



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

NEWSLETTER

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Breaking news! Breaking news!

New Government Policy on the Regulation of Health and Social Care Occupations

From Mel Cash

The Government is making sweeping changes to the regulation of Health and Social Care occupations by including them all under a single 'Professional Standards Authority' (PSA), who will now accredit all the statutory and voluntary registers, such as CNHC. To get a job in the Health and Social Care sectors in future, you will need to be on a professional register that is PSA-accredited. Because most of us are self-employed, this may not seem to matter too much, but over time it will become more important for us too. With the sweeping changes also happening in the NHS, GPs having control over their budgets and being able to 'out-source' services, we can expect to become far less of an 'alternative' therapy option in the public healthcare of the future. And being on a PSA Accredited register, along with all other healthcare professionals, will be expected of us as well.

This now changes everything we thought was going to happen a couple of years ago. *Then*, we believed that CNHC membership would give us the highest professional status. *Now*, CNHC itself have to apply to PSA for accreditation, and they are not the only professional register doing this. In theory ISRM could apply as an

entity, but we are far too small and do not have the resources to achieve the complex administrative structure required to satisfy the level of governance that PSA require.

The Federation of Holistic Therapists (FHT) is the largest professional association in complementary healthcare, with more members and experience in the industry than CNHC. FHT shares ISRM's passion to set up a professional register for Remedial Therapists. I have worked closely with their senior management on a number of councils and committees for several years and we have been fighting together to try to achieve this. They are now applying to PSA for accreditation, and are keen to work with ISRM to establish a PSA-accredited register. CNHC have also been aiming to do this, but their process has just been set back by at least two years,* so they will only have a register for basic massage therapists for the foreseeable future.

**CNHC cannot set up a register for a therapy without a National Occupational Standard (NOS), and 'Remedial Therapy' does not have a NOS. Skills for Health (SfH – who develop NOSs) have decided not to include Remedial*

Therapy in their current bid for Government funding.

So what does all this mean?

Assuming that both CNHC and FHT have their applications approved, later this year you would have a choice of two PSA-accredited Registers, both with the same aims and objectives, namely to protect the general public through guaranteed standards of practice, and to promote the profession in any way possible. The CNHC Massage register is open now (but not yet PSA-Accredited), with an annual fee of £55. There will be an additional fee to add Remedial Therapy if they gain accreditation for that. The Remedial Therapy register with FHT will start later this year and although details are not yet finalised, we anticipate that it will cost less than CNHC registration. ISRM members will be able to register for both Massage and Remedial Therapy for the same fee.

More details will be announced in due course but please contact Mel on mel@theism.com if you have any questions or concerns about this.



Editorial

From Tanya Ball

Welcome...

In contrast to the stubborn wintery weather, a very warm welcome to all readers, and specially to any new, mostly student Members for whom this is their first ISRM Newsletter. We trust that you will find this publication not only informative and helpful, but sufficiently inspirational to persuade you to contribute a story/article in the next Issue!

Exciting announcement! 2014 diary date not to be missed!

As some of you may be aware, next year will mark LSSM's 25th Anniversary. As part of the celebrations, ISRM are organising a two-day Conference where you will be able to learn from leading inspirational clinicians and researchers of international renown, in a diversity of fields. We are still at a preliminary planning stage, but the dates for the event have been confirmed as follows:

2014 ISRM Conference:

Saturday 8th – Sunday 9th November 2014

ISRM Newsletter format

For the benefit of our new Members, may I confirm that the spring and summer newsletter editions are published online only, followed by a 'bumper' hard copy format for the Xmas Issue. Any relevant (i.e. not obsolete) material featured in previous electronic editions are reproduced in the December Issue of the same year.

May I also remind everyone that 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's 'Breaking News':

Although the 'politics' and regulations affecting our profession may not be everyone's cup of tea, may I urge you to read Mel's update on important developments regarding how our profession is to be regulated and 'validated'.

Our profession and its future: CNHC's latest update provides useful information, ideally to be read in conjunction with the above 'Breaking News' page.

New Feature: introducing the ISRM Schools and their founders/leaders up and down country

Their names and logos appear on the ISRM home web page, and on the back cover of the Newsletter... but what more do we know

about the various ISRM-accredited SRM schools outside of London? The answer is probably 'not a lot', unless you happen to be among the 'minority' of students or graduates training or trained at those venues. What better way to remedy this situation than to invite their respective founders/leaders to tell us their story? In this Issue, it is the turn of *Anna-Maria Mazzieri and her Exmouth/Bristol-based Massage School*.

Feature articles: We are very fortunate to have received two contrasting pieces from Members: Roger Hamilton-Smith has contributed 'Part 1' of a palpably (excuse the pun!) 'authentic' story of his experience as a LSSM student going through the first half of the course, with 'Part 2' to follow in a future Issue. In contrast, unfortunate Cassandra Sherston's narrative takes us in equally 'real-life' style through her traumatic horse riding accident, and the ensuing days and weeks of self-management as a seasoned SRM therapist, medical consultations, and early rehabilitation. Again, a 'Part 2' sequel will follow this 'Part 1' in the summer Issue.

Event work: After the buzz of the 2012 Olympic year, find out about the wide range of forthcoming ISRM event SRM opportunities on the calendar for 2013.

Expand your knowledge, enhance your skills (CPD): Readers can select from a wide range of courses and workshops for variable levels in London, Oxford, Southampton, and

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

My grateful thanks as always to all who have contributed to this Issue. However *it would be wonderful if more members were willing to share a story or experience with the collective membership via the channel of this newsletter*. There must be a wealth of interesting or complex case studies 'out there' which have provided a clinical challenge, required reflective practice and perhaps referral, and of course resulted in valuable new learning. Likewise there must be countless examples of innovative, lateral thinking coupled with the drive and courage to 'follow a dream', which have resulted in deserved success for their initiator. So – why not share these experiences to the benefit of others? Has anyone attended a top class course that they would recommend? Then please write in with a summary course evaluation.

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

Please note that the submission deadline for the Summer 2013 Issue is **Friday 21st June 2013**, thank you.

Our profession and its future



CNHC March 2013 Update

CNHC's First Five Years in print!

CNHC is pleased to announce the publication of *CNHC - The First Five Years*, a document which describes CNHC's work over the five years from start up at the beginning of 2008 to the handover to the new CNHC Board on 1st December 2012.

