

# LCSP Newsletter

APRIL 2019



## Centenary Conference

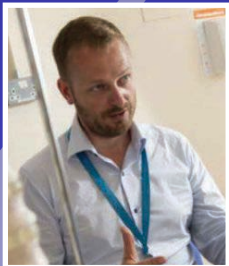
To celebrate our 100th Anniversary we will be hosting a fantastic weekend event at The Beaumont Estate, Old Windsor on the 15th and 16th June.

There will be 2 special guest lecturers each day, these speakers are:

- **David Baker** (HCPC, MCSP, PG Cert Musculoskeletal Sonography)
- **John Sharkey** MSc
- **Richard Hughes** BSc (hons) MCSP HCPC
- **Jan Pickering** MSc

**£230**

Includes both days' lectures, unlimited tea and coffee, lunch on both days and the Gala Dinner Dance.



David Baker



John Sharkey



Richard Hughes



Jan Pickering

PLUS medical exhibitors and a Centenary Gala Dinner Dance on the Saturday evening.

## The word from the top . . . .

This will be my last Newsletter opportunity before the Centenary Conference in June. You have a wonderful rich history, unparalleled in your sector, you deserve to celebrate and enjoy this time.

For my part I am immensely proud to be your President at this auspicious time and event. Please do make the effort to attend as this is your Society, and your celebration.

I want to record our thanks to your Secretary, Steve Foster for the amazing amount of work he has put into this and continues to do to make this a memorable event.

**Dr. Paul Lambden**

President



Dear Members

We would like to thank you all for your support with our attempts at moving towards more electronic mail means as opposed to letters and documents in the post for the Membership and Insurance renewal campaign. On the whole it has been a huge success even though we had some problems with people not being able to open emailed forms, and we need to work out these gremlins. We realise that there are still a few members that find electronic mail a minefield and it seems that gmail.com does not always like LCSP sending their customers information. But again thank you all for your patience and to those that have taken the time and trouble to make the effort and renew their individual membership. We would like to say to any members out there that still need to make contact with the admin office we would like to hear from you at your earliest convenience.

Melvyn - Administrator

We all appreciate we have busy lives, but please, please and thrice please, if you change address or contact details please let the office know. We have had several occasions this renewal period of Members being 'upset' on the telephones because they did not receive the relevant details only then to realise that they themselves had omitted to let us know of their new e-mail addresses.

We are primarily physical therapists and bodyworkers I regret our telepathy skills are sadly lacking!



# Fozzy's Forum

fozzy@fosterclinic.co.uk



**Annual General Meeting 2019** The AGM for this year will be held at the Conference Venue at 08:45 on Sunday 16th June. The required papers will be sent electronically to you in due course and I look forward to welcoming you again there.

**McLoughlin Scar Tissue Release** Our thanks go to Alastair for producing and introducing this treatment technique and you will find his contact details on the CPD back page, I can further confirm that any members taking on this treatment technique are covered for it under the policy supplied by our insurers at no extra cost.

**Fozzy Note** This is a special year for all of us, I think all of you deserve to celebrate this great achievement and we of course pay respect to those people who were, or have been pivotal in both our individual lives and the history of the LCSP.

There are far too many to mention so I will not even try to cover them all, indeed that 'special' person/people to one of us may not be the same for another. So I shall content myself with quietly saying a 'thank you' to those people who have been special to me in my journey through and with this organisation, some are still here and they will know who they are, others of course have passed but will not be forgotten, to you all a personal 'Thank You' from Steve Foster.

## SCAR TISSUE Why it shouldn't be ignored!



As an LCSP member since the early 1980's I am delighted to present an introduction to my work for the treatment of scar tissue...

Surgical interventions around the world continue to rise. The resulting scars never go away. They are an ever present reminder of the day of that surgery. Scars also arise from accidents, wounds from wars and conflicts, personal attacks and many other traumas.

Effective treatment of scar tissue is, for a big percentage of the population, left untreated and is probably the most neglected of bodywork skills for the manual therapist.

### Why should the physical therapist be interested in scar tissue treatment?

The effects of post-surgical scars on the human body cannot be underestimated.

