

LCSP Newsletter

The Word From the Top • Fozzy's Forum
Continuing Professional Development • CPD Course Details



OLYMPICS AND PARALYMPICS 2012

As you can see the Olympic Torch relay came directly past the head office window of the LCSP Register and the event was captured on film. Are there any other Olympic or Paralympic items or stories from our members? We must have therapists treating or being connected in some way with these marvellous events. Let us know so that we can all share in the success and post these on our website.

I can start the ball rolling – the LCSP Register head office in Lowestoft was contacted by the Waveney Gymnastic centre in Kessingland (just South of Lowestoft), and asked to provide therapy cover for training sessions for the Australian Olympic gymnastics team who were using this facility as their UK training centre prior to going to London. We were happy to oblige and duly sent a therapist who had to provide some massage treatments and give advice on stretching etc.



The word from the top

What a privilege to be asked to be President of the LCSP! Having attended the Annual General Meeting to be installed and to meet the Council for the first time, it is clear that the organisation is strong and is brilliantly managed by Steve Foster and the outgoing President and the Members of the Council have been the rock of the Society.



However, there are things to do if we are to build on the foundations of the Society to make it strong and fit to remain an effective Professional Organisation for the future. The organisation needs members to thrive and grow and there are a host of reasons why practitioners need a strong and dynamic professional association to act as advocate, educator and advisor and also to organise a bit of fun sometimes.

The Council has already set to work with renewed vigour to reinvigorate the Society's offering. The regular magazine will undergo a revamp. Plans are being discussed in order to increase and strengthen the membership. Work is being done to redesign the website. At all times we must keep in mind that costs are rising and pressure is increasing in these recessionary times, so value for money has to be the key to success.

However, we need the members to be more involved. In the organisation there are a host of interesting and valuable items of interest to the membership as a whole. What about sending the details of an interesting or challenging case (anonymously if you wish) to inform and stimulate discussion? What about telling us all those little tricks of the trade that have made doing your work easier or more effective? How about each member bringing in one new member?

I look forward to meeting old and new friends at the next meeting at Scarborough on 12th October to carry on the discussions about the future of the organisation and to continue the mission to increase the membership.

Dr. Paul Lambden

President

Hello LCSP UK,

We hope that you are all doing well and have survived the Olympics. It was an amazing event and spectacle that London put on and you can be very proud.

Our world of massage in Canada is slowly changing, where all of the Provinces want to become legislated by their prospective Provincial Governments. We are not sure how the LCSP Canadian Branch will cope, adapt or survive these changes. But for now, we are still "plugging" along.

Our Annual General Meeting is set for September 7, 2012 at 7:30 pm with a Conference to follow. The presenter is Dale Alexander, Honorary Member of

LCSP Canadian Branch and he will be teaching us about "The Inside-Out Paradigm." An examination of the Progressions of Gall Bladder Dysfunction/Disease & Cervical Stenosis through Enhancing Central Circulation. On the Saturday night, we have a Steak BBQ planned at Bonnie Perreault's home (She is one of our Board Members). We are all looking forward to seeing each other, learning lots from Dale and what the outcome will be from the AGM.

Yours in friendship,
Lori Tanner LCSP(Phys)
President - LCSP Canadian Branch



CPD CHECK

As is the policy within the LCSP Register there will be another random selection of members CPD portfolios in September this year. Those members selected will duly be notified and be requested to just submit a completed 'Summary Sheet' by the end of October. I am certain that no member can be unaware of the importance and requirement of your CPD activity. It is also noted that the CNHC CPD requirements came into effect from the 1st September 2011 and on renewal registrants will be asked to confirm that they have participated in CPD during the previous year. It is the intention of CNHC to begin their own process of CPD selection and review from 2013 when renewal of membership to CNHC can be linked to a personal portfolio review. This does not mean that CNHC registrants have to complete additional CPD, as the requirements of the LCSP Register are at and above CNHC levels so just the summary of present activity would suffice. Further details of the CNHC requirements can be found on the CNHC website under CNHC's CPD policy.

WANT TO HELP OR BE HELPED?

We have to accept and acknowledge that the greater majority of us work as sole practitioners and as such we cannot be insensitive to the fact that we work on a day by day basis in isolation. This in itself can be daunting and difficult enough and particularly compounded when faced with a challenging situation or set of circumstances that present problems or difficulties that the sole practitioner can find overwhelming.

As a sole practitioner there are so many occasions when another opinion or viewpoint would be helpful and we are not talking just regarding patients or protocols, always remembering that we are business people too with the associated concerns that that raises also.

As a Professional Organisation of like-minded people with exceptional ability, expertise and experience within our field, we feel it is only right and proper that we share this experience with others. To this end we wish to set up a 'Buddying Scheme', whereby a practitioner may, if they so wish, pick another practitioner as a 'buddy' and have them to exchange ideas, thoughts, concerns etc, etc.

Initially we would like to hear from any established practitioner that feels that he or she would be able and willing to act as a 'buddy' to another. Once we have collated the names and contact numbers etc. of people willing to help we can make these details available within the members section and then newer practitioners or indeed any practitioner that feels the need for some help or support can make contact and then experience and help can be shared to mutual benefit.