CNHC - The First Five Years describes CNHC's background and includes information about

the structure and development of the organisation along with details of CNHC's current and future activities. It will be of interest to practitioners as well as tutors, presenters and others with an interest in professional standards in complementary healthcare. It is available to download from the CNHC website www.cnhc.org.uk/assets/pdf/1-041.pdf and is available as a pdf on request by emailing info@cnhc.org.uk

PSB elections update

The elections for CNHC's Profession Specific Boards (PSBs) have begun with massage therapy and nutritional therapy. Election statements by candidates for massage therapy are available for CNHC registered massage therapists to read by logging into the Resources section of **My CNHC** at www.cnhcregister.org.uk. Voting will take place electronically from 15th – 22nd March and

the results will be made public on 26th March.

No candidates came forward for nutritional therapy and so the CNHC Board has invited the three existing members of the nutritional therapy PSB to continue their role. CNHC is pleased to confirm that all three have accepted. Details of the current **PSB members** can be found on the CNHC website www.cnhc.org.uk/index.cfm?page_id=76

Full details of the **PSB election process** can be read on CNHC's website. For any enquiries about the elections please contact us at: info@cnhc.org.uk

CPD checks begin

Now that CNHC's CPD policy has been in effect for over a year, CNHC will begin a random sampling of 10% of registrants' CPD logs in May 2013. The purpose of this first sampling

exercise is to identify any problems that have been encountered in the implementation of the Policy. Full details of **CNHC's CPD policy** are available on the CNHC website.

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

New - meet the ISRM-accredited Schools

The Massage Training School

From Anna Maria Mazzieri



The *Massage Training School* was established in 2008 by Anna Maria Mazzieri as an extension of *The Massage Clinic*, a private, multidisciplinary clinic in Exmouth, Devon, which specialises in the assessment, treatment, and rehabilitation of musculoskeletal injuries and soft tissue dysfunction.

The School developed from her strong view that massage practitioners should be empowered with effective assessment and treatment skills to provide lasting results for clients. With this core belief in mind, The School applied for accreditation to deliver the ISRM-accredited Level 5 Diploma in Sports and Remedial Massage Therapy, which since its inception has set higher benchmarks for the profession.

The *Massage Training School* is delighted to be an integral part of ISRM's innovative training programme. The team lead by Anna Maria and fellow senior tutor Tammy Emmins, whose commitment to the School has been rewarded by a co-directorship, gives prioritises instilling assessment competencies into students. This ensures that as new practitioners they can identify and isolate underlying issues, as well as rationalise the appropriate treatment programme and professionally quantify results. Anna Maria explains, *'if we want to be effective as practitioners in working with injuries and dysfunctions, we must look and treat beyond the manifestation of symptoms and explore the integrity of the relationships between layers, discern the profound and subtle differences between states of "bind" and*



"ease", and appreciate the natural patterns of movement of the human form.'

Within The *Massage Training School* teaching, this is conveyed via a strong emphasis on fascial considerations influenced by Anatomy Trains® concepts, and the rehabilitation of dysfunctional movement patterns from a neuromuscular perspective.

Instead of patent formulae or indeed 'set routines', students are taught a wide range of soft tissue applications that can be adapted to a variety of situations to suit clients' individual needs. Alongside the core diploma qualification, the School also runs a programme of advanced CPD weekend courses designed to appeal to a much wider range of professionals such as osteopaths, chiropractors, and physiotherapists, as well as movement-based therapists. Mostly delivered by eminent names in the field of manual therapy, each course provides an inspirational learning forum aiming to promote discussion, insights into latest research, best practice, and ultimately stimulate new knowledge.

New - meet the ISRM-accredited Schools



As increasing research findings have emerged on its relationship with movement and dysfunction, 'fascia' has become a cornerstone of the School's CPD emphasis – a shift been greatly influenced by the Anatomy Trains® model. Details of forthcoming CPD courses at The Massage Clinic can be found in the 'Expand your knowledge, enhance your skills' section of this newsletter, or on our website indicated below. Workshop leaders of international reputation include James Earls, Leon Chaitow, Willie Fourie, and Alena Kobesova.

With training centres in both Exmouth and Bristol, The School's presence in South West England is growing year on year. The challenge is to predict and respond to the future direction and training requirements within the ever-changing massage therapy industry. Its strong association with the ISRM and its proactive team committed to keeping up with the latest developments and fostering inter-disciplinary links, places the School in a strong position to meet whatever the future holds. For more information on the School's courses, please visit our website on www.themassagetrainingschool.com or drop us an email on info@themassagetrainingschool.com, thank you.



Anna Maria Mazziari
SRMT MISRM
Founding Director

My Massage therapy journey started in 2002, when I first qualified. Since that very day I joined a Chiropractic Clinic, complementing the existing team of Chiropractors and spinal rehabilitation

instructors by offering integrated Sports and Remedial Massage-based treatments for musculo-skeletal injuries. This environment advanced my clinical knowledge about spinal mechanics and dysfunction, and demonstrated the benefits of proactive collaboration between related disciplines to achieve effective long term results for clients. This experience was influential in determining both my business and teaching ethos, underpinned by the drive to achieve integrated professional practice. As a result of sustained organic growth, in 2008 I expanded the concept of 'integrated health care' by establishing The Massage Clinic, where clients are looked after by a multidisciplinary team in a modern and cutting-edge environment. The latest technology is used in conjunction with interpretation from highly skilled practitioners, and we now have two very busy clinics in Devon.

My approach takes into consideration the complete picture of the human form and focuses on what is at the source of a problem or performance impairment. I am passionate about breathing and how its dysfunctional pattern may affect pain. Massage is one of the main techniques I use within the treatment framework, and my focus is shifting towards the effectiveness of Fascial Release. I also extensively use Dynamic Neuromuscular Stabilisation as a form of rehabilitation and actively support the School of Rehabilitation of Prague, and their ground-breaking research. I work as a full time practitioner at my clinics, where I combine a fusion of techniques, applications, and modalities learnt through the years, and adapted to each specific case to achieve the desired therapeutic goal. This enables me to interact with a diversity of people, from ordinary members of the public to athletes competing at elite and professional levels.

My private practice is key to the success of my teaching, as I pass on knowledge drawn from my clinical experience. I find working with the human form, from which I continuously learn and show respect, quite humbling. I also feel enthusiastic to be in this profession at such an exciting time when new research findings are emerging almost on a daily basis.



Tammy Emmins
Co-director The
Massage Training
School

**Sports Therapy BSc
(Hons) Sports Therapy
MSST**

I qualified in 2007 with a Level 3 in Sports and Fitness Therapy Techniques, Sports Massage Therapy, Management of Activity Injuries. At the same time I gained my YMCA Level Two Gym and Exercise to Music Certification. I then graduated in 2009 with a Second Upper Class Honours in Sports Therapy.

Since then, I have enjoyed the ongoing pleasure of working with a National 3 Rugby Union side, the South West Champions Rugby League side, two international Rugby League stars, and local athletes competing in a range of events.

I believe in treating the whole body, including the mind, and recognise that anyone can suffer a soft tissue injury even if not doing a competitive sport. I have been part of The Massage Clinic Team for four years and during this time I have been fortunate enough to gain experience working with Anatomy Trains® which concentrates on postural aspects of the human form.

My prime interest lies in functional anatomy and how this causes biomechanically-related injuries. I specialise in gait analysis, although more recently I come to view this as movement analysis. My aim is to recognise, define, and restore movement efficiency using the latest technology and all the soft tissue knowledge I have.

I myself enjoy a variety of sports, from barefoot running through to climbing mountains, which I believe gives me a good knowledge of different types of sport-related injuries. It also ensures that my skills cover a wide variety of soft tissue complaints.

Feature

A Sports & Remedial Massage student's journey – Part 1

From Roger Hamilton-Smith

'One of the other climbers in El Chorro was offering his services as a massage therapist. Not only did his understanding of climbing and its demands on the body, combined with his massage skills provide immediate relief to my aches and pains – but he convinced me seriously to consider a career change...'

'The Sunday of Weekend 5 was for me the most interesting one of the entire course to date. It was the first introduction to Soft Tissue Release (STR) technique, which opened a new dimension within the world of SRM. This made me realise how broad the range of techniques and skills available to us can be.'



In February 2012, I was 60m up on a rock face near a small Spanish settlement called El Chorro. It is an infamous place with the climbing community, with polished rock (slightly harder to climb) and spaced protection (slightly more intimidating to climb). The people I met on this trip were the inspiration and the reason I am writing this article.

Several days of pulling on the polished rock and a lifetime of not taking proper care of myself were beginning to take their toll. One of the other climbers in El Chorro was offering his services as a massage therapist.

Not only did his understanding of climbing and its demands on the body, combined with his massage skills provide immediate relief to my aches and pains – but he convinced me seriously to consider a career change...

Fast-forward a year, almost exactly as it happens.

I have just completed Weekend 6 of the LSSM Sports & Remedial Massage (SRM) Diploma Course in London. I am starting both to gain confidence and understand how much more there is to learn. I will never be an expert and shall remain for ever more a student of my profession. This thought was and is a scary realisation, and yet at the same time it excites me to know there will always new skills and techniques to learn. My only regret is that I took so long to realise that SRM should have been my career path.

The first weekend of the course was a mixture of nervous excitement and trepidation, fuelled by far too much caffeine. Mel Cash provided a thoroughly engaging introduction to the LSSM and what we might come to expect from the Diploma. He regaled us with tales of his journey through massage; from treating Nepalese villagers to the application of Tai Chi as a means of efficient petrissage technique.

The remainder of the weekend was a series of superb lectures delivered by passionate

and confident tutors. Special mention should go to Zac Laraman for his STOMP, STOMP, STOMP technique to really emphasise how the body transmits and dissipates energy. The massage practice during both days was a sure way to break the ice with my fellow students – with little or no introduction, it was straight into hands on massage practice! Travelling back home on that first Sunday evening, I read over my notes, realising it was too late now to back out. My note pad was filled with words and phrases that required extensive further reading and revision. I had also made a full list of other books and websites that have proven to be really useful. The reading list included the hefty *Clinical Sports Medicine* by Brukner and Khan, and *How My Body Works* in the Mr Men's Collection.

Weekend 2 was in the same month so I only had a couple of weeks to read through the notes, start the question paper, purchase the books, find people to practice my massage techniques on...

... There really was an awful lot of work to undertake in the initial part of the course. I am not the most academically gifted person and find studying a challenge. However there was something in that first weekend that inspired me to put aside these concerns and get my head in to the books and my hands on some friends and family.

Feature



Weekend 2 was led by Zac, who not only supplied top tips for websites, books and podcasts. He strongly emphasised the need for complete immersion in to the world of anatomy. With the same level of passion as Bond villain Zac informed us to listen to everything, read everything, and touch as many bodies and muscles as possible. His top tip for this weekend was to learn five different things about each muscle: attachments, primary actions, antagonists, synergists, and joints crossed by the muscle.

And so the workload increased.

The deadline for the submitting Question Paper 1 was fast approaching; I found this a hugely challenging paper. The hardest part was to balance the wealth of information in the books and on the internet and decide what was important from a SRM therapy perspective. However all the reading and other research was both enjoyable and informative, and helped me understand the human body.

Weekend 3 was another two days of intense learning, with a good combination of theory and practical work. Perhaps for the first time in this course, we also started taking notes on how to run and maintain a SRM practice. Knowing how to take a concise case history in an efficient and timely manner helps to put the client at ease. Understanding the client's anatomy and physiology, the pathology of their injury and the biomechanics of their activity (sport, work, or daily life) will help formulate a personalised approach to their treatment. This avoids the pitfall of a standardised solution for all clients, which

would be unchallenging and tedious for the therapist, less than effective for many clients, and hence potentially detrimental to the clinic's long term reputation.

At the beginning of Weekend 4, my friends and I were sat gossiping in the café prior to the start of the course. It must be a weird phenomenon that, no matter how old we are, concerns about 'homework' are all the same.

'What did you put for Question 1?'

'I really struggled with Question 4b.'

'Wow, your drawings are exceptional, Nick.'

Saturday morning of Weekend 4 provided fascinating insights into Exercise Physiology, with a superb lecture by Steve Hunter from LSBU. He managed to make a highly complex area of study interesting, engaging, and relatively easy to comprehend.

In the afternoon we had a chance to learn more complex and interesting massage techniques and gained a hint of the standards expected by LSSM of its students.

Weekend 5, and the dreaded assessment of general massage techniques loomed large in mid-December (2012).

