

- Courses start October 2014.
- Open to all acupuncture and traditional Chinese medicine practitioners, or complementary healthcare practitioners, holding a first degree (or equivalent).
- Overseas students require a UK degree or an English language qualification (IELTS or equivalent).
- Convenient two part programmes taught totally online which can be undertaken whilst still working.
 - o Part 1: A two year programme of weekly material including e-learning and regular interaction with other students and the course tutors.
 - o Part 2: Then on to the MSc Dissertation in which students will research a topic of their choice supported by a personal supervisor(s).
- Throughout their course students will be learning from highly experienced College staff who are all practitioners/researchers themselves.
- Students will also benefit from the expertise of our eminent guest contributors, who are leaders in their particular fields of research and practice, including: Charles Buck, Stephen Birch and Barbara Kirschbaum.
- These programmes are quality assured by Middlesex University and students will receive a Middlesex University award on successful completion.
<http://www.mdx.ac.uk/business/partners/current-partners/collaboration/index.aspx>
- The Northern College of Acupuncture has undergone a Review for Specific Course Designation by the Quality Assurance Agency for Higher Education (QAA) and has received its final report, which is available in full at:
<http://www.qaa.ac.uk/InstitutionReports/Reports/Pages/RSCD-Northern-College-Acupuncture-14.aspx>

Some modules also have a stand-alone option – students can participate for CPD hours rather than degree credits. They can transfer the CPD hours into the full MSc at a later date, thus taking their course at a slower pace.



Kinesiology UK Workshops 2014/15

Please note: The workshops listed below are not organised by ISRM. For further enquiries and/or to enrol on any of them, please refer to the appropriate 'contact' person detailed in the RH column below, thank you.

2014

Date	Workshop	Location	Teacher	Contact:
2014:				
12-14 September 2014	FRSB*: Tensegrity Spine	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk
19-20 September 2014	Anatomy Trains I	Birmingham	Michael Watson	Pauline Miller pauline@simplyholistictherapies.co.uk
21-22 September 2014	Anatomy Trains II	Birmingham	Michael Watson	Pauline Miller pauline@simplyholistictherapies.co.uk
22-23 September 2014	Anatomy Trains II	London	James Earls	APPI Health Group info@appihealthgroup.com
6-8 October 2014	FRSB: Arches & Legs	London	James Earls	APPI Health Group info@appihealthgroup.com
11-12 October 2014	FRSB: Head, Neck & Jaw	Weston-on-the-Green Oxfordshire	Don Thompson	Michelle Benjamin workshops@anatomytrains.co.uk
14-23 November 2014	Structural Bodywork Certification Module	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk
12-14 December 2014	FRSB: Fans of the Hips	Birmingham	Don Thompson	Pauline Miller pauline@simplyholistictherapies.co.uk

*FRSB = Fascial Release for Structural Balance

2015

Date	Workshop	Location	Teacher	Contact:
2015:				
30 January 2015- 1 February 2015	4D Fascial Dynamics	London	Tom Myers	Michelle Benjamin workshops@anatomytrains.co.uk
7-8 February 2015	Anatomy Trains I	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk
21-22 February 2015	Anatomy Trains II	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk
6-8 March 2015	FRSB: Arches & Legs	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk
24-26 April 2015	FRSB: Fans of the Hip	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk
8-10 May 2015	FRSB: Abdomen, Breath & Chest	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk
5-7 June 2015	FRSB: Tensegrity Spine	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk
4-5 July 2015	Anatomy Trains in Motion	London	Karin Gurtner	Michelle Benjamin workshops@anatomytrains.co.uk
4-5 July 2015	FRSB: Shoulders & Arms	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk
12-13 September 2015	FRSB: Head, Neck & Jaw	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk
6-15 November 2015	Structural Bodywork Certification Module	Weston-on-the-Green Oxfordshire	James Earls	Michelle Benjamin workshops@anatomytrains.co.uk



Myofascial Release by Ruth Duncan SST ISRM SMTO offers an impressive range of theoretical information and step-by-step clinical application to suit a wide spectrum of manual therapists with an interest in, or passion for, a bio-tensegrity-based, whole-body therapeutic approach.

