



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



NEWSLETTER

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Breaking news! Breaking news!

Breaking news indeed! Acquisition of Marshcouch!

From Mel Cash



As some of you already know, the former longstanding proprietor of Marshcouch, Nigel Marshall, recently decided to retire, and to sell his highly reputed business as a going concern.

A buyer was found, so the workshop closed and everything was packed up to go North to the new owners. However, there was a very last minute change of mind when they decided not to go ahead, but it was then far too late to turn back, so Marshcouch went out of business. This was sad news for its many devoted customers, especially LSSM. They had used and recommended nothing else for 25 years because it was always the strongest and most stable couch on the market.

Mel Cash had known Nigel for many years and they met up to see if there was a way he could rescue the brand. Mel had a very good contact in the Midlands with exactly the right experience in production, and so together they have now become the proud owners of this specialised enterprise. After an inevitable pause during the purchasing process and the setting up of a new workshop, Marshcouch resumed production in October (2016), with the same tried and tested couch model that LSSM have been using for many years.

Prices start at £270 (+VAT), but all ISRM students and members are eligible for a 10% discount. For further details, please visit www.marshcouch.com

New Qualification Title

We have been waiting for over three years while Pearsons BTEC went through some restructuring, but we finally gained approval in July 2016 for the new qualification with the title:

BTEC Level 5 Professional Diploma in Soft Tissue Therapy

In practical terms, this is nothing new at all, because we have been building up to this for a long time. We have continually been

improving our training and far exceeding the scope of our former BTEC qualification for many years. The BTEC qualification has now come into line with our training and very little will actually change in our training programme.

The new BTEC title makes Soft Tissue Therapy a formally recognised qualification and this is an important step towards establishing it as a distinct new therapy in modern healthcare.

Why Soft Tissue Therapy evolved

Soft Tissue Therapy has evolved over many years, not just because of our desire and passion to become better therapists, but also in response to the changing healthcare needs of the clients who seek our help.

We have seen how the financial strain on the National Health Service has made it less able to fund treatment for minor and chronic injuries. Although considered only 'minor' in clinical terms, these are painful conditions that can seriously affect quality of life, and if left untreated, they can lead to much more complex problems later on. But without NHS funding to support this field, people increasingly have to turn to the private sector for help.

We have also seen changes in the training of physiotherapists over recent decades, which has made musculoskeletal Physiotherapy become predominantly exercise-based, with limited, if any, hands-on treatment techniques that we use to such great effect in Soft Tissue Therapy.

Soft Tissue Therapy has evolved to fill the vacuum that has developed in the treatment of minor and chronic injuries in mainstream healthcare today. It has risen to a much higher clinical level than the 'sports massage' we started off with in the 1980ies, and as well as playing a much more important role in society, it also offers a far more satisfying and rewarding career for the therapist.

What Soft Tissue Therapists do?

Soft Tissue Therapists can safely assess, treat, and rehabilitate acute or chronic minor soft tissue¹ conditions caused by injury, sport, lifestyle stress, or illness. As well as addressing the primary problem, they analyse a wide range of other contributing factors, enabling them to provide treatment and remedial/preventative exercise/lifestyle advice to help avert further injury, and improve physical and psychological wellbeing in the longer term.

¹ *Soft Tissues – mainly the muscles, tendons, ligaments and connective tissue.*

Introductory Marshcouch special price for ISRM members only

Fixed height couch from £266
(was £324)

Adjustable height couch from £288
(was £354)

The couches are all individually custom made in our own workshop here in the UK. You can choose from a range of colours and select any fixed height that you want, or there is a standard adjustable and an extra low adjustable option as well. You could even have the couch made extra wide or long if you want it. No other couch supplier does this!

www.marshcouch.com

You can get your discount code when you log in to your ISRM account.



Editorial

From Tanya Ball

Welcome...

A very warm welcome to our winter 2017 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!

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 winter 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...

Mel Cash makes two significant announcements in his 'Breaking News' page: one, pertaining to ISRM's long-awaited success in securing approval from BTEC for a new qualification entitled, '**BTEC Level 5 Professional Diploma in Soft Tissue Therapy**' in July 2016. This is a major achievement for our profession, as it testifies externally and objectively to the superiority in quality and scope of training provided by ISRM-accredited schools, compared to other options in the country.

The second announcement is a 'Mel-style tale' of the somewhat unlikely twist of events that resulted in him becoming the proud joint-owner of highly reputed therapy couch manufacturers Marshcouch.

Feature articles once again include a faithful update about the charity project Seeing Hands Nepal from ever dedicated **Sue Ainley**, and an insightful, informative clinical piece from LSSM London Tutor **Jo Chatfield**, about her experience of and helpful tips for working with patients with Multiple Sclerosis (MS). Both stories are generously illustrated by photos.

Event Work: Catch up on 2016 events supported by ISRM volunteers, including several first-hand accounts of the London Marathon experience as well as reports from the Ride London Surrey 100 and the Tonbridge ½ Marathon. A big thank you to **Tracy Harris, Sam Roberts, Helena Martin, Nicola Ralph** for these. Once again, an abundance of photos adds to the flavour of these events. A huge 'thank you' as always to all who helped, sometimes stepping in at short notice and/or personal inconvenience, on these occasions.

Expand your knowledge, enhance your skills (CPD): Full details of known / confirmed 2017 CPD (Continued professional development) at the time of writing are available in this edition.

Members' special offers: I am delighted to remind ISRM members about the various preferential offers available to us from **Physique Management Company** (www.physique.co.uk), the **Journal of**

Bodywork and Movement Therapies, and **Marshcouch** – now under Mel Cash's new joint ownership.