According to researchers Karel Lewit MD and Sarka Olsanka: *'If the scar is...untreated, it may be the cause of therapeutic failure and recurrence.'*

Source: "Clinical Importance of Active Scars: Abnormal Scars as a Cause of Myofascial Pain." Lewit & Olsanka - 2002

### CLINICAL IMPORTANCE OF ACTIVE SCARS: ABNORMAL SCARS AS A CAUSE OF MYOFASCIAL PAIN

Karel Lewit, MD,<sup>1</sup> and Sarka Olsanka,<sup>2</sup>

#### ABSTRACT

**Background:** Active scars are a model of soft tissue lesions. Soft tissues surround the locomotor system everywhere. These tissues shift and stretch in harmony with joints and muscles. Active scars interfere with this type of movement, thus disturbing the function of the entire motor system.

**Objectives:** The purpose of this article is to show the importance of such scars, their diagnosis, and the importance of manipulative therapy.

**Methods:** After discussing the diagnosis, 51 cases are presented, the majority being scars after operation. The patients suffered from various types of myofascial pain from all sections of the locomotor system. The type of operation and the clinical symptoms are given. The method of treatment is soft tissue manipulation, making use mainly of the barrier phenomenon.

**Results:** In 36 of the cases, treatment of scars proved highly relevant, giving striking results at first treatment and in the course of therapy. In 13 further cases, the scar was partly relevant, i.e. one of several pathogenic lesions. It seemed irrelevant in 2 cases.

In other words, no matter what physical therapy intervention is used, untreated scars may thwart our best efforts to remedy related pain and restrictions in mobility.

The effects of post-surgical scars on the human body cannot be underestimated.

The body forms scar tissue as a natural response to trauma when the skin is lacerated or punctured either by accident or purposefully ie. surgery. Collagen being laid down during the repair process results in a thickened, fibrous mass which can impede proper circulation of blood, congests lymph flow, and can even impact on Range of Motion.

Additionally, the severing of delicate nerve tissue often results in dyesthesia of not only the scar but the adjacent, surrounding tissue. As the scar is fibrous and non-elastic it will have a dragging and pulling effect on bio-mechanical function of all physiological systems particularly the fascial membrane covering muscles, organs and glands.

The effect of scar tissue in the physical body is just the beginning:

### The Emotional and Psychological effects of scar tissue

Every scar represents an event that created the scar. Many of these are traumatic events:

- Emergency life-threatening surgeries
- War wounds
- Personal attacks (knife wounds/bullet wounds)
- Automobile accidents
- Numerous other types of accident in the home or at work
- Non emergency surgeries

If we take just ONE of those instances - the Caesarian-Section.

#### Maternity statistics for England for the year ending March 2014:

The caesarean rate has increased by 0.7 per cent to  
26.2 per cent (166,081) in 2013-14.

(Elective C-sections 13.2% and Emergency C-sections account for 13%)

Source: [www.nct.org.uk](http://www.nct.org.uk)

There is often long term psychological and emotional reactions to the emergency C-sections. These reactions include, but are not limited to:

- Anger
- Fear
- Anxiety
- Shock
- Guilt
- Failure
- Trauma
- Low self esteem and sense of worthlessness
- Feelings of 'disconnection' - the lower body to the upper body



We are finding that when the physical attributes of the scar change (texture, sensation) then the emotional and psychological effects described above also can improve. i.e. integration and normalisation of the tissue seems to have a positive effect on the psychological and emotional well being of the client.

If we consider that the effects of emergency C-section are likely to cause similar responses as categorised as a PTSD syndrome, then treating the physical scar for other causes of PTSD may be an interesting treatment option that needs further researching.

Post operative physical effects of C-section scars may also include:

- dyspareunia
- low back pain
- abdominal pain
- restriction and pain upon flexion and extension of the spine in
- bladder and bowel problems

It is noted many times that these physical effects can improve and, in some cases, be eliminated due to the successful treatment of scar tissue.

### Conclusion:

The treatment of scar tissue is a vital element in the treatment of musculoskeletal and myofascial pain. Untreated scar tissue may inhibit other treatment applications from successful and longer lasting out-comes.

Psychological and emotional states may also improve as scar tissue is addressed and the patient experiences better integration and normalisation of the tissues.

Learning how to treat scars effectively is a vital skill that all bodyworkers deserve to know.

I invite you to join my Facebook group and you can read some amazing and transformational accounts of how my scar work is changing lives. Search for 'McLoughlin Scar Tissue Release Technique' on Facebook and apply to join.

I look forward to helping you to help others in a very profound way.

Sincerely

Alastair McLoughlin LCSP (Hon.)

