

# Continuing Professional Development

Lectures designed & delivered  
by Robin Lansman



Osteopathy &  
Sports Injury Clinic

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## About Robin Lansman D.O



Robin Lansman D.O  
Osteopath

Robin Lansman qualified from the British School of Osteopathy in 1988.

He has three Body Back-Up Practices - Maidenhead, Slough and Maida Vale.

Robin has published many magazine and newspaper articles, appeared on local radio and lectured at hospitals country-wide.

He has been involved with the General Osteopathic Council, speaking at conferences, to both Osteopaths and GP's, about the increasing role of Osteopathy in primary healthcare.

In 2003, Robin was appointed the Tutor of Sports Injuries at the British School of Osteopathy where he teaches Osteopathic Rehabilitation.

Robin lectures all over the UK, Dublin, Scotland and in Germany.

## Future dates of lectures

For dates of future lectures, please make contact using the details below. Spring 2010 dates soon released.

You maybe interested in attending all three lectures as they are fully integrated into a useful series.

## Participants feedback



*These comments speak for themselves!!*

"I learnt lots of new stuff today"

"None of this in my training"

"Using stretching on diagnosis"

"Great stuff to put into action"

"Muscle chains - new concept for me"

"Chain theory rather than working muscles in isolation"

"Encouraged and made me more confident in use of stretches"

"Excellent, thoroughly enjoyed Robin's delivery & knowledge"

"Go far beyond hugging knees to chest exercise"

"Clear presentation, just the right amount of information"

"Very good, competent and knowledgeable"

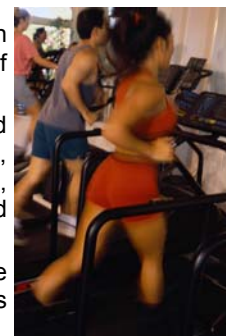
**To find out more about our lectures either call or email: [practice@bodybackup.co.uk](mailto:practice@bodybackup.co.uk)**

## Summary of Lecture Series

### Sports injuries & Osteopathic Rehabilitation

6 hrs CPD

- A one day workshop looking at an osteopathic assessment of sportsinjuries.
- Topics covered include pecialized Muscle Chain Assessment System, enhancing Ative Palpation skills, Muscle Global Balance Tests and fatigability.
- Managing chronic injury, outcome goal settings, cross training issues and sports specific injuries.



### Stretching exercises & Osteopathic Care

6 hrs CPD

- Intensive one day course focuses on sixteen tailor-made remedial stretches and strengthening exercises, which can form part of your patient management plan.
- Examining ways to modify stretches for individuals, contra-indications and muscle physiology.
- Largely practical allowing participants to expereince both performing & teaching stretches.



*A huge thank you to everyone involved in organizing & presenting the stretching exercises & application to osteopathic care lecture . I had a fabulous day. Everything was well prepared & very well presented. Many thanks for all the hard work put in to making it so enjoyable! Georgina Bull BSc (Hons) Ost. Med., DO, ND*

### Functional Active Release in Osteopathy

6 hrs CPD

- Introducing the application and theory of this useful remedial myo-fascial technique.
- Over 12 different techniques practiced through the day.
- Participants will see how functional active release can be applied in a clinical setting and use biomechanical evaluation to identify patients that could benefit.
- Functional active release is ideal for deep muscular dysfunction anywhere in the body and is useful for enhancing performance in sports patients.



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