During the preceding three weeks, I had spent most of my time trying to revise the five different things about each muscle. I felt reasonably confident with my massage techniques as I had plenty of people to practice with. However the age-old issue of 'study, study and more study' was causing a few stressful evenings. Weekend 5 arrived and rather than trying to cram extra revision in during the journey to London, I took the time to relax and focus my mind. The assessment would only last for an hour and only take place in the morning of the first day. It helped to try to keep it in perspective, the tutors has done a good job at reassuring us that aim of the assessment was primarily to see how we were progressing on the practical elements.

The classroom was buzzing with intense, nervous excitement from a group of well-rounded adults! Then came the sucker-

punch: the assessment would not be until the afternoon! There was a mix of responses ranging from relief to frustration from us all; I am sure we would have preferred to have got the assessment out of the way. The morning session started with a pop quiz on the muscles, movements, attachments, and bony prominences. I would have scored better if I had not been so lazy in my responses when describing the movements at various joints. I learnt that accuracy is key to everything, and I have come to realise that this is so important, not only in anatomy, but also in record-keeping for my clients.

The general massage techniques assessment came and went with varying degrees of success for us all. Although it is not a pass/fail assessment there is some relief in knowing the practice sessions with family and friends paid dividends.

The Sunday of Weekend 5 was for me the most interesting one of the entire course to date. It was the first introduction to Soft Tissue Release (STR) technique, which opened a new dimension within the world of SRM. This made me realise how broad the range of techniques and skills available to us can be. I can only say that I am finally starting to feel like a massage therapist now, and appreciate how much hard work lies ahead.

You can read about Roger's ongoing experience of the LSSM course in a subsequent Newsletter Issue – Ed.



The (literal) 'highs' and 'lows' of Equine Massage – Part 1

From Cressida Sherston

'My fate was sealed as instantly, the horse panicked, kicked the dog with his hind legs, simultaneously propelling me into the air, to land fast and hard on the stone stable yard driveway.'

I was initially very shocked. The velocity and power of that rear kick had thrown me upwards before landing forcefully, so I had fallen from a significant height. My lower back on the right side had taken the entire brunt of the impact, as no other part of me had actually made any contact with the ground to break the fall. Despite being encouraged to move, I remained still for a several minutes...'



Having qualified from LSSM as a Sports & Remedial Massage (SRM) therapist and established a practice treating 'humans', I fulfilled my ultimate aim and went to the USA to train in equine massage therapy.

There can be no denying that working with people, even in an event situation, presents considerably less risk than caring for these larger, less predictable four-legged patients. When treating horses, you really have to become the master of a whole new language. This refined communication may start with ears going back and a flick of the

tail, but if the message isn't received and the treatment approach modified to suit the patient, then the message is sent rather more strongly with the threat of a kick or a bite. All this said, I am very successfully running an equine practice alongside my human one, and even with the higher element of risk involved with the former, I wouldn't have it any other way.

This is indeed a rather bold statement in light of what happened to me on Tuesday 3rd October 2012. With horses just as with human patients, observational and palpation skills

are the essential tools to perform a thorough assessment. Other than the history provided by the veterinary surgeon and/or owner, the horse communicates through posture, movement, and behaviour. These qualities can all be assessed by the practitioner from the ground. However, when invited by a client to an informal visit to ride a couple of her horses to get 'a feel' for them, I simply couldn't resist the opportunity. Ultimately, I was to end up getting rather more of a 'feel' than I had bargained for.

Both rides went well and I was able to give the owner useful feedback on each horse. The precise moment I was dismounting the second one, hence leaning forward and about to swing my leg over his back, coincided with a dangerous combination of events: a nervous horse, a barking dog that ran under it – out of his view – in the fading light of dusk. My fate was sealed as instantly, the horse panicked, kicked the dog with his hind legs, simultaneously propelling me into the air, to land fast and hard on the stone stable yard driveway.

I was initially very shocked. The velocity and power of that rear kick had thrown me upwards before landing forcefully, so I had fallen from a significant height. My lower back on the right side had taken the entire brunt of the impact, as no other part of me had actually made any contact with

Feature



the ground to break the fall. Despite being encouraged to move, I remained still for a several minutes. I foolishly declined a visit to A&E and, fuelled by a cup of sweet tea and adrenalin, I drove home. The pain was intense, but I had already given myself the reassurance of my own diagnosis – deep bruising and possibly a strain to the soft tissue structures around the right sacroiliac joint.

On returning home, I had a hot bath and then as the pain increased, I managed to strap an ice pack and adopted the only resting position I could tolerate. From kneeling on the floor I was able to flop over a gymnastic ball for support. I could then make the ball roll back and forth to adjust the position of my back and try to ease the pain. Sleeping that night was an immense challenge as I was reduced to side-lying on my right side with pillows wedged to support my back.

Though I would not generally recommend avoiding pain medication at acute stages of injury, my previous history of trauma and prolonged use of painkillers for chronic injury meant that I chose to abstain. Pain control is paramount to healing and I found that regular application of ice, as well as alternating ice and heat packs, effectively reduced my pain.

The morning after the accident, I realised how stiff my back had become overnight as I struggled to put on my socks. There was a dramatic loss of range in all directions, particularly right side-bending and rotation, which made driving quite a challenge. I found that sitting triggered pain through the lower back, right hip, groin and the anterior thigh.

From this point, these potentially neurological symptoms really ‘should’ have triggered my concern and prompt action, specially as they were clearly not improving with time. They were becoming more severe and I was finding the pain and any movement exhausting. Fortunately my physiotherapist niece examined my back, and her concern at the visible degree of inflammation and bruising was enough to persuade me to do the right thing. So – ten days after the accident – I made it to A&E. I was shocked to discover that my X-ray revealed stable compression fractures with anterior wedging of the superior end plates of both L2 and L4. The fractures were most significant at L4, with loose bone splinters embedded within the anterior spinal ligaments.

I was seen four days later by a fracture clinic orthopaedic consultant, who gave me a very bleak prognosis for chronic back problems as a result of my injury. He was adamant that I should not be referred for any physical therapy, but just rest through this early stage of healing until he could assess the extent of the deep soft tissue damage. I was scheduled for an MRI scan in mid December, but I knew that the report would not be available until January 2013. Feeling discouraged by my first fracture appointment and the realisation that my progress would not be monitored for two months, I registered under an orthopaedic spinal consultant. Thankfully, he wanted to reassess me after four weeks and before my MRI scan.

