



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

NEWSLETTER

ISRM | ISSUE 29 | SEPTEMBER 2015



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Breaking news! Breaking news!

ISRM is expanding...

From Mel Cash

Earlier this year, the Cambridge School of Sports Massage was launched with our BTEC qualification, and it is developing well under the direction of Carl Major, who spent many years as the lead tutor at OSSM in Oxford.

In October (2015), LSSM will be opening a new branch in Brighton, using excellent modern premises and a number of its senior London tutors.

We now have courses running in 8* towns in the South East of the country, and have the region pretty well covered. Spreading further north is more difficult because our scope and level of training is now so far ahead of the rest of the industry. So outside our own organisation it is hard to



LSSM Brighton venue

find teachers with the expertise needed to teach at the appropriate level. Although we could easily find premises and then send tutors north for the weekend workshops, this is a very risky strategy. Without a good local team of tutors, with a wider range of

styles and clinical experiences, and offering local support to students, it would be hard to achieve the depth and quality of training we expect.

*London, Oxford, Cambridge, Bristol, Exmouth, Southampton, Brighton, Loughborough.



LSSM Southampton venue



Editorial

From Tanya Ball

Welcome...

A very warm welcome to our autumn 2015 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 'bumper' end-of-year edition!

ISRM Newsletter format – reminder

For the benefit of our new Members, please note that our mid-year newsletter editions are published online only, followed by an extended 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 his 'Breaking News' page, Mel Cash announces exciting ISRM developments, with new schools/branches in Cambridge, Brighton, and other plans 'in the pipeline'.

This being a somewhat intermediary Issue, although there are no feature articles (we will make up for this in December!), readers will find a wide range of high quality CPD

courses and workshops at different venues, to suit most aspirations and/or needs.

Event Work: Catch up on recent events supported by ISRM volunteers, and look out for further opportunities in my Event Work Update. A huge 'thank you' as always to all who helped/will be helping on these occasions, sometimes at very short notice indeed, e.g. the Basingstoke Hockey Festival.

Expand your knowledge, enhance your skills (CPD): As mentioned above, 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 or associates, 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 who to contact if you wish to enrol as this varies depending on the workshop provider.*

Places are still available on **Alex Fugallo's** ever-popular **Myofascial workshops**, which I cannot recommend enough (not that I am biased towards Alex or 'Fascia' ☺).

Please also note the rare opportunity to receive **free professional bodywork** as a 'model' for a Series of *Anatomy Trains®* courses in Oxfordshire in 2016, but you must be available for all the dates indicated.

I am awaiting confirmation of dates at the time of writing, so they may not be forthcoming until the December Newsletter Issue.

May I also draw your attention to a novel, and to date highly successful **Dry Needling course** tailored for Soft Tissue Therapists taught by fellow ISRM member **Chris Beal**.

Members' special offers: as a long-standing existing customer, I am delighted to announce that ISRM are now in partnership with therapeutic suppliers **Physique Management Company** (www.physique.co.uk), whereby ISRM members are entitled to a 10% discount on orders. Physique were valuable supporters of our 2014 Conference, notably supplying all necessary tape for the Taping workshops free of charge. Please refer to back pages of this issue for details of offer.

***** 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 to wait for 'someone else' to send in a report, story, case study or anything else of interest.

*Please bear in mind that we specially aim for a copious December Issue, which is published both electronically and in hard copy, giving contributors added 'exposure'. 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 2015 Issue is Friday 13th November 2015, thank you.

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

Event Work

Event work update

From Tanya Ball



British sport has so far experienced mixed success in 2015, highlights of which include outstanding performances at the recent World Athletics Championships, the

England cricket team regaining the Ashes, and a well overdue place in the Davies Cup final in November.

