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The Word from the Top...



As I write this piece, the sun is radiating its early winter rays through blue-grey clouds to give a hint that all is not darkness and gloom. There is otherwise little to light up our lives at the moment; a cost of living crisis, climate disasters throughout the globe, a war in Europe and inflation in double digits.

Turning on the news provides little respite from all these sources of gloom, and in addition many types of health service workers are complaining about their hours of work, the pressures, the staff shortages, the low wages and how many services, waiting times, personal care and support have generally deteriorated. There is no doubt that the demand increases inexorably and staff and facilities have not expanded to meet that demand. But, in comparison with fifty years ago, there appears to be something else that has changed as well. For staff in the health service, caring for people was a huge privilege and a vocation. For many, it still is, but for others, vocation has given way to work simply being a job. For those of you who can remember health in the seventies, providing care was about being there until the work was done, GPs providing surgeries without appointments and seeing everyone who asked to be seen and then visiting in the evenings after the surgeries were complete. Operating lists that continued without change of staff until everything was done. No patients cancelled because the list hadn't finished by 5.00 p.m. Nurses who stayed on the ward to continue to care for 'their' patients. Many staff were dead on their feet, working huge hours, but happy to do it and they would not have it any other way.

However, it is clear that vocation continues unabated amongst LCSP members. Patients complain that, when attending hospital clinics, physiotherapists no longer put a hand on them or touch them. Whilst LCSP practitioners remain 'hands on', much hospital related physiotherapy now consists of remote exercise, telephone triage and 'physio-tools' sent by post. Not so the LCSP practitioner providing the personalised, patient-centred and so very much appreciated care.

LCSP members often do not value their essential contributions and skills highly enough and they even feel embarrassed about their fees. LCSP members now fill the essential gap left by the absentee physiotherapists. Patients experiencing pain and distress crave attention, the vital reassurance and someone to control their situation and guide them to the pathway of recovery. Low back pain remains the major issue for lost days of productivity and absenteeism in the UK.

LCSP treatment modalities were validated a few years ago by a National Study, published by NICE, which affirmed that the most effective treatment regimes for low back pain were soft tissue treatments and acupuncture. Previously, a study from 'Get Well UK' had used soft tissue treatments in selected GP surgeries resulting in a massive reduction in prescription drug costs and a huge improvement in patient recovery and satisfaction rates.

May I, on behalf of everyone on the Board, and all the patients who have benefitted so much from the treatment, attention and support that you have all provided, thank you for everything you do, and for maintaining the LCSP way as an exemplary bastion of good care.

Have a good Christmas, keep safe and stay warm.

Dr. Paul Lambden

President

December 2022

Fozzy's Forum



fozzy@fosterclinic.co.uk

New Board member Jade Revell

The Register is delighted to announce that Jade Revell has been co-opted and accepted onto the Board of the LCSP Register. Jade is an accomplished practitioner in her own right but also is an experienced tutor with an in depth knowledge of the accreditation process for qualifications, this experience will be invaluable to the Board when it comes to training courses and qualifications. We are sure that Jade will prove to be an asset to the LCSP Register in general and the Board in particular.



Scam Watch

There continue to be several of which I am sure members are aware such as Business Rates review and refunds, supposed ongoing post Covid support packages and Bounce Back loans, always remember if it sounds too good to be true then it probably is! A newer scam that I proudly managed to thwart myself only 2 weeks ago which is more subtle but none the less will cost potentially a lot of money went like this. I had to call a member on an LCSP question, when speaking to her she sounded distracted and worried; I naturally asked if all was well? She explained that only 10 minutes before my call she had a text message from her son, saying he had broken his mobile telephone and asking her to install this new number as a contact for him saying it was a temporary phone he had borrowed until he could replace his broken one. I told her that I was 99% certain this was a con and what normally follows is a request for 'mum' to pay some money to an account for an urgent outstanding bill that the son could not pay as he does not have access to his mobile banking app! Sure enough after some calls she managed to track down her son and of course he did not send any such text. Another financial drain averted, so be aware of mysterious texts starting with emotive messages such as 'I have a problem Mum/Dad' This is not my primary function as LCSP Secretary, but could not help feeling pleased with myself for being in the right place at the right time and providing that small service.

