

Sports Therapy Organisation Newsletter

May 2011



Internships

We are seeing more and more internships for graduate sports therapists and sports rehabilitators, which we feel is quite disturbing. Some of these posts are full time, for zero pay, and some not even expenses. Whilst we think its great that students get as much work experience as possible, to require someone to spend 3 years at university to then work for a year for free is, in our opinion, can be viewed as exploitative, and we agree with Nick Clegg on this one! Whilst we don't mind an evening or two just for expenses, which we feel can be quite beneficial as a therapist, we draw the line at full time work for free!

To that end, STO will not advertise any full time internships, where the therapist is unpaid. If you disagree, and feel that we should advertise them, then please send in your views.

Welcome to STO.

Welcome to the May 2011 Newsletter. This will be shorter than usual, as we would like you to have some input into what you would like to see in our next one. We will be putting a different case study in each newsletter, so if you are or have been, treating any interesting clients and you would like share it, please let us know. Also, we are interested to hear from anyone involved with the 2012 Olympics!

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Whats new at STO?

As many of you will know STO affiliated with the Federation of Holistic Therapists in 2010, and after a year of working very closely we have decided to preserve our independence and continue as a Professional Association in our own right. We continue to work very closely with the FHT on an industry level, however, we have respected the views and opinions of many of our long standing members who feel that STO should be independent.

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Promotion of STO

STO continues to fight for greater prospects and improvements in training standards in our industry. Where others have reduced their standards to accept level 1 & 2 members, we have raised the membership entry criteria for STO. This has already lead to an increase in organisations wanting to get involved with us, and our members. We will continue to put the industry and our members first, above any commercial gain.

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STO Member Benefits

We are continuing to improve our members benefits, and are in constant contact with companies wishing to affiliate with us and our members. Please keep checking the members only page to see all the latest benefits, including insurance schemes that recognise your services. If you are not an STO member, more information on benefits and fees can be found on the next page.

Sports Therapy Organisation

79a Lever Street

Manchester

M1 1FL

www.uksportstherapy.org.uk

Some STO Member Benefits

Access to customers using Healthshield Medical cashback scheme

15% Discount on Physique Management Company products

Free Fast Track CNHC registration validation (fee for non-members £15)

Access to £5,000 000 liability insurance, including legal cover for £49.75 per annum

Discounts on Active Health Group courses and workshops

Bi-monthly newsletter

Access to exclusive event work with the STO events team

Listing on STO 'Find a Therapist Register'

Access STO logo clothing available to purchase

20% discount on Human Kinetics Books and DVDs

Up to 20% discount on professional KT Tape

Membership Fees

Student - £10

Bronze - £30

Silver - £40

Gold - £80

For full description of member fees and benefits, please see our separate membership application form, or go to our website: www.uk sportstherapy.org.uk

Regulation.....oh no it isn't.....oh yes it is.....oh no it isn't.....

Those of you that have been in this profession for years will realise just how long the sorry saga of regulation has been going on for. The statutory regulation of sports therapy has been discussed for well over a decade, so where are we now?

In February 2011, the government published a paper called 'Enabling Excellence' and in it, it states that with the exception of Herbal Medicine (which last I heard was subject to a legal challenge), there would be no further statutory regulation, as basically the country can't afford it!

Since 2010 Sports Therapy has been regulated by the voluntary regulator CNHC, which has been established for just over 2 years and had been funded by the Department of Health. Whilst it is still in its infancy, there have been some positive responses from the NHS, and various health organisations that use our services.

Whilst voluntary regulation doesn't give us protection of title, this is something that we at STO and our colleagues at the Sports & Remedial Therapies Council (SRTC) are hoping we can achieve through various means.

Meanwhile STO are continuing to fight to ensure that standards of entry into our profession are kept high, and for those of us working in the industry, that opportunities exist for us. We believe that regulation, in any form, shows that we do have standards in place, and it highlights those that don't meet the standards.

Training Accreditation Scheme

Over the past year we have been contacted by many schools, colleges and training providers, all keen on obtaining STO accreditation as we are recognised as the organisation that truly fights for high standards in our profession, and does not bow down to pressure from huge organisations keen on keeping the status quo, purely for commercial reasons.

During 2011 you will see an increase in the number of training organisations who are affiliated to STO through our accreditation/verification schemes.

What would you like to see in the next newsletter?

Do you have any thoughts on any projects that STO should get involved in?

Would you like to get involved with STO in any way?

