



JUNE 2013



The Word From the Top

Fozzy's Forum

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'Pull out' medical abbreviations sheet inside

The word from the top

Doesn't it feel hard to be a practitioner of healthcare these days? Those of us who are, how shall I put it, more mature have seen so many changes. If we go back to the '70s, all healthcare was so much more relaxed. Let's face it we could probably do much less for the patients in terms of treatment but we spent more time with them, we didn't feel constrained by codes of conduct and standards and ethics and governance and there wasn't anyone who wanted to offer guidance on every aspect of what we did. We didn't have to feel that big brother was increasingly watching us. There was no required CPD and nobody had ever thought of revalidation. Most importantly the patients appreciated us. They were pleased when everything went well and they understood when problems arose; 'after all I know you tried your best!' So what has happened? Every aspect of healthcare has become more hi-tech. Rules govern everything now. No longer do people trust us to do what is best for them and indeed the law makes clear that they have to be told everything whether they want to be told or not. There were virtually no complaints in 1970. They are rising now in every aspect of healthcare. For the (usually) self-employed LCSP member the pressures have increased. Work is harder, more demanding and perhaps less well remunerated. But you don't have the irritations of the NHS straitjacket which is making many clinicians' lives a misery. For you there is still the opportunity to control your own appointment books; to work when you want to; to provide the care you want to without having to contend with NICE guidance or a welter of regulation. I for one would dearly love the '70s back when treating patients was so much more pleasurable. But time moves on and we have to manage things as they are. So, I'll push on; now where did I leave that guidance . . . ?

Dr. Paul Lambden

President



CLINICAL TIP

Good communication is vital. Complaints, claims and referrals to the regulator for the most part involve failure of communication. Its impact is felt across every aspect of the consultation from taking the history to explaining the diagnosis and treatment plan to the patient. The result is confusion on the part of the patient and consequent dissatisfaction which manifests itself as a complaint. To help keep yourself safe (1) don't sit behind a desk piled high with books or equipment, (2) don't take telephone calls during consultations, (3) look the patient in the eye when you speak to them, (4) let them talk and try not to interrupt, (5) look interested, (6) watch body language; you can learn a lot from anxiety, appearance and eye contact, (7) avoid techno speak and jargon and finally, (8) remember, you still enjoy a powerful position in society and you can influence patients; share decisions and communicate well.



FUTURE REGULATION?

Further to the article I produced last time and subsequent duplication on the members forum of the website requesting your comments and opinions a big thank you to those members who did reply and respond with their thoughts, I simply cannot believe that the greater majority of you do not have an opinion on this potentially big change to your working practices. I do not have to make any decision or firm commitment yet, so if you want to be heard let me know, come to the AGM or Regional Meetings or go to the Forum in the members section of our website and have your say.

REGIONAL MEETING OCTOBER:

Another opportunity to meet with colleagues and friends and get updated on important developments within the profession. The venue will be the Holiday Inn, Bridgefoot, Stratford-upon-Avon CV37 6YR. This venue we have used several times and members find it convenient with its large car park and close proximity to the historic town. The meeting is on Friday 18th October and will commence at 7.00 pm there will be a free buffet and CPD certificates of attendance will be provided. Please notify the admin office if you are attending to allow us to cater appropriately.

MEMBERSHIP/INSURANCE:

For members convenience the Master Policy for your Insurance is contained within the Members section of our website, it has been placed there as we know historically if a hard copy is sent to members then it invariably gets 'filed' and in the unlikely event of needing it that file then cannot be found. If you do need a separate hard copy and cannot access a computer then the office will be pleased to supply you with a copy.

CONTINUING PROFESSIONAL DEVELOPMENT:

The courses which have been provided by NJD Sports Injury Clinic are hoping to resume at the end of this year or very early next. The delay is due to the providers awaiting planning consent for their new premises which will enable them to provide an even higher standard of further training for delegates.