Despite ISRM again not being involved in this year's 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 since our involvement in the London Marathon (see July 2015 Issue). Events we have supported to date include:

- Full Circle Fund (Charity) Cycling Event, Oxshott, Surrey – Sunday 10th May
- Bournemouth 7's Festival, Bournemouth – Fri-Mon 22nd-25th May

- Tackle Africa Football Marathon, London – Friday 20th June
- Basingstoke Hockey Festival, Basingstoke – Sat-Sun 25th-26th July
- Ride London, Surrey/London – Sunday 2nd August



Basingstoke Hockey Festival

Four ISRM teams supported charities at this latter fast-growing, challenging 100-mile cycling event. Based on recent years, I believe this has the potential to develop into a comparable fundraising event to the London Marathon, with ever more charities involved, and hence ever-increasing demand for post-event SRM support, so 'watch this space'.

Forthcoming events

- Tonbridge Half Marathon, Kent – Sunday 4th October
- Royal Parks Half Marathon, Hyde Park, London – Sunday 11th October.

Please see ISRM 'Event Work' web page for details and/or to register – *please note that these events may be 'full' and hence removed from the web page, by the time this Issue is published.*

2016 events, which will include the 2016 London marathon, will be posted on the event work web page from mid-late January 2016.

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

Event Work



Sarah and team enjoy treating hockey players in sunny Basingstoke Hockey Festival

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.



Basingstoke Hockey Festival

Expand your knowledge, enhance your skills

Strapping & Taping



Date: Sunday 15th November

Time: 10am-5pm.

Venue: Health Professions
Building, Southampton
University, Burgess Road,
Southampton

Cost: £100

Course objectives:

Morning session

- Basic principles of strapping to include rigid taping, compression, immobilisation and facilitation
- Looking at different types of tape and understanding their functions
- Practical application of compression strapping of an ankle
- Practical application of ankle & thumb rigid strapping
- Functional taping of the shoulder and knee

Afternoon session

- Introduction to the theory of Kinesiotaping
- Investigating Kinesiotape's uses for:
 - Inhibition of trigger points
 - Increasing/decreasing muscle tone
 - Offloading myofascial pathways
 - Use of myofascial taping in a sporting arena

Chris Gordon MCSP SRP

Chris is a Chartered Physiotherapist who spent three years at Harlequins RFC, working with top international players. He then moved across London to Saracens RFC.

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 based at Bisham Abbey with athletes from the British Olympic judo, rowing, hockey, canoeing, trampolining, athletics and Paralympic teams. From 2004-2011 Chris worked with the British Olympic Sailing Team, travelling to both Athens and Beijing Olympic Games as part of the most successful Sailing team ever. He now runs his own private practice.

To book a place on this workshop, please email: sarahtidey@gmail.com



Emergency First Aid at Work (EFAW)

This 6 hour course is designed for where an organisation's risk assessment of First Aid needs identifies that there is a requirement for Emergency First Aid at Work practitioners. Then these national Awards for Emergency First Aid at Work satisfy the requirements of the regulatory body for first aid. All learners will have the skills and knowledge to provide the organisation with Emergency First Aid that can provide treatment to their casualties in a prompt, safe and effective manner.

1 day course

Tutor: Colin Iggleden

Date: Saturday 14th November

Time: 10am-5pm.

Venue: Health Professions Building,
Southampton University, Burgess Road,
Southampton

Cost: £70

To book a place on this workshop, please email: sarahtidey@gmail.com

Expand your knowledge, enhance your skills



ANATOMY TRAINS



NEW!

Structural Bodywork Certification for Manual & Movement Therapists

Functional, Fascial and Structural
Approaches in one program

Learn to make the appropriate
changes to maximise efficiency

Break the myths of anatomy
and physiology

Understand how the
body really moves

Enrol now for the full workshop series to receive a massive discount and a **FREE iPad Mini!** You can choose a payment plan to suit your budget!

Follow us on Facebook & Twitter  

Expand your knowledge, enhance your skills

Anatomy Trains is changing.
By integrating the most recent research
and the latest understanding of
biomechanics and myofascia we have
updated and improved our training.