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

My grateful thanks as always to all contributors to this Issue. Given the relative shortage of material received – specially with regard to 'Feature articles' – however, I am appealing to each of you not wait for 'somebody else' to send in a report, story, case study or anything else of interest. **So please get writing now! Thank you!**

Please note that the submission deadline for the spring/summer 2017 issue is Friday 28th April 2017, thank you.

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

Feature Articles

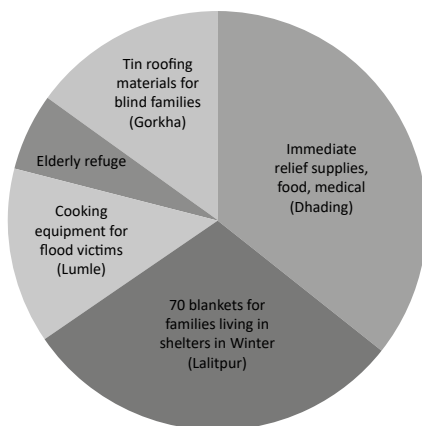
Seeing Hands Nepal update

From Rob & Sue Ainley, Founders



In 2015, two massive earthquakes, and over 300 subsequent aftershocks left a humanitarian disaster in their wake. 8,714 people died, 470,000 houses were destroyed and 2.8 million displaced. With the government failing to mobilise aid, our team in Nepal engaged in a number of different DIY relief efforts and our friends and supporters acted fast to raise funds to support their efforts. In total we donated over £3000 and used those funds in the following ways:

Percentage of funds used for different causes in Nepal



In partnership with the Change Fusion team, we also paid for the construction of 35 Matribhumi smoke-free stoves in Bhattadadha village.

Huge thanks to all those who donated and helped us to make a small difference to the lives of just a few of the many affected so badly.

Fortunately our clinics survived the earthquakes well, some cracks appeared in our Thamel building but turned out to be superficial. There was some damage to the rented building that two of our therapists in Patan live in, but fortunately they weren't in it at the time. Everyone experienced some difficult days living

outside in thunderstorms for the first few days but soon everyone was able to get to the safety of their villages.

Now Nepal is being crippled by severe and protracted fuel and gas shortages as anti-government protesters continue to blockade the Indian border. Prices have risen to astronomical levels and people are queuing for days to get fuel and gas. The winter has been cold this year too, and long power cuts add to the woes.

Getting gas for our heaters has been difficult but thankfully the few guests we have seen have been very understanding about our sometimes chilly massage rooms! The shortages are causing tour companies to cancel trips though, stifling the so-important recovery of Nepal's tourist industry, which post-earthquake shrunk to a quarter of its usual size. The lack of tourist visitors was the most difficult part of 2015 for us - but we've been lucky to have a contingency fund to rely on. Many other small businesses haven't been so fortunate. Nepal has faced far more than its fair share of tragedy this year, and badly needs the income from tourists to recover. Any friends of Nepal wanting to help should simply spread the word that Nepal is safe, and stunning as ever:

New student selections...

We are delighted to announce that Seeing Hands will be taking on a new group of blind students very soon!

With the clinics quieter than usual, now is the perfect time to be training more therapists and their course will take a year, by which time we hope visitor numbers will have returned to usual levels. This has been made possible thanks to some local funding from an organisation called Tourism Cares, a

philanthropic organisation that supports community tourism-based projects.



Chiran is running the student selection process and has invited interested blind people to fill in forms, shortlisting 30 so far for formal interviews. They may even have a skype interview with us in the UK if we can make that work! The plan is to take 6 students this time and we'll post photos of the selected class of 2016 in a few weeks on our facebook page.

Volunteers wanted!

With new students starting soon, we now need volunteer massage tutors to help Chiran with the training. If any experienced massage therapists or previous volunteers are thinking of travelling to Nepal this year, please get in touch.

To find out more about volunteering for Seeing Hands please email: info@seeinghandsnepal.org



Feature Articles

Working with Multiple Sclerosis (MS) patients

From Jo Chatfield



Working with people suffering with a degenerative condition is not for everyone. You need to be honest and accept this will be a downward slope, but also remain positive because precisely how the condition develops varies extensively from person to person. I have worked at the Multiple Sclerosis Therapy Centre in Coulsdon for over 10 years now and want to share some of the ways we are able to support people with MS.

Over the next few newsletters, I will be covering different subjects which may relate to other neurological conditions as well. In this first article, I will be discussing

Balance, but first here are a few general principles we abide by at the MS Centre regardless of the issue we are focusing on.

1) "Use it or lose it!" is our mantra. Ensuring people remain as active as possible for as long as possible is our goal. We need to bear in mind that depression can commonly be a symptom of degenerative conditions, and that only clients who are motivated to improve, and who invest time outside of their therapy session, will have the best chance of maintaining or (possibly) improving their mobility.

2) Setting realistic goals. This is just as important to us as therapists as to our clients. Our approach needs careful consideration and each client's situation, ability, and response to treatment will be different. As soft tissue therapists, we can play a major role in supporting our clients with MS, but when treating people with a neurological condition, the results are unlikely to be the same as in a non-neuro rehab situation.

3) Watching your language as a therapist. Our clients are vulnerable and already struggle with feeling 'diminished' and

Feature Articles



‘useless’ (their words, not mine), so avoiding negative terms such as “weak” or “bad” is important. We refer instead to “targets” or “improving” limb/muscle etc., and encourage them to adopt positive language as well. So often, the press uses the phrase “MS Sufferer”. We avoid ever using such a negative expression, as it reinforces the idea that everyone with MS must be finding life a struggle!

Balance

The NHS has a mission to cut the number of falls among patients, and we can all contribute towards this aim in the Private Sector, by supporting our clients with MS or other conditions affecting balance.

