



NLCSPP Newsletter

JUNE 2016

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The word from the top

It has certainly been another year of variable and mixed fortunes for the world, the country and, not least for health. The election of a new Conservative Government pledging to maintain the funding for the NHS was a source of relief for the army of health workers but seeking billions of pounds in efficiency savings has increased the pressures on the service and it is held by many that there are no more savings to find. Cuts in service appear to be the only way forward. The pressures within the NHS are there for everyone to see.

It is difficult to visualise what the service will look like in five years' time but the news is full of alarmist predictions about decreasing health service standards and the closure of community care homes. For many patients the service is not there when they need it most and the care so often feels so stretched.

For LCSP Members the tranquil waters of reasonably priced one-to-one care provides a safe haven for so many patients. They can be sure of getting the time they need in a friendly and unhurried environment. It is important that the standard is maintained and that the reputation of the organisation remains strong. Recent NICE guidance on low back pain provided vindication for the approach of LCSP members to treatment for the debilitating and distressing condition.

In an age of blame culture and increasing regulation, it is important, indeed essential, that all the members enjoy the benefits of a Professional Association that enjoys status and credibility with the infrastructure to provide full support to the members as practitioners. There are other organisations and sadly we have had therapists leave the LCSP for other professional organisations but in ever increasing numbers we are seeing these past members re-apply for membership as the promises made and the support structures provided by other organisations do not match up with the needs of today's world.

The best way forward for all LCSP members who want to secure the future is to be good at what you do; you are soft tissue specialists, using techniques recognised as a consistently reliable way to provide treatment at a time when homeopathy and acupuncture are again at the centre of challenge in the medical and lay press with doubts cast on effectiveness. Soft tissue treatments have never been in doubt; the power is in your hands – use it wisely and effectively and you and the patients will reap the rewards.

Have a good summer.

Dr. Paul Lambden
President



LCSP Register Annual General Meeting and Conference

Holiday Inn, Bridgefoot, Stratford Upon Avon, CV37 6YR

25th and 26th June 2016

Presents by popular demand the return of

Special Guest Speaker John Sharkey MSc

This exciting 2 day presentation will introduce the delegates to the concept of Biotensegrity and how it applies to human anatomy and motion.

Last few places available - contact LCSP Office or website



For discounted hotel accommodation contact Holiday Inn direct and quote 'LCSP Event'





Fozzy's Forum

fozzy@fosterclinic.co.uk

Licensing Exemption

The London Borough of Bexley is the last of the 32 London Boroughs which has granted the LCSP Registers members exemption from the licensing of premises under the provision of the London Local Authorities Act 1991. This exemption comes into force in Bexley on 1st July 2016.

LCSP Members now enjoy total licensing exemption in all 32 London Boroughs to practice.

Annual General Meeting

Enclosed is your proxy voting form for the Members who cannot attend the AGM on 25th June in Stratford-upon-Avon. You will see that Beryl Harper and Pauline Kelly are the two Board members who are asking for re-election. On a personal note I ask you to re-elect them as they are both invaluable members of my team, Beryl who most of you know and conversely she personally knows most of you has wisdom and experience that she brings to every meeting and situation. Pauline is known to members for a very different but none the less equally important reason, Pauline is the LCSP Registers Welfare Officer who discharges her duty with care and compassion and has helped and assisted many members who for very many different reasons have found difficult times and have needed our own 'family' support. Please keep the 'Fozzy Team' together.

Anyone for Golf?



Fozzy your Secretary is up for a game of golf on the Friday afternoon prior to the AGM. If you feel similarly disposed contact me and I will arrange tee time(s), prizes, mickey taking etc. etc.

P.S. Doug bring the Cup!

Advertising

Some members have reported being contacted by a Company with a view to advertising on GP appointment cards. This Company is saying that they received your details from the LCSP, this is not the case. The LCSP Register does not release or make available members details to third parties and certainly are not endorsing this Company, its products or services.

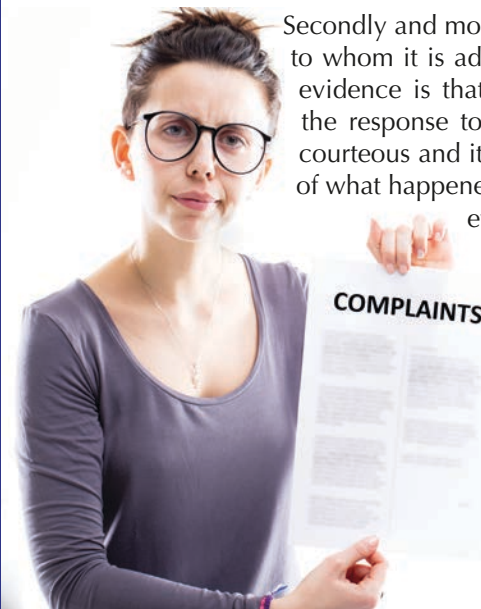


Fozzy

Clinical Tip

Unfortunately, we all sometimes get complaints. LCSP members get them a lot less frequently than virtually all other groups of clinicians. However, if one is received, it may be disappointing at best and very upsetting at worst. Trying to formulate the response is often very difficult if you feel affronted or irritated that criticisms should be made about you; after all you did your best and it is surely obvious to the patient that the work you did was of the highest calibre!

My tips for you are, firstly, not to get cross when you respond. Draft the letter and then put it in the drawer for 24-48 hours. When you look at it again, I would be very surprised if you don't tone it down.