The modular, weekend workshop format is designed to give the student more flexibility in their learning compared to the previous longer format.

It is more affordable, requires less time away from work and loved ones and can be taken in any order – letting you decide the speed of your progression through the series.

Building on the renowned Anatomy Trains and Thomas Myers' style of BodyReading, our training now also includes much more functional assessment which combines, biomechanics and functional anatomy alongside the myofascial meridians.

You will come away with a model of efficient and graceful movement, and a clear understanding of the roles of the various types of fascia and their interactions with the neural and muscular tissues. Most of all, you will learn assessment techniques to identify weak links and a range of effective treatment strategies to correct them.

Beginning with the newly updated Anatomy Trains weekends, we will give you a general overview of the body, bringing you up to date with the newest thinking on how the body 'likes' to move.

By analysing the bones and joints we can see the channeling effects of the forces through the body and how they fit into the Anatomy Trains model to create a map of the body's response during normal function.

Each subsequent weekend will build on the introduction, deepening your understanding of the area covered and including new assessments and techniques to create a comprehensive analysis and treatment system.

It is a system that allows the therapist to design unique, dynamic and effective interventions for each client, strategies that will allow them not only to feel better but also move with greater ease and comfort.

Expand your knowledge, enhance your skills

Anatomy Trains in Structure & Function

In this new and expanded workshop format you will learn about the myofascial tissue and its many roles in the body. You will begin to appreciate how the body incorporates the Anatomy Train Lines to create easy and graceful movement – provided they are in some form of balance and harmony; restriction or weakness in one section can have many knock-on effects elsewhere.

This workshop will show you how that happens, how to trace the lines of strain and, most importantly, how you can develop strategies to deal with them.

This is the first workshop to combine Anatomy Trains theory alongside structural and functional anatomy and analysis, blending together the concepts of tensegrity with elastic recoil for movement efficiency.

- **Get the latest information on fascia, muscle, and movement.**
- **Be able to identify the 12 myofascial meridians and their link to human growth, development, perception and consciousness.**
- **Accurately “BodyRead” posture and movement; assess your clients in a new way.**
- **Gain effective myofascial and movement strategies.**
- **Develop treatment strategies specific to your clients’ structural and functional patterns.**

Anatomy Trains in Structure & Function courses give you new techniques to transform structure by reaching deeper issues in the tissues.

Anatomy Trains in Structure & Function (formerly ATI & ATII)

Dates:

2-3 & 28-29 September 2015 – London
30-31 Oct & 1-2 Nov 2015 – Birmingham
21-22 Nov 2015 & 16-17 Jan 2016 – Suffolk
30-31 Jan & 5-6 Mar 2016 – Oxfordshire
1-2 Febru & 25- 26 May 2016 – London

Anatomy Trains in Motion

Dates:

22-24 April 2016 – London
30 September - 2 October 2016 – London

Walking the Lines

Dates:

12-14 February 2016 – London
27-28 February 2016 – Brighton

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

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:

12-14 October 2015 – London
18-20 March 2016 – Oxfordshire

Fans of the Hip

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:

13-15 May 2016 – Oxfordshire

Abdomen, Breath & Chest

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:

4-6 September 2015 – Bristol
23-25 November 2015 – London
17-19 June 2016 – Oxfordshire

Expand your knowledge, enhance your skills



Tensegrity Spine

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:

4-6 December 2015 – Exmouth

23-25 September 2016 – Oxfordshire

Shoulders & Arms

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:

12-13 March 2016 – Exmouth

21-23 October 2016 – Oxfordshire

Head, Neck & Jaw

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:

12-13 September 2015 – Oxfordshire

4-5 June 2016 – Exmouth

26-27 November 2016 – Oxfordshire



Structural Bodywork Certification Module

Learning the 3-Session Series - after completing the full series of FRSB workshops you will be able attend the final 8-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:

6-15 November 2015 – Oxfordshire

16-26 February 2017 – Oxfordshire

KMI Part3 – Structural Integration Training

Dates:

16 February - 4 March 2016 – Oxfordshire

4-21 April 2016 – Oxfordshire

James Earls – Active Fascial Release

Dates:

22-24 October 2015 – Belfast

20-22 May 2016 – London



Check our website for full details:
www.anatomytrains.co.uk

Expand your knowledge, enhance your skills



The series combines manual and movement philosophies to offer a unique skill-set to all therapists: you will learn to see and understand 3-dimensional movement, identify soft-tissue patterns, and correct them with the most appropriate method.



