



LMCSP Newsletter

SEPTEMBER 2015

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THE latest news for Remedial Masseurs & Manipulative Therapists

The word from the top

After being a GP for forty years, it will not come as a surprise that there have been massive changes in both the Health Service itself and the diagnosis, treatment and management of a host of different medical conditions. Forty years ago there were no scans, blood tests were rudimentary, and the pharmacopoeia was sparse. Over that forty years the NHS has seen eight re-organisations with lurches from competition to collaboration and back several times.

Healthcare in general now bears relatively little relationship to how it was in the seventies. With what are literally life changing procedures now widely being available to patients it is not unreasonable to see that the machine we call our National Health Service could easily consume ever more money. Forecasts of black holes of thirty billion or more are probably not over-estimates. I am sure many of you are aware, either professionally or personally, of more and more constraints on funding. So how is this funding gap managed? I believe the biggest losers are those unfortunate patients with non life threatening and chronic conditions particularly MSK related problems.

The United Kingdom is still probably the best country in the world if you need emergency care. If you have any critical illness, be it heart, liver, kidney or other organ failure or multiple injuries you will know that the NHS will be there to provide whatever care is necessary regardless of cost, status or any other factor.

However, a high proportion of patients attending GP surgeries around the Country are suffering from more straightforward musculo-skeletal related problems. Industry loses almost 30 Million days to this problem and the average sufferer will be absent from work for 17 days. The costs are vast for all concerned.

Going on recent feedback that I have had personally in my clinics, it does seem that patients are feeling very frustrated with the very long waits to which they are subjected for attention for MSK related work via the GP or NHS generally, coupled with the fact that when they do receive attention it is mostly in the form of an exercise sheet. It does seem that patients cry out for personalised 'hands on' attention together with a listening ear. I really do feel that LCSP members are ideally placed to provide this service that patients can no longer easily obtain. The opportunities are clearly there and you are in the right place at this the right time to be the MSK specialists and develop accordingly.

I was particularly impressed with Fozzy's article in the January Newsletter regarding developing your practice and would, given the present circumstances, recommend a re-read of this as it gives some clear and concise steps to increasing your patient numbers.

Dr. Paul Lambden
President



Fozzy's Forum

fozzy@fosterclinic.co.uk

AGM WEEKEND - 19th/20th June - Blackpool

The complete weekend was a triumph with a special presentation by John Sharkey being especially well received (see the selection of feedback below). Friday afternoon was started in fine form with a golf game at the hotels 18 hole course which had lots of water hazards to give golfers both headaches and the need for scuba gear! The picture opposite shows Fozzy with Board member Pauline Kelly, and it was indeed Pauline who triumphed in the golf match fuelled by her home Sloe Gin. However, it clearly was Fozzy who won the 'Most outrageous Trousers Competition!'

The Annual General Meeting itself gave a return to office for both Melvyn Eyers and Fozzy. After the voting the members were thanked for this result by Past President

Beryl Harper stating that these two men (Mel and Fozzy) were integral to the efficient running of the LCSP with so much work being done behind the scenes on many different levels. The other votes and resolutions were passed without incident.



John Sharkey



FEEDBACK FROM JOHN SHARKEY PRESENTATION

“ It was a fascinating afternoon. Just the right level and John is an inspiring speaker, leaving me hungry for more. Please more of the same would be wonderful. ”

“I have been studying and then working under the LCSP banner for over 20 years, I have been on a variety of courses run by a wide range of organisations. I have found it increasingly difficult to find CPD topics that look worthy of study and although I pick subject matter that I feel will keep me up to date, I often find that they repeat material that I covered years ago. John Sharkey introduced a new way of thinking about the body which has really fired up my enthusiasm to learn more and to consider fundamentally why our treatments work. Additionally, his passion for his subject is infectious and kept everybody engaged.”