My own instincts for my path to recovery were to find a balance between rest and movement, all of which I found to be easily regulated by either pain or fatigue. Therefore learning to listen to my body was paramount. Ice and heat applications had become a part of my daily routine. The second week after my diagnosis, I introduced self-massage, achieved by flexing forward on a Swiss ball so that I could comfortably apply transverse fascial strokes over the sacrum and then working up through the lumbar paraspinal muscles using a heating lotion.

During the acute phase of injury and into the third week, I genuinely appreciated the

crucial role of inflammation in providing stability for my lower back. It made movement more comfortable, and I felt less vulnerable to any painful jolts when just walking, and specially when negotiating steps or uneven surfaces. The temporary reduced mobility was essential to protect the injury and initiate healing.

By week three I initiated a daily rehabilitation routine focusing on low back mobilisation and pelvic stability, as opposed to any strengthening. My days began with an essential hot bath as a warm-up, to alleviate low back stiffness from sleeping with my knees raised over two pillows to relax and rest my back in a neutral position. I would then perform a sequence of movements lying supine, focusing on the pelvic floor, pelvic tilts, and circling with knees flexed, thereby mobilising and massaging my lower back. I gradually developed these exercises, gradually incorporating road walking on a level surface.

By the fourth week, the pattern of referred pain and paraesthesia were becoming more complex and difficult to manage than the pain at the local injury site, particularly across the right sacroiliac joint and into that leg.



My next step on this journey was to see the spinal orthopaedic consultant. All I could hope for at this stage was his reassurance and a better prognosis than what I had received at the fracture clinic.

You can read about Cressida's ongoing path to recovery in the next ISRM newsletter Issue – Ed.

Event Work

Event work update

From Tanya Ball



Although kindling the same level of enthusiasm for sport and related event sports & remedial massage (SRM) the year after the incredible buzz of the 2012 Olympics may be a challenge, an unprecedented number of event SRM opportunities have become available to ISRM members in 2013.

At the time of writing, two teams will have just attended the Fleet and Reading ½ Marathons respectively – alas in the pouring rain – with reports and photos to follow in the summer Issue. Commercial event organisers IMG have once again enlisted ISRM's input into the Blenheim and London Triathlons, and the Run-to-the-Beat ½ Marathon as in recent years. Elsewhere, a number of charities are calling on us to support various fundraising cycling and running/walking events over the coming months. **Any events where volunteer therapist places are still available can be viewed on the relevant 'event work' page of the ISRM website (www.theisrm.com).**

Please note that applications for some of the events such as Blenheim Triathlon are currently closed due to quotas and/or deadlines having been reached. *HOWEVER if you would like to participate in them, please keep checking the website as I sometimes have to 're-open' them periodically if/when I incur too many withdrawals, which means that new places become available.*

**Reminder – the ISRM event work registration process (again!)
Would all members, and specially new student members for whom this is their first ISRM Newsletter, please kindly note the one and only Event Work registration process below, thank you.**

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

In addition, to qualify for ISRM event work, Professional Indemnity and Public Liability insurance at the *appropriate level* (student/graduate) and *valid at the time of the event* is mandatory. 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 'sub text' information in red below the event, and ENSURE that you are available on the date of the event(s)
- Please, please, PLEASE ensure that you enter **ALL** details requested including your 'status' e.g. 'student', 'recent graduate', etc.

- Please, please, PLEASE only apply (click **once** for a given event! Some people have managed to click as many as seven times for the same event...

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

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

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

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

Expand your knowledge, enhance your skills

2014 diary date not to be missed!

As part of LSSM's 25th Anniversary celebrations next year, ISRM are organising a two-day Conference with leading internationally acclaimed guest speakers/workshop leaders. Planning is still at a preliminary stage, but the following dates have definitely been confirmed:

2014 ISRM Conference:

Saturday 8th – Sunday 9th November 2014.

Please reserve these dates in your diary now!

More details will follow over the coming weeks, so watch this space!

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 and workshops** are available for all levels throughout the academic year in Kempshott (M3 J7 just South of Basingstoke).

The spring 2013 CPD/Tutorial Programme is now available to view and download at www.tmb-src.co.uk, or can be requested by e-mailing Tanya@tmb-src.co.uk

Thank you in advance for your interest.

Tanya Ball MSc BA BCSI LSSM MISRM MCNHC MIASI

Sports Massage & Remedial Therapist – Board Certified Structural Integrator

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

2013 CPD courses at The Massage School (Exmouth /Bristol)

James Earls' *Fascial Release for Structural Balance* course series, recently developed as a new training pathway for achieving the KMI qualification Structural Integration, is proving to be of particular interest. Dates for forthcoming courses at the School are:

- 13th & 14th April 2013: Anatomy Trains® for Movement Therapists, tutored by Michael Watson
- 15th & 16th June : Anatomy Trains® for Manual Therapists, tutored by Michael Watson
- 28th & 29th September: Fascial Release for Structural Balance: shoulder and arm, tutored by Michael Watson
- 9th & 10th November: Anatomy Trains® II: Interpret Postural and Movement Patterns, tutored by James Earls.
- 19th & 20th October: Assessing and Treating Fascia-Related Pain & Dysfunction: Translating Current Research into Clinical Practice, tutored by Leon Chaitow. This will be a completely newly formulated course on fascia delivered by this highly distinguished regular speaker, who brings a masterful insight into a variety of subjects including Breathing Pattern Disorders, MET, PRT, and Trigger Points. ***Not to be missed!***

The school is furthermore proud to host Willie Fourie to present his powerful workshops as follows:

- 25th-27th October: Understanding our Connective Tissue System: Complaints after Breast Cancer Treatments (Level 1 – Exmouth), tutored by Willie Fourie
- 29th-31st October: Understanding our Connective Tissue System: Complaints after Breast Cancer Treatments (Level 2 – Bristol), tutored by Willie Fourie.

The School has a strong interest in more integrative rehabilitation strategies, and regularly hosts Alena Kobesova from the School of Rehabilitation in Prague, to deliver courses based on Dynamic Neuromuscular Stabilisation (DNS) concepts. This revolutionary approach evolved from the teachings of Lewitt and Janda, eminent masters of 20th Century manual medicine, and subsequently structured more systematically by their highly talented student Pavel Kolar. The principle uses a child's different developmental stages as an assessment and treatment position for correcting faulty stabilisation patterns and improving general locomotion.