If so, please get in touch with us. Without you, there is no STO!

info@uk sportstherapy.org.uk

skype: sportstherapy001

Event Work

As summer is approaching there are more sporting events for everyone to get involved with. With the UK gearing up for the 2012 Olympics, many people are enticed into getting involved in sport and exercise, which can mean lots more opportunities for professional therapists. To market your services we suggest you contact your local council's Sports Development department, look in magazines such as 220 Triathlon, Runners World and Running Fitness and contact the event organisers listed, or join STO's own massage team!



One of the STO event teams at the London Marathon

These events can be hard work, and some are on a voluntary basis, with just expenses paid, but they are very thoroughly enjoyable and can give you the chance of free advertising, sometimes you may even get your face on TV or in the local press!

Of course, event work doesn't isn't just available in summer, there's also lots of events in winter that use our services.....whilst our therapists don't massage with gloves on, they have been known to massage wearing bobble hats and scarves!

Therapy Event Services

Demand for our event services has grown this past year, as many more organisations have been assured of the skills and professionalism of our members. We have gained many more contacts to ensure that this service grows throughout 2011 and 2012.

STO members that wish to be on the Event Service register, please email us at info@uksportstherapy.org.uk

INTERESTING STORIES OR ARTICLES?

Do you have an interesting story or article for us?

It can be funny or serious, it can be a piece of advice, a case study, research, some good news, or even some bad news..., just as long as it's interesting (and doesn't breach data protection if it's about a client!).

From each newsletter, the STO committee will chose the story they found the most interesting, and the contributor will receive a £20 Amazon Gift Voucher!

Please email all articles to:
info@uksportstherapy.org.uk

Cherry Active Juice & Capsules



Special Prices for STO members.

Please read the article on the next page on how this product can help you and your clients.

To purchase at the special price please go to the member's only section of the STO website

Marathon Runners Should Pick Cherries for Speedy Recovery

Dr Glyn Howatson, exercise physiologist and Laboratory Director in the School of Psychology and Sports Sciences at Northumbria University, examined the properties of Montmorency cherries in a study that found that athletes who drank the juice recovered faster after Marathon running than a placebo controlled group.

In the investigation, 20 marathon runners drank either a tart cherry blend juice or a placebo drink twice a day for five days before taking part in the London Marathon and for two days afterwards.

The findings indicated that the group who drank the cherry juice recovered their strength more rapidly than the control group over the 48-hour period following the marathon. Inflammation was also reduced in the cherry juice group, as was oxidative stress, a potentially damaging response that can be caused by strenuous physical activity, particularly long distance endurance exercise.

The study, which was run in collaboration with PhD student Jess Hill of St Mary's University College, concluded that cherry juice appears to aid recovery following strenuous exercise by increasing total antioxidative capacity, reducing inflammation and oxidative stress, hence aiding in the recovery of muscle function.

Dr Howatson said: "Participating in long-distance endurance events, such as the London Marathon, causes a degree of muscle damage and inflammation for the runners. It takes several days to recover and during that period the runner's ability to conduct physical activity can be vastly inhibited.

"The phytochemicals, in particular, anthocyanins found in Montmorency cherries have anti-inflammatory and antioxidating properties, which the research has shown to be effective in helping exercisers to recover from strenuous physical activity."

Although it remains to be examined, Dr Howatson believes that the findings will not only benefit marathon runners but could also have serious implications in the treatment of people living with inflammatory diseases, such as arthritis.

He said: "If funding can be secured to embark on a further study, we can determine whether the use of tart cherry juice has implications for the management of some clinical pathologies that display high levels of inflammation and oxidative stress, such as rheumatoid arthritis and fibromyalgia.

"People are increasingly looking at natural remedies, or nutraceuticals, to treat their conditions, and scientific studies, such as the research into tart cherries, examine the potentially untapped treatments held in natural resources, that can provide adjunct therapy for the management of disease, which can help reduce negative symptoms and improve quality of life.



Featured course at Active Health Group, Manchester

Level 2 Award in Sports First Aid

This is a highly practical, 2 unit, sports first aid course delivered in 14hrs over 2 days. It is also possible to do unit 1 by itself as a standalone 7hr qualification over 1 day. Certification is dependent on successful continuous assessment of the candidate, there is no final examination. Those who complete the course and are deemed to have reached the required standard are awarded a certificate that is valid for three years. The certificate entitles the candidate to be a First Aider for 3 years from date of issue.