Signs and symptoms

Falling over is the most obvious sign, but people with MS may be walking into furniture, or becoming anxious in crowded spaces. While possibly due to muscle weakness, these traits can also be signs of issues with balance. They may noticeably become reluctant to turn their head, or be holding their body rigid. This may be part of a coping mechanism for difficulties with

balance, and can sometimes increase their likelihood of falling when they have to turn around. Another sign is walking with a wide, shuffling gait, as they lack the confidence to lift their feet off the ground. Dizziness and nausea are common symptoms, and they may struggle to use lifts or develop “travel sickness” very easily even when using a treadmill or cross-trainer in the gym.

Common Causes

Reduced sensation: Balance often becomes an issue when people have reduced sensation in their feet. Releasing hypertonic muscles and fascia in the lower limbs and feet may help improve blood flow and stimulate nerves, however it is possible that the nerves are no longer fully “connected” to the brain.

Problems with vision

Disruption to any of the senses can affect our balance, however with MS it is typically sight. Optical myelitis is fairly common among this patient group, and occurs when the myelin around the nerves in the eye becomes inflamed, causing inability to focus and/or reduced vision.

Remedial Exercise

Patterning Exercises: The brain is considered to have a degree of plasticity, and to be able to respond and adapt to change. This means that new pathways can be established between central and peripheral nervous systems. To re-establish neural pathways, the client must repeatedly and regularly perform co-ordinated movements. This requires considerable mental and physical effort on the client’s part, but these “Patterning” exercises are the basis for our daily exercise classes at the MS Centre. A great daily exercise is Marching (seated, perching on a stool or standing) bringing opposite arm across to opposite leg can help maintain and re-establish correct movement patterns and improve neural conduction to the legs. The response may be slower and less dramatic than with non-neuro clients, so it is important to manage expectations carefully.

Stimulation: To help improve neural connection to the feet I start with something basic like getting the client to become more aware of the sensations they can feel in their feet. If one foot is less responsive than the other, the client is encouraged to focus on that one twice as much. Stimulation is performed with bare feet using a spiky ball or other tactile surface. We have soft foam Balance Pads that one can really press one’s foot into, which are great for neural feedback as each toe can be felt to be moving individually.

Balance work: On my yoga teacher training course I have just learnt a new protocol when working on balance that has proven really effective with my MS clients: There are three points to the plan – Foundation, Focus and Strength.

Foundation – Consider the foot as a tripod. The three points to spread the weight are the base of the big toe, base of the little toe, and the centre of the heel. Instruct your client(s) to lift their toes whilst keeping their weight distributed through these three points. When they let their toes return to the floor, these should be spread and kept relaxed. If the toes go white at any time, this suggests they are over-gripping.

Feature Articles



Focus – Instruct your client(s) to fix their gaze on a point ahead of them, concentrating and keeping quiet to help them feel the constant adjustments needed to maintain balance.

Strength – Encourage them to use as many muscles as possible when balancing. Cue them to think of growing upwards and not sinking down. I like to use the image of mist lifting from the ground upwards, naming all the muscles/parts of body that should be engaging as clients work their way up the body, starting with the shins through to the back of the neck.

Weight Distribution: Increase clients' awareness of how they are distributing their weight through their feet. Ask them subtly to transfer their weight towards the front of the foot, back on to heels, onto the left foot, then onto the right foot, until they find the optimal point where they believe their weight is evenly distributed. Repeat this exercise several times, giving them tactile cues if their weight is not centred. A simple exercise that clients can perform at any time and in any place, is just standing on one leg, holding on of course if needed. If they are rather 'wobbly' or lack confidence, practicing somewhere such as a kitchen, where they can use worktops on either side of them to hold on to, is ideal. They can progress to not holding on, and even closing their eyes, as they improve in stages.

Improving eye function: There is a wide range of neuro exercises that aim to improve ocular muscle response. Here is a really nice one that can be performed sitting down. Get them to hold an object in their right hand and out to their right. Constantly watching the object, instruct them to bring it out in front of them and change over to the left hand. Then instruct them to take their left hand out of their left. Continue swapping left to right, **turning their head as well as their eyes from side to side** to follow the movement of the object. If they begin to feel light-headed or nauseous, get them to pause the exercise and rest. They can resume as soon as their symptoms ease. It may take several weeks, but when this becomes easy, clients can progress to bringing their arms up over head to swap hands, and then go on to swapping down at knee level as well. With practice, the plasticity of the brain will allow them to continue for longer over time, and to increase their range of movement without feeling so nauseous or dizzy.

Other tips: Encourage clients to massage their own feet regularly if they are able to reach them. Make foot tapping or wriggling toes a daily must-do exercise. I recently read an interesting article on Ayurveda and MS which may be of interest to clients keen to try to reduce optical myelitis through diet – please refer to link below:
<http://www.atreya.com/ayurveda/Multiple-Sclerosis-Protocoles-in.html>

Walking Aids

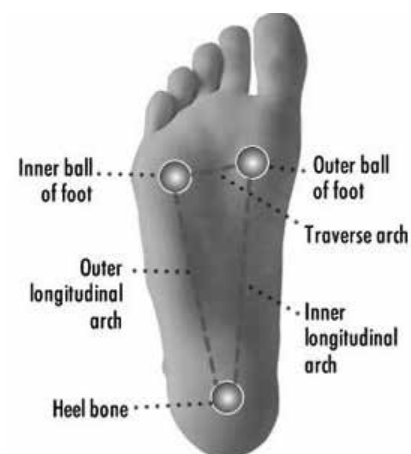
Observe how your client is walking, and note what aids they are using. We need to ensure our clients are using an appropriate "pattern" for walking to optimise co-ordination and balance. They should be walking as per the Marching exercise described above, using the opposite arm to leg 'swing'. Many people with MS often find this difficult at first. It is vital that we advise clients to use TWO sticks and not one! Not only does this support the correct movement pattern, but it helps to prevent further muscle recruitment imbalances and encourage improved uprightiness. It can often be really challenging to persuade

someone to use two canes as they perceive this makes them appear more disabled. Walking poles can work well although many people feel embarrassed using them around town. An across-the-body bag is also a good idea as it stops people being pulled to one side by having a bag on one shoulder or on an arm and leaves both hands free.