The above CPD courses are additional to our regular CPD workshops covering the following topics:

- Joint Assessments
- Postural Analysis
- Gait Analysis
- Taping and Strapping
- Kinesiology Taping.

For further information, please visit our website on www.themassagetrainingschool.com or drop us an email on info@themassagetrainingschool.com, thank you.

Spring 2013 Hampshire CPD Programme - Basingstoke

Course Programme

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

Day	Workshop	Level	Course details
Thursday 11th April 2013 2 pm -5.30 pm	Soft Tissue Release (STR) 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 – 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.
Friday 26th April 2013 2 pm -5.30 pm	Safe working posture– how well do you protect your body as a therapist? HALF DAY WORKSHOP	All levels	Essential review opportunity if you suffer from overuse strain (hands, back, neck, shoulder...) in your work as a manual therapist! (Re-) learn how to use your bodyweight and protect yourself more effectively, reducing fatigue whilst enhancing efficacy.
Thursday 2nd May 2013 2 pm-5.30 pm	Understanding the shoulder: essential assessment leads to effective treatment HALF DAY WORKSHOP	Introductory/ intermediate	Understanding the source of pain/ overuse injury: learn to ‘see’, interpret what you ‘see’, and focus on effective, relevant treatment. Also ideal ‘bridging’ workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 23rd May 2013 2 pm-5.30 pm	Fascial Release for the <i>foot, ankle, lower leg</i> HALF DAY WORKSHOP	Intro/ intermediate	Learn to address fascial restriction/imbalance to enhance clients' postural and functional support 'from the feet up'. * See also other fascial release workshops below.
Thursday 30th May 2013 2 pm-5.30 pm	Understanding the hip & knee: essential assessment leads to effective treatment HALF DAY WORKSHOP	Introductory/ intermediate	Understanding the source of pain/ overuse injury: learn to ‘see’, interpret what you ‘see’, and focus on effective, relevant treatment. Also ideal ‘bridging’ workshop for therapists aspiring to ISRM accreditation, or as L5 Dip. Pre-exam revision.
Thursday 6th June 2013 2 pm-5.30 pm	Fascial Release for the thigh, hip, & pelvis HALF DAY WORKSHOP	Intro/ intermediate	Learn to address fascial restriction/imbalance to enhance clients' postural and functional support: leg/pelvis weight & movement transfer.
Thursday 20th June 2013 2 pm-5.30 pm	Pre-exam/pre-assessment revision - HALF DAY TUTORIAL	Intro/ intermediate	Ideal opportunity to consolidate skills / maximise confidence ahead of assessments or exams. Students select tutorial content.
			Other suggestions welcome!

Details for all above courses

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

Tutor: Tanya Ball

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

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

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

Please note that full payment for your selected workshop(s) must be received at the time of enrolment to guarantee your place on the relevant course(s). Should a course be postponed or cancelled due to insufficient intake, you will be offered the choice of a full refund, or the reallocation of your fee to another workshop of your choice.

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

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

2013 CPD Courses in Poole, Dorset: Introducing a series of presentations by Colin Paterson MSc PGCert(Ed) MCSP MSMA

Colin Paterson is a Chartered Physiotherapist who currently works as a Lecturer at Bournemouth University and in Private Practice in Dorset. His main specialty is within sports medicine and he has worked with a variety of elite level sports and at major events including Commonwealth Games, Paralympic Games, and World championships. He has an interest in the use of soft tissue techniques and regularly lectures on this topic.

The Thorax

'The Thorax' seminar will be a mix of lectures, discussions and practical demonstrations highlighting the important role thoracic function has on normal movement and dysfunction. The thorax can impact on other spinal regions and limbs and this seminar will increase attendee's awareness of this.

Seminar aims:

- Discuss key anatomical and biomechanical aspects in the thorax.
- Have an awareness of normal thoracic movement and what can impact on this.
- Review soft tissue anatomy in the thorax and why this can impact on normal function.
- Discuss how soft tissue treatment has a place in managing dysfunction in the thorax.
- Explore treatment techniques for the thorax.

Date: Wed 17th April

Time: 6-9pm.

Tutor: Colin Paterson MSc PGCert(Ed) MCSP MSMA

Venue: BWT Physio, 41 Church Road,
Parkstone, Poole BH14 0NN

Cost: £45

The Pelvic Girdle

'The Pelvic Girdle' seminar will be a mix of lectures, discussions and practical demonstrations highlighting the important role pelvic girdle function has on normal movement and dysfunction. The pelvic girdle is an important area to consider in patients with spinal and lower quadrant dysfunction.

Seminar aims:

- Discuss key anatomical and biomechanical aspects in the pelvic girdle
- Have an awareness of normal pelvic girdle function and what can impact on this.
- Review soft tissue anatomy in the pelvic girdle and why this can impact on normal function.
- Discuss how soft tissue treatment has a place in managing dysfunction in the pelvic girdle as part of the management of patients.
- Explore treatment techniques for the pelvic girdle region.

Date: Wed 1st May

Time: 6-9pm.

Tutor: Colin Paterson MSc PGCert(Ed) MCSP MSMA

Venue: BWT Physio, 41 Church Road,
Parkstone, Poole BH14 0NN

Cost: £45

The Shoulder Girdle

'The Shoulder Girdle' seminar will be a mix of lectures, discussions and practical demonstrations highlighting the important role shoulder girdle function has on normal movement and dysfunction. The shoulder girdle is an important area to consider in patients with shoulder and neck and thoracic spine dysfunction.

Seminar aims:

- Discuss key anatomical and biomechanical aspects in the shoulder girdle.
- Have an awareness of normal shoulder girdle function and what can impact on this.
- Review soft tissue anatomy in the shoulder girdle and why this can impact on normal function.
- Discuss how soft tissue treatment has a place in managing dysfunction in the shoulder girdle as part of the holistic management of patients.
- Explore treatment techniques for the shoulder girdle region

Date: Sat 8th June

Time: 10am-1pm

Tutor: Colin Paterson, MCSP,SRP

Venue: BWT Physio, 41 Church Road,
Parkstone, Poole BH14 0NN

Cost: £45

The Thorax & the Shoulder Girdle

A combination of the sessions listed above discussing the relationship between thoracic issues and shoulder dysfunction.

Date: Sun 19th May

Time: 10-5pm.

Tutor: Colin Paterson MSc PGCert(Ed) MCSP MSMA

Venue: Health Professions building, Southampton Uni,
Burgess Road, Southampton (same as LSSM)

Cost: £90

To enrol on the above courses please email Sarah Tidey:
sarahtidey@ymail.com

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

Til Luchau

- Advanced Myofascial Techniques – Spine Ribs & Low Back I & II – Weston-on-the-Green*, near Oxford – 31 May/01 June 2013
- Advanced Myofascial Techniques – Scoliosis I & II – Weston-on-the-Green – 02 June/03 June 2013

John Gibbons

- A Modern Approach to MET – 15/16 June 2013 – Weston-on-the-Green

Robert Schleip

- Fascia Research Update – London – 5/6 October 2013

Mary Bond

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

Art Riggs

Back in the UK in early November 2013 – Edinburgh - details coming SOON!

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

- Anatomy Trains for Movement Therapists – Michael Watson - Exmouth – 13/14 April 2013
- Anatomy Trains for Manual Therapists – Mike Doxey – Brighton – 27/28 April 2013
- FRSB Shoulders & Arms – James Earls – Weston-on-the-Green – 27/28 April 2013
- New! Anatomy Trains UPDATE – James Earls – Weston-on-the-Green – 18/19 May 2013
- Anatomy Trains for Manual Therapists – Michael Watson – Bristol – 15/16 June 2013
- FRSB Tensegrity Spine – James Earls – Weston-on-the-Green – 21–23 June 2013
- Anatomy Trains for Movement Therapists – Michael Watson – Hertfordshire – 13/14 July 2013
- New! Anatomy Trains I – Michael Watson – Birmingham – 20/21 July 2013
- New! Anatomy Trains I – Michael Watson – Birmingham – 20/21 September 2013
- New! Anatomy Trains II – Michael Watson – Birmingham – 22/23 September 2013
- FRSB Shoulders & Arms – Michael Watson - Exmouth - 28/29 September 2013
- FRSB Arches & Legs – James Earls – Weston-on-the-Green – 11–13 October 2013
- FRSB Abdomen, Chest & Breath – James Earls – Weston-on-the-Green – 1–3 November 2013
- New! Anatomy Trains II – James Earls – Exmouth – 9/10 November 2013
- FRSB Arches & Legs – James Earls – Birmingham - 22–24 November 2013
- Walking the Lines – James Earls – Bristol – 7/8 December 2013

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

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



April 29th

The Belfry Hotel

An opportunity to learn from the best. This exciting new event brings together the key members of the **European Tour Performance Institute Team** with a programme developed by the keynote speaker, world renowned golf performance expert JJ Rivet and UK chiropractor and biomechanist Jim Odell. 6 hours of CPD

Please Book online: www.professionalevents.co.uk

Please use the discount code: **chiro** for a £35 + vat discount **ONLY £100 + vat Early bird OFFER ENDS 31st December**

Programme

- 9.00 Introduction and welcome- *Fredrik Lindgren, Head of ETPI*
- 9.10 **Biomechanics**
The role of biomechanics in golf - *J J Rivet*
- 9.50 **Swing**
Analysis of the ideal swing. The role of the musculoskeletal system in each phase - *Daryl Coyne*
- 10.30 **Stability**
The management of the centre of gravity and role of feet/orthotics - *J J Rivet*
- 11.00 Break
- 11.20 **Posture**
Importance of posture - *Nigel Tilley*
- 12.00 Lunch
- 1.00 **Strength**
Developing strength and power - *Daryl Coyne*
- 1.40 **Mobility**
Developing the kinetic chain and effect of common restrictions - *Martin Haines*
- 2.20 **Injury**
Mechanism of common injuries or a case study session - *Nigel Tilley*
based on a pro (un named golfer)
- 2.50 Break
- 3.15 **Technology**
Technology for Movement Analysis - *J J Rivet*
- 3.55 **Assessment**
The European Tour Physical Assessment for Golfers - *Rob Hillman*
- 4.30 Summary- *Fredrik Lindgren, Head of ETPI*
Issue of CPD certificates

Biographies

J.J. Rivet

Jean Jacques (JJ) is well known in Europe as a Biomechanist working on swing optimization for several professional golfers and with their coaches (PGA Tour, LPGA and European Tours), including such names as former Masters champion Trevor Immelman and Suzanne Pettersen. Rivet also has an association with renowned golf teacher David Leadbetter and is a consultant to the European Tour.

Not only is Rivet a sportsman, having competed in a variety of sports including golf, he has a degree in engineering and has a great knowledge of biomechanics and body motion. His company, BiomecaSwing, helps golfers attain a new level of game performance by applying a proven scientific approach.

Daryl Coyne

Daryl has been a full-time Consultant Chiropractor with the European Tour Physiotherapy Unit and Performance Institute for the last eight years. During that time, he has worked at over 200 tournaments on the European Tour including the last 8 British Opens. He has been the consultant chiropractor and part of the European Team at the 2006, 2008, 2010 and 2012 Ryder Cups. He has recently completed a Physical Fitness and Conditioning for Sport qualification with Setanta College in Ireland, which changed his philosophy and mode of practice. This emphasized the need to screen all players and promote exercise prescription to achieve a base level of fitness. His current interest is in injury prevention and developing a platform to build on with regard to strength and power training

Nigel Tilley

Nigel has been a full time Consultant Physiotherapist with the European Tour Physiotherapy Unit and Performance Institute for the last five years. During that time, he has worked at over 125 tournaments on the European Tour including the last 5 British Opens. He was the physiotherapist for the 2009 and 2011 victorious Great Britain & Ireland Seve Trophy teams and was part of the successful European Team at the 2012 Ryder Cup in Chicago. He has previously worked with many different elite sports people in private practice, was the head physio for the Bahamas Football Association and a physio for Hearts FC in the SPL. He has a Masters in Advanced Musculoskeletal Physiotherapy and has recently carried out research into warm-up techniques and performance in elite golfers that has been published in the IJSPT.

Martin Haines

Martin Haines is one of the country's foremost experts on biomechanics and biomechanical screening and, as head of Intelligent Training Systems™, he runs specialist training courses for sports coaches, golfing professionals, personal trainers, fitness instructors, therapists and other health & fitness pro's to help injury prevention and sports performance on the pitch, in the gym, on the track or training ground.