Course Content

Day 1

- Basic Life Support:
- Vital signs
- Accident Procedure: Primary Survey AB
- Managing unresponsive, breathing casualties: Safe Airway Position
- Managing unresponsive, non-breathing casualties: Adult CPR
- Choking
- Conscious casualty injury assessment using SALTAPS & moving casualties
- Recognition of concussion - use of Maddock's questions
- Soft Tissue Injuries; strains and sprains - RICE. When to and when not to use ice.
- Common medical emergencies / exercise induced illness - Heart Attack, Seizures, Asthma, Anaphylaxis
- Fainting, Cramps & Dehydration
- First aid kit contents

Day 2

- Secondary survey ABCDE
- Bleeding: internal, external & treatment for shock
- Damage problems
- Limb fractures and dislocations
- Head, neck and spinal injuries. Jaw thrust
- Chest, belly and thigh injuries
- Environmental considerations: Hypothermia, hyperthermia
- Action plans - accident reporting, nearest hospitals etc
- Sport specific incident management scenarios

Qualifications

ITC Level 2 Certificate in First Aid for Sport (500/3302/5)
Unit SFA1: Sport First Aid Emergency Action and Unit
SFA2: Sport First Aid Incident Management
(H/501/2761)

This course is also REPs accredited.

Cost: 1 day (Unit 1) - £118.80

Cost: 2 day (Both units) - £216.00

Normal STO member discounts will apply.

For course dates please see:

www.activehealthgroup.org.uk

SUPPLEMENT SPOTLIGHT

MSM – (Methylsulfonylmethane)

MSM is a naturally occurring sulphur compound found in small amounts in many foods, including milk and garlic.

Sulphur is a required structural mineral found in the proteins of most tissues in the body such as the skin, blood vessels, organs, hair and nails. Sulphur makes up the flexible disulphide bonds within protein structure in tissues providing elasticity and movement. Sulphur is also necessary for healing and repair of these tissues from internal injury and free radical damage.

MSM contributes to the production of ground substance (mucopolysaccharides) which keeps connective tissue intact. Researchers claim that MSM can help improve joint flexibility, reduce stiffness, swelling and pain, improve circulation and break up calcium deposits or water bonds in the synovial fluid.

Nutritionists believe that most people are sulphur deficient due to its unstable nature. Fruit and vegetables quickly lose its MSM after picking, and its abundance in meat has diminished with the type of food our animals are fed on, usually dried stored grasses, hays and grains, which themselves are deficient in MSM.

It is useful for therapists treating pain associated with systemic inflammatory disorders.

Individuals presenting signs and symptoms of pain and inflammation associated with various muscular skeletal system disorders, including arthritis, reported substantial and long-lasting relief while including from 100 to 5000 mg. of MSM in their daily diet. Most, trying first MSM alone, then a combination with ascorbic acid, reported greater benefit with the combination.

The use of MSM with ascorbic acid is particularly useful in correlating night leg cramps, MSM is capable of reducing the incidence of or entirely eliminating leg cramps, muscle spasms, and general soreness, particularly in geriatric patients who experience cramps at night or after long periods of inactivity.

It is also effective for athletes who experience severe leg cramps during their sports activity. Migraine sufferers have also obtained substantial relief at oral doses of 50 to 500 mg. MSM per day while arthritic patients report relief from pain and stiffness as well as reduced swelling and inflammation.

MSM can be a useful addition to your aftercare advice, and could also be a way of earning additional income by selling supplements to your clients.

For further reading on this supplement please see www.ukportstherapy.org.uk/research

Interested in Sports Nutrition? Why not take advantage of Active Health Group's exclusive 50% discount for STO members available on its Level 3 Certificate in Sport & Exercise Nutrition online/distance learning course. Valid in May 2011 only. For full details go to www.activehealthgroup.org.uk/May_Special_Offers

Sports Injury Research Abstracts

Reinjury After Acute Posterior Thigh Muscle Injuries in Elite Track and Field Athletes

Nikolaos Malliaropoulos, Tomide Isinkaye, Kostas Tsitas, and Nicola Maffulli

Hamstring muscle strains often recur. The authors studied the effect of the grade of initial injury on the subsequent risk of re-injury and hypothesised that there would be no difference in the rate of re-injury, between acute low-grade (grades I and II) and high-grade (III and IV) hamstring strains.