Don't expect miracles overnight if the client already has severely diminished sensation and/or muscle imbalance, but the above are all tried and tested methods with proven results. Even our 80 year-old clients have made improvements when they have focused on regular balance exercises at home.

Coming up ... in further issues I will cover continence, spasticity and fatigue. Do let me know if you have any other areas you would like to see covered or contact me with any specific questions you may have. Email jochatters@hotmail.com

Jo Chatfield qualified at the LSSM in 2003 and has worked at the Sutton and Croydon Multiple Sclerosis Therapy Centre for over 10 years. There are over 50 MS therapy centres across the UK providing a variety of different services for people with MS. They are all charities relying on their own fundraising efforts to help them provide much needed physiotherapy to the MS community. <http://www.msntc.org.uk/>



The foot tripod

Event Work

A student's pre-marathon support, and a memorable London Marathon experience with RNLI

From Tracy Harris

'Half an hour later, we were all busy treating sore and aching legs, and did not stop for about 4-5 hours. We were all exhausted – but seeing the runners after what they had just endured kept us going. The last lady I treated came in at about 6:00 pm, having taken 6 hours to complete her race – but she was so buzzing that she would not stop talking, although when I turned her into prone position I think she fell asleep!'



Half way through my Diploma training with the CSSM, I had the opportunity to massage at the London Marathon. We were advised that some sort of event work would be good for experience, so after passing my General Massage practical assessment in January, I looked up the ISRSM website. The only event that was showing was the London Marathon, so as I had a few friends taking part, I thought I would jump in at the deep end and go for it!!

At first I only had the confirmation that I had been accepted, and had no idea of where I needed to be or at what time, so couldn't organise anything. I just knew I needed to be in central London on 24th

April 2016 with my couch!! Aghh!! I then found out that two of my colleagues had also successfully applied and that the ISRSM event coordinator would try and keep us together.

10 days before the event, we found out that we had all been assigned to the RNLI and would be based in a hotel near the finish! Stuart Offer was to be our supervisor and numerous emails were exchanged between us all for the arrangements. I then found out that Stuart was going to be at the Excel Exhibition for the few days leading up to the event and arranged to meet him.

In the few months leading up to the London Marathon, I was busy trying

to help my two good friends Nikki and Sarah get through their arduous training, with weekly massages – which was great for my log book entries! Nikki had an ongoing painful big toe which at first we thought might be hallux rigidus, and although treatment worked for a few days, it did not fix the problem. I sent her to have an X-ray which revealed arthritis, so I could only treat with general massage to keep her going. She raised over 3k for Aspire – a charity for spinal injuries – as her brother had sustained an accident last year which left him wheelchair bound (Nikki ran a time of 4 hrs 42 min for her 1st marathon!!).

Sarah was pretty injury-free other than tight IT bands and calves, which was easier to help with. Unfortunately the week before the race, on her last training run, she fell and badly grazed her knees. Swollen and bruised, she vowed to carry on as she was running with her 80-year-old marathon veteran father, and didn't want to let him down! We all went to the Excel Exhibition to collect their race numbers on the Thursday before race day, which was a very organised and inspirational event. There I met with Stuart on the Rocktape® stand. He seemed great fun and put me at ease. Sarah got her knees taped up by one of Stuart's colleagues which helped her through! The morning of the marathon came, and I drove to the end of the Underground line to start

Event Work



my journey. After three Tube changes, one lift, numerous escalators and a few flights of stairs to lug the couch up and down, I arrived at the very classy hotel

in St James' where we were based. My two colleagues Emily and Emma arrived shortly after, and following a briefing with Stuart, he then took us to grab lunch and coffee at Starbucks. And as we were still awaiting the arrival of the first finishers, he suggested that we go and watch some of the race across the road at Parliament Square. The atmosphere was electric!! After a little more waiting, the athletes started to come through, wearing their foil blankets as the weather was cold. Half an hour later, we were all busy treating sore and aching legs, and did

not stop for about 4-5 hours. We were all exhausted – but seeing the runners after what they had just endured kept us going. The last lady I treated came in at about 6:00 pm, having taken 6 hours to complete her race – but she was so buzzing that she would not stop talking, although when I turned her into prone position I think she fell asleep!

Then it was back on the Underground to start the long journey home after a very satisfying and enjoyable day for a very worthwhile charity.

2016 London Marathon – What some Team Leaders said...

From Helena Martin – St John's Ambulance



'Thank you so much for giving me the opportunity to act as Team Leader at the London Marathon, we all had a fantastic time.

As usual, the event started off quieter, and then by 2pm became extremely busy, so everyone was working hard. In total just over 100 people were treated, and what was lovely was that all of them were so very appreciative to have such a wonderful service on offer. So many runners came

up to me after to say what excellent treatments they had received, and how impressed they were at the therapists on site.

It worked well to be sharing the facilities with the Charity Pancreatic Cancer, and everyone just mucked in and helped one another. It really was a great day.

The photos attached show some of the excellent work that was going on. The group photo includes two therapists from Athletes Angels – I did not want them

to feel excluded, as they did not know anyone and looked a little bit lost at first. I made sure they were welcomed and introduced them to the other therapists there etc. The remaining 'action' photos are of ISRM team members only. We even had a couple of students travel down from Exeter. It was exciting to witness how the students attending grew in confidence as time went on. Everyone greatly enjoyed the experience.