"Many thanks to Steve and everybody at the LCSP for organising such a splendid speaker in John Sharkey. What an interesting and knowledgeable man. He was so informative and genuinely happy to share his research, theories, knowledge and experience. Didn't he just 'blow out of the water' many of the assumed myths, truths and misconceptions that the medical profession and many of us may have. It was a truly fascinating experience. We were privileged indeed."

“ I thought John Sharkey was superb, one of the best lectures that I've heard. He was a great speaker who held everybody's attention. ”

“ Thank you for a very special day. John Sharkey gave an excellent presentation and the hours seemed to fly by. What he said was very exciting, especially telling us about the Myofascial Trigger Points and using their latent energy to switch inhibited muscles back on. I guess we've been doing that ourselves in our work without knowing exactly what was going on. ”

"Firstly, my grateful thanks to you Fozzy and the LCSP Council for the excellent CPD event with John Sharkey in Blackpool. The Tensegrity concept of the structure and function of the human body was new to me and very interesting. John covered Trigger Points in depth which has increased my understanding of them. His profound knowledge of the human body was absolutely fascinating and most enjoyable, and fresh. Some aspects of his lecture are already proving useful to me in the way I work with my patients. I would be more than happy to hear more from John Sharkey as there must be a great deal more he could tell us which would be equally fascinating and useful, perhaps he could actually demonstrate some treatment techniques and show his exercise and stretching protocols which is another area of his expertise."

The Future?

Well clearly this CPD event with John Sharkey was well received; I personally think that this type of quality presenter was the right person and had the right audience. The standard and quality of the professional therapist within the LCSP Register has without doubt increased and improved to a level where we need the better quality presenters and this is the route that I will be pursuing in the future. Thank you to the members who attended, gave me the feedback and I hope that I can continue to provide you with other high class education opportunities.

Fozzy

WORKING OPPORTUNITY AND THERAPIST REQUIRED From Dr Liz Kliman

I am looking for a male massage therapist (preferably who has knowledge of aromatherapy) to work with adults with learning disabilities and/or autism in a secure hospital in East London.

They would need to be able to visit the hospital, preferably at a set time each week to see a number of clients.

Knowledge of learning disabilities or autism would be desirable but not essential as they will receive full support whilst visiting.

Please reply to: Liz.Kliman@elft.nhs.uk

Dr Liz Kliman - Chartered Counselling Psychologist
Specialist Learning Disability Service

What makes a 'good' therapist, a 'great' therapist... ...Communication!

It takes a great belief in you as a therapist to be flexible to each person that walks through the clinic doors. We need to have a broad and deep understanding of anatomy and physiology together with sensitive communication skills that are clear, creative and empathetic.

I find communication is an ongoing development for myself.

Our practice gives us a number of people in long term chronic pain; we have found that the right chosen words can make a difference between a successful treatment and one that could struggle for a while. When treating long term chronic pain sufferers, David Butler and Lorimer Moseley suggest that pacing through the day and resting at times is really great to minimise pain that can otherwise be tiring.

What I have noticed is that often patients find it hard to accept 'rest' or even 'taking it easy'. They may see it as 'giving in', 'being weak' or because 'you don't understand how busy my life is' – All of this is correct because it is 'their' experience of 'their' world and life.

It is up to us to find a language that becomes meaningful for them. For example, if the word 'rest' or 'resting' doesn't work for them then I try 'how about pushing the pause button?', you are not saying 'no' or 'yes' to anything, simply 'I just need to take a moment' throughout the day or even on a day out. It has been a surprise just how many people, women and men alike, can place some meaning and attachment to 'taking a pause'!

We often rehearse when to take a moments 'rest' pause; when would this feel easy; doing it before they become too tired or it becomes too painful; investigating what would stop them? All really useful in encouraging these people to endeavour to take charge of their condition and themselves. Sometimes when patients can't do this, I ask them if 'Rest' had a colour, what it would be. In my experience a colour is often attached to a moment when they felt at peace. Help them to build on that memory, encourage them to recall that moment when they need to 'pause' or 'rest' but also having some fun with it.

