



JUNE 2012

WLCSP

Newsletter

**The Word From
the Top**

**Fozzy's
Forum**

**2012
AGM**

**CPD
Course
Details**

The word from the top

I am writing this sitting on my balcony in South Wales in full sunshine, the temperature is 20 degrees and it is the end of March, will we ever understand the British weather? This is the last report from me as President, so much has happened in the three years of my 'watch', the revised Newsletter, a vibrant new website and improved and expanded CPD opportunities, all of which are generating lively feedback and all of these developments taking place during a general and bleak economic downturn.



I have been associated with the LCSP Register over 30 years as a member; I have served on the Council for 20 years and fortunate to be President for 3 years. In those 3 years I have attended all the Regional meetings and Board meeting, bar one, due to health concerns. If I have one regret, it is that I have not been able to visit Canada in my capacity as President due to the medics refusing to allow me to fly. I very much now realise that health is our most valuable possession, so always look after it.

My final Regional meeting was in Bolton in February, I decided to let the train take the strain. Working on the theory that the only way to be certain to make the train is to miss the one before it, I did that to perfection !!!! The hotel was warm, welcoming and comfortable which contrasted with outside being minus 10 degrees with ice and some light snow. Considering the weather the meeting was well attended and both presentations about insurance work and the new website were well received and the evening ended with a buffet, drinks and some valuable time with other therapists and colleagues. As your President I have particularly enjoyed the opportunity of meeting so many of you individually at these regional meetings and I thank all of the membership for the honour and privilege of being President for these past three years.

I must record my gratitude to Steve for all his hard work for and on behalf of the LCSP Register and certainly for supporting and carrying me from day one! To all the Board members old and new for their support and wisdom, thank you. Vic Johnson our finance officer for the expert control of our finances in these very difficult times, happy walking Vic! We all wish you well for the future now you have retired. Finally, my personal thanks to the office admin team of Christine and Margaret who quietly and efficiently keep us on the right tracks.

This is not the end, it is not even the beginning of the end.
God be with you

Viv.

ps Seven years to the Centenary!



Fozzy's Forum

fozzy@fosterclinic.co.uk

RETIREMENT OF VIC JOHNSON

After serving diligently and conscientiously in the post of Finance Office for almost 10 years Vic Johnson retired at the end of March. Vic has been an important cornerstone of the Register and has expertly navigated the Register through a most difficult financial time. We are all indebted to him and wish him well in his retirement. His shoes have been filled by Les Davies who has had over 25 yrs experience within the finance and banking industry, we welcome Les to the Register and feel that our faith in him is not misplaced.

WELFARE OFFICER PAULINE KELLY

After the retirement of George Kendall for health reasons the role of Welfare Officer has been taken on very ably by Pauline Kelly. This is an important role and one that Pauline is discharging with understanding and discretion. If you wish to contact Pauline her contact number is 07774 636044.

HANDS FREE PHYSIOTHERAPY BY NHS

It is difficult to believe but it is a fact that physiotherapists are being barred from providing hands-on treatment in a pilot scheme.

Patients presenting with back and neck pain can now only receive two sessions of 'advice and guidance'

these restrictions which deny treatment have of course angered patients but also the GPs and physiotherapists. Quite clearly this initiative is the best possible news if you happen to be a LCSP Register member in Nottinghamshire, the NHS is actively helping you to build your practice!

As practitioners we all hear the same complaint from patients that GPs and hospital physiotherapy departments do not 'touch' them or provide the hands-on treatment, the very treatment that has been proved to work (NICE report on treatment for low back pain) and be effective for musculo-skeletal problems. If this trial is rolled out to other areas of the UK, this will be a great opportunity for LCSP members to provide just the effective treatment that the patients both require and request.



WEBSITE

There has been some more developments within the members section of the website with the creation of a 'Research' facility. There is still no additional fee or charge for members to create their own 'enhanced' profile within the site to promote their respective practices and services. We would encourage members to use these facilities and profile opportunities as the data suggests that the site is being hit more and more each day with members of the public seeking practitioners.



REGIONAL MEETINGS

The next meeting will be held in the Scarborough region (exact venue to be confirmed) on Friday 12th October 2012.

February 2013 will see the Register holding a meeting in Oxford.

As ever any members are welcome to attend these free events, however we do ask if you could confirm your intention to attend to enable certificates of attendance to be prepared and catering arranged.





Annual General Meeting

Will be held at the Holiday Inn, Lakeview, Bridge Road, Cambridge, CB24 9PH on Friday 15th June 2012 at 7.00pm.

We would welcome and encourage you to attend if possible as you will be able to find out more about the Register, its plans and ask questions of Fozzy and my colleagues, and vote on the elections and resolutions. If you cannot attend, then it is easy to vote by returning the enclosed voting form to the admin office by 13th June.

The Board's recommendation is that you vote in favour of all the elections and resolutions. Your vote is important to us – please use it.

A brief summary of those standing for election is detailed below.

PRESIDENT : DR. PAUL LAMBDEN

A Doctor and a Dentist, he has worked extensively in clinical medicine and dentistry and has held a range of management posts running an NHS Trust, a medical defence organisation and a charity. He continues to have an active role in both clinical and management work.

COUNCIL MEMBER: MR MELVYN EYRES

A Council member since 1995 and Chair of the Disciplinary Board, Melvyn is also the Vice Chair of the GCMT and is involved regularly in meetings in London on behalf of the Register. Still a working 'hands on' practitioner, Melvyn is committed to ensuring the highest levels of professional competency and treatment protocols and continues to provide a robust approach to patient contact and risk management.

COUNCIL MEMBER: MR STEVE FOSTER

Has been with the LCSP since 1984 and joined the Council in 1987, for the past 10 years has been in the post of Secretary for the Register and is responsible for the day to day running of the organisation. Steve is committed to the long term objectives of the Register and wants to deliver long-term value and benefits to the membership whilst maintaining our standards and integrity.