Also, I cannot believe how well the charities treated us, it was amazing. They provided a hot meal of jacket potato with a few choices of fillings, we also got a goodie bag full of snacks, and they kept coming round with cereal bars and sweets, plenty of fluids were on supply as well as hot drinks should we have wanted them. They really did look after us. I am about to email St John's Ambulance to thank them. Once again, many thanks! I will keep a look out on the ISRM website for events. They are such a great way to pick up new skills, meet new therapists and just generally have a great day.'

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Event work - the 2016 London Marathon



Event work - the 2016 London Marathon



Event Work

From Neil Clark – Prostate Cancer Research

Hi Team, can I say yet again what a great team you were on Sunday. You showed professionalism towards your clients and a great work ethic that did the ISRM proud. I spoke to Ellen and Professor John Masters who were representing the Charity Prostate Cancer Research, and they were very pleased with how their event went and equally as complimentary with the contribution we made to it. I've attached photos from Sunday (sorry about the quality but I've since noticed my lens is cracked). Otherwise, to the three of you still



undergoing training – the very best of luck and hoping you successfully

complete the qualification. And to Hazel, welcome to the world of SRMT. To all of you, remember it's a very high standard you're being / have been trained to perform at, so keep the faith and you'll make a success of it!

From Steve MacEvoy – Pancreatic Cancer

Hi all, thank you again for your company on Sunday and all your hard work. I received lots of complimentary comments about your efforts, and you treated 103 marathon runners. Good luck with your studies/future careers - Thanks again!

Ride London Surrey 100 Event work – A Team Leader's experience

From Helena Martin

On Sunday, 31st July 2016, both myself and a team of students from the London School of Sports Massage (LSSM), attended the high profile charity fundraising Ride London Surrey 100 event. We were there to provide post-event massage therapy to the cyclists taking part that day to raise money for the charity Children With Cancer.

The day was amazing from start to finish; accompanying me were, from LSSM, Ruth, Sarah, Peter and Hayley, and from the Oxford School (OSSM), Melissa. As is normal with event work, the first hour was a little quieter, and then the riders started to filter through, just a couple here and there at first, and then all of a sudden, we had all the beds in use, and people waiting too. Even though I was attending as a team leader that day, being as busy as it was, gave me the opportunity to get involved with something I am passionate about, and I got to treat some of the cyclists coming to see us as well.

The atmosphere was fantastic, it was wonderful to see everyone enjoying the day. I found it hard to believe I was being accompanied by students as their work was of such a high standard, and the feedback both to me and also to the Charity by some of those treated was how much the riders had enjoyed their massage and were feeling the benefit of receiving post-event treatment after such a major endurance challenge, and how they hoped we would be attending again next year. Riders and Charity alike really appreciated the advantages of having a team of soft tissue therapists on hand at the end of the race, and likewise the students attending thoroughly enjoyed the experience, and the opportunity to work with the fundraising cyclists who requested a treatment.

We furthermore received a visit from a team of professional photographers, and even a little filming took place,

so I do have a sneaky feeling that we may get to see more of the amazing work performed that day by the LSSM/OSSM team!!

For me personally, what I really loved was seeing a couple of the more recent students on the course looking a little nervous at the start, and then just watching them flourish and see their confidence grow half way through the day. They too greatly enjoyed the occasion, and mentioned to me how beneficial it had been to them.

The event was a huge success, it was not only most enjoyable to meet the cyclists and at times their families, but it was above all greatly rewarding and an honour to have had the opportunity to assist the charity Children With Cancer on that day. A big thank you to them too, as they truly did look after us, and the work they do is beyond amazing.

Event Work

2016 London Marathon – A SRM Team

Leader's perspective

From Sam Roberts



When you are down four masseurs for the Marathon what do you do? In a nutshell – work harder, but not faster!

This year I was once again assigned to supervise a post-event massage team for Shelter. I believe this is my 5th year working with them. It has been so lovely developing a relationship with the Charity as well as some of the runners. One guy comes in at under 3 hours every year and always looks like he has just run for the bus. Needless to say he is always our first man on the couch.

Everyone works very hard on the day. Over the years I have had 10 masseurs in my team. Unfortunately, despite Tanya's great efforts, I believe we lacked volunteers this year, so I had 8. As the event drew closer one pulled out. As I knew the Charity set up well I knew we would be busy from 1.30 and that we would be required to massage about 80

runners. I decided to take my couch so I could help out.

On the day itself, someone did not turn up... so I rang a friend. She arrived at 2.30 just as it was getting really busy. She used my couch, which enabled me to continue to manage the team, keeping everyone to time, lining up the next runner, motivating them, especially from 5pm, and dealing with minor emergencies to ascertain whether massage should be carried out.

There are all sorts of conditions to deal with on the day, and no time for any contraindication check list! Runners can be emotional, very cold, have huge blood blisters, feel sick, unable to walk, light-headed, or have started on the alcohol! One guy passed out at 24 miles as his body over-heated and 'shut down' on him. He spent two hours in an ambulance, then got up and completed the last two miles! The pressure to finish

when so many have sponsored you is immense. Needless to say he was not in the best condition when he arrived back at the Shelter base.

I am pleased to say that we met our usual quota of 80 massages. The masseurs were brilliant. They were nervous at first but once they started, they didn't really have time to think about it. They worked solidly for 4 hours. I did offer breaks and encouraged them to eat and drink, but they just kept going.

I want to thank Tanya for all her hard work, recruiting and organizing the teams. I would like to reiterate what a valuable experience it is for students or 'novice' therapists, and how important it is to volunteer and then stay committed. Your role as a masseur is crucial to the whole process, plus you are representing our industry of Soft Tissue Therapy, the Charity you are working with, and yourself.

Event Work

Tonbridge Half Marathon 2nd October 2016

From Nicola Ralph

'The students were a worthy advertisement for the quality of training received from LSSM.' (...) 'Teamwork was excellent, with all therapists (...) working together to get through the queues of tired runners.'

'It was a full-on morning, but everyone worked with great levels of energy and enthusiasm and our services were gratefully received by runners. According to the Tonbridge Half Marathon 2016 website, we had a: "magnificent team of massage therapists who provided an outstanding post-race massage service and raised £350 for our charities in the process!"'



This was the 6th Tonbridge Half Marathon and a record 1,117 runners took part in cool, sunny conditions. One participant described the event as: *"Without a doubt the best road race in Kent, amazing organisation, facilities, and the support was fabulous. Loved it and will be back again."* (<http://www.tonbridgehalfmarathon.co.uk>).

The event was organised by Tonbridge Rotary Club and Tonbridge Lions Club to raise money for KSS Air Ambulance, the Tonbridge Cottage Hospital League of Friends, and other local charities, including Slideaway, a bereavement support service for children and young people. The race headquarters were at West Kent College, just a short walk from Tonbridge station. Events Coordinator Sabrina Goacher and her team did everything possible to make sure that runners and volunteers were made to feel really welcome, including reserving parking spaces on site for massage therapists travelling by car.

We had a fabulous, seventeen-strong sports massage team this year, consisting of five local experienced massage therapists: Val Davis, Kirsty Harvey, Kirsty Ellis, Ellie Palmer

and myself, Nicola Ralph; an impressive nine students from ISRM-accredited Schools: Jenny Skinner, Neil Franklin, Caroline Mash, Sarah Doherty, Hayley Allen, Colin Taylor, Chris Stevens, Clare Apps and John Dods. Many thanks to Tanya Ball for advertising and coordinating the event at ISRM. The students were a worthy advertisement for the quality of training received from LSSM. We also had two sports science students from West Kent College: Jenny Moran and Richard Hill. Although less experienced with massage, both were valuable members of the team, getting involved wherever asked, shadowing more experienced therapists and having some "hands-on" experience by the end. To complete the team, we benefited from having Amy Pay, an experienced local osteopath.

We had luxurious surroundings for our pre- and post-event work: a dedicated massage suite with hydraulic couches, running water and toilets. As all massage therapists know, it is a rare treat not to have to drag your couch along to an event. Thanks to Dianne Bradley from Tonbridge A.C, we were spoilt with tea, coffee and biscuits.

There was a small proportion of pre-event work required but the majority of treatments were needed after the event from 11:15 a.m. onwards, when exhausted runners started trickling through the door. Teamwork was excellent, with all therapists getting to know each other at the beginning, and working together to get through the queues of tired runners. Chris Stevens, one of the student therapists commented: *"I really enjoyed my introduction to event massage and meeting the other therapists/students."* The open-plan environment of the massage suite afforded plenty of opportunities to learn from one another, regardless of levels of qualification. There is always something new to gain, even for the most experienced!

It was a full-on morning, but everyone worked with great levels of energy and enthusiasm and our services were gratefully received by runners. According to the Tonbridge Half Marathon 2016 website, we had a: *"magnificent team of massage therapists who provided an outstanding post-race massage service and raised £350 for our charities in the process!"*

Many thanks to all therapists and students for giving up their Sunday morning to volunteer their very professional services to support this event. By all accounts, the event was hard work, but very enjoyable and a great opportunity to get to know other therapists. Hope to see you next year!

Nicola Ralph, Team Leader (LSSM Dip)

Event Work

Event work update

From Tanya Ball



What an unforgettable feast of talent and excellence we have had the privilege to witness last August and September, with the Rio Olympic and Paralympic Games! I found the perfection

in performance as breath-taking as the finest margins of medal success were nail-biting. Emotions of euphoria were mixed with shared sadness and disappointment for those who narrowly missed out on medal places, or who, despite diligent preparation, underperformed when it mattered most.

As in previous years, a number of ISRM students/therapists have been busy providing the usual high standards of pre/post event soft tissue therapy in 2016, which people have come to expect of us.

Events we have supported to date include:

- Walking with the Wounded – Southsea, Hampshire – Sun 20th Feb 2016
- Fleet ½ Marathon, Fleet, Hampshire – Sun 20th March
- London Marathon – Sun 24th April
- Hackney Half Marathon – Sunday 8th May
- Full Circle Fund (Charity) Cycling Event, Oxshott, Surrey – Sunday 8th May
- Bournemouth 7's Festival, Bournemouth – Fri-Mon 27th-30th May
- Ride London – Surrey 100/London – Sunday 31st July
- Tonbridge Half Marathon – Sun 2nd October.

Readers can soak up the vibrant atmosphere and contrasting emotions of the London Marathon, Ride London, and Tonbridge ½ Marathon events through various personal accounts and a range of photos in this newsletter section. I am confident that these will inspire many to sign up for event work in 2017!

Finally: the ISRM event work registration process (this reminder features in each Issue).

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

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

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

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

How to apply for Event Work:

- From the ISRM home page (www.theisrm.com), login
- Click on 'Your ISRM' and select 'event work' from the drop-down menu
- Follow any (very easy) instructions to view the current list of events
- Click on whichever you are interested in

- READ CAREFULLY the information in red below the event, and ENSURE that you are available on the date of the event(s)
- Please, please, PLEASE ensure that you enter **ALL** details requested including your 'status' e.g. 'student', 'recent graduate', etc.,
- Please, please, PLEASE only apply (click) **once** for a given event! Some people have managed to click as many as seven times for the same event...