Smiles and laughter go a long way in enabling people to overcome something they find tough.

Just my thoughts, I hope you find them helpful.

Sue Bennett

Recommended reading; Joseph O'Connor and Ian McDermott, Principles of NLP (Singing Dragon)

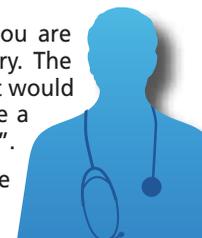
Medico-Legal Tip

Probably the most common single question I get asked as a medico-legal adviser is "how do I stop getting any complaints?" Unfortunately the question cannot be answered because nowhere is there written down a foolproof safety manual. The regulators in the UK operate on a retrospective basis. That is to say if they receive a complaint about a practitioner, they look at the treatment provided and decided, in retrospect, was it appropriate? The best way to stay safe is therefore, when working to ask yourself two questions on a regular basis

1. Is what I am doing reasonable? This principle, which appears in regulatory documents, has been embodied in law for nearly sixty years.

2. There is a more challenging question which should be asked, especially if you are contemplating anything that is even slightly questionable or out of the ordinary. The question is "If I told a group of my colleagues what I planned to do for the patient would they all agree with me that I was doing the right thing?" I don't think I ever see a complaint where a clinician is at fault where the answer to that question is not "No".

So the process of protection is one of self-monitoring. Do ask yourself and if there are any doubts at all, don't do it!



Cycling's growing popularity offers opportunities for Therapists

by Nick Dinsdale

Cycling is all inclusive

Over recent years, UK cycling has undergone an unprecedented resurgence, primarily due to the unparalleled success of GB Cycling Teams, Sky Pro Cycling, the charismatic Brownlee brothers – and not least, the indefatigable Boris Johnson. As such, cycling has become a fully inclusive activity offering diverse uses and growing health and environmental benefits. Cycling embraces riders of all ages, gender and ability - arising from diverse cultural, socioeconomic and professional backgrounds. Cycling is used for commuting, recreation, racing, cyclosporive challenges, triathlon, and rehabilitation after surgery and prevention of common diseases associated with sedentary lifestyles.

Health & Fitness benefits

In addition to the plethora of competitive cycling disciplines which are often used as an adrenalin rush, cycling offers multiple established health and fitness benefits. These include rehabilitation after lower-limb joint replacement (Herndon et al. 2010), prevention of cardiovascular disease (Hoevenaer et al. 2011) and cardiac rehabilitation following surgery (Oja et al. 2011). Regular cycling can help in prevention and treatment of many common conditions and diseases associated with obesity and sedentary lifestyles. These include high blood pressure (hypertension), type-2 diabetes and coronary heart disease (CHD). According to the British Medical Association, "cycling just 20 miles a week can reduce the risk of coronary heart disease by 50%" (BMA, 2014).

The increase in injuries offers opportunities

Specific to Therapists, this resurgence in cycling has resulted in a significant increase in cycling related overuse injuries - often referred to in the research literature as 'Non-Traumatic Cycling Injuries'. Thus, having the ability to identify the cause of overuse cycling injuries and thereafter the capability to delivery appropriate treatment and prevention strategies represents a growing market with real business opportunities for proactive Therapists.

Demographics

The prevalence of cycle related overuse injuries can be as high as 85% in regular cyclists. Injuries have been reported in mountain-bikers, professional road cyclists, recreational riders and triathletes. The literature unequivocally demonstrates that all 'regular cyclists' are affected – inclusive of all ages and abilities, ranging from recreational to professional, both on-road and off-road. Consequently, there is no escape from overuse injuries.

Epidemiology

The most frequently reported anatomical areas of overuse injuries are the knee, lower back, perineum, hand and foot. The knee is arguably the most common site, affecting an estimated 40% to 60%.

