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### *Upcoming Coffee Mornings and Webinars:*

**Thurs 7th Dec, 10:30am**

Peer-Support Supervision  
Coffee Morning with Jo Graveson.

**Thurs 21st Dec, 10:15am**

Festive Coffee Morning

**Thurs 25th Jan 2024 10:15am**

Tutorial with Susan Findlay -  
massage therapy treatments  
in cancer patients.

# The Word from the Top...



## Fozzy's Forum



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### Season's greetings

It's that time of the Year again and the shops are full of seasonal food and gifts, although some of my local shops have had Christmas items on sale since September!

Talking of Christmas gifts, I have been thinking about how it all started with the Magi bringing gifts for the baby Jesus.

Gold, to signify he was a king.

Frankincense used for worship in the temple, symbolic of Christ the high priest.

Myrrh used to anoint dead bodies, symbolic of his death for the sake of truth, therefore symbolic of Christ the Prophet.

All these were very expensive gifts at the time, in one way or another they can also be used in healing.

Gold in Homeopathy (Arum met) used amongst other things for ailments of syphilitic origin and melancholy, and in later days gold injections for rheumatoid arthritis.

Frankincense in aromatherapy to help calm the mind and emotions it is an astringent and good for inflammatory bowel disease and can help reduce wrinkles.

Myrrh is also an anti-inflammatory and antiseptic and helps heal mouth ulcers and is also good for coughs and colds.

So perhaps the wise men were also wise healers as well.

I cannot end this missive without my sincere thanks to the fantastic hard-working staff and team that keep the LCSP Register running smoothly. With a special thanks to our CEO Steve Foster (Fozzy) who holds the whole organisation together with his vast experience and hard work.

And a big thank you to you the members for your support of the oldest and best organisation in its field in the UK.

A merry Christmas and happy healthy and peaceful 2024 to you all.

**Mel Eyres**

President  
December 2023

### From Fozzy to you:

This full year has been busy for the Register and for me personally. My first full year of retirement after 38 years in full time practice and this has allowed me to have more time to develop and oversee extra services and developments within and for the Register. We have developed over many years from being just a Professional Association. PAs are a necessary body, many still stay in the shadows and apart from recognising you as a member gave you little else. The LCSP Register is above and beyond that and has an immense support structure for everybody from students to experienced practitioners to even members in distress.

This year has seen an opportunity at least once a month for free CPD activity provided by the Register for you its members. The range of presentations has been wide and varied covering subjects such as; Dry Needling, Scar Tissue Treatments, rehab for TKR and THR, preventing business cyber attacks, Hendrickson method, Mental health issues, Kinesiology, and business related topics. These free CPD tutorials are all recorded and remain available within the members section of the LCSP Register website for revisiting at any time.

For my part as your CEO, I am proud of the Register, all of you its members and indeed where we are as an organisation today. We all know and accept that the world and work is tough at the moment, more especially when you work in the private sector and most likely in isolation. It is therefore all the more comforting to know that with LCSP Register membership there is this full raft of back up and

support available at any time should it be needed. Even the most simple of services, speaking to a real person on the end of a telephone is becoming a thing of the past. I am aware of other organisations that have cut services and membership support, at the very time when you need it the most. We are proud to have Christine in the admin office on a daily basis to take your calls and answer queries, my contact details you all have both electronic and telephone and those are available at any time, I always endeavour to reply the same day, often within a couple of hours. That is the service that I believe you as a member of any Professional Association should expect and deserve.

Thank you to my Presidents, (I've seen off three now), my excellent Board members, support team but most of all to you, the members, actually 'my' members for your continued support and faith in me a simple Fozzy Bear!

May the festive season bring you all you wish for and the forthcoming year be full of promise, health and peace.

### Aide Memoire:

Given that the LCSP Register has welcomed very many student members and subsequently newly qualified graduates, we thought it appropriate to re-publish the following information specifically for you as it can become an almost daily point of reference when dealing with patients. Feel free to do what I know many therapists have done in print it, laminate it and keep it on your your desk as a point of reference....