Duplicate entries are difficult for me to spot due to the automated system, and once an applicant has been approved, I am unable to delete them from the relevant event team list. This again means having to e-mail that person individually to ask them to cancel one of their applications, unnecessarily wasting time I could be devoting more productively to the Event Work scheme.

If you cannot 'see' the event you are looking for but know it was previously on display on the web page, the most likely reason is that I have 'closed' the event because applications have reached full capacity. Please therefore do not e-mail me individually to ask if you may be included – events fill on a first come, first served basis and it is therefore up to members to 'jump in early' if they want to secure a place. Please note however that sometimes a 'closed' event may re-appear nearer the date if withdrawals mean that new places have become available, so it is a good idea to keep checking.

Should you encounter problems you suspect to be website-related, **please contact the ISRM** and not me, as this is completely outside of my control, let alone my skills! Thank you.

A very grateful thank you to all those of you who have supported/are supporting ISRM events over the years. Remember, we could not possibly field these teams nor provide the quality of service without each one of you.

Expand your knowledge, enhance your skills



Active Fascial Release

Speaker: James Earls

Date: 24/25/26 February 2017

Venue: Camden, London

City: London

Country: UK

Price: £600

Contact: Tanya +44 (0) 28 9058 0764

Workshop highlights include:

- The essential principles – touch, layering, movement
- Using different drivers for movement to create different effects
- Creating length versus separation and the importance of each
- Structural and Functional Assessment – combining the two to really make sense of both
- Building on the principles listed above and develop global and local movement strategies and when to use each based on the combined structural and functional assessments.

Further highlights include:

A full repertoire of interventions for the upper body including quadratus lumborum, obliques and intercostals, multifidi and shoulder girdle muscles.

Bringing the system together to assess and then utilize the full body connections via the Anatomy Trains model.

Course Description:

Each class includes – Relevant anatomy for the area – short intensive and integrated presentations from multiple sources.

The presentations will include new learning tools such as video of fascial dissections combined with palpation of the relevant structures. We always to convey the information in an inspiring and understandable fashion.

Body Reading (visual assessment) & Functional Assessment – the common postural and movement implications – how to see and ‘read’ the intricacy of individual patterns.

Active Fascial Release Techniques – each technique is fully laid out for intent and ‘feel’. With plenty of time for practice we will ensure that you can apply these methods immediately in your practice.

Who should attend?

The workshop is designed for physiotherapists, osteopaths, chiropractors and advanced massage practitioners wanting to add an extra dimension to their treatments.

While anatomy and pathology will be acknowledged during the 3 days of training, time is too short to teach basics, so a reasonable understanding of practice is expected to allow for a rapid progression and focus on techniques.

What is covered?

AFR is taught in a 3-day workshop (9am-5pm).

The lower limbs are covered in during the first day, along with essential elements of functional movement such as directions and drivers. Fascial touch skills are explored, as well as how to use different movements and directions to create various effects in the myofascial tissues.

The second and third days address the pelvis, torso and shoulder girdle.

Techniques and handling are taught for various trunk and shoulder tissues. We then spend a lot of time blending the material together to give a full body treatment, learning to feel the connections through the body in many different positions with a variety of movement ideas.

Once the principles of AFR are learned they can be easily adapted to almost any client or situation, encouraging an increase in their body awareness and understanding of movement as well as resolving or easing many of their issues.

Learning Aids

To support you in the learning process we have chosen some excellent tutors – chosen for their backgrounds in therapy, sports and understanding of the body.

By maintaining a teacher-student ratio of 1-9 we can guarantee that you receive enough individual attention to gain proficiency. Each teaching module is beautifully illustrated with short lectures, and the techniques are supported by video content playing as you practice.

A fully illustrated manual outlines the principles and techniques. On attendance of the workshop you will receive access to video content to review and expand on the techniques demonstrated during the workshop.

Investment

For an investment of £600 attendees will receive the three-day training that is fully supported with a full colour manual and video content, and will gain the knowledge, skill and ability to apply the principles of AFR to generate better client outcomes.

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).

Details can be requested by e-mailing Tanya@tmb-src.co.uk

Specific requests for tutorials or workshop subjects are welcome, but can only take place subject to sufficient uptake

Thank you in advance for your interest.

Tanya Ball MSc BA KCMT 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

Winter/Spring 2017 Hampshire Tutorial/CPD Programme - Basingstoke

Course Programme

Tanya Ball MSc BA KCMT BCSI LSSM MISRM MCNHC MIASI

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 09/03/17 2 pm-5.30 pm	Restriction/compensation patterns: lower leg, ankle, and foot: essential assessment = effective treatment HALF DAY WORKSHOP	Intermediate - L5 Dip. w/e 5+ students/ graduates seeking confidence/ broader techniques etc.	'Restriction' over time leads to 'compensation' How do we unravel this 'chicken and egg' enigma? Understanding the source of pain/overuse injury: learn to 'see', interpret what you 'see', and focus on effective, relevant treatment.
Thursday 16/03/17 2 pm-5.30 pm	Fascial Release for the foot, ankle, lower leg HALF DAY WORKSHOP	Introductory/ intermediate	Learn/enhance your ability to address fascial restriction/imbalance to enhance clients' postural and functional support. Discover/expand your skills in seeing and addressing the 'whole' beyond the 'local', and effectively influencing troubled areas 'from a distance'.
Monday 23/03/17 2 pm-5.30 pm	Positional Release (PRT) integrating Neuro-Mus-cular technique (NMT) HALF DAY WORKSHOP	Intro/ intermediate	PRT can be particularly useful in addressing acute/sub-acute pain, with optimal results when combined with NMT (see above). Many 'chronic' presentations also respond very well. Attending both workshops in order is recommended.
Thursday 30/03/17 2 pm -5.30 pm	Safe working posture—how well do you protect your body as a therapist? HALF DAY WORKSHOP	Introductory/ intermediate	Essential review opportunity if you suffer from overuse strain (hands, back, neck, shoulder...) in your work as a manual therapist! (Re-) learn how to use your bodyweight and protect yourself more effectively, reducing fatigue whilst enhancing efficacy.
Thursday 06/04/17 2 pm-5.30 pm	Restriction/compensation patterns: the hip & knee: essential assessment leads to effective treatment HALF DAY WORKSHOP	Intro/ intermediate	'Restriction' over time leads to 'compensation' . How do we unravel this 'chicken and egg' enigma? Understanding the source of pain/overuse injury: learn to 'see', interpret what you 'see', and focus on effective, relevant treatment.

