

OSSM DIPLOMA IN SOFT TISSUE THERAPY

BTEC Level 5 Professional Diploma in Soft Tissue Therapy

OSSM teaches the BTEC Level 5 diploma, providing students with the skills necessary to work as autonomous practitioners. We are accredited as a training provider by the [ISRM \(Institute for Soft Tissue Therapists\)](#) and on completion of this course our students are able to apply for Level 5 membership of the ISRM, the SMA (Association for Soft Tissue Therapists) and all the main professional associations in our industry. OSSM understands the need for properly trained practitioners and our high-quality diploma reflects this need.

The course teaches all the essential skills necessary to become competent at treating a wide variety of musculoskeletal problems ranging from common postural dysfunction to sports injuries – these include general massage techniques, sports massage, soft tissue release, muscle energy technique and neuromuscular techniques. Level 5 provides the student with a greater understanding of the underpinning knowledge necessary to apply these techniques correctly compared to courses at Levels 3 or 4. As part of the diploma students will also cover postural assessments and joint assessments – both vital components in drawing up treatment plans.

At OSSM we pride ourselves on offering a good tutor to student ratio during all practical sessions, allowing more time to spend with each student in developing the practical skills necessary to become competent practitioners.

Introduction

The course we teach was created by the ISRM, who are pioneers and leaders in the Soft Tissue Therapy industry, and takes a person-centred approach to the assessment, treatment and rehabilitation of minor and chronic musculoskeletal injuries and pain, all within a biopsychosocial framework of care.

We are continually developing our training to better meet the needs of our students and their clients, and we know that clinical success involves more than just the individual techniques used. Soft Tissue Therapy requires a holistic approach to musculoskeletal care, not just a stand-alone set of manual techniques.

The hands-on aspect of this therapy involves scientific manipulation of soft tissue for injury prevention and therapeutic purposes in order to bring about restoration to normal functional activity of the various structures of the body. It is used to help prevent injuries, to prepare the body for athletic activities and to maintain it in optimal condition. Massage can be used in the conditioning and training phases of sport: pre-, inter- and post-competition, and post travel.

Career opportunities in sport

Graduates from courses of this nature often go on to work in professional sport. Soft tissue therapists are now commonplace in sport, either working independently or alongside other practitioners such as osteopaths and physiotherapists.

The diversity of the course will allow the practitioner to work in many areas of sport at the highest level.

Course structure

Courses are taught as weekend workshops. There are 12 of these spread over approximately 10 months running from 10.00 am to 5.00 pm.

Home study and practice is required between the workshops – this allows students plenty of time to practice and gain real experience of the techniques taught before new ones are added. As the course develops, students can relate the new information and techniques to the clinical experience they have already gained. The early part of the course becomes a solid foundation for the advanced techniques and subjects covered later.

Course Content

<p>Underpinning theory</p> <ul style="list-style-type: none"> • Evidence-based practice principles • The Biopsychosocial Model of Pain and person-centred care • Pain mechanisms • General anatomy (circulatory, nervous, respiratory, integumentary, digestive, lymphatic, endocrine systems) • Functional anatomy • Musculoskeletal physiology • Exercise physiology • Pathology of injury • Contraindications and red flags • Acute injury procedures • Injury scenarios • Case studies 	<p>Assessment</p> <ul style="list-style-type: none"> • Comprehensive consultation process • Objective and subjective assessment • Muscle/tendon injuries assessment • Joint injuries assessment • Posture assessment • Functional movement assessment • Clinical reasoning process
<p>Treatment</p> <ul style="list-style-type: none"> • Therapeutic and relaxing massage • Remedial massage for different types of injury and pain • Sports massage • Injury treatment strategies • Neuromuscular techniques • Soft Tissue Release technique • Muscle Energy Techniques (integrating Post Isometric Relaxation and Reciprocal Inhibition methods) • Myofascial techniques • Positional release technique • Treatment of clinical symptoms 	<p>Rehabilitation</p> <ul style="list-style-type: none"> • Principles of rehabilitation • Management of acute injury • Post-acute rehabilitation to return to activity • Remedial exercises • Mobility exercises • Joint stability training • Exercise compliance • Training and active lifestyle advice

Coursework

There are 4 written assignments that should be completed as part of your home study, and these form part of the course assessment. One of these assignments covers basic anatomy and physiology. Students who already have an adequate qualification in this subject are not required to complete this assignment. A minimum of 100 hours home study is expected for students to complete the written assignments. Towards the latter stages of the course students will be required to write up three case studies – these can be completed by Weekend 12, or submitted up to 6 months after the end of the course.

Practice

It is vitally important that students practice between the weekends. You will be required to complete 100 hours of practice massage, to be recorded in a logbook that we supply on Weekend 1 – these logged hours will form part of the course assessment.