You will no longer be tied to either couch-based or mat-based thinking. This series will get you and your clients co-operating, using both movement and touch, to build healthy tissue and movement patterns.

If you would like to develop your skills beyond the massage table, the exercise mat or the reformer, understand why you perform various interventions and be able to see 3-dimensional movement then this is the series for you.

Hope to see you on a workshop soon,

James Earls

Anatomy Trains Series – Worldwide Dates

Anatomy Trains I

10-11 September 2015 – Lublin
12-13 September 2015 – Stockholm
17-18 September 2015 – Oslo
10-11 October 2015 – Prague
15-16 October 2015 – Gdansk
15-16 October 2015 – Budapest
18-19 October 2015 – Tampere
28-29 October 2015 – Rovaniemi
10-11 November 2015 – Ylivieska
26-27 November 2015 – Warszawa
3-4 December 2015 – Poznan
5-6 December 2015 – Rome
29-30 January 2016 – Nurmes
11-12 February 2016 – Oslo
12-13 March 2016 – Prague
7-8 April 2016 – Dortmund
15-16 September 2016 – Oslo

Anatomy Trains II

12-13 September 2015 – Lublin
19-20 September 2015 – Oslo
26-27 September 2015 – Warszawa
17-18 October 2015 – Budapest
22-23 November 2015 – Tampere
5-6 December 2015 – Poznan
7-8 December 2015 – Rome
3-4 February 2016 – Rovaniemi
13-14 February 2016 – Oslo
27-28 February 2016 – Stockholm
9-10 April 2016 – Dortmund
22-23 April 2016 – Nurmes
16-17 July 2016 – Prague
17-18 September 2016 – Oslo

Anatomy Trains in Motion

30 October - 1 November 2015 – Bern
11-13 December 2015 – Bern
1-3 April 2016 – Piacenza
8-10 April 2016 – Helsinki
15-17 April 2016 – Torun
19-21 August 2016 – Bern
7-9 October 2016 – Piacenza
14-16 October 2016 – Torun
21-23 October 2016 – Madrid
28-30 October 2016 – Amsterdam
4-6 November 2016 – Dortmund
11-13 November 2016 – Bergen



Check our website for full details:
www.anatomytrains.co.uk

Expand your knowledge, enhance your skills

Fascial Release & Functional Movement Series – Worldwide Dates

Arches & Legs

2-4 October 2015 – Krakow
27-29 November 2015 – Oslo
28-30 January 2016 – Budapest
12-14 February 2016 – Torun

Fans of the Hip

18-20 September 2015 – Torun
5-7 October 2015 – Espoo
11-13 December 2015 – Krakow
31 January - 2 February 2016 – Budapest
5-7 February 2016 – Oslo
18-20 March 2016 – Torun

Abdomen, Breath & Chest

9-11 October 2015 – Amsterdam
30 November - 2 December 2015 – Espoo
5-7 February 2016 – Krakow
11-13 March 2016 – Oslo
12-14 May 2016 – Budapest
20-22 May 2016 – Torun

Tensegrity Spine

27-29 November 2015 – Amsterdam
22-24 April 2016 – Krakow
15-17 May 2016 – Budapest
3-5 June 2016 – Oslo
17-19 June 2016 – Torun

Shoulders & Arms

25-27 September 2015 – Budapest
24-25 October 2015 – Torun
20-21 February 2016 – Amsterdam
6-8 May 2016 – Krakow
18-19 June 2016 – Oslo
16-18 September 2016 – Torun
22-24 September 2016 – Budapest

