

THE HISTORY OF MANIPULATION AND THE DEVELOPMENT OF THE MANIPULATION ASSOCIATION CHARTERED PHYSIOTHERAPISTS

Massage has been in existence since time immemorial as an extension of the urge to rub a sore spot. Indeed, the first mention of a professor of physiotherapy dates back from AD 585, when one was appointed under the Sui dynasty in China. Hippocrates practised the use of both manipulation and traction and since this time it has been tried and tested over many centuries, although it has never reached the popularity that it has claimed during the last 6 decades.

The 1950's

In the early 1950s a physical medicine consultant Dr, J, Cyriax, devised a system of assessing, diagnosing and treating, by non-surgical, orthopaedic measures, disorders of the moving parts of the body which had for so long been neglected by hitherto orthodox medicine. By this means he sought to achieve a precise diagnosis in disorders of the radio-translucent, moving tissues and teach this method and subsequent treatment to physiotherapists - the practitioners with the greatest working knowledge of applied anatomy and hands-on techniques.

Dr. J.B. Mennell's book 'Physical Treatment by Movement, Manipulation & Massage' appeared more than 60 years ago and from this time training in careful manipulative techniques was formally included in the physiotherapy curriculum at St. Thomas' Hospital. Besides the tuition given to students by Dr J.B. Mennell in the twenties and thirties, at St Thomas', which preceded Dr' J. Cyriax, Chartered Physiotherapists like Sir Charles Strong, Mr. Singleton Ward, Mr. J. Bradley Hoskisson and Mr. J. Jeans were effectively working with manipulation. Many of these manipulative therapists gathered their skills from a wide field. Singleton Ward, for example, visited continental workers in his search for clinical excellence. Dr. Cyriax continued and broadened the teaching of manipulation to physiotherapists and others both at St Thomas' Hospital and elsewhere at home and abroad.

While working as a member of staff at St Thomas' during the years of 1955-1958, Mr. Greg Grieve, Physiotherapist, now well known for his work in the field of manipulation, familiarised himself with Cyriax's methods of examination and treatment. This he continued to do while training as a teacher of physiotherapy (1961-1963) and during this time first met Mr. Geoff Maitland, who visited St. Thomas', observing the clinical methods. Maitland is regarded as one of the most important original contributors of the method of systematic examination and treatment of musculoskeletal disorders by mobilisation/manipulation technique.

The 1960's - and the emergence of the MACP

In 1964 Dr. Alan Stoddard, a practitioner of osteopathy, held the first course for physiotherapists on 'articulation' at the Brook Hospital. The increasing number of physiotherapists with the experience of Dr. Cyriax's short courses on manipulation and familiarity with Maitland's work, persuaded the CSP to sponsor the teaching of manipulation and to sponsor longer courses. In that same year the Chartered Society of Physiotherapy set up a 'Joint Working Party on Manipulation' to consider the whole question of training in manipulation and to run a long pilot course. The members included Dr. D. Brewerton, Miss M. Martin-Jones, Miss L. Dyer, Miss J. Hickling and Mr. G.P. Grieve.

After a series of meetings it was decided to mount a CSP Pilot Manipulation Course in the Autumn of

1965. Mr. Grieve and Miss Hickling were co-tutors. The course lasted six weeks, of which the last two weeks were spent in clinical work, under supervision, at four hospitals. Besides the contributions of both tutors, some of Maitlands' techniques were also included. Incidentally, this was the year of the first Australian Course in Adelaide, run by Geoff Maitland. The entrance requirements, course structure and content were then altered and improved over the following months and a selection committee was set up to establish a criteria for applicants.

In January 1967, the Post-Registration Committee of the CSP took over the courses. The joint working party was wound up, and a CSP Advisory Committee on Manipulation set up instead. This was done to ensure that, on behalf of the Post-Registration Education Committee, the first courses would be soundly planned and launched. The advisory committee members were Miss Barton, Miss Eaton, Miss Dyer, Miss Hickling, Miss Lane, Miss M.E. Steward, Mr. Grieve and Mr. Wakeford. The medical adviser was Dr. Brewerton. A teacher's sub-committee was also set up comprising Miss Hollis, Miss Harvey, Dr. Scowcroft, Mr. Anderson, Mr. Gartland and Mr. Grieve. In this year two six-week courses were held, each comprising of four weeks clinical work. At about this time the inaugural meetings of the MACP were held. This was initially called the Association of Manipulative Therapy and was later to be called The Manipulation Association of Chartered Physiotherapists.

The first MACP recognised examination

The teaching base at which the first annual courses (1965-1970) were mounted was the West Middlesex Hospital, where Mr. Grieve was then working. This was with the kind encouragement of the Physiotherapy Principal, Mr. W.J. Guest. They varied in length from 4 to 12 weeks. As the courses become more ambitious and comprehensive, a need for formulation become clear. In 1968 Grieve took over the organisation of the courses and introduced an end-of-course examination. This innovation was with the CSP's authorisation and was the first of its kind. It was completed initially by eight teachers and one school principal. As such, it was the first MACP recognised examination. Successful candidates were then invited to join the MACP.

