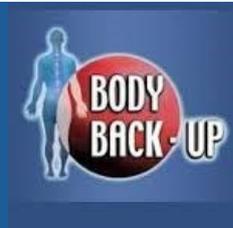


# Functional Active Release Workshop series insights

Developed by Robin Lansman, Osteopath  
(B.S.O. London 1988)



Osteopathy  
Health Consultancy  
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## “FAR” more than another ‘Tool’ in the Practitioners “Tool Box”

- The FAR technique has evolved over 25 years and it is a blend of other better known soft tissue techniques with its own USP attributes for practitioners. The workshops are 75% practical “hands on” sessions contextualise ‘FAR’ to help practitioners apply the approach in the most appropriate way to help their patient groups, whether they are older, sporty or sedentary working.



### Growth of “practitioner-patient” interaction skills

- Discussing their workshop findings with colleagues, in a relaxed environment at each stage, from theory through to practical session. Communication and obtaining consent skills are a keystone of modern healthcare and are an integral part of FAR thinking.

### Share & explore your own innovative ideas

- Delegates are encouraged to learn the FAR approach with each other no matter what their professional background or post-graduate experience.

### Patient education & body awareness

- Body awareness is a vital part of the experience in applying FAR in Practice most effectively - verbalising ‘Hands on’ skills is part of the learning of FAR as a new approach to Hands-on-care

### Exploring muscle function with “Active Palpation”

- Assessing patients “in motion” in clinic – and determining the quality of muscle contraction allows FAR to be effective as the hands-on treatment component is adapted to the individual patient’s Biomechanics, allowing detailed feedback between patient and practitioner.
- FAR modules offer approaches for different “patient groups” as well as a range of “conditions” to make it easier for delegates to engage with parts or all of the technique to suit their needs and development.

- FAR & Lower Back Pain & Sciatica
- FAR & Thoracic Outlet Syndrome & Shoulder dysfunction
- FAR & Pregnancy Care
- FAR & Rehab & Sports Care
- FAR & Workplace Health

### Patient communication & self-help

By patients participating actively in treatment and then understanding the “hands on” exploration of function directly into self-help home exercises, the effectiveness of patient contact time can be extended beyond the treatment room.

With a case study approach it makes learning new skills easier to apply in Practice first thing on Monday morning

FAR is not just another “technique” in the practitioners “tool box”, but rather can be your new approach to enhancing musculo-skeletal care and promoting satisfying outcomes for patients and health-carers alike.

Many delegates have been on several FAR workshops or the whole series. Some also revisit the workshops as they evolve their thinking from experience, in Practice..

### Workshop Developer Robin Lansman D.O. Osteopath

- Robin Lansman has taught students using his approach to Osteopathic Rehabilitation & Sports Injury in London and across the UK and Europe.
- He has also been on-hand at many London Marathons to help runners of Spinal Injuries Association (SIA) and Alzheimer's Charities.
- He was elected a member of the Council of the British Osteopathic Association in November 2011 and is Past President of the Institute of Osteopathy.



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