



LCSP
Register
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Newsletter

April 2023

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All good things Come To an End...

As I sat, wondering what to write in this, my last President's letter, the above title occurred to me. Originally written by Geoffrey Chaucer in about 1380 in his poem Troilus and Criseyde, he actually wrote "but at the laste, as everyting hath ende, She took hir leve, and nedeswoldewende". I have had a most enjoyable and satisfying eleven years as your President, an experience made all the more worthwhile by being part of the marvellous team who comprises the LCSP Board, and meeting so many members who provide such wonderful care for their patients and who are perhaps sometimes not recognised sufficiently for the great services that they deliver.

Healthcare has changed so much in my (nearly) fifty years as a doctor. I fondly remember the early 1970s when often all we had was the personal interaction with sick individuals. Treatment was much more rudimentary and many fewer patients recovered but they were treated so much better on a personal level because, often, time was all we had to give them. With the panoply of available drugs, and a host of technological advances available today, almost all aspects of healthcare are more mechanised, more efficient, more successful but less caring and human. We lose so much by consultation and diagnosis down a telephone line or over a Zoom call. However, the fields of remedial massage and physical therapy seem to have managed to buck the trend. Yes, there are a few treatment gizmos but LCSP members still give their patients that most valuable of commodities; time. You listen, you empathise, you are not only the professional but the carer and the friend and, often without fanfare, you achieve so much. You make people feel better. If only doctors still worked that way, instead of rushing to get through the surgery as quickly as possible, or communicating through electronic media. Treatment by a doctor may be better and more effective in outcome terms but Hippocratic care is worse generally.

I cannot conclude this letter without giving my heartfelt and most sincere thanks to all those Board and staff members with whom I have worked over the last eleven years. To Beryl Harper, a rock and my Presidential predecessor but one, and to Melvyn Eyres, the President

elect for their support and advice, and to Pauline Kelly and her considerable member pastoral care. And to the newer Board members, Jo Graveson for her considerable contributions to improving our Internet presence and communication, and to Tim Paine and Jade Revell, who have joined us from the Sports Therapy arm of the profession and who provide a new perspective of teaching and training. To Les Davies, who has so diligently managed the LCSP's finances and to Vic Johnson who takes care of the LCSP's not inconsiderable assets, and to Christine Frosdick who administers the business from the LCSP office in Lowestoft. And finally, but anything but last, to the brilliant Steve Foster, who has been the Secretary for nearly twenty years and who maintains the integrity of the whole Society through his unique blend of enthusiasm, commitment, knowledge and skill.

To all of you, my genuine and earnest gratitude and my appreciation for allowing me the privilege of working with you to develop the oldest and the best physical therapy organisation in the UK and probably in the world.

May I also offer you one final Clinical Tip; it is the ultimate way of staying safe and minimising problems with an angry patient, hours of correspondence trying to placate the client, or perhaps satisfying the regulator or the insurance company. Paint it on the inside of your consulting room door; say it last thing at night and first thing in the morning. Recite it every day. I know I have said it before but always remember; If you see it, say it or do it, write it in the record. It will pay dividends.

May I wish all of you in membership every success in the remainder of 2023 and beyond. Keep safe and God bless.

Dr. Paul Lambden

President
April 2023



Renewals:

If you are reading this and have not yet renewed your membership and insurance – then YOU ARE LATE !!! The renewal date was 1st April, which means that your Professional Med Mal insurance with James Hallam would have lapsed at the same time. You would not risk driving your car without valid insurance so why run the risk of a massive personal claim against you in the event of a claim. If you are one of the few outstanding, please sort it immediately or you may find that your continuity of insurance cover has been compromised.

Subscription rates

The Board of the LCSP Register is very aware of the financial constraints that we are all suffering at the present time and have yet again held the membership rates for all members, this is the 5th consecutive year that your membership fees have been held.

Contact details:

It is a recurring problem that we have at the LCSP admin office, when we send you out information or details very often the email will 'bounce back' as undeliverable, not known etc. We all lead busy lives and often move or indeed change address both physically and electronically and I accept that the LCSP is not necessarily on the top of your priority 'must do' list, but please do tell us to make sure that important information relating to your professional capacity is not delivered too late or indeed missed altogether.

Coffee Mornings and Tutorials:

Since the initial concept of our coffee mornings started during the pandemic to facilitate contact between therapists throughout the Country (and overseas) to help ease the burden of working alone in a time of great uncertainty and ever changing rules and regulations, the coffee mornings have continued monthly and now include a tutorial session on a bi monthly basis. The regular coffee mornings continue to be well supported and act as a social event with ample opportunities to raise questions or concerns and provide that easy relaxed opportunity to exchange ideas and meet fellow professionals.

The tutorial mornings have proved to be an excellent free opportunity to listen to and interact with a specialist in their respective field, to get an insight into different treatment modalities or protocols, to see if they would suit your own patient and clinical situations. These mornings enable you to ask questions before you decide to commit to paying for additional training or qualification.

With both these coffee morning sessions proving to be so popular it is the intention to continue them for the membership as yet another benefit of LCSP Register membership.