# Common Abbreviations in Physical Therapy

#	number; fracture	CVA	Cerebrovascular accident	h/o	history of	NIDDM	Non-insulin dependent diabetes Mellitus	PVD	Peripheral vascular disease	s/p	status post; no change
~	approximate; similar	CVS	Cardiovascular system	H&P	History and physical examination			PWB	Partial weight bearing	S&S	signs and symptoms
@	at	c/w	consistent with	HPI	History of present illness	N/K	Not known			stat	immediately
+ve	Positive	CXR	Chest X-ray	HTN	Hypertension	NKA	No known allergies	q	every; each	Sx	Symptoms
-ve	Negative			Hx	history	NKDA	No known drug allergies	qam	every morning		
2x, 3x	twice; three times	DBE	Deep breathing exercises			NL	Normal limits	qd	every day; once a day	T	temperature
		D/C	discontinue; discharge	ICS	intercostal space	noct	at night	qh	every hour	T4	thyroxine
AAA	Abdominal aortic aneurysm	DDD	Degenerative disc disease	I&D	Incision and drainage	NOF	Neck of femur	q2h	every 2 hours	T21	Trisomy 21(Down's syndrome)
Ab	Antibody	DHx	Drug history	IDDM	Insulin dependent diabetes mellitus	NOH	Neck of humerus	qhs	every bedtime	TAA	Thoracic aortic aneurysm
ABC	airway, breathing, circulation	DIB	Difficulty in breathing	IHD	Ischaemic heart disease	NPO	Nothing by mouth	qid	4 times daily	tab	tablet
abd	abdomen	DJD	Degenerative joint disease	IM/i.m.	Intramuscular	NSAID	Non-steroidal anti-inflammatory Drug	qm	every morning	TAH	Total abdominal hysterectomy
Abn	abnormal(ity)	DM	Diabetes mellitus			NT	not tested; not tender; nasotracheal	qn	every night	TB	Tuberculosis
Abx	antibiotics	DNA	Did not attend(common) or	KAFO	Knee ankle foot orthosis	N&V	Nausea and vomiting	qod	every other day	TBI	Traumatic brain injury
ACL	Anterior cruciate ligament		Deoxyribonucleic acid	KO	Knee orthosis	NWB	Non-weight bearing	qpm	every evening	TENS	Transcutaneous electrical nerve Stimulation
ACTH	Adrenocorticotrophic hormone	DOB	Date of birth					qv	as much as you like	THR	Total hip replacement
ADH	Anti-diuretic hormone	DU	Duodenal ulcer	LA	Local anaesthetic	OA	Osteoarthritis/Oral airway	QOL	Quality of life	TIA	Transient ischaemic attack
ADLs	Activities of daily living	DVT	Deep-vein thrombosis	Lab	Laboratory	occ	occasionally			tid	three times daily
ADR	Adverse drug reaction	Dx	diagnosis	lac	laceration	OD	Overdose; once daily	RA	Rheumatoid arthritis; room air	tiw	three times a week
AE	Adverse effects/event			LBP	Low back pain	O/E	On examination	RBC	Red blood cell count	TKA	Through knee amputation
AEA	Above elbow amputation	ECG	Electrocardiogram	LE	Lower extremity;	OPD	Out patient department	RDI	Recommended daily intake reg regular(ly)	TKR	Total knee replacement
AKA	Above knee amputation	EEG	Electroencephalogram		Lupus erythematosus	OREF	Open reduction & external fixation	RF	Rheumatic fever; rheumatoid factor	TOS	Thoracic outlet syndrome
AP	Antero-posterior	EIA	Exercise-induced asthma	LL	Lower limb/lower lobe	ORIF	Open reduction & internal fixation	ROM	Range of movement	tsp	teaspoon
AROM	Active range of movement	EMG	Electromyography	LP	Lumbar puncture	OT	Occupational therapist	RR	Respiratory rate	TTP	Tender to palpation
AS	Ankylosing spondylitis	EENT	Eyes, ears, nose and throat	LTOT	Long term oxygen therapy			RTA	Road traffic accident	Tx	Treatment
		EOR	End of range	LVF	Left ventricular failure			RTC	Road traffic collision		
BEA	Below elbow amputation	ESR	Erythrocyte sedimentation rate			PA	posteroanterior; pulmonary artery	Rx	treatment; drug; prescription	UAS	Upper abdominal surgery
BKA	Below knee amputation	EUA	Examination under anaesthetic	ME	Metabolic equivalents/ Myalgic encephalomyelitis;	PADL	Personal activities of daily living	Rxn	reaction	UE	Upper extremity
BMI	Body mass index			meds	medication	PC	Presenting condition pressure control			UL	Upper limb/upper lobe
BP	Blood pressure	FB	Foreign body	MHx	Medical history	PCA	Patient-controlled analgesia	SAH	Subarachnoid haemorrhage	UMN	upper motor neuron unk unknown
BSA	Body surface area	FFD	Fixed flexion deformity	MI	Myocardial infarction	PD	Parkinson's disease / peritoneal dialysis / Postural drainage	SALT	Speech & language therapist	URTI	Upper respiratory tract infection
Bx	biopsy	FH(x)	Family history	MM	Muscle	PE	Pulmonary embolus; physical examination	SBP	systolic blood pressure	USS	Ultrasound scan
		FNA	fine needle aspiration	MMR	measles, mumps, rubella			SC	subcutaneous	UTI	Urinary tract infection
CA	Carcinoma, cancer	FROM	Full range of movement	MND	Motor neurone disease	PI	present illness	SCI	Spinal cord injury		
CAD	Coronary artery disease	F/U	follow up	MRI	Magnetic resonance imaging	PID	Pelvic-inflammatory disease	SDH	Subdural haematoma	WBC	White blood (cell) count
CC	chief complaint	FWB	Full weight bearing	MRSA	Methicillin-resistant Staphylococcus aureus	PMH	Previous medical history	SH	Social history	wk	week
CDH	Congenital dislocation of the hip	Fx	fracture	MS	Mitral stenosis/Multiple sclerosis	PMR	Polymyalgia rheumatica	SIJ	Sacro-iliac joint	WNL	Within normal limits
CHD	Coronary heart disease			MUA	Manipulation under anaesthetic	PNS	Peripheral nervous system	SLE	Systemic lupus erythematosus	wt	weight
CNS	Central nervous system	GA	General anaesthetic			POP	Plaster of Paris	SLR	Straight leg raise		
c/o	Complains of	GH	Glenohumeral/General Health			prn	as required	SMA	Spinal muscle atrophy	x/12	number of months
CP	Cerebral palsy; chest pain	GI(T)	Gastrointestinal (tract)	NAD	Nothing abnormal discovered	PROM	Passive range of movement	SOA	Swelling of ankles	x/24	number of hours
CPR	Cardiopulmonary resuscitation			NAI	Non-accidental injury	PSH	Past surgical history	SOB	Shortness of breath	x/52	number of weeks
CSF	Cerebrospinal fluid	Hb	Haemoglobin	NBI	No bony injury	Pt	Patient	SOBAR	Shortness of breath at rest	x/7	number of days
CT	Computed tomography	HBP	High blood pressure	neg	negative			SOBOE	Shortness of breath on exertion	XR	X-Ray
CTEV	Congenital talipes equinovarus	HI	Head injury								

