

and is often generated or motivated by anecdotal clinical experience ('why does such-and-such a treatment "work", how, and in what circumstances?'). In turn, ensuing new scientific findings lead to enhanced understanding and innovative developments which can fantastically inform, enrich, and further promote best, pioneering clinical practice.

I wish you 'enjoyment' in reading Part 2 of why, contrary to what virtually every textbook would have you believe, I contend that *psoas major* is NOT a hip flexor...

Reminder – Good news for all ISRM Members!

May I again draw everyone's attention to the various special offers/discounts to both students and full members, displayed on the inside or outside of the back cover of this Issue:

- ✓ **Health Education Seminars (HES)** postgraduate courses/workshops: £20 off one-day and £40 off two-day courses
- ✓ **Marshcouch:** 10% off all couch orders

✓ **Physique Management Company:** 10% off sports injury treatment and massage products

✓ **Journal of Bodywork and Movement Therapies (JBMT):** 15% off annual subscriptions.

***** Newsletter contributions – please get writing now! *****

My grateful thanks as always to all contributors to this Issue. Your newsletter could however be even more informative, thought-provoking, and motivating if only... if only... the vast majority of members could cease to rely on 'somebody else' to make the effort. Consider how much you have gained from others' tips, knowledge, and experience, and make sure you return the compliment by sharing yours in the next Newsletter.

**Please get writing now!
Thank you!**

Please note that the submission deadline for the December 2019 Issue is: Friday 15th November 2019, thank you.

Please keep sending your newsletter contributions to me at: editor@theisrm.com

ISRM Newsletter format – reminder

For the benefit of our new Members, please note that our 'mid-year' newsletter editions are published online only, followed by an extended hard copy as well as e-format for the December Issue. Any non-obsolete material from earlier electronic editions of a given year is reproduced in its end-of-year printed issue.

Members can access previous newsletters online dating back to the spring 2009 edition. A very grateful 'thank you' to ISRM website manager Martin Docherty for his continued efforts in making our website ever more user-friendly and informative, and to Glyn Rees of QP Printing for his high quality and creative design.

Feature Articles

LSSM Team Tommy's at the London Marathon 2019

From Chloe Cyrus-Kent



This year's London Marathon was met with perfect conditions for runners and much excited anticipation throughout the City. Londoners, beset by Brexit blues in recent months, needed a reason to cheer and they certainly found it on Marathon day. Hundreds of charities, from Save the Children to Save the Bees were all lining the route, cheering on courageous runners raising money for extraordinary life-changing causes. As ever, people from all countries were there, participating or supporting loved ones on their epic feat of running 26.2 miles in one go (wow!).

The LSSM provided teams of soft tissue therapists for 14 charities: Shelter,

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Scope, Spinal Injuries Association, National Autistic Society, Meningitis Now, Meningitis Research Foundation, Tommy's, National Deaf Children's Society, Together 4 Short Lives, FabKids, Children with Cancer, Teenage Cancer Trust, Prostate Cancer Research Centre, and Pancreatic Cancer UK.

Our LSSM team was privileged to offer post-event soft tissue therapy for Team Tommy's runners. Tommy's is a baby



charity funding research into miscarriage, stillbirth and premature birth. Their brave and brilliant runners were treated to a reception at Mabel's cocktail bar in Covent Garden, only a short walk from the finish line (easier to say if you haven't run 26 miles, perhaps). Our team was made up of LSSM students, one massage therapist and our team leader, myofascial release expert Phil Young. We set ourselves up in a bar area beside the main hubbub of Tommy's staff and families celebrating with their runners. Before the first runners arrived our team leader gave us tips on myofascial release for sore legs and prepared us for the new experience of working with post-marathon runners in great need of rest and recovery. We saw lots of very tired and tense quads, hamstrings and calf muscles for which myofascial release, as well as other soft tissue techniques, worked wonders. One of the runners said she felt she'd got "a new pair of legs" after her treatment and it was touching to hear the stories of the runners. In many cases we could see and hear their precious little ones nearby; families very proud they're raising money for a cause that means the world to them. In a small lull between runners, one of the Tommy's staff came to us with a hip flexor



complaint and it was brilliant to see our team leader skillfully use myofascial and positional release techniques with her, including the often-mentioned positional release of the psoas!

Before our post-event therapy work started we were fortunate to watch the first runners going past Cleopatra's Needle, just after mile 25. It was exciting to be in the Marathon atmosphere and see extraordinary elite athletes, seemingly taking it in their stride, followed later by those who were fighting with all their heart, body and soul against wrecked hamstrings and pure exhaustion in the last mile. It was interesting to watch St John's Ambulance staff help one man who had come to a standstill right in front of me, with intense pain in his hamstrings. Ambulance staff helped him focus, relax and release his hamstrings with a few simple exercises, and then get cautiously back on his way to the finish line. I was fortunate to spot a Team Tommy's frontrunner go past at one point and one runner for Pancreatic Cancer UK also caught my eye as he ran by. The



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back of his top read, "Pancreatic Cancer is tough. So am I". The toughness and determination of all the charity runners we worked with at the London Marathon was both moving and humbling and we hope that after their post-event soft tissue treatments, a few shattered legs felt a lot better. As therapists we certainly learned a lot from the experience ourselves, and even after giving treatments for more than 4 hours solid we could well imagine coming back for more another year!



The London Marathon – from a different perspective

From Janice Barrett

"So, 38 years later, Andrew ran the London Marathon, and just being a part of that journey has been amazing which is why I'll be signing on again to be a massage therapist next year."



For at least the past 7 years, I have worked as a massage therapist at the end of the London Marathon, but my engagement with the event has been much longer.

The first London Marathon took place on 29th March 1981 – and I was there watching it from the London pavements with my family. I was only fourteen years

old, but it obviously had a lasting effect on me and my younger brother Andrew who was only nine at the time. We went every year to watch it after that.

Fast-forward to 1986, and I was then training to be a nurse right next to the finish line. That year, I was working in the Accident and Emergency Department at St Thomas' Hospital. I remember it being a bit busy, but not as bad as we had anticipated! 1988 saw me volunteering with St John's Ambulance as part of my Duke of Edinburgh's award scheme (I successfully got my Gold Award in part thanks to this). I remember lots of runners getting cramps and massaging and stretching their legs – a sign of things to come.

In 2011, I finally got around, first to studying on a holistic massage course, followed by training with LSSM to become a sports massage therapist. During this time, I volunteered as one of many students supporting charities with massaging their fundraising runners at the London marathon finish. Once qualified, I became a team leader, and that is what I have been doing ever since.

Having both my nursing background (I still work as a nurse too) and massage experience definitely makes this role easier. I also really enjoy supporting new massage therapists into their first foray of event work.

My hopes of ever running a marathon myself went with my knees back in my 20's, but that has not stopped me doing marathons in other ways. I used to be a guide for charity treks on such events as the Great Wall of China, the Sahara Desert, Machu Picchu, etc. and then discovered sports involving sitting down – so I have completed kayak marathons on the sea and the Thames as well as the Ride London 100 cycling event.

Now, fast-forward to 2019. My brother Andrew had not given up on his dream of running the marathon and he gained a place with PhabKids for this year's marathon. I duly signed up to volunteer for them and avidly watched his progress throughout the gruelling training. Anyone who runs a marathon will know that it is the hours and hours of training that count – and he put every one of them in.