Examination and assessment

During the course there will be a series of 3 anatomy tests, and 3 practical assessments relating to the techniques you have learnt up to each stage, then on the last day a final practical assessment exam. In accordance with our equal opportunities policy, we do try to make special arrangements for people with learning difficulties wherever possible. We also try to make the exam process as low-stress as possible. We have a formal appeals procedure if a student wishes to dispute any mark they receive.

Course details

Teaching venue:

Oxford Academy
Sandy Lane West
Oxford
OX4 6JZ

Course dates can be found on our website.

Fees

£2,950 – this figure covers both tuition and examination fees (£600 deposit required).

Your deposit is refundable up to 6 weeks before the course starts, but a £100 administration charge would be deducted. Deposits are non-refundable if cancellation is less than 6 weeks before the course starts.

Once the full deposit has been paid and the 6-week deadline has passed, this constitutes a contract to complete the course, and you are liable for payment of the full fees prior to commencement of the course.

Entry requirements

- Preferably 4 GCSEs and 1 'A' level or equivalent
- A basic acceptable massage qualification or an OSSM Introductory Massage Workshop certificate

Senior Tutor profiles

Liam Coffey MISRM, MSMA

Liam is our principal tutor. He has a background in competitive bodybuilding and has been involved in strength and conditioning for over a decade. Since qualifying as a soft tissue therapist he has gone on to work with Championship football team Bristol City FC and is currently working with Oxford University Rugby Club and TASS, the scholarship scheme for Team GB athletes at Oxford Brookes University.

Liam runs a busy private practice in Kidlington and has continued his studies to include qualifications in strength and conditioning, and nutrition – principles which he implements in his practice – and an Award in Education & Training. “I will always be a student of the human body. The subject fascinates me and it is this interest that fuels my passion for the subject and drives me to learn and share as much as I can about it.”

Emily Campbell BSc (Hons), MISRM

Emily is one of our senior tutors, and originally trained with OSSM. Since graduating she has developed her sports therapy skills and knowledge by attending many advanced workshops and mentorships. She takes pride in her professionalism and the level of care given to her patients. She frequently works with both amateur and semi-professional sportsmen and women. Her degree in Sports Science, specialising in Exercise Physiology and Coaching in Sport, has led her to seek out a career in improving the performance of the human body through musculoskeletal manipulation, and soft tissue therapy.

Emily runs a busy massage and sports injuries clinic from Priority 6, her Crossfit Box and gym (www.priority6.co.uk). She also coaches some Crossfit and remedial exercise classes. She is a keen athlete in her own right having completed several marathons, is an avid horse rider, and now focuses on Crossfit-orientated competitions.

Simon Wintle BEd, MISRM, MSMA

Simon Wintle is one of our senior tutors. Sport has played a central part in his life – he swam at national level, competed in the World Triathlon Championships at both standard and long course distances, and played rugby for the Navy and Combined Services, as well as trials for Wales at U21. Following a 20-year career as a PE teacher and coach, in 2012 he started his soft tissue therapy training with OSSM.

Simon now runs a thriving clinic in Cheltenham, treating a wide range of clients. He has worked with premiership rugby players, looks after two international squash players and provides soft tissue therapy for Andy Cook Cycling Camps in Majorca. He has experience working in professional women's cycling and is currently looking after eight GB age group triathletes.

Dean Goddard BSc (Ost), MISRM

Dean is one of our senior tutors. He has spent nearly a decade developing his knowledge as an Osteopath, supported by 18 years as a soft tissue therapist. His passion for helping people is evident as he has managed to share this with a career as a full-time fire fighter in Oxfordshire.

In the past Dean has enjoyed global travel working with Williams Formula 1 Racing as the lead in their human performance team, supporting both the factory staff and the race team itself. Participation in various sports has helped him identify with the frustration of incurring injuries, so he knows from personal experience the pivotal role manual therapy plays in their treatment.

Dean currently runs a busy private practice in Kidlington. He believes education of your symptoms is the key to maximising the effects of treatment and optimising performance. He continues to develop as a therapist and states "the study of the human body is a constant journey of discovery".

Adrian Edwards MISRM, MSMA

Adrian Edwards is one of our senior tutors – he joined OSSM in 2014. He began his career in the Royal Navy and qualified as a personal trainer and sports massage therapist on leaving. He was a sports massage therapy lecturer for Premier Training for a number of years and worked in professional rugby with the Cornish Pirates as Team Manager and Head Therapist for many years, then as Head Coach and Director of Rugby with Redruth RFC. From 2009 he delivered the Level 2 Gym Instructor course to sixth formers at Redruth Academy as well as taking on the role of pastoral leader for students throughout the school. From 2009-2011 Ady delivered Sports Massage Level 3 courses to graduate physiotherapists at Southampton University.

Throughout his career Ady has continued to see his own patients, either from his home practice or at local clinics, and has made a considerable voluntary contribution within his local community assisting rowing teams and school rugby teams in strength and conditioning and soft tissue therapy treatments.

For further information and details please contact:

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