Over an 8 year period, the authors treated 165 elite athletes with acute, first-time hamstring strains. Strains were classified into 4 grades (I, II, III, and IV) based on active knee range of motion loss at 48 hours. The same rehabilitation program was prescribed for all cases.

The average time to return to sport after the initial injury was 7.4 days for grade I injuries, 12.9 days for grade II injuries, 29.5 days for grade III injuries, and 55.0 days for grade IV injuries. At follow-up, 3.9% had experienced a second hamstring muscle strain. Of the 75 athletes with a grade I injury, 7 (9.3%) had experienced a recurrence after 24 months. Of the 58 athletes with a grade II injury, 14 (24.1%) experienced a recurrence. Of the 26 athletes with a grade III injury, 2 (7.7%) experienced a recurrence, and of the 6 athletes with a grade IV injury, none had experienced a recurrence after 24 months.

The authors concluded that low-grade hamstring muscle strains lead to a higher risk of re-injury than high-grade hamstring muscle lesions. However, there were disproportionately fewer high-grade injuries than low-grade injuries.

Am J Sports Med February 2011 vol. 39 no. 2 304-310

A Pragmatic Randomised Trial of Stretching Before and After Physical Activity to Prevent Injury and Soreness

Gro Jamtvedt, Robert D Herbert, Signe Flottorp, Jan Odgaard-Jensen, Kari Håvelsrud, Alex Barratt, Erin Mathieu, Amanda Burls, Andrew D Oxman.

The researchers aimed to determine any effects of performing stretching exercises both before and after exercise. They looked in particular at its effects on the risk of injury and post-exercise soreness (DOMS). 2377 adults took part in the study. All were regular participants in physical activity.

The participants were divided randomly into 2 groups. The stretch group performed 30 second static stretches of seven lower limb and trunk muscle groups before and after physical activity over a 12 week period. Those in the control group were asked not to stretch.

During this 12 week period, participants provided weekly reports of any injury or bothersome soreness to the lower limb or back which were primary outcomes. Injury to muscles, ligaments and tendons was a secondary outcome.

The results showed that stretching did not produce clinically important or statistically significant reductions in all-injury risk, but did reduce the risk of experiencing bothersome soreness and injuries to muscles, ligaments and tendons.

The authors concluded that stretching before and after exercise does not appreciably reduce all-injury risk but probably reduces the risk of some injuries, and does reduce the risk of bothersome soreness.

Br J Sports Med 2010;44:1002-1009

A randomized controlled (intervention) trial of ischemic compression therapy for chronic carpal tunnel syndrome.

Hains G, Descarreaux M, Lamy AM, Hains F.

Abstract

STUDY DESIGN:

Randomized clinical trial.

OBJECTIVE:

The aim of this study was to evaluate the effect of ischemic compression therapy in the treatment of chronic carpal tunnel syndrome.

METHOD:

Fifty-five patients suffering from carpal tunnel syndrome were randomized to two groups. Thirty-seven patients received 15 experimental treatments which consisted of ischemic compressions at trigger points located in the axilla of the shoulder, the length of the biceps muscle, at the bicipital aponeurosis and at the pronator teres muscle in the hollow of the elbow. Eighteen patients received the control treatment involving ischemic compression on trigger points located in the deltoid muscle, supraspinatus muscle and infraspinatus muscle. Of the 18 patients forming the control group, 13 agreed to receive the experimental treatments after the 15 control treatments. Outcome measures included a validated 18-question questionnaire to assess the severity of symptoms and functional status in carpal tunnel syndrome, and a quantification of the patients' perceived improvement, using a scale from 0% to 100%. Outcome measures evaluations were completed at baseline, after 15 treatments, 30 days following the last treatment, and 6 months later.

RESULTS:

For the disability questionnaire, a significant reduction of symptoms was noted only in the experimental group. In the experimental group the outcome at baseline was 33.5 (SD, 10.3); after 15 treatments it was 18.6 (SD, 7.0). The control group outcome at baseline was 36.3 (SD, 15.2); after 15 treatments it was 26.4 (SD, 9.9) and after the crossover (15 control treatments plus 15 experimental treatments) 20.2 (SD, 12.2). A significant between group difference ($P < 0.021$) was noted in the patients' perceived improvement after 15 treatments: 67 (SD, 26) percent and 50 (SD, 25) percent respectively for the experimental and control groups.

