



ALCSP Newsletter

JUNE 2018

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THE latest news for Remedial Masseurs & Manipulative Therapists

The word from the top

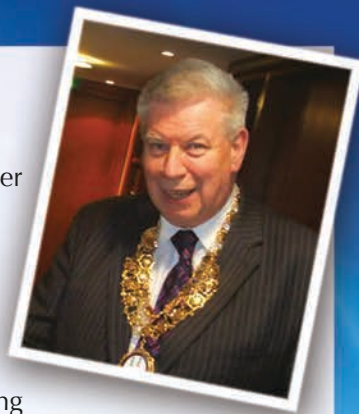
It is quite amazing how a few days of warmer weather and sunshine can make such a difference to our demeanours and can foster a spirit of joie de vivre. We feel generally better, our mood lightens and we feel more optimistic and energetic. Of course the improved weather also means that our thoughts turn to nicer subjects such as holidays, planning day trips and of course being able to do the extra-long overdue work in our gardens. Of course for you as therapists this is most likely to mean a spike in patients and treatments with people doing just that bit too much garden labour and managing to damage themselves and therefore needing to seek you out to repair them. I lose count of times that is the first sentence I get from a patient. 'I think I did too much heavy stuff in the garden' apart from nodding in agreement my choices of treatment are limited and I know far less effective than your very much 'hands on' approach. So you successfully treat them and this then allows them to go back to the garden jobs so that they can do exactly the same thing again! Repeat business is always good business when you are in business!

I do hope to see as many of you as possible at this year's Annual General Meeting, come along and enjoy the presentations' which I am sure will be enlightening and informative. It will be the opportunity as well to find out what that Secretary of yours is up to with our big 100 year anniversary in 2019. All I know as yet is the date 15/16 June 2019 at the Beaumont Estate, Old Windsor. So even I can't let any cats out of bags for you.

I do know that he is working very hard to make this a success for you all and I agree with him that this is a very big deal, the LCSP Register should be quite rightly very proud to achieve this significant milestone. Fozzy is your greatest asset so support him in his endeavours.

See you in Birmingham.

Dr. Paul Lambden
President



Annual General Meeting and CPD Day

Saturday 30th June at the Metropole Hilton Hotel, NEC Birmingham B40 1PP. Just the single day, and an excellent opportunity to experience some different treatment techniques and modalities at no cost. Please do register your intention to attend so we can plan accordingly. Within this posting are the AGM details and reports and indeed the proxy voting form for you to have your chance to get rid of me!

Attending this day will prove to be very beneficial to members in some different ways! Confused and interested? You should be, Fozzy has something else apart from arms 'up his sleeves' and the only way of finding out is to be in Birmingham, see you there.

Admin Office

After 12 years with the Register Christine Frosdick who many of you have met and spoken with has left us due to a family situation. We naturally wish her well for the future. The mantle of office responsibility has now been handed to Melvyn Hartley who is an equally capable and obliging chap. Mel will be happy to assist with routine office and Register questions and will be at the AGM to enable members to fit the name to the face.



Centenary Event 15th/16th June 2019

Mark the date now, we are going to party!!!! June 15/16 2019 at the Beaumont Estate, Old Windsor, there is more but that is all you need to know!



GDPR

The new regulations came into place on 25th May, there is still much confusion across the board generally as to the exact workings and implication and indeed have not been finalised. The date of the 25th is technically from when we as individuals or organisations have to be aware and have a structured plan to make any changes that are required to be compliant. The information we have is on the website for you to peruse, generally speaking as I would imagine that each of you are already ICO compliant then any amendments or alterations will only be minor. As and when any extra information becomes available it will be placed on the website so keep checking to make sure that you do not miss some details. Unless you as a therapist are regularly involved in sending out blanket mail shots and direct mail to all your patients I think the most important piece of advice is 'do not worry'. It is very unlikely that an individual therapist will be taken to task, provided you are aware of the GDPR and have taken some action to be compliant. Check the ICO website for additional details of minor changes that might be needed.

Finally on this GDPR stuff, remember that I sent you all details and asking for your continued permission to keep in touch with you personally, If you have not replied and confirmed this then technically this could be your last Newsletter! Let Mel or myself know you agree and that will then make the LCSP Register itself compliant, (what a kerfuffle!).

Fozzy

CONFIDENTIALITY

by Dr Paul Lambden

We all expect our most confidential information to be kept secret. As information becomes more accessible, confidentiality is more difficult to maintain. Confidentiality has been a cornerstone of healthcare since Hippocratic times.

"All that may come into my knowledge in the exercise of my profession or in daily commerce with men, which ought not to be spread abroad, I will keep secret and never reveal"
 – *The Hippocratic Oath*

The Declaration of Geneva modified it.

"I will respect the secrets which are confided in me, even after the patient has died".

Confidentiality will almost always be absolute.

Remember:

1. Confidential personal information is not yours to give away.
2. It is the foundation of good practice.
3. If you are unsure about releasing information do not do so. Seek advice from the LCSP.
4. If you breach confidentiality others may lose their trust in you.
5. Regulators take breach of confidentiality very seriously.
6. Consider any circumstance where a breach may occur. Can a telephone conversation be overheard? Do receptionists breach confidentiality at the reception desk?
7. Never discuss patients outside the surgery.