Head, Neck & Jaw

5-6 September 2015 – Oslo
27-29 September 2015 – Budapest
21-22 November 2015 – Torun
16-17 April 2016 – Amsterdam
25-26 June 2016 – Krakow
3-4 September 2016 – Oslo
24-26 September 2016 – Budapest
8-9 October 2016 – Torun

Structural Bodywork Certification Module

23 October - 1 November 2015 – Oslo
17-20 March 2016 – Budapest
21-30 October 2016 – Oslo

ANATOMY TRAINS

Save by investing up-front

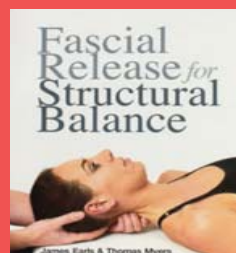
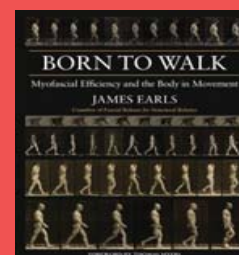
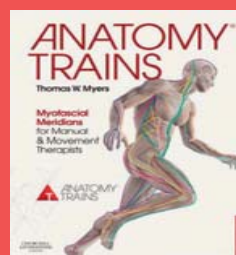
Option 1: Save by investing up-front for the full training (AT Structure & Function to SBCM) and it will cost you £4,020 if paid in full AND you will also receive a free iPad Mini with all the course materials.
or
Pay by installments £1,200 deposit and 5 payments of £615.

Option 2: Want to be sure the programme is for you? Take AT Structure & Function together for £585 if you decide that the rest of the programme is for you, then invest £3900 if paid in full for the remaining FRSBs and SBCM you can still receive the free iPad Mini with all the course materials.
or
Deposit £1200 and 5 payments of £580.

Option 3: Pay as you go and you will be able to buy the iPad Mini with all the course materials for £200.

Note: Options only apply to the Oxfordshire dates.

please contact us at:
Tel: +44 (0)28 9558 0764 or
workshops@anatomytrains.co.uk
or check our website for full details:
www.anatomytrains.co.uk



Expand your knowledge, enhance your skills

Course title	Dry Needling
Qualification	Diploma in Acupuncture / Dry Needling in Sports Medicine
Course Summary	<p>A new accredited Diploma course focusing on treating orthopaedic disorders and pain management within sports medicine.</p> <p>Similar to other acupuncture courses for sports injuries, this course provides an opportunity for manual therapists who are trained in sport massage and or sport & remedial massage therapy to incorporate this new skill into their client's treatment.</p>
Course Overview	<ul style="list-style-type: none"> • 6 day practical and theoretical qualification course • 150 hours of guided learning • 15 case histories of varying content related conditions • Continued assessment throughout the course • Theory exam on final attendance day.
Max. no of participants	8
Theory/ practice content	<p>This is a very practical course that will give candidates the confidence and skills required to provide structured acupuncture treatment sessions to their clients and patients.</p> <p>You must be able to fully participate in active needling during the course. You will be required to do practical demonstrations of all techniques taught displaying clinical reasoning skills.</p>
Course accreditation	Accredited by the <i>Acupuncture Society of Professional Oriental Therapists</i> www.acupuncturesociety.org.uk
Content	<p>You will learn treatment techniques for the following:</p> <ul style="list-style-type: none"> • Shoulder disorders elbow, wrist and hand disorders • Hip, knee and ankle disorders • Stress • General and specific pain relief • Disorders of the spine and neck • Insomnia • Techniques for acute conditions.
Objectives	By the end of this course, candidates will have developed a greater understanding of acupuncture and dry needling techniques for common and sports injuries, pain management, and factors that can exacerbate symptoms.
Pre-course Preparation	Reading material will be recommended as soon as the candidate signs up.
Audience	Anyone with a Level 3 or equivalent in anatomy & physiology, massage/sports/sports massage therapists, physiotherapists and other bodywork therapists.