continued next page

Expand your knowledge, enhance your skills

Winter/Spring 2017 Hampshire Tutorial/CPD Programme - Basingstoke Course Programme

*Tanya Ball MSc BA KCMT BCSI LSSM MISRM MCNHC MIASI
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 20/04/17 2 pm-5.30 pm	Fascial Release for the thigh, hip, & knee HALF DAY WORKSHOP	Intro/ intermediate	Learn/enhance your ability to address fascial restriction/imbalance to enhance clients' postural and functional support. Discover/expand your skills in seeing and addressing the 'whole' beyond the 'local', and effectively influencing troubled areas 'from a distance'.
Thursday 27/04/2017 2 pm -5.30 pm	Soft Tissue Release (STR) consolidation/ development HALF DAY WORKSHOP	Introductory/ 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 11/05/17 2 pm-5.30 pm	Restriction/compensation patterns: the lower back and pelvis: essential assessment leads to effective treatment HALF DAY WORKSHOP	Intro/ intermediate	'Restriction' over time leads to 'compensation'. How do we unravel this 'chicken and egg' enigma? Understanding the source of pain/overuse injury: learn to 'see', interpret what you 'see', and focus on effective, relevant treatment.
Thursday 18/05/17 2 pm-5.30 pm	Fascial Release for the lumbar & pelvic region HALF DAY WORKSHOP	Intro/ intermediate	Learn/enhance your ability to address fascial restriction/imbalance to enhance clients' postural and functional support. Discover/expand your skills in seeing and addressing the 'whole' beyond the 'local', and effectively influencing troubled areas 'from a distance'.
Thursday 01/06/17 2 pm-5.30 pm	Muscle Energy Technique (MET) consolidation/ development HALF DAY WORKSHOP	Intermediate - L5 Dip. w/e 6+ students/ graduates seeking confidence/ broader techniques etc.	Ideal to refresh and develop further skills – targeting those 'difficult' muscles, making MET more specific. Also ideal 'bridging' workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 08/06/17 2 pm-5.30 pm	Restriction/compensation patterns: the cervical and thoracic region: essential assessment leads to effective treatment HALF DAY WORKSHOP	Intermediate - L5 Dip. w/e 5+ students/ graduates seeking confidence/ broader techniques etc.	'Restriction' over time leads to 'compensation'. How do we unravel this 'chicken and egg' enigma? Understanding the source of pain/overuse injury: learn to 'see', interpret what you 'see', and focus on effective, relevant treatment.
Thursday 15/06/17 2 pm-5.30 pm	Pre-assessment/pre-exam revision HALF DAY TUTORIAL	Intro/ intermediate	Ideal opportunity to consolidate skills / maximise confidence ahead of assessments or exams. Students to select tutorial content in advance e.g. STR/MET/other...
Thursday 22/06/17 2 pm-5.30 pm	Fascial Release for the trunk/ thoracic/cervical area HALF DAY WORKSHOP	Introductory/ intermediate	Learn/enhance your ability to address fascial restriction/imbalance to enhance clients' postural and functional support. Discover/expand your skills in seeing and addressing the 'whole' beyond the 'local', and effectively influencing troubled areas 'from a distance'.
			Other suggestions welcome!

Details for all above courses

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

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). Online ('BACS') payment preferred, bank details available on request. Thank you.

Should a course be postponed or cancelled due to insufficient uptake, you will be offered the choice of a full refund, or the reallocation of your fee to another workshop of your choice.

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

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



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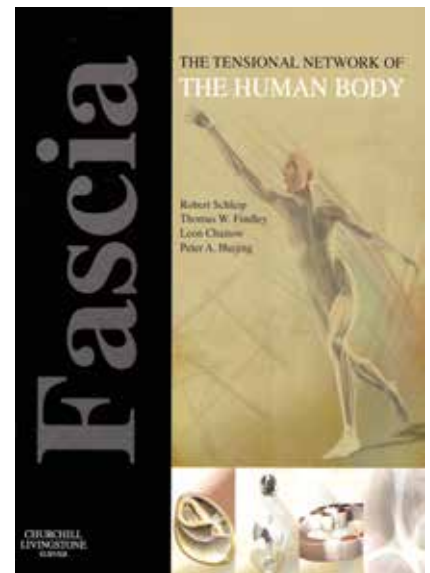
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Journal of Bodywork and Movement Therapies

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

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VAT to be added* Elsevier is obliged to add VAT at the appropriate member country rate for unregistered customers in all EU states, with the exception of Luxemburg.



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

<http://www.movementlectures.com>

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

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

shoulderdoc.co.uk

sportsinjuryclinic.net

stopsportsinjuries.org

sportsresource.org

leonchaitow.com

osceskills.com



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



Complementary & Natural Healthcare Council

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

VALIDATED SCHOOLS



LONDON SCHOOL OF SPORTS MASSAGE
Central London, Southampton & Brighton
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



Cambridge School of Sports Massage
Cambridge
www.thecssm.co.uk

» FIND A THERAPIST

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

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