Coffee Mornings

These meetings continue to gather in popularity and the latest development of having specialist subject matter and presenters has been very well received. This format will continue with advance notification coming to all of you of dates and presenters. These meetings are open to everybody from experienced practitioners to student members and provide an excellent opportunity to ask questions, get and share advice or just listen and learn from others.

Website and Social Media

both these areas are expanding in content and increasing in activity. These forms of information exchange are clearly the way the modern world now prefers to initiate contact and disseminate content so make the maximum use of them. On the surface of the website is the information available to the General Public on the Register itself, its aims and objectives and the benefits of treatments together with of course, locating a therapist. Within the 'Members Only' section of the website, you as practitioners have the facility of adding an 'Enhanced Profile' onto your own individual contact information. Making use of this facility can only improve and enhance your profile to the potential patients and clients. Furthermore within the members section is a vast array of articles, research and resource material. All of these facilities are again provided 'Free of Charge' as a membership benefit to LCSP Register Members.



Advance notice of Annual General Meeting

24th June 2023 at the Holiday Inn East, East London Road in Milton Keynes, MK15 0JA, a very central location with good rail and road links. The actual Annual General Meeting will commence at 11:00 on the Saturday and then in the afternoon there will be 3 speakers including Alastair Mccloughlin giving more information on his special area of expertise in Scar Tissue Management. If any member wishes to see the depth of knowledge and quality of Alastair's presentations check out the recording of his October 6th Coffee Morning presentation at [youtube.com/watch?v=jjllHm-6XiE](https://www.youtube.com/watch?v=jjllHm-6XiE)

Following on, Sunday will see a full day's presentation on Scar Tissue Treatment Protocols from Alastair for the fortunate people who have booked for this full day CPD training.

More details of this special day and any available spaces are in this Newsletter (spaces and discounts are restricted to LCSP members only).

Office Christmas closure

Christine has been working her little socks off this year, both within the office and from home and we owe her big time. So we intend to close the office from end of play on Thursday 22nd December and resume on Tuesday 2nd January 2023.

Naturally if anybody has an important issue or question between these times then I will be available to help or deal with it as best I can. Quickest access to Fozzy is either e-mail directly to fozzy@fosterclinic.co.uk or telephone 07798 828211.

Only remains for me to wish each and every one of you the very best Christmas possible and a happy and healthy 2023

Fozzy



Christmas Brain Trainer

So smart medical types, how much do you know about the Festive Season and its risks?

Have a go at this Christmas quiz, no prizes just the warm glow of satisfaction if you score well!

1. **On average, how many calories do we eat on Christmas Day?**

- A: 4,000
- B: 5,000
- C: 6,000

2. **What is Christmas tree syndrome?**

- A: Back pain caused by dragging a heavy tree from car to house
- B: Headaches induced by flashing fairy lights
- C: An allergy to pine needles

3. **Which of these luxury treats is most likely to bring on an attack of gout?**

- A: Glass of port
- B: Fresh lobster canapé
- C: Stilton cheese

4. **Mistletoe berries are....?**

- A: Poisonous, they can cause hallucinations and even kill you
- B: High in vitamin D, which is good for you
- C: Mildly addictive as they contain tryptophan, the same substance that is in chocolate

5. **Which festive drink contains as many calories as a mince pie?**

- A: Mulled wine (175ml glass)
- B: Sherry (50ml measure)
- C: Irish cream liqueur (50ml measure)

6. **Which of these poses the biggest safety hazard?**

- A: Christmas trees
- B: Christmas lights
- C: Undercooked turkey

7. **What is the easiest way to pick up a cold at a Christmas party?**

- A: Kissing under the mistletoe
- B: Shaking hands
- C: Arriving and leaving without a coat

8. **What was the name of Santa's blind reindeer?**

Answers on page 6





Alastair McLoughlin's Post LCSP Register AGM workshop

We are delighted to announce that on Sunday 25th June Alastair McLoughlin will be hosting a workshop after our AGM. This course will cover MSTR® One-Day class and will run between 9:30am – 4:30pm

We would highly recommend you attend this event and if you get the opportunity, please have a look at his coffee tutorial he held in October, the link to see this is in Fozzy's Forum

Description:

Designed especially for those involved in healthcare this One-Day class provides a mix of theoretical and practical application of MSTR® work.