A worthy addition to Publishers Human Kinetics' 'Hands-On Guides for Therapists' series, the book is intelligently and thoughtfully structured, and though the earlier theoretical sections are duly supported by references to up-to-date fascia and other research, the text is written throughout in a jargon-free, approachable and direct style. The intelligent structure of the work ensures that while much of Part 1 lays essential foundations for the student or novice practitioner, it comprises a very useful summary for all about the anatomy, properties, and multiple functions of fascia, from cellular to integrative three-dimensional whole-body matrix dimension.

Part 2 discusses the subtleties of body workers' prime assessment tool – palpation – and the principles, rationale for, and merits of various myofascial release (MFR) techniques, supported by clear photographic illustrations. Part

Myofascial Release A step-by-step guide to more than 60 techniques by Ruth Duncan

Book Review from Tanya Ball

3 constitutes the real 'meat' of the manual, with a detailed, step-by-step guide to applying six technique types, each with a number of body region-specific applications and abundant, clear photographic illustrations. Lastly, Part 4 invites the more advanced therapist to explore greater subtlety in combining techniques, or enhancing, varying, and tailoring treatments. 'Therapist tips' are provided in each practical section and readers can test their learning via the 'Quick questions' at the end of each chapter. There is also important guidance about 'safe practitioner working posture'.

Although she has knowledge and experience of other fascial therapeutic models, the author's work is profoundly influenced by and based on the MFR approach developed by John F Barnes PT, under whom she trained. One key element of this approach is the emphasis on applying the techniques for at least five minutes: *'It is thought that the time needed for tissues to begin to rearrange themselves is approximately 90 to 120 seconds; the viscous ground substance determines the ease at which this occurs. Because collagen begins to change only after 90 to 120 seconds, MFR techniques must be performed for more than five minutes to influence the entire fascial network.'* (Barnes 1990 cited in Duncan [2014] p. 15). This timing is in my view more prescriptive than the looser 'waiting for the tissues to melt' methodology advocated by Dr Ida Rolf – the founder of 'Structural Integration' (SI) – and some of her eminent pioneering successors. However the rationale for the Barnes formula appears sound and the technique efficacy is anecdotally well documented, offering a very useful complement to other MFR therapeutic strategies.

My combined training over the years at LSSM, in Thomas Myers' Anatomy Trains® model of Structural Integration, and as a Kinetic Control Movement Therapist, invariably emphasises active client participation, and functional movement analysis, correction, and enhancement. From this perspective, the MFR approach in Myofascial Release strikes me as being delivered almost exclusively in a passive, static, and non-weight-bearing mode. Even with the most dedicated client-centred focus, this in my view risks impeding optimal transition from 'treatment' to 'function'.

All in all, this well designed, written, and illustrated book should prove a very useful tool for a wide range of manual therapists to complement and broaden their soft tissue skills in general, and their fascia-orientated proficiency in particular.

Duncan R. (2014) Myofascial Release. Champaign: Human Kinetics.



Autumn 2014 Hampshire Tutorial/CPD Programme - Basingstoke

Course Programme

Tutor: Tanya Ball MSc BA BCSI KCMT LSSM MISRM MCNHC MIAISI
Clinical Soft Tissue Therapist / Board Certified Structural Integrator / Kinetic Control Movement Therapist
e-mail Tanya@tmb-src.co.uk / website www.tmb-src.co.uk

Day	Workshop	Level	Course details
Thursday 18/09/2014 2 pm -5.30 pm	Soft Tissue Release (STR) consolidation/ development HALF DAY WORKSHOP	Intermediate	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 25/09/14 2 pm-5.30 pm	Muscle Energy Technique (MET) consolidation/ development HALF DAY WORKSHOP	Intermediate	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 02/10/14 2 pm-5.30 pm	Stepping up your Postural Assessment Skills - Part 1: Lower body HALF DAY WORKSHOP	Intermediate/ advanced	Enhance your observation and palpation skills; learn to ‘ make sense ’ of and interpret what you see/feel; develop your clinical reasoning as a soft tissue therapist to prioritise optimal treatment, remedial advice, and outcomes for your clients!
Thursday 09/10/14 2 pm-5.30 pm	Fascial Release for the <i>foot, ankle, lower leg</i> HALF DAY WORKSHOP	Intermediate	Enhance your hands-on fascial release skills to address key lower leg factors associated with numerous ‘local’ and ‘distant’ postural and functional issues * See also other fascial release workshops below.
Thursday 16/10/14 2 pm-5.30 pm	Understanding the hip & knee: ‘essential assessment leads to effective treatment’ HALF DAY WORKSHOP	Intermediate	Understanding the source of pain/ overuse injury: learn to ‘see’, <i>interpret</i> what you ‘see’, and focus on effective, <i>relevant</i> treatment. Also ideal ‘bridging’ workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 23/10/14 2 pm-5.30 pm	Fascial Release for the thigh, hip, & pelvis HALF DAY WORKSHOP	Intermediate	Learn to address fascial restriction/imbalance to enhance clients’ postural and functional support: leg/pelvis weight & movement transfer.
Thursday 30/10/14 2 pm-5.30 pm	Stepping up your Postural Assessment Skills - Part 2: Upper body HALF DAY WORKSHOP	Intermediate/ advanced	Enhance your observation and palpation skills; learn to ‘ make sense ’ of and interpret what you see/feel; develop your clinical reasoning as a soft tissue therapist to prioritise optimal treatment, remedial advice, and outcomes for your clients!
Thursday 13/11/14 2 pm-5.30 pm	Combining Neuro-Muscular (NMT) and Positional Release (PRT) techniques HALF DAY WORKSHOP	Intermediate/ advanced	Develop this highly effective combined approach to trigger point and other local tissue restriction release. Once familiar with NMT, in addressing acute/sub-acute pain, although many ‘chronic’ presentations also respond very well.
Thursday 27/11/14 2 pm-5.30 pm	Fascial Release for the trunk/thoracic area HALF DAY WORKSHOP	Intermediate	Learn to address fascial restriction/imbalance to enhance clients’ upper/lower body ‘pendulum’ motion in gait and BREATHING!
Thursday 04/12/14 2 pm-5.30 pm	Understanding the lumbo-pelvic region: ‘essential assessment leads to effective treatment’ HALF DAY WORKSHOP	Intermediate	Understanding the source of pain/ overuse injury: learn to ‘see’, <i>interpret</i> what you ‘see’, and focus on effective, <i>relevant</i> treatment. Also ideal ‘bridging’ workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 11/12/14 2 pm-5.30 pm	Understanding the shoulder: essential assessment leads to effective treatment HALF DAY WORKSHOP	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.
By arrangement	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.
By arrangement	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, or for BACS payment details, thank you.

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



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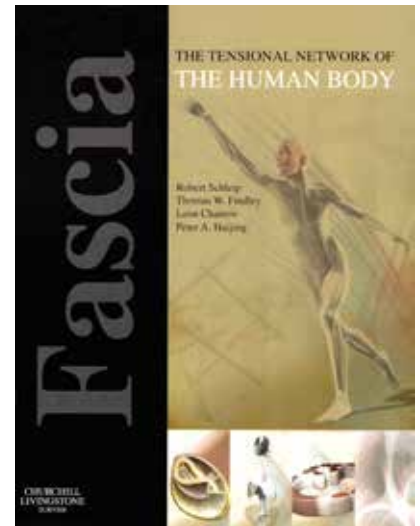
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<http://www.movementlectures.com>

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

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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

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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



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www.bluechipmassage.co.uk



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www.themassagetrainingsschool.com

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