COUNCIL MEMBER: MR RUSSELL JENKINS

Co-opted onto the Council after the resignation of Mike Spivey due to personal circumstances. Russell is an accomplished practitioner in Wiltshire who is highly regarded in his field and brings with him dynamic thinking, positive energy and technical knowledge that is already being of benefit to the Board.

Continuing Professional Development



On the back page you will see all the upcoming CPD workshops for this autumn. I hope that you find there is something for everyone.

I recently renewed my first aid certificate, with **CLX ACTIVITIES**, based locally to me Bingley, West Yorkshire. The day was excellent, for the first time in many years of attending such a course, I came away with assured confidence in my CPR which I have never had before. Chris Leleux also spent time with Beryl and I, covering the areas for concern which are more pertinent to massage therapists. The course was accredited by ITC First Aid who provide training nationally at affordable prices. You can find a course near you on www.itcfirstaid.org.uk.

Nick Dinsdale has added further workshops for later this year, which again look like they would add to our knowledge base.

How 'Foot Dysfunction' impacts on the Kinetic-Chain using an evidence-based approach. (See back page for details)

Rationale: This workshop represents a

composite of evidence-based theory and practical assessment techniques - taken from many sources. Approximately 80% of the population are affected by Foot Dysfunction (abnormal foot motion). Abnormal foot motion, leads to abnormal gait, which often leads to postural issues and/or injury along the Kinetic-Chain.

Both the over-pronated and the under-pronated foot can predispose to injury. Furthermore, increased levels of physical activities increase susceptibility of overuse injury.

Aim: To Increase awareness of the deleterious effects of abnormal foot motion (foot dysfunction) and demonstrate how the foot can predispose the patient to overuse injury along the Kinetic-Chain, especially within the low-back and pelvic region.

- **To recognise different foot types and associated foot dysfunction.**
- **To examine and assess the foot – identify common problems.**

Suitability: All forms of therapists wish to broaden their treatment base – especially those that work with patients with low-back and pelvic pain.

A number of members were requesting a repeat of the workshop **Chronic Headaches and TMJ** which is planned for September 2012. As I



Book review

Assessment and Treatment of Muscle Imbalance, The Janda Approach.

Phil Page, Clare C. Frank, Robert Lardner.

This book brings together a combination of postural techniques, neurology, and functional capabilities to improve chronic musculoskeletal pain and promote greater functionality. Developed by Vladimir Janda, a renowned physiotherapist and neurologist, the Janda approach presents a unique perspective to rehabilitation. There is an emphasis on the importance of the sensorimotor system in controlling movement in chronic musculoskeletal pain syndromes. This book is the only one I have found that offers practical evidence-based applications to Janda's theories.

His theories on assessment have been a clarifying process for me, and resulted in a truly profound breakthrough in helping one of my patient's out of their chronic dysfunction.

I also found his theories on Muscle Slings and their Anatomical Keystone relationships most informative, in association with assessment procedure, they often have promoted new thoughts and perspective on chronic conditions.

have mentioned in the past, dentists have been advised to find a good physiotherapist when treating TMJ. Research has shown that there is no hard and fast solution to TMJ problems, and that sometimes a different treatment protocol needs to be introduced. In our own practice, we now have a number of dental practices that refer their patients for treatment. The aim of the workshop is to increase the therapist's understanding of the patterns of dysfunction within the muscles significant to TMJ pain, and their link with acute and chronic headaches.

- **To appreciate the relationship between c1/c2 pterygoid and temporalis.**
- **To be able to assess and develop clear treatment plans and protocol.**

This workshop would be of benefit to remedial massage therapists, physiotherapists and manipulative therapists.

I am pleased to announce that this October we are taking the **Introduction to the Hendrickson Method** to the North London School of Sports Massage. This is due to requests from therapists to take this workshop to London and I have had an increasing number of the public who have heard about the work looking for therapists in the London. Details of the course are on the back page.

| Date | Venue | Course Info | Provided by: | Cost |
|--|--|--|--|---------------------------------------|
| 15 th June 2012 | Holiday Inn, Cambridge | Regional Meeting & Annual General Meeting (AGM) |  | FREE |
| 8 th & 9 th September 2012 | Holiday Inn, Garforth, Leeds | Chronic Headaches, Cervical Spine Dysfunction and TMJ Dysfunction Pain |  | Two day workshop £230.00 |
| 17 th September 2012 | Mytton Fold Hotel and Golf Complex, Langho, Lancashire | How "Foot Dysfunction" impacts on the Kinetic- Chain using an evidence based approach |  | £95 for the day |
| 5 th - 7 th October 2012 | NLSSM, Tottenham, London | An introduction to the Hendrickson Method |  | Three day workshop £360.00 |
| 12 th October 2012 | Scarborough, venue T.B.A | Regional Meeting |  | FREE |
| 15 th October 2012 | Mytton Fold Hotel and Golf Complex, Langho, Lancashire | Management of sports injuries using and evidence based approach |  | £95 for the day |
| 20 th - 21 st October 2012 | Holiday Inn, Leamington Spa, Warwickshire. | Assessment and treatment of Hip Dysfunction and Injury |  | Two day workshop £230.00 |
| 19 th November 2012 | Mytton Fold Hotel and Golf Complex, Langho, Lancashire | Electrotherapy to complement manual therapy using and evidence based approach |  | £95 for the day |

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



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

Bookings and Cheques to "Nicholas Dinsdale" 36 Moorland Crescent, Clitheroe, Lancs. BB7 4PY

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 FLCSP (phys)

Bookings and cheques made payable to "Flexible Healing"

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