The next scheduled coffee morning is 1030 on Thursday 20th April which will be another in the specialised arena and will be on 'Peer Support Supervision', further details of which will come electronically to all members.





AGM 2023 24th June

Holiday Inn Milton Keynes East,
London Road
Milton Keynes
MK16 0JA

All are welcome to attend and participate. Following the AGM three will be presentations in the afternoon all with important subject matter. This full day qualifies as CPD activity for your portfolios and is provided FREE of charge to you. Make the effort to support the Register as the Register supports you.

11:00	AGM
13:30	Dr Paul Lambden
14:15	Alastair McLoughlin MSTR®, McLoughlin Scar Tissue Release
15:00	Dr Steve Jones Protecting Yourself and Your Business from Cybercrime



Dr Paul Lambden

Our retiring President, will be giving his own inimitable resume of his 11 years as LCSP Register President, the trials and tribulations and the highs and lows we have endured with him at our helm. During his farewell speech Dr Lambden will be discussing where the LCSP Register was when he became President, where it is today and what are our hopes for the futures. There will be a few thank yous thrown in for good measure.

Dr. Steve Jones

Steve is a Lecturer in Digital Business within Norwich Business School at the University of East Anglia. His research and teaching interests are interdisciplinary, covering topics in Business Management, Cyber Security, Computer Science, Information Systems and Software Engineering.

Prior to his appointment at UEA, Steve was a Cyber Security Advisor within the Norfolk and Suffolk Constabularies Joint Cybercrime Unit where he worked directly with businesses who became victims of cybercrime, supporting them in their effort to recover and to build resilience. He has also worked as a freelance lead systems trainer and training consultant across the UK. His clients included public and private sector organisations including numerous NHS trusts, local authorities, large businesses, and SMEs.



Protecting Yourself and Your Business from Cybercrime

Dr Steve Jones, Norwich Business School in collaboration with Norfolk and Suffolk Constabularies Joint Cybercrime Unit

Cybercrime continues to be an increasing threat to everyone and therefore enhancing our cyber security is important. In this interactive session, we will explore what cybercrime is along with the impacts it can have on people and businesses. We will briefly explore the motivations of cybercriminals and how they operate. Furthermore, you will learn some simple steps you can take to protect yourself and your business from cybercrime such as Phishing, Account Compromise and Malicious Software. Finally, the session will provide details on free advice, guidance, resources, and tools available from both the Government and the Police, which can help you develop resilience to cybercrime.

Alastair McLoughlin

Alastair is already well known to the LCSP members from previous presentations and has hosted recently one of Coffee Tutorial mornings. He is an excellent presenter, who has a wealth of researched expertise and will be introducing new research on MSTR®, which is an Innovative and effective therapeutic approach for the treatment of scar tissue. Additionally Alastair will be giving an overview of what to expect in his workshop on the following Sunday, which will provide a mix of theoretical and practical application of MSTR® work

Alastair will likewise be presenting a full day on the treatment protocols for Scar Tissue on Sunday at a special one off price for LCSP members. 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 - [click here](#)

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

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 is 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



Human Anatomy Dissection, Kings College, London on June 15th–17th 2023

We want to let our members know about a unique opportunity to experience Human Anatomy Dissection in London this summer. The course is led by Clinical Anatomist, John Sharkey. John and his team including Joanne Avison, Karen Kirkness, Dr Wilbour Kelsick and Mark Flannigan will be on hand to ensure you have a very personal experience. You will have the opportunity to explore the inner workings of the human body through hands-on dissection, interactive sessions, and engaging presentations. This course is perfect for LCSP members interested in anatomy, fascia science, manual therapy, medicine, or related fields.

The Thiel embalming method used in this dissection course is a unique and advanced technique that has revolutionised the field of cadaver preservation. It involves the use of a special embalming solution that allows for the preservation of cadaver tissue in a more natural state, which facilitates better dissection outcomes. The soft-fixed cadavers used in this course are an excellent learning tool, providing a more realistic experience than traditional embalming methods.