Cause is often multifactorial and diverse

The aetiology (cause) of cycling related overuse injuries is often multifactorial and diverse which further adds to the complexity of treating them. Overuse injuries are caused by intrinsic and/or extrinsic risk factors. Moreover, a single overuse injury often includes both intrinsic and extrinsic risk factors. Intrinsic factors are natural anatomical and biomechanical abnormalities associated with the rider. Extrinsic (avoidable) factors that commonly contribute to injury include; an improper riding-position and training errors. As an example, an incorrect saddle height (too low) is a major contributing extrinsic factor in the cause of anterior knee pain. Similarly, an incorrect foot position is a major intrinsic risk factor in the cause of anterior knee pain.

Conclusion:

As Therapists, if we are to be successful in the treatment of overuse injuries, we must first identify cause. Cause is often multifactorial and diverse which often involves both intrinsic and extrinsic risk factors. Therefore, success relies on carefully assessment of both rider and their riding position.



CPD Workshops

NJD Sports Injury Centre

As detailed on LCSP Website

Cycling Injuries	10th October 2015
Bikefit-Package	11th October 2015
Treating LBP	15th November 2105

PhysioUK CPD Workshops

Earlier this year I was approached by the Managing Director of PhysioUK (arguably the largest UK provider of CPD Workshops for Physiotherapists) to run workshops at different location across the UK.....

Workshop Title: Cycling Injuries – Causes, Treatment & Prevention

As result, two workshops were scheduled, both are now FULL (18 per course) with waiting lists. Additional workshops are being scheduled for early next year – Manchester / Liverpool

Loughborough	5th Sept 2015	FULL
Surrey	17th Oct 2015	FULL

For more information, go to: www.physiouk.co.uk/courses.php

Date	Venue	Course Info	Cost:	Provided by:
13th September 2015	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Therapeutic Ultrasound (using a multifactorial approach)	1 day workshop £120.00	
10th October 2015	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Cycling Injuries (Cause/Prevention/Treatment)	1 day workshop £125.00	
10th - 11th October 2015	Britannia Hotel, Leeds,	Hendrickson Method® Study Days - Neck Pain	2 days workshop £270.00	
11th October 2015	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Bikefit Package (3 step integrated package)	1 day workshop £120.00	
23rd - 24th October 2015	The Poplars, Laxfield Road, Stradbroke, Suffolk, IP21 5HX	Touch for Health 1	2 days workshop £195.00	
15th November 2015	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Treating Lower Back Pain (using a multifactorial approach)	1 day workshop £125.00	
27th - 28th November 2015	The Poplars, Laxfield Road, Stradbroke, Suffolk, IP21 5HX	Touch for Health 2 (prerequisite TFH 1)	2 days workshop £195.00	
19th - 22nd February 2015	Britannia Hotel, Leeds,	Hendrickson Method® Certification Programme: Lower Extremities Level 1	4 days workshop £470 - £520 Early Bird Discount Applies	

For more information or to book, please contact the course provider on the details below:



Presented by: Rachel Lead – Qualified TFH Instructor with the International Kinesiology College

Bookings and Cheques to "Rachel Lead", Poplars, Laxfield Road, Stradbroke, Suffolk, IP21 5HX

If you need more information on any of our workshops, please contact us by:
Tel: 01379 388031 or 07733 105752
Email: rachelpbck@gmail.com
Web: www.ikc-info.org

Presented by: Nicholas Dinsdale BSc (Hons), MSc Sports Injuries & **Nicola Dinsdale** BSc (Hons), MSc Sports Injury Rehab (ongoing)

Bookings and Cheques to "Nicholas Dinsdale" Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, Lancashire, BB7 1QD

If you need more information on any of our workshops, please contact us by:
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Web: www.njdsportsinjuries.co.uk

Presented by Sue Bennett FLCSP (Phys)

Bookings and cheques made payable to "Flexible Healing" 45 St David's Road, Otley, West Yorkshire, LS21 2AW. Or alternatively book and pay online

If you need more information on any of our workshops, please contact us by:
Tel: 01943 461 756
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Web: <http://training.flexible-healing.com>