The first doctor with whom I worked always used to tell the next patient what the last one had come with. He wouldn't last five minutes now!



**FREE
EVENT**
Please register your
attendance at the
LCSP office



Hilton Birmingham Metropole at Birmingham NEC, B40 1PP

THERAPEUTIC ULTRASOUND to compliment Manual Therapy

Further to my overview in the last Newsletter with regard to the benefits of Therapeutic Ultrasound (US) as a simple and effective intervention – the following paragraphs are designed to reinforce my original comments. US can be used to enhance tissue repair during the Inflammatory, Proliferation and Remodelling stages of the natural healing cycle. While US is recognised for its physiological effects, it can also have a significant psychological placebo effect. It's almost irrefutable, that all our treatment and rehabilitation plans should be based on sound scientific principles underlying tissue healing. Likewise, the full range of our therapy interventions, including US should be based on best available evidence to ensure safe and effective treatment that maximise benefit and minimise harm to patients. Also, where evidence is sparse we should apply sound clinical reasoning to overcome those grey areas (common sense). Our personal treatment plans, along with the patient's actions and treatment compliance, can significantly influence healing time, either adversely or favourably. Hence, patient education should always represent a vital component of all our treatment strategies – that is if we are to achieve positive outcomes. US is a simple, safe and effective intervention that can and should be delivered within a comprehensive manual therapy plan with respect to musculoskeletal injuries / conditions. It requires minimal time to deliver, it offers beneficial contrasting diversity to manual therapy techniques while offering an opportunity to rest our often over-worked hands.

Nick J. Dinsdale BSc (Hons), MSc, LCSP (Phys)
Clinical Director. NJD Sports Injury Centre.



Hello LCSP members,
Just a reminder to 'You All' to come along and support your professional body and learn about Kinesiology - No not the tape!

I mean muscle testing/monitoring. I will be presenting an interactive session, so warm up your hands and let me show you a few skills you can use in your practice. Touch for Health is world wide - a hands on technique, that is based on Chiropractic and Traditional Chinese Medicine...and much more...

Looking forward to seeing you in Birmingham...

For the 'scientific' members amongst you, have a look at the results of this Muscle Response Testing MRT article by Dr Anne Jensen

www.drannejensen.com

Rachel Lead LCSP(Phys), AKFRP Cert Ed.



Come and have an hour exploring the theory and practice behind the Hendrickson Method.

There will be a demonstration, space to ask questions, and the chance to experience how the Hendrickson Method feels to receive.

This revolutionary method was created by Dr Tom Hendrickson in San Francisco. A form of soft tissue mobilisation, the method consists of using shorter strokes whilst working transversely across the muscle fibres to promote gentle joint mobilisation throughout the body. This allows treatment to both the muscle fibres and the fascia. The Hendrickson Method offers an approach and treatment which treats the body as whole, not just a sum of parts.

This method is instrumental in treating a range of injuries, and especially helps the fascia; it responds extremely positively to carefully administered mobilisation. As John Starkey stated at the LCSP gathering in 2016, the fascia doesn't stretch - it responds to glide and slide. Hendrickson Method's smaller strokes allow a unique amount of access to tethered fascia, which can then be worked on without creating pain or causing an inflammatory response.

This technique also helps to extend the working life of the massage therapist as you use your core to create the energy for the stroke and your hands become the fulcrum that allows the depth of touch into the tissues.








The treatments are often side lying; as the therapist creates a gentle rocking through the body it achieves mobilisation through the whole spine, the bonus being that it allows the CNS to calm down.

I have found in using this method that patients experience fewer symptoms of soreness post treatment, and those suffering with sports injuries can recover quicker and return to training the next day. I have found that with chronic injuries and long-term pain patients it gives a deeper precision within the treatment, leading to greater success.

This method has transformed my practice and been instrumental in enhancing my range of skills and experience to help a number of previously untreatable patients in clinic. Come along and explore what it can do for you too.

Sue Bennett FLCSP (Phys)



Date	Venue	Course Info	Cost:	Provided by:
18th - 19th May 2018	The Poplars, Stradbroke, Suffolk, IP21 5HX	Touch for Health Level 2: The Law of Five Elements	Two day workshop £240	 Kinesiology Federation
24th June 2018	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Therapeutic Ultrasound (using a multifactorial approach)	One day workshop £99.99	 NJD SPORTS INJURY CLINIC
30th June 2018	Hilton Birmingham Metropole, NEC, Birmingham, B40 1PP	AGM	FREE	 LCSP Register
8th - 10th September	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	Developing our Hendrickson Method	Three days workshop £580 -£610	 Flexible healing TRAINING FOR BODYWORK PROFESSIONALS
6th October 2018	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Common Cycling Injuries: Causes, Treatment and Prevention	One day workshop £135.00	 NJD SPORTS INJURY CLINIC
7th October 2018	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Bikefit Package - 3 step integrated process	One day workshop £135.00	 NJD SPORTS INJURY CLINIC
13th - 14th October 2018	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	Hendrickson Method Practitioner Programme	Nine weekend sessions £2700	 Flexible healing TRAINING FOR BODYWORK PROFESSIONALS

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 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**

Email: info@flexible-healing.co.uk

Web: <http://training.flexible-healing.com>