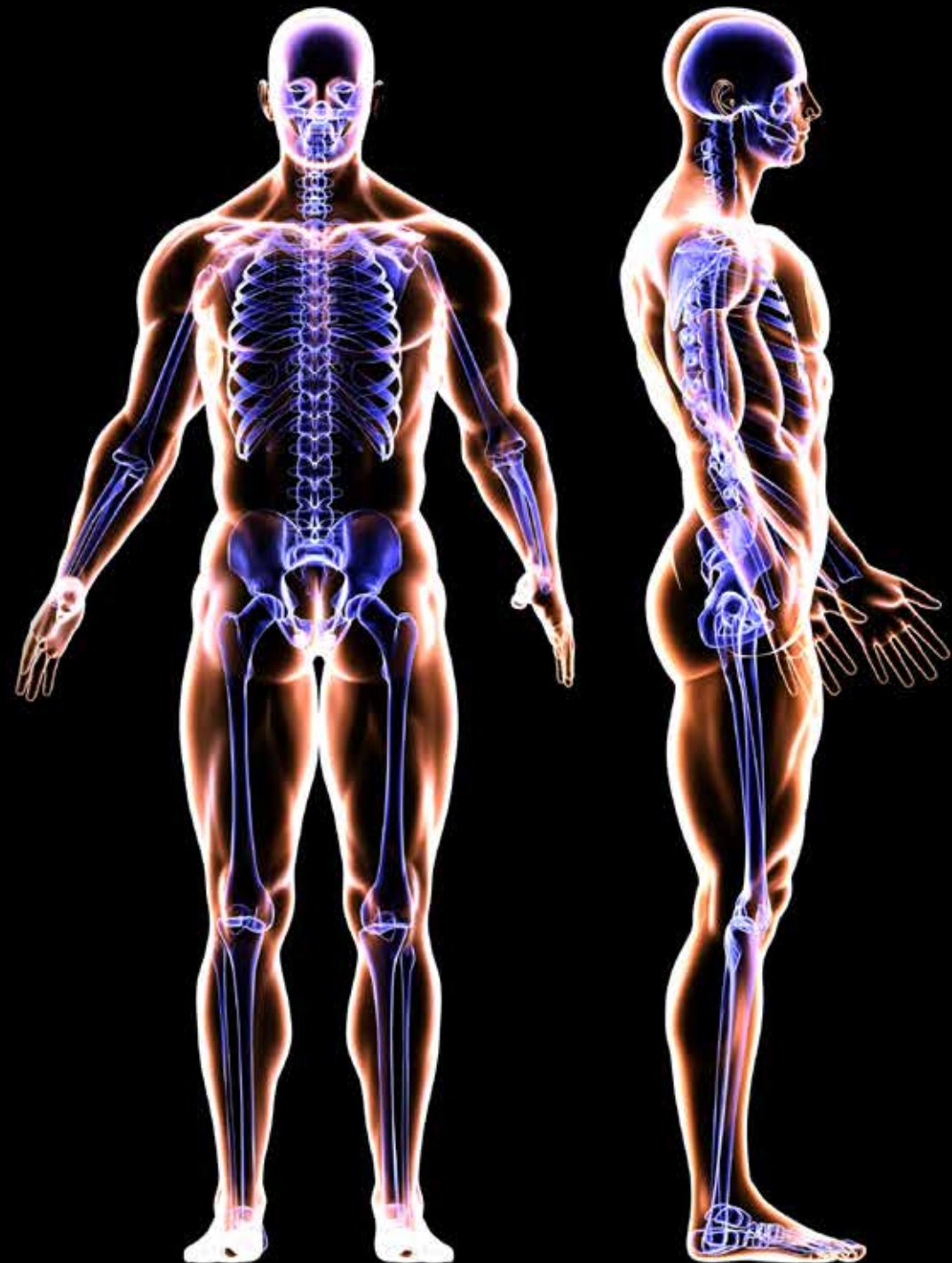
Biotensegrity, the main theme of the course, is an emerging paradigm in the field of anatomy that emphasises the importance of the interconnectedness and continuity of the human body. This holistic approach to understanding the human form recognises that every part of the body is intricately linked and interdependent, and that our movement and posture are the result of the interplay between various structures and systems in the body.

The course's special focus on Embryological Origins is particularly interesting, as it explores how the soft tissue's stiffness or softness changes throughout our lives. This knowledge can have significant implications for understanding the development of various musculoskeletal disorders and injuries and how they may be treated or prevented.

Through the lens of BioTensegrity architecture, participants in this course will gain a deeper appreciation of how movement and form are interrelated from conception and throughout life. They will learn about the complex interactions between the body's various systems, including the musculoskeletal, nervous, and fascial systems, and how they work together to create a resilient and adaptable structure.

This course is an excellent opportunity for anyone interested in anatomy, movement, and manual therapies to deepen their understanding and expand their knowledge in this fascinating field.

The course will be held at Kings College, London on June 15th-17th, 2023. LCSP members can enjoy a 10% discount off the course fees by using the discount code LCSP10 at the check out. The early bird price is available until April 15th, 2023. If you've attended one of the dissection courses before, you can get the reviewer's rate at the lowest price. To see more information or book on this course - <https://ntc.ie/course/dissection-london/>



NTC National Training Centre
Ireland's Leading Educator in Health Fitness and Bodywork Therapies
HEART OF BIOTENSEGRITY

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®)	One day workshop £150.00	
15th - 16th April	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	Gait Analysis	Two day workshop £295.00	
3rd - 4th May	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	Musculoskeletal Anatomy	Two day workshop £180.00	
13th May	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	Holiday Inn Milton Keynes East, London Road, Milton Keynes MK16 0JA	LCSP Register AGM	Free. Members only.	
25th June	Holiday Inn Milton Keynes East, London Road, Milton Keynes MK16 0JA	Introduction to MSTR®	One day workshop £135.00	
7th October	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	One Day Workshop: shoulder, wrist and hand pain resulting from FHP and kyphotic posture	One day workshop £250.00	

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