Expand your knowledge, enhance your skills

Contact 	<p>Gemma Atkinson at www.SoftTissueExpert.com SoftTissueExpert@outlook.com Performancepta@gmail.com</p>
Course duration & time	<p>6 days 9am-5pm</p>
Cost	<p>Total £795 Deposit to secure your place on the course: £150 You can pay in one sum or in instalments. Please contact Gemma as per above details for more information.</p>
No of CPD hours	<p>150 hours' Continued Professional Development (CPD).</p>
Course dates	<p>24th/25th October, 21st/22nd November, 19th/20th December 2015.</p>
Course tutor	<p>Chris Beal MISRM, MAcS CL, Au MSP, OA, TCM</p>
Course tutor profile 	<p>Chris Beal MISRM, MAcS CL, Au MSP, OA, TCM a registered clinical and orthopaedic acupuncturist runs his own practice, Performance Physical Therapy & Acupuncture. Having studied acupuncture within sports medicine, auricular Microsystems acupuncture, also at post grad level with the College of Chinese Medicine in London, Chris holds a full membership to the Acupuncture Society and The Sports and Acupuncture Therapists Organisation.</p> <p>Chris states, "Acupuncture in sport is now becoming increasingly popular and is well recognised as a treatment protocol for treating sporting injuries". Regularly treating the general public with acupuncture, Chris has also treated ex-international female rugby players and former members of the British Kickboxing team. He has also worked as the Lead Therapist for Stoke City Ladies Academy and on a season of Sky Sports School of Hard Knocks. "In clinic, not only do we consistently manage chronic injury; we see reduced stress & anxiety symptoms and insomnia linked to sports people", he continued.</p>
Course venue	<p>Upper Floor 34, St Margaret's Rd, Brockley, London, SE4 1YU Soft Tissue Expert may be moving from Brockley to Catford but for the moment make sure you can get to both properties and I will confirm which one we will be learning in asap. Culverly Rd, Catford, London, SE6</p>

Expand your knowledge, enhance your skills

Autumn 2015 Hampshire Tutorial/CPD Programme - Basingstoke

Course Registration Form * PLEASE RE-NAME FILE TO INCLUDE YOUR INITIALS BEFORE RETURNING *****

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

Day	Workshop	Workshop selection - please tick <input type="checkbox"/> box(es) next to chosen course(s)	Registrant details (please complete boxes below):
Thursday 17/09/15 2 pm-5.30 pm POSTPONED - new date TBC	Restriction/compensation patterns: lower leg, ankle, and foot: essential assessment = effective treatment HALF DAY WORKSHOP		Full Name:
Thursday 01/10/15 2 pm-5.30 pm POSTPONED - new date TBC	Fascial Release for the <i>foot, ankle, lower leg</i> HALF DAY WORKSHOP		Postal address (for Receipted Invoice) incl. Post Code:
Thursday 08/10/15 2 pm-5.30 pm	Positional Release (PRT) integrating Neuro-Mus-cular technique (NMT) HALF DAY WORKSHOP		Mobile phone No:
Thursday 15/10/15 2 pm-5.30 pm	Restriction/compensation patterns: the hip & knee: essential assessment leads to effective treatment HALF DAY WORKSHOP		E-mail address:
Thursday 22/10/15 2 pm-5.30 pm	Fascial Release for the thigh, hip, & knee HALF DAY WORKSHOP		Graduates: Year & month qualified + Course number e.g. 22D if known): Students: Course No e.g. 26A:
Thursday 29/10/2015 2 pm -5.30 pm	Soft Tissue Release (STR) consolidation/ development HALF DAY WORKSHOP		Payment method (please tick) BACS / OR Cheque
Thursday 05/11/15 2 pm-5.30 pm	Restriction/compensation patterns: the lower back and pelvis: essential assessment leads to effective treatment HALF DAY WORKSHOP		<i>Please pay by BACS if at all possible , thank you. BACS details:</i> A/c Name: 'Mrs T Ball' Sort Code: 20-05-00 A/c No: 50132381 <i>Please include 'CPD' + workshop date as part of your Reference, thank you.</i>
Thursday 12/11/15 2 pm-5.30 pm	Fascial Release for the lumbar & pelvic region HALF DAY WORKSHOP		<i>Cheque payments: please make cheque payable to 'Mrs T Ball' and forward to: 86 Windermere Avenue, Kempshott, Basingstoke, Hampshire RG22 5JH</i>
Thursday 19/11/15 2 pm-5.30 pm	Muscle Energy Technique (MET) consolidation/ development HALF DAY WORKSHOP		<i>If paying by cheque, please ensure you state which course(s) your payment relates to, and that your name is identifiable (e.g. If using Company cheque). Thank you.</i>
Thursday 26/11/15 2 pm-5.30 pm	Restriction/compensation patterns: the cervical and thoracic region: essential assessment leads to effective treatment HALF DAY WORKSHOP		PLEASE REMEMBER TO RE-NAME XLS FILE TO INCLUDE YOUR INITIALS PRIOR TO RETURNING BY EMAIL TO: tanya@tmb-src.co.uk THANK YOU!

