BODY BACK-UP HEALTHCARE

GOsC-Aligned Clinical CPD & Masterclasses

Thoracic Outlet Syndrome & Shoulder Dysfunction: The FAR Approach

Led by Robin Lansman D.O. AHP MIHPE — Developer of Functional Active Release (FAR) | Clinical Director, Body Back-Up (Est. 1988) | Past President, Institute of Osteopathy | Senior Clinical Tutor & Postgraduate Lecturer

Beyond Passive Digital Learning: In an era of screen-based webinars, musculoskeletal mastery still depends on tactile precision. Body Back-Up's practical workshops bring osteopaths, physiotherapists, chiropractors, and soft-tissue therapists together to test, palpate, and re-test live kinetic chains in motion—delivering immediate Monday-morning clinical clarity.

CORE PILLARS OF THE FUNCTIONAL ACTIVE RELEASE (FAR) METHODOLOGY

- **Active Palpation & Band Actuation in Motion:** Move beyond static table palpation. Utilize resistance bands as live diagnostic and actuation instruments to feel muscle recruitment, myofascial drag, and neurovascular compression under functional load.
- **Solving the "Unresolving Shoulder" & Retroscapular Ache:** Stop chasing secondary medial scapular border tightness (rhomboids and levator scapulae) with repetitive local massage. Identify upstream scalene hypertonicity, first-rib elevation, and long thoracic nerve traction.
- **Respiratory-Postural & Diaphragmatic Integration:** Assess apical compensatory breathing versus 3D rib cage and diaphragmatic excursion. Combine targeted manual release of the diaphragm and upper lumbar spine with breath-led movement re-education.
- **Non-Aggravating First-Aid & Diurnal Rehab:** Prescribe vector-precise isometric maneuvers (such as the Hand-on-Head scalene sequence across lying, seated, and standing chains) timed to address morning stiffness versus evening fatigue.

MASTERCLASS CURRICULUM & FLEXIBLE DELIVERY OPTIONS

Focus Area / Format	Clinical Scope & Practical Takeaways
1. Differential Assessment	Clustered orthopaedic screening (Adson's, EAST, Costoclavicular, Spurling's) and peripheral tension amplification tests to separate cervical radiculopathy, true/disputed TOS, and local cuff pathology.
2. Hands-On FAR & Breath Lab	Peer-to-peer palpation of anterior/middle scalenes, subclavius, and pectoralis minor during active arm arcs and respiratory cycles, paired with upper lumbar and diaphragmatic release.
3. Group Workshops (In-Person)	Interactive full-day or bespoke onsite practical masterclasses for clinics, study groups, and professional associations across the UK and Europe (eligible for GOsC CPD hours).
4. 1-to-1 & Small-Group Coaching	Tailored clinical mentoring delivered either in-person (London NW3 / Maidenhead) or via interactive online video coaching—customized to your caseload, experience level, and specific learning goals.

Register Interest, Book a Workshop, or Arrange Bespoke Coaching

Whether you would like to attend an upcoming scheduled date, host a group workshop for your practice or association, or arrange one-to-one online or in-person coaching, please email **practice@bodybackup.co.uk** in the first instance and let us know what you require.