Proposed 1 day CPD courses include:

- Electrotherapy
- Management of Sports Injuries
- Management of Low-Back/Pelvic problems
- Advanced Massage Techniques
- Musculoskeletal screening of Cyclists/Triathletes prior to Bikefit.

All of the above courses will be evidence based with all support literature fully referenced.

MEDICAL ABBREVIATIONS

Due to repeated requests included in this publication overleaf is a "pull out and keep" reference guide to common medical abbreviations.

Fozzy

ANNUAL GENERAL MEETING

This will be held on Friday 21st June at the Holiday Inn, Waterside Park, Caton Road, Lancaster LA1 3RA at 1900. Details pertaining to this meeting are enclosed, after the AGM there will be a further presentation by Dr Paul Lambden our President promising a lively topic and interesting debate. These meetings are an ideal way to meet with fellow colleagues and also meet with the Board of the Register in an informal setting and put ideas or questions direct. If you wish to attend this free event please let the admin office know so that a CPD certificate can be produced for you and we can provide appropriate catering for all.

Profiles of the two candidates who are seeking your vote:

Beryl Harper

Beryl qualified as a remedial massage therapist at the Northern Institute of Massage, Blackpool in July 1983. Two years later she became a tutor at the institute and taught for over 20 years.



Beryl has a very varied and busy practice in the Rossendale Valley, where she also teaches Yoga two nights a week.

Beryl has always believed that the value of massage for the treatment of musculoskeletal pain is greatly underrated and over her years in practice has searched to find a therapy that is massage based and pain free, yet manages to penetrate into the deeper soft tissue where most musculoskeletal problems linger.

In 2004 she was asked to review a book entitled *Massage for Orthopaedic Conditions* by Dr. Tom Hendrickson, here she found what she was looking for. Since then she has completed the course run by Dr Hendrickson in San Francisco and has not been disappointed by what she has learned.

Beryl served as President of the London and Counties Society of Physiologists, later to become the LCSP Register of Remedial Masseurs and Manipulative Therapists from 2000 to 2009, and continues to serve on Council.

In her spare time she is learning to play the piano, enjoys reading, attends concerts and is an avid theatregoer.

Pauline Kelly

I initially became interested in a remedial massage and treatments having experienced a knee injury back in 1981. I began my Remedial Massage course in 1984/5 and progressed to Manipulative Therapy. During this period, I was privileged to be asked by Mrs Woodward to join the Council, a proud moment indeed.



I began my practice in 1989, and soon became extremely busy. My vision was to open a multi disciplinary complementary clinic, this I did in 1999, after much consideration, I named it the Soma Clinic. It consisted of 12/14 practitioners, 2 receptionists, and probably the first Floatation tank in the area.

I was delighted to be given a Fellowship of the Society in 2004 and also the opportunity to be accepted into the Health Professionals Council for Physiotherapy.

There is no doubt that massage is one of the most wonderful tools we can offer in the treatment of muscular skeletal problems, I'm very proud to be involved in such a profession and this organisation in particular.

My spare time is taken up with delightful grandchildren, golf, and walking.

Continuing Professional Development



Flexible healing
A FORTH APPROACH TO HEALING
By Sue Bennett
FLCSP (Phys)



Muscle Energy Technique

One of my favourite techniques, Muscle Energy Technique enables me to create treatment plans that can be specific, pain free, but most importantly, allow the patient/client to be 'present' in their own body. The patient takes part in their own recovery, which in my experience can lead to more rapid recovery.

It is important that the therapist "coaches" the patient into making the 'contraction' in isolation of a specific muscle, so that they do not recruit other muscles to create the movement.

To create a specific isometric contraction, the secret is to work out just how much resistance you need to give to allow a response within the muscle's alpha nerves, to deliver a small isolated contraction, allowing the gamma nerves to set a new resting tone.

During my years in clinical practice I have found that the gentleness of the resistance being offered, along with gentle palpation, encourages the client to engage the correct muscles.