Expand your knowledge, enhance your skills

Thursday 03/12/15 2 pm-5.30 pm	Fascial Release for the trunk/thoracic/cervical area - HALF DAY WORKSHOP		
Thursday 10/12/15 2 pm-5.30 pm	Pre-assessment/pre-exam revision - HALF DAY TUTORIAL		
2016			
Thursday 04/02/16 2 pm-5.30 pm	Pre-exam/pre-assessment revision - HALF DAY TUTORIAL		
Thursday 11/02/16 2 pm-5.30 pm	Restriction/compensation patterns: essential assessment leads to effective treatment HALF DAY WORKSHOP		
Thursday 18/02/16 2 pm -5.30 pm	Safe working posture— how well do you protect your body as a therapist? HALF DAY WORKSHOP		

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 registration 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.

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



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

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The Autumn/Winter 2015-2016 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

*Remedial Soft Tissue Therapist / Board Certified Structural Integrator /
Kinetic Control Movement Therapist*

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

Myofascial Release Technique Workshop Series With Alex Fugallo – Regent's College, London

Places still available

Introductory (foundation) day
Sunday 27th September

Lower Limb
17th/18th October

Trunk
14th/15th November

Upper limb & Head
5th/6th December

Details and booking: www.lssm.com/cpd_courses.php



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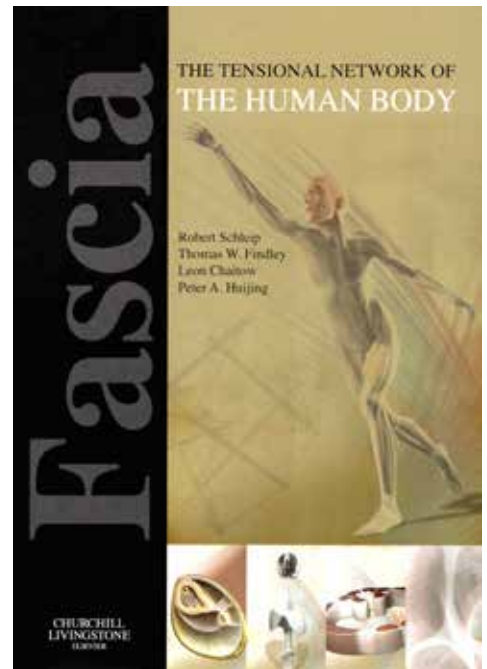


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Below are a selection of websites that might be of interest to you. If you have discovered some others that you would like to share, please send them along to admin@theism.com Thanks

<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

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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



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



Massage Training School Exmouth
www.themassagetrainingsschool.com

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