Rob Hillman

Rob is currently Director of the European Tour Physiotherapy Unit and has been a full-time physiotherapist on the European Tour for fourteen years. During that time, he has worked at over 350 tournaments on the European Tour including 14 British Opens. He was part of the successful European Team at the 2002, 2004 and 2006 Ryder Cups and has been Therapy Director for the European Team from 2008 to the present. He is in the final stages of completing a Masters in Advanced Musculoskeletal Physiotherapy and is a member of the Musculoskeletal Association of Chartered Physiotherapists. He is currently researching the correlation between grip strength and club head speed in elite golfers and has worked closely with consultant radiologists and wrist specialists to highlight specific wrist injuries in golf.

Jim Odell

Golf 2013 was the idea of Jim after meeting JJ Rivet at his European Tour Performance Centre. Jim started as an engineer and has a master's degree in biomechanics. He is a chiropractor and lecturer in biomechanics on a chiropractic degree programme. He works in both the NHS and in private practice where he has a special interest in treating golfers, runners and dancers using soft tissue release alongside chiropractic. His recent book: 'The Soft Tissue Release Handbook – Reducing Pain, Improving Performance', focuses on treating movement restrictions and is ideal reading for anyone working with golfers.

More information and Booking www.professionalevent.co.uk



Book Review

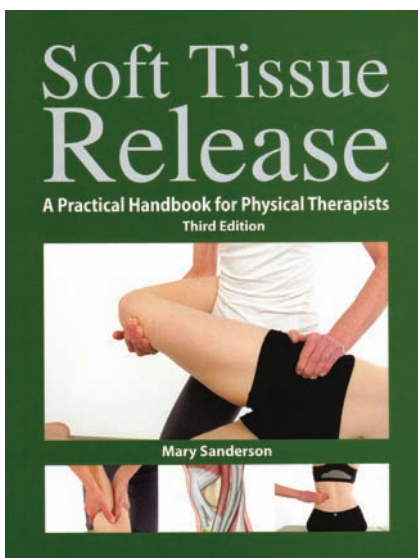
By Tanya Ball



Senior LSSM Tutor Mary Sanderson requires little introduction among ISRM Members, many of whom will have acquired much of their Soft Tissue Release (STR) skills

from her, either directly, or through her highly popular book, *Soft Tissue Release: A Practical Handbook for Physical Therapists*, first published in 1998 by Lotus, Chichester. Besides running a full-time therapy practice, teaching, and raising a family, Mary has recently found the time to publish the following titles:

- Sanderson M. (2012). *Soft Tissue Release: A Practical Handbook for Physical Therapists*. 3rd ed. Chichester: Lotus
- Sanderson M. And Odell J. (2012). *The Soft Tissue Release Handbook: Reducing Pain and Improving performance*. Chichester: Lotus.



Asked how these handbooks complement one another, she explains, 'in my opinion, my STR up-date book is for beginners in any therapy, beginners in STR, and possibly even for clients. It's basic, easy to read and the pictures are a good reminder for the STR days on the LSSM Diploma Course.'

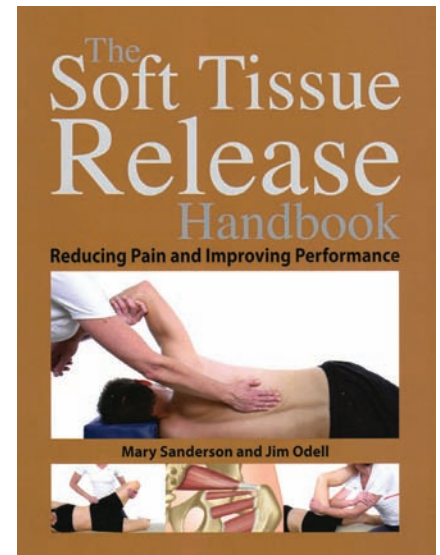
The co-authored book is intended for the more established soft tissue practitioner who is interested in gaining more knowledge on how joints should move, and how STR can facilitate this. The enthusiastic student will enjoy referencing it, and there are a variety of tables and illustrations that will help assimilate information about movement and muscle action. It also has plenty of examples of how STR can help common restrictions in sport and everyday activities, bringing the technical components into context.'



Both thoughtfully designed titles present attractively uncluttered pages with:

- Large font text intelligently broken down into sub-titled, unambiguous, readily 'digestible' paragraphs.
- Excellent photos illustrating technique applications, including arrows indicating directions of movement or pressure.
- Clear drawings of relevant musculo skeletal anatomical body areas, tissues, etc.

I would have no hesitation in recommending these publications as valuable companions along our journey towards ever enhancing our clinical skills and our patient care.





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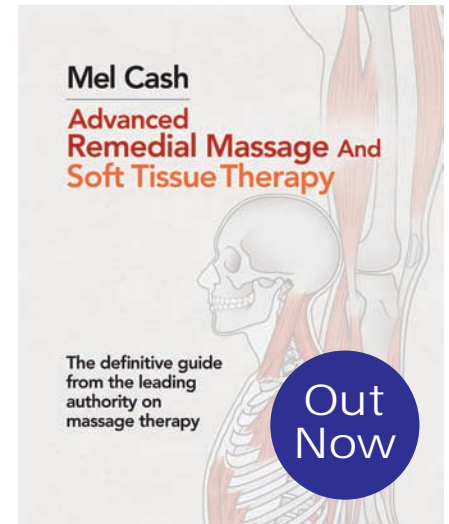
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Journal of Bodywork and Movement Therapies

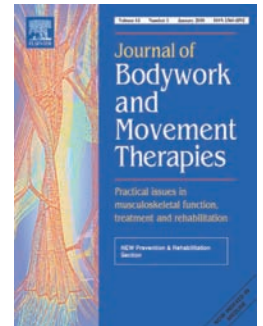
NEW – Prevention & Rehabilitation Section

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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

www.acupressure-training.co.uk

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

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

www.brasschecktv.com/page/57.html

www.thepagerankchecker.com

www.youtube.com/watch?v=25LUX3IgtFU#comment

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

www.youtube.com/watch?v=QZh3NdVP0g8&feature=related

www.youtube.com/watch?v=-3IUJ2Q7hp0

www.youtube.com/watch?v=0R4zRSE_-40



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



Complementary & Natural Healthcare Council

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

VALIDATED SCHOOLS



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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



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



Massage Training School Exmouth
www.themassagetrainingsschool.com

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