You will get opportunity for lots of hands-on practice time.

The One-Day workshop is a fun but powerful learning opportunity. Curriculum includes:

- Scar formation and its effects on the body
- Emotional/psychological aspects of a scar
- Indications and contraindications
- Working with non-organic implants
- Client support and intake forms
- Practical applications including underlying scar tissue work
- Practice work - lots of time to get it right!
- Additional ways to use MSTR® - practical demonstrations - including Plantar Fasciitis, Dupuytren's Contracture etc.

MSTR® is...

- *Efficient, reliable with research backing*
- *Cost-effective to learn*
- *Easy to integrate into your practice*
- *Easy to learn and master*
- *Produces high levels of positive outcomes with sustained results and we provide...*
- *A supportive framework in which to learn*
- *A knowledgeable team of instructors who care about their work*
- *Superb student and ongoing practitioner support*



McLOUGHLIN SCAR TISSUE RELEASE®

Complete the coursework and obtain certification by:

- *Answering a 20-Question test paper*
- *Submitting 5 case studies to demonstrate competency*

Training manual, morning and afternoon refreshments are provided.

The normal cost for this workshop is £175, however, Alastair if offering a special rate for LCSP Members of £135. There is a limited amount space on this course, with numbers set at 20 people. Therefore we would recommend you book as soon as possible as the availability is based on a first come basis.

To reserve your place visit

www.mcloughlin-scar-release.com/lcsp



Brain Trainer Answers:

1.C: The average person eats 6,000 calories on Christmas Day, which can put a huge strain on the intestines and even, potentially, the heart – not forgetting waistline!

It is the equivalent of 12 Big Macs and would need two marathon runs to work it off.

2.C: Real trees may harbour moulds and allergens that can cause rhinitis symptoms such as itchy nose, watering eyes and coughing bouts. Choose an artificial tree if you're allergy prone.

3.B: Lobster is very high in organic compound purines which can cause a build up of uric acid. This gets deposited in joints and can cause gout. Even some beers have much higher levels of purines than port.

4.A: Mistletoe is poisonous as its berries contain toxic proteins that slow the heart rate and can cause hallucinations. Think twice about using the plant as a decoration if you have young children or pets that might eat them.

5.C: One single glass (not the generous home measure) contains 164 calories.

6.B: You are 50% more likely to die in a house fire at Christmas than any other time of the year. Fairy lights left on overnight and unattended candles are the two most common fire risks. Decorations and trees close to heat sources are also a risk factor.








7.B: People generally avoid kissing each other when they have a cold, but in fact you are more likely to pass on infection by shaking someone's hand. No matter how clean you keep your hands, there is no guarantee the person on the other end of the greeting maintains the same standard.

8: **No eye deer !!!!!!! Sorry !**

HO! HO! HO! and enjoy!!!!!!

Fozzy



| Date | Venue | Course Info | Cost: | Provided by: |
|---------------------|---|--|-----------------------------|--|
| Throughout the year | Bookings and further information about venues at www.mcloughlin-scar-release.com | McLoughlin Scar Tissue Release Technique® (MSTR®) | 1 day workshop £150.00 |  |
| 16th January 2023 | BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH | One Day Introduction to Sports Massage | One day workshop £85.00 |  |
| 18th February 2023 | BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH | One Day Introduction to Sports Massage | One day workshop £85.00 |  |
| 11th March 2023 | Britannia Hotel, Bramhope, Leeds, LS16 9JJ | One Day Workshop: lower back pain and people displaying idiopathic pain | One day workshop £250.00 |  |
| 13th May 2023 | Britannia Hotel, Bramhope, Leeds, LS16 9JJ | One Day Workshop: working with people who have hypermobility and accompanying symptoms (part 1) | One day workshop £250.00 |  |
| 24th June 2023 | The Holiday Inn, East London, Milton Keynes, MK15 OJA | LCSP Register AGM | Free. Members only. |  |
| 25th June 2023 | The Holiday Inn, East London, Milton Keynes, MK15 OJA | Introduction to MSTR® | One day workshop £135.00 |  |

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

All workshops are subject to change.



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.ikc-info.org



Bookings and further information about the courses at:
www.sportstherapyuk.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

Web: flexible-healing.co.uk



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