### CPD Coffee mornings:

The general coffee mornings, tutorial mornings and now special interest groups are all being well attended and appreciated by a whole host of members. There are student members getting real life hand tips on actually running a remedial business, experienced practitioners exchanging ideas and treatment protocols and just some members simply catching up with colleagues they have known for years but sadly don't see so often. All of these are free to attend and everybody is welcome to participate. The latest diary of these events was e mailed to all a week or so ago but for the sake of regularity here are the upcoming ones again:

**Thursday 7th December** Peer-Support Supervision coffee morning with Jo Graveson a popular and much appreciated group starting at 10:30 and finishing by 12:00

**Thursday 21st December** which will be another general

Coffee Morning with a festive theme! So a general pre Christmas catch up, Santa hats and Christmas jumpers very much encouraged, mulled wine and mince pies always help too! Starting at 10:15 this is a chance to breeze into your Christmas break with colleagues and friends from the LCSP family.

**Thursday 25th January 2024** We start the year with our first 'tutorial' coffee morning starting at 10:15 and will be a presentation by Susan Findlay on the subject of massage therapy treatments in cancer patients. This is a subject that is frequently enquired about from both therapists and members of the public. Diarise this informative and important coffee morning now.

**Zoom meeting codes remain the same for all these events: 850 458 4558 and passcode lcsp**



### Scam Watch:

Just a couple of reminders as it has been brought to my attention that another 'Directory' for your business is doing the rounds (again), 'You are already included', just send the money ! Seems that the payment is directed towards Holland, probably not the final destination, but don't send anything anyway.