Leon Chaitow's, 'Muscle Energy Techniques' and John Gibbons' 'Muscle Energy Techniques - A Practical Guide for Physical Therapists', both state that one should offer 10-20% resistance. The question I pose is how do we measure this pressure? Patients often don't understand what 10-20% feels like, or how to measure that movement/contraction.

Tom Hendrickson offers the opinion that, 'the therapist typically applies only modest pressure requiring only 10-20% of the clients available strength'. He goes on to state, 'in acute conditions, only a few grams of pressure are required to make a neurological change'. Hendrickson also goes on to mention, a good cue is 'don't let me move you.' This cue allows the therapist to set the amount of resistance needed to create the

correct amount of isometric contraction that will be of benefit. Another cue one can use is 'match my touch', which CAN be just a few grams of pressure. This encourages the patient/client not to try too hard, during an isometric resistance. I have found that this approach works really well with those patients/clients presenting chronic pain patterns, as well as those patients that play semi-pro sport, where some muscles have become over dominant. For example, when quadriceps override hamstring function, the therapist must coach the client to contract the hamstrings, which neurologically establishes a new resting length on short, tight quadriceps. Thus enabling the tissue to return to correct functional balance.

Therapists attending the workshops facilitated by "Flexible Healing", over the past eighteen months have requested that we run a series of one day classes, exploring Muscle Energy Technique in greater detail.

Upcoming workshop dates:









15- March 2014
Muscle Energy Technique for the upper quadrant

11- October 2014
Muscle Energy Technique for the lower quadrant

Due to the recent response during the introduction of the Hendrickson Method, led by senior instructor Giles Gamble, delegates attending wondered how they could become involved in this year's upcoming Practitioner Programme. So, we are proud to announce a level 1 upper quadrant training commencing on the 22-25 September 2013, followed by level 2 upper quadrant training commencing on the 28 September - 1 October 2013.

With any questions or queries, contact Sue Bennett at info@flexible-healing.co.uk or by phone at 01943 461756

Congratulations to our member Nicholas Dinsdale from Clitheroe, Lancs. who recently won the National Standard Distance Duathlon Championship 2013 (age-group 55-59) by a clear 3 minute margin. This means that Nick has qualified to represent Great Britain in the World Duathlon Championships in Ottawa, Canada in August this year. All the more impressive when you know Nick has chronic inflammatory arthritis and was told 8 years ago he would not work again and don't even think about running or cycling! Also representing Great Britain and qualifying at the same event as Nick is double Olympic gold medallist, James Cracknell OBE who finished third in his respective age group (40-44) and thereafter presented Nick and others with their medals. Well done Nick and our best wishes for the Worlds.

Date	Venue	Course Info	Provided by:	Cost
21 st June 2013	Holiday Inn, Lancaster	AGM		FREE
22 nd - 25 th September 2013	Britannia Hotel, Leeds	Hendrickson Method Upper Quadrant Workshop (Level 1)		Four day workshop £445
28 th September - 1 st October 2013	Britannia Hotel, Leeds	Hendrickson Method Upper Quadrant Workshop (Level 2)		Four day workshop £445
12 th - 13 th October 2013	Britannia Hotel, Leeds	Introduction to Articulation and Mobilisation for Massage Therapists with Andrew Mansfield		2 day workshop £230
12 th - 13 th October 2013	Britannia Hotel, Leeds	Hendrickson Method Study Days - Exploring the Nervous System		Two day workshop - £190.00
26 th - 29 th January 2014	Britannia Hotel, Leeds	Hendrickson Method Lower Quadrant workshop (Level 1)		Four day workshop £445.00
1 st - 4 th February 2014	Britannia Hotel, Leeds	Hendrickson Method Lower Quadrant Workshop (Level 2)		Four day workshop £445.00
15 th March 2014	Britannia Hotel, Leeds	Muscle Energy Techniques (METs) for Upper Quadrant		One day workshop - £120.00

With regards to courses run By NJD Sports Injury Clinic, we are currently in the process of rescheduling the courses from Mondays to weekends and once dates are confirmed the details will be available on the LCSP website and future issues of the newsletter.

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

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