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©Alastair McLoughlin, designer of McLoughlin Scar Tissue Release Technique®  
See <https://www.mcloughlin-scar-release.com>





# Centenary Conference

## Weekend Timetable

<b>Friday 14th June</b>	Tee offs from 11:00	LCSP Centenary Golf Tournament at Royal Ascot Golf Club
<b>Saturday 15th June</b>	Morning	Pharmacology with Dave Baker - The interaction and effects of common drugs in soft tissue work  <b>Buffet lunch provided</b>
	Afternoon	John Sharkey - a firm International favourite who will again challenge your thinking and protocols in our sector of work.
	19:00 for 19:30	Champagne reception followed by Gala Dinner Dance
<b>Sunday 16th June</b>	08:45	LCSP Register Annual General Meeting
	Morning	Jan Pickering - Clinical Pilates in long term management of MSK conditions  <b>Buffet lunch provided</b>
	Afternoon	Richard Hughes - Clinical Specialist Physiotherapist K-Tape Tutor, this will be include practical elements so be prepared to tape and get taped!



David Baker



John Sharkey



Richard Hughes



Jan Pickering

**To book your places contact the office**



### The LCSP Register of Remedial Masseurs & Manipulative Therapists Insurance Policy

Thank you for renewing your policy. As always, we will do our best to answer any questions you may have and deal with any changes which may be needed during the year.

In the meantime, the Editor has offered us this timely opportunity to highlight a few key points.

#### Key areas of cover

- Medical Malpractice
- Public Liability
- Products Liability
- Non-Malicious Libel and Slander
- Fitness to Practice Litigation
- HMRC Investigations Expenses
- Advice Line & Stress Counselling Line

**Full Policy Documents are in the members section of the LCSP Website**

The servicing support for the LCSP Register Group Policy is a strong partnership between The LCSP, James Hallam (Broker), Royal & Sun Alliance (Liabilities Insurer) and Abbey Legal Protection (Legal Expenses Provider).

Most competent providers can replicate the insurance products. However, at James Hallam we have an understanding of you, your profession and your needs. We are flexible in our approach, being mindful of the needs of the profession to progress and opportunities to diversify. We will support you at times when you need help; it is our expertise plus the service ethos we offer is what makes the difference.

#### Managing adverse events

Be it a formal complaint, a solicitor's letter or if a patient has expressed verbal dissatisfaction, pick up the phone to James Hallam; we **will** provide **support and** advice on how to handle the situation. In many cases, a well-thought-out letter of response will resolve a dispute. **We will guide you through this.**





Fozzy is working with us on a more compelling document on how to manage different types of complaints and adverse events. We will aim to have this ready for the next edition of this newsletter and place it on the website.

In the meantime, if you need help or even just a chat on any insurance issues please contact:

- Matt Alves - 0207 9777 894 or email: matt.alves@jameshallam.co.uk
- Asgar Hassanali - 07785 323 266 or email: asgar.hassanali@jameshallam.co.uk

**Asgar Hassanali**  
James Hallam Pro Med

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Date	Venue	Course Info	Cost:	Provided by:
10th - 11th May 2019	The Poplars, Stradbroke, Suffolk, IP21 5HX	Touch for Health 2: The Law of Five Elements	Two days workshop £250.00	 Kinesiology Federation
15th - 16th June 2019	The Beaumont Estate, Old Windsor, SL4 2JJ	100th Centenary Celebration with 4 guest speakers and gala dinner	£230 for members and £275 for non members	 LCSP Register
26th - 27th October 2019	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	Supporting Joint Replacement	Two days workshop £320.00	 flexible healing www.flexiblehealing.com
Throughout the year	Bookings and further information about venues at <a href="http://www.mcloughlin-scar-release.com">www.mcloughlin-scar-release.com</a>	McLoughlin Scar Tissue Release Technique® (MSTR®)	One day workshop £150.00	 McLOUGHLIN SCAR TISSUE RELEASE®

**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](mailto:rachelpbck@gmail.com)

Web: [www.ukkinesiology.com](http://www.ukkinesiology.com)



Practitioner education for the treatment of scar tissue using the McLoughlin Scar Tissue Release® technique takes the form of face-to-face Classroom tuition (8 hours).

Bookings and further information about venues at [www.mcloughlin-scar-release.com](http://www.mcloughlin-scar-release.com)



**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](mailto:info@flexible-healing.co.uk)

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