Lots of telephone scams going about, the general gist is that a 'family' member sends you a text from a different number as their own particular phone is lost/damaged/broken and they are using a friend's whilst they sort a replacement. They continue that their missing phone had their personal banking details on it and they urgently need to pay a bill which of course they cannot do, so will you please pay this for them, a reasonable request from a nearest and dearest, but you have never spoken to them have you ????? Just stop and think, actually no need to think, just 'Don't' !!!! It is a total con.

Finally, it seems that members are getting telephone calls from an advertising agency offering and selling space on your local GP appointment cards. They state that they have received your details from your own Professional Association. That would be the LCSP Register then, my office in Lowestoft, so they are saying that I am a grass or snitch who gives out confidential members details... What an absolute bunch of \*\*\*\*\* (fill in at your leisure). I have never, and would never, release members contact details to third parties. So disregard this opening approach gambit, and then think on it, if they are lying about this what else are they spinning too? I spoke to my local GP practice manager a few days ago as I was cross about this and told him the tale, he replied that it is probably a try-on, and also said that his particular GP group had not used appointment cards for several years now! A good point well made. Got me thinking, when was the last time you actually had a physical appointment card from a GP/Dentist/Health professional etc?

### 2024 Annual General Meeting:

It has been decided to try to engage more members in the AGM, to hopefully give the Board a better reflection of the effects of policy changes and required adaptations within the LCSP to maintain the forward momentum of the Register. To this end the Annual General Meeting will be taken in isolation and via Zoom to allow more members to participate. So the 2024 AGM will be held via Zoom on Saturday 15th June at 11:00.

By isolating the AGM it now gives us the opportunity to focus on 1 or 2 specific 'Study Days' where we can offer the chance to meet up and have guest lecturers/workshops and the like.









### Office closure:

As it is the season of goodwill, I will unchain Christine from her desk at the office and allow her a well deserved rest from all of us. So the lovely Chris will be unavailable from close of play on Thursday 21st December and I don't want to see her back until Wednesday 3rd January. I am sure that all of you together with me wish her and her family a wonderful Christmas time and a good rest as she works so very hard for all of us. Naturally I will not leave you in the lurch, anything betwixt and between those dates you can contact me directly on my foxy e mail, foxy@fosterclinic.co.uk and of course if really urgent and pressing my mobile number is 07798 828211.

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

Fozzy



Date	Venue	Course Info	Cost:	Provided by:
Throughout the year	Bookings and further information about venues at <a href="http://www.mcloughlin-scar-release.com">www.mcloughlin-scar-release.com</a>	<b>McLoughlin Scar Tissue Release Technique * (MSTR*)</b>	One day workshop £159/£197	
3rd - 5th January 2024	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	<b>Spinal and Peripheral Mobilisations</b>	Three day workshop £400.00	
20th January 2024	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	<b>One Day Introduction to Sports Massage</b>	One day workshop £85.00	
25th - 27th January 2024	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	<b>Injury Rehabilitation &amp; Exercise Therapy</b>	Three day workshop £400.00	
17th February 2024	The Hub, Unit 3i & 3j, 25 Ashley Road, London, N17 9LJ	<b>Neck, Jaw and Chest &amp; Treating the Shoulder</b>	One day workshop £299.00	
20th February 2024	The Hub, Unit 3i & 3j, 25 Ashley Road, London, N17 9LJ	<b>Transverse STR</b>	One day workshop £185.00	
28th February 2024	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	<b>One Day Introduction to Sports Massage</b>	One day workshop £85.00	
15th March 2024	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	<b>A whole person approach to treating people with lifelong headaches</b>	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.



**The Hub**  
Unit 3i & 3j  
25 Ashley Road  
London  
N17 9LJ

Tel: **020 8885 6062**  
Email: [info@nlssm.com](mailto:info@nlssm.com)  
Web: [www.nlssm.com](http://www.nlssm.com)



Bookings and further information about the courses at:  
[www.sportstherapyuk.com](http://www.sportstherapyuk.com)



**Presented by**  
**Sue Bennett FLCSP (Phys)**

**Bookings and cheques made payable to "Flexible Healing"**  
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