Secondly and most important, write the response, not for the person to whom it is addressed, but for whoever else may read it. All the evidence is that, when a patient makes a complaint, they show the response to friends and family. If your letter is friendly and courteous and it reads well to people who, after all, know nothing of what happened because they weren't there, then we know, from evidence collected principally from studies about complaints against doctors, that they influence the complainant positively in favour of the clinician.

All clinicians want complaints resolved as quickly and effectively as possible; don't forget, it is wise to contact the LCSP office if you have any doubts and get advice. A second opinion about a complaint is often very helpful.

Dr. Paul Lambden



We are indebted to Tony Gabliks - a pro-active LCSP Register member for nearly 20 years who has done some CPD research into applications for explaining and showing patients in a more interactive way the specific soft tissue problems they are presenting with.

Thanks again Tony and his findings and thoughts are below:

I've been a massage therapist for many years now, and one thing that I have always been mindful of is the 'added value' to any therapy session by relating to my clients exactly what their particular problem is.....that sounds so elementary, but the fact is that many people have previously not received clear explanations from other health professionals, and are quite 'foggy' about their problem. Anything that makes things clearer for our patients is always well received, and I'm sure that we all get our textbooks and models out to facilitate this.

Recently I did a survey to examine other, more interactive ways to improve my service, and was pleasantly surprised to see a range of medically oriented Apps ('applications' to the unfamiliar) that could be purchased for use on Tablets – either Apple Ipad or Samsung Galaxy which are the market leaders. Having tried some of them I can tell you that the quality varies enormously, and the

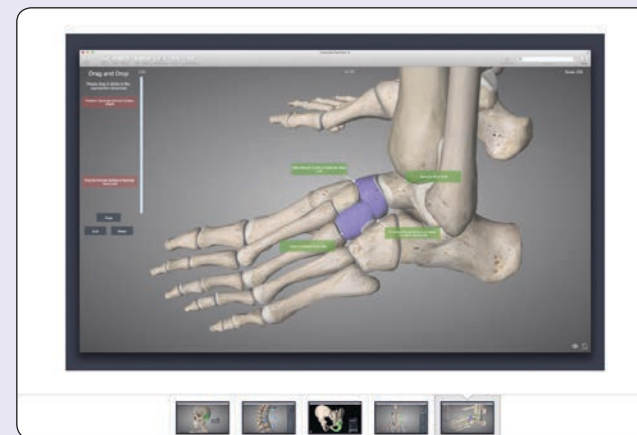
cheap ones are just that....cheap quality and poor graphics with very limited usefulness.

However there is one company called '3D4Medical' that I think, stands head and shoulders above the competition, with a range of Apps for massage therapists, physiotherapists, medical students, doctors etc., and they are super to use. The ones that are particularly good for massage therapists are 'Essential Anatomy' which covers a range of body systems (skeletal, muscle, connective tissue, blood, lymphatic, respiratory etc.), 'Essential Muscle & Skeleton Anatomy' which really concentrates on identifying any muscle or bone, origin & insertion points, innervation & blood supply, and animation of every movement of each articulation. They also have specific Apps for particular body regions, e.g. foot, spine, knee etc. which give even more animations detailing disease states and injuries, and treatment.

With all these, you can zoom in to particular areas, build up layers of muscles/ nerves/blood vessels etc. and you can highlight or fade areas to make your explanations clearer, write your own notes & save the images or email them with a tap of the finger, and lots lots more.

If you are interested, you can 'Google' the company then explore what each one does by watching short explanatory videos, but another way to get a small taste is to download their 'Essential Skeleton' App which is completely FREE with no obligations to purchase anything else – they offer this one free just to demonstrate how good they are, in the hope that you'll perhaps follow through with a purchase in the future.

You can check the prices yourself – roughly speaking the more detailed ones are about half the price of a treatment session.....barely the price of a small text book. By the way, I don't have any business connection with this company – I just think that what they have available for us is worth a look. My patients love them!



Date	Venue	Course Info	Cost:	Provided by:
25th - 26th April 2016	Holiday Inn, Bridgefoot, Stratford upon Avon	AGM with guest speaker John Sharkey MSc		
8th - 9th July 2016	The Poplars, Laxfield Road, Stradbroke, Suffolk, IP21 5HX	Touch for Health 1	Two day workshop £195.00	
2nd - 4th September 2016	Craiglands Hotel, Ilkley, West Yorkshire, LS29 8RQ	Deepening into our Hendrickson Method - 3 days	Three day workshop £525.00	
16th - 17th September 2016	The Poplars, Laxfield Road, Stradbroke, Suffolk, IP21 5HX	Touch for Health 2	Two day workshop £195.00	
30th September 2016	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Therapeutic Ultrasound (using a multifactorial approach)	One day workshop £120.00	
1st - 2nd October 2016	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Common Cycling Injuries: Causes, Treatment and Prevention. Inc Bikefit	Two day workshop £269.00	
8th October 2016	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Common Cycling Injuries: Causes, Treatment and Prevention	One day workshop £125.00	
9th October 2016	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Bikefit Package - 3 step integrated process	One day workshop £120.00	
18th - 19th March 2017	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	The Pain Picture - A Practical Exploration of Pain	Two day workshop £280 -£295	

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.ukkinesiology.com



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:
Tel: 01200 427 457
Email: nick@njdsportsinjuries.co.uk
Web: www.njdsportsinjuries.co.uk



Presented by Sue Bennett FCSP (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
Email: info@flexible-healing.co.uk
Web: <http://training.flexible-healing.com>