CONCLUSION:

This practice-based clinical trial suggests that myofascial therapy using ischemic compression the length of the biceps, at the bicipital aponeurosis, at the pronator teres and at the subscapularis muscles could be a useful approach to reduce symptoms associated with the carpal tunnel syndrome. Patients' perceived improvement in functional capacities persisted over a 6-month period.

J Can Chiropr Assoc. 2010 Sep;54(3):155-63.

Membership Levels

<p>Please note, in all cases, full members must hold qualifications that meet minimum standards of training, up-to-date insurance and a first aid qualification.</p> <p>Please send in copies of your qualifications and insurance along with your application.</p> <p>We do not accept qualifications that are completed purely by distance learning. We reserve the right to refuse any application.</p> <p>Your membership certificate will list your core therapy, i.e.</p> <p>Joe Bloggs – Sports Therapy Member</p> <p>Joe Bloggs – Sports Massage Member</p> <p>Joe Bloggs – Physiotherapy Member</p> <p>All memberships will run from 1st March to 28th February.</p> <p>The following discounts will apply for part year membership. Join between:</p> <p>1st June and 31st August – 20% discount</p> <p>1st September and 31st November – 30% discount</p> <p>1st December and 28th February – 40% discount</p>	<p>Bronze</p> <p>Access to customers using Healthshield Medical cashback scheme</p> <p>15% Discount on Physique Management Company products – www.physique.co.uk</p> <p>20% off Human Kinetics Books and DVDs</p> <p>Up to 20% off KT Taping</p> <p>Free Fast Track CNHC registration validation (fee for non-members £15)</p> <p>Access to £5,000,000 liability insurance, including legal cover for £49.75 per annum</p> <p>10% off all Active Health Group courses and workshops</p> <p>Bi-monthly newsletter</p> <p>Access to exclusive event work with the STO events team</p> <p>Standard listing on STO 'Find a Therapist Register'</p> <p>Access to STO logo clothing available to purchase</p> <p>Cost: £30 per annum</p>
<p>Silver</p> <p>As Bronze, plus</p> <p>STO membership certificate</p> <p>Standard Listing (name, email, telephone and therapy)</p> <p>Additional 5% off AHG courses and workshops (15% total discount)</p> <p>Cost: £40 per annum</p>	<p>Gold</p> <p>As Silver, plus</p> <p>Enhanced listing on STO website, to include Photo/Logo, Bio, website links etc</p> <p>Additional 15% off AHG courses and workshops (30% total discount)</p> <p>Cost £80 per annum</p>
<p>Student Membership is available to Sports Therapy, Sports Massage and Remedial Therapy students.</p> <p>Cost: £10 per annum.</p>	<p>FURTHER DISCOUNTS AND BENEFITS CAN BE FOUND ON THE MEMBERS ONLY PAGE ON THE STO WEBSITE.</p>

To apply for membership, please complete the application form and send, along with a cheque or postal order payable to STO, to the following address:

Sports Therapy Organisation
 C/O City Therapy
 79 Lever Street
 Manchester
 M1 1FL

Alternatively, you can pay online at www.uksportstherapy.org.uk/membership



Membership Application

PLEASE PRINT CLEARLY. ANY ITEMS LOST DUE TO INCORRECT ADDRESS (POSTAL OR EMAIL), WILL INCUR AN ADMIN CHARGE TO RE-SEND

Name to be used on certificate	
Full postal address	
Telephone number	
Email	
Date of Birth	
Current Membership No: (if applicable)	
Qualifications, please include where you trained and the course duration.	
Experience	
Insurance company details	
First Aid training details	
Website Listing: E.g. Mobile Number, Email/Website Address, Therapies Offered, Location etc.	

I wish to apply for Bronze/Silver/Gold (please circle as required) membership of the Sports Therapy Organisation. (Membership details overleaf).

I agree to abide by the Sports Therapy Organisation Code of Conduct and Ethics. Should I breach the Code of Conduct, I understand that my membership can be terminated, with no refund of membership fees.

I confirm that I hold a qualification relevant to the membership level applied for, a valid first aid certificate, and liability insurance.

I understand that officers of Sports Therapy Organisation can request copies of my qualifications and insurance certificates at any time. I shall send these, upon request.

I understand that I am responsible for informing Sports Therapy Organisation of any changes to my address or contact details.

I have enclosed a cheque/postal order for the amount of £_____ to cover my annual membership fee. I understand that this is non-refundable, unless I cancel my membership in writing within seven days. To pay by credit/debit card, please use the online facility.

Signed _____ Date _____