I feel certain that for the older established practitioners (yes ok , that's me 'old!') there can scarcely be a situation that has not occurred within our clinics that we have not had to deal with before. This is an opportunity for individuals to give something back to the profession and help a fellow practitioner.

I recommend you consider this and help a colleague as maybe you wished you had been helped yourself.

NAME CHANGE FOR THE HPC

From August 1st 2012 the Health Professions Council (HPC) will regulate social workers in England. From this date it will be renamed as the Health and Care Professions Council (HCPC). In a statement made by Marc Seale the Chief Executive and Registrar states that whilst everyone registered with them works in health or care the new name better represents the diverse nature of the regulated professions many who work within the education, community or care sectors.

There will be new public information display and information materials to be used at professional events and conferences, the website will likewise receive a makeover with the new headline of 'Regulating health, psychological and social work professions'.

The main corporate logo has been revised to reflect the name change and will be used across all the social networks.

There are no additional charges to present HPC registered members for these changes as funding has been received from the Department of Health to cover the necessary alterations.

There is no immediate requirement or present deadline for the discontinuation of the old registration logo. It is hoped that registrants will adopt the new logo as soon as possible or practicable.

More information is available on www.hpc-uk.org/aboutus/namechange

REGIONAL MEETINGS

The next meeting will be held at the Palm Court Hotel, Scarborough, YO11 2ES on Friday 12th October 2012 at 7.00pm

There will be an interesting and informative evening programme which will include a presentation on how MET's can be used within your assessment procedures and also an interactive question and answer session covering 'real life' situations that can occur in your practice.

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.

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

QUESTION:

A 36 year old woman with learning disabilities and a mental age of 9 needs some remedial treatment. Her mother, who has brought her to your practice, asks you to go ahead. What should you do ?

ANSWER:

Come along to the Regional meeting in Scarborough and find out.....!!!

Hi everyone

I have been given the task along with our web site developer of making our site more up to date with the ability to help market not only the L.C.S.P but your own business's and web sites more effectively.

My work history before running my own very successful practice now for 20 years was in the banking sector, for part of Nat West Bank, their computer division called Centrefile, I was responsible for going into business's and carrying out an evaluation of what they did, how they did it and what if anything, was going wrong. From this a plan was then made about restructuring and implementing systems and services to aid them in becoming more profitable and efficient, It doesn't matter what size the business as the basics are the same. Max Factor, American Express, Blacks Leisure are some examples of the businesses I was called into. I also run two other business ventures in conjunction with my practice which have nothing to do with Remedial/Sports massage.

To start with there will be some minor changes to our site which will make it easier to use and give a lot more information, this will mainly be on the front page so a lot more information will be available to the public as well as members.

The members only area will include new links to suppliers of goods so as that members can obtain discounts from them, I have already secured two deals now one with a major physio supplies company and one with an office answering service which I actually use to answer my calls in a professional manner and pass all calls to me via e-mail thus never missing any or having to listen to a garbled message 20 times. Invaluable for holiday time. We will be actively looking at all types of things from web design and leaflets (already available) to tunic etc, we would welcome any ideas or suggestions from yourselves.

The other area which is of great interest personally is the use of social media sites such as Linked in, Facebook, Twitter, You Tube,etc. all of these can be used to great affect for increasing awareness of us (L.C.S.P.) as well as yourselves though networking with very little effort.

There will be areas where you can get help in developing your business, in finding out new techniques, in latest research, we want to be able to access specific types of clients like cyclists, runners, walking groups and many others and introduce ourselves to them through the social media sites, this will give you access to additional prospective clients on an area as in town/county basis, this will help new members and increase business for established. We will set up all the required links on our site so that you can then use them, if you need any help or advice on them we will be here to do so. You will not require any special computer skills to utilise this free way of marketing your business.

We are looking at making the L.C.S.P. the first place for the public to look for highly qualified practitioners with exceptionally high calibre members, this will be achieved by utilising the Internet a lot more than we are now, and the added bonus for this is that we will attract more quality practitioners to our society thus increasing our effectiveness.

If you have any questions or concerns then please contact myself at russ@russelljenkins.com for further explanation.

Russ Jenkins.

Continuing Professional Development



We have a new President in **Dr Paul Lambden**. At Paul's first board meeting with the council, he asked open and honest questions about what sets the LCSP apart from other organisations. These were challenging and thought provoking questions. It generated reflection on my part, of my years since becoming a council member, invited because of my interest in trying to produce worthwhile CPD workshops. Over the years, I have seen a shift in the members' skill base, I would now describe us as a professional body that specialise in 'bodywork' based on sound knowledge of Anatomy and Physiology whether their emphasis is Remedial Massage or Sports Massage Therapy.

When I started in Remedial Massage, I was fortunate to catch **Ken Woodward** at the tail end of his teaching career, and I gained so much from his wise words and thoughts. The main message that always stays with me is about being curious, investigating, in what is presented before us, because if we aren't we will never help anyone. This thought process is often with me, when assessing someone who has acute pain

on top of a long term chronic, postural issue that could cause that low dull ache. Our basic training is a platform from which to start, and as therapists we have to be in charge of our own development and how and who we treat. Often when we work on our own we have to be conscientious not to allow stagnation to occur. Ken's wise words have continually prompted me to reflect on my practice, a recent result of this thought process took me to the NLSSM. I attended a Postural Assessment workshop with **Jason Anderson**. It was a great day and reassuring to hear another therapist talk about a subject to confirm my own knowledge. He brought his own energy and insights to Postural Assessment, and opened my mind to new ways of explaining the role of muscle action and function. I had a really enjoyable day reflecting, consolidating and developing my confidence in assessment.

Should you wish to build upon your skillset, we have details of the upcoming CPD courses on the back page, including the date for the next regional meeting.

The meeting is taking place in the **Palm Court Hotel in Scarborough**, I will be presenting a talk on how MET's can enhance and refine our assessments, and how they can be integrated into our treatment.

Nick Dinsdale has a selection of one day courses, we have had excellent feedback from members who have already attended his workshops.

After a therapist, **Mary McConnell** attended the Introduction to the Hendrickson Method workshop this spring, she asked me if I would come up to Scotland with Tom's work. Whilst Mary is organising the workshop (details on the back page), it is open for LCSP members who are most welcome to attend, so if you are interested contact Mary.

After much consideration, **Giles Gamble** and myself are going ahead with the Hendrickson Method Practitioner Programme. Tom is really delighted we are going ahead, as we have re-organised his original format. We have tried to make it far more accessible in this financial climate. You can now complete each part of the programme as and when you would like to. The only prerequisite to attending the course is that you must have attended the 'Introduction to the Hendrickson Method' 3 day course. Further details are on my website www.flexible-healing.com

Just a reminder there will be a selection of CPD records requested this coming October.

Book review

Massage and Manual Therapy for Orthopaedic Conditions, 2nd Edition

Thomas Hendrickson

ISBN -10: 0-78179574-5

This book is an essential manual for the clinical massage therapist and sports massage therapist. It introduces massage techniques that promote the alignment of the soft tissue relating to pain and dysfunction. It clearly explains the rationale behind orthopaedic massage, mechanisms of injury to and repair of the soft tissue.

It gives detailed, clear assessment for each region of the body and discusses common injuries, all accompanied with easy to follow instruction with illustrations on how to apply and execute this scientifically based style of massage.

It's a complete package in terms of assessment and MET's, pulled together to form a comprehensive protocol that is easy to follow. There are case studies at the end of each chapter that show case testing and therapy work in clinical setting.










It is a great both for the newly qualified and experienced therapist alike.

Soft Tissue Pain and Disability

Rene Cailliet: M.D, pain series.

I'm sure we all have one these 'Cailliet' books on our shelves, but I thought it may be useful to revisit. Sometimes old friends can shed new insights. I have the 2nd edition of this book, I find I can dip in and out; the chapters are short and the illustrations simple to follow and understand the information. I have found his explanation on the concepts of chronic pain most useful. This is one of the books that helps me with my reflective practice when I am trying to work out a patient's pain pattern when they present with an acute pain on top of a chronic pain.



Date	Venue	Course Info	Provided by:	Cost
8 th & 9 th September 2012	Holiday Inn, Garforth, Leeds	Chronic Headaches, Cervical Spine Dysfunction and TMJ Dysfunction Pain	 flexible healing A POSITIVE APPROACH TO INJURY	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	 NJD SPORTS INJURY CLINIC	£95 for the day
5 th - 7 th October 2012	NLSSM, Tottenham, London	An introduction to the Hendrickson Method	 flexible healing A POSITIVE APPROACH TO INJURY	Three day workshop £372.00
12 th October 2012	Palm Court Hotel, Scarborough	Regional Meeting inc. presentation on "How METS can enhance and refine our assessments"	 LCSP Register	FREE
15 th October 2012	Mytton Fold Hotel and Golf Complex, Langho, Lancashire	Management of sports injuries using an evidence based approach	 NJD SPORTS INJURY CLINIC	£95 for the day
20 th - 21 st October 2012	Holiday Inn, Leamington Spa, Warwickshire.	Assessment and treatment of Hip Dysfunction and Injury	 flexible healing A POSITIVE APPROACH TO INJURY	Two day workshop £230.00
3 rd - 4 th November 2012	Britannia Hotel, Leeds	Hendrickson Method Study Days - Lumbar Spine	 flexible healing A POSITIVE APPROACH TO INJURY	Two day workshop £160.00
16 th - 18 th November 2012	Tir na Nog Centre, Blafron Station, Glasgow	An Introduction to the Hendrickson Method To book contact Mary McConnell - 0141 9561349 or memc58@yahoo.co.uk	 flexible healing A POSITIVE APPROACH TO INJURY	Three day workshop £275.00
19 th November 2012	Mytton Fold Hotel and Golf Complex, Langho, Lancashire	Electrotherapy to complement manual therapy using an evidence based approach	 NJD SPORTS INJURY CLINIC	£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"

Flexible Healing 45 St David's Road, Otley, West Yorkshire, LS21 2AW.

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: www.flexible-healing.co.uk