In 1969 there began a clinical supervisor's course, conducted by Grieve. Gradually, through to 1973, the courses run by Grieve increased in both numbers of course candidates and in the length of the Course. In 1973 and 1974, Peter Wells and Chris Marshall were introduced as assistant teachers.

It was proposed and adopted at this time, that one purpose of the association was to encourage the wider use of manipulative techniques by physiotherapists as a whole. It would therefore be desirable for its founder members (Mrs H.J. Jeans, Mr. J. Conway and Mr. G. Grieve) to try and formulate an agreed body of basic knowledge and skill, with which the responsible physiotherapist should be equipped, before being considered competent by the association's founder to:

- (a) treat patients by mobilisation/manipulation after customary diagnosis and prescription, and
- (b) gain and keep the professional esteem and goodwill of physicians and surgeons.

This was not seen to invalidate the professional progress of any one member or group of members, who by preference might wish to develop along particular lines of manipulation philosophy and technique. Neither was it proposed to have any immediate bearing on the professional activities of non-association members except that in time the association would inevitably be seen as the main repository of manipulation information and skill, so far as physiotherapists are concerned. In this way it would gradually be looked to for guidance and assistance in these matters. It was, therefore, proposed that regular meetings be established and that the time devoted to meetings be divided into two categories;

- (a) standardisation material and
- (b) education material.

The initial meeting was held at the Westminster Hospital, subsequently at the RNIB school premises and then at RNOH, by kind patronage of the late Mr. H. Jackson Burrows and Mr. P. H. Newman.

Meetings were held once a month at first and there was a monthly Newsletter (edited by G. Grieve) and abstracts of literature. These were processed at the West Middlesex Hospital. Many of the overseas workers came also to the West Middlesex, viz: Freddy Kalternbom, Robin McKenzie, Geoff Maitland, Pat Trott, Stanley Paris, and others. This situation was then reduced to meetings and newsletters every two months. The tape library was started at this time, together with library films including those by J.B. Mennell, Sir Herbert Seddon and Maitland's cassettes. John Conway was tape and film librarian.

In those days, MACP members played a major part in structuring the validation system for post-registration courses, and the MACP has set the pace for formally constituted specific interest groups, with conditions of membership and the holding of external examinations for those not able to undergo the annual CSP manipulation courses.

The 1970s — the development of IFOMT

At the 1970 World Confederation of Physical Therapy (WCPT) in Amsterdam, the International Federation for Orthopaedic Manipulative Therapy (IFOMT) was proposed. The formal inauguration was confirmed in Montreal in 1974 and the British Representative, G. Grieve, appointed to compile the academic standards which were adopted for IFOMT.

In 1976, Mr. P. Wells and Miss J. Guymer took over the running of the courses and after a pilot course in 1976 there evolved a basic and advanced manipulation course. The basic courses were held in Bath and Birmingham. The year 1979 saw the start of a peripheral joint manipulation course in Norwich. In 1981 Northern Ireland organised its own course with a different format and in 1982 Manchester began to run a basic course.

The start of the peripheral course in Norwich prompted the MACP in 1979 to change its entry requirements to include physiotherapists skilled in peripheral manipulation. Entry then changed to completion of a recognised long course in spinal or peripheral manipulation, or by the taking of the Association's own *viva voce* examination.

Since 1979 physiotherapists have been accorded the professional responsibility and skill to choose and change treatment as appropriate, and are no longer dependent upon doctors prescribing details of treatment (HC(77)33).

The 1980s — change to entry requirements

The CSP made the decision in the early 1980s to withdraw administrative organisation from the entry examination course, which led to the cessation of the London Advanced Course. Its responsibility for future planning and development was passed to the MACP. Apart from the entry courses, weekend courses are now held consistently throughout the year and have gradually become a more structured and comprehensive programme. The newsletter continued on a quarterly basis, and eminent international speakers were invited annually to speak to members. During the 1980's two of the Newsletters became expanded to form two Journal type issues.

In 1985 physiotherapists were able to take full, indemnified responsibility for their treatment choice based on their own examination conclusions. Also, more recently, general practitioners (GPs) in

most health districts now have open access to physiotherapy departments for National Health Service (NHS) treatment.

In 1986 the entry requirements of the MACP were changed, and to date remain such that membership is by examination only. The aims of membership reached a rather sophisticated degree, and far more wide-ranging than was previously implemented by the original founders. This included:

- having applied knowledge of anatomy, biomechanics, physiology and pathology of examination and assessment of patients with musculoskeletal disