

SMA CONFERENCE 2019

CONFERENCE GUEST SPEAKER AND WORKSHOP PRESENTER

JAMES EARLS



Based in London, James is a writer, lecturer and bodyworker. In recent years he has concentrated on blending movement with manual therapy finding new approaches to understanding how to apply movement and myofascial principles to bodywork.

Conference Presentation

What's the use of Soft Tissue?

The late Leon Chaitow often summarised the causes of soft tissue dysfunction as due to 'overuse, misuse, disuse and abuse' and we have developed many wonderful effective techniques to ease the damaging outcomes. However, do we truly understand the use of soft tissue?

How should the soft tissue respond during movement? Can therapists start to implement strategies that not only ease symptoms but also lead to better movement patterns that help prevent further dysfunction?

Over the last few decades we have had the therapeutic fads of 'core', 'fascia', 'tensegrity' and are now entering a new phase of 'function'. Before we jump into it, can we pause and look at what we have learned already? Is there a way that blends all of what we have learned in the last 30 years to enable us to see movement with a better understanding of what function actually is?

In this wide-ranging presentation, James Earls will draw from his 30 years of experience as a soft tissue therapist and humbly admit to the 'anatomy stories' he has fallen victim to. Thankfully, the years eventually led to a wider understanding (yes, he is a slow learner) of the interrelationships between form and function, skeletal and soft tissues, tensegrity and reality and he will bring these many strands together to show how, finally, they can all be applied to understand the use of soft tissues in movement.



Afternoon Workshop

Combining Movement & Bodywork

During this workshop we will explore the functional interrelationships of the shoulders and trunk. Bodywork techniques will be taught as you feel the ways in which the pectoral muscles affect the thoracic and lumbar spine, and how they can all relate to the opposite hip. Many shoulder issues will be covered in this short event and you will come away with an immediate hands-on experience of how the body transfers force, new ways to assess it and new methods to treat and re-educate your clients' movement.

We will be using 'Active Fascial Release' techniques (not all of them are fascial but they are active!) to work with the tissues in standing and clothed making it ideal for pitch or track-side work. The principles taught during this workshop will allow you to apply the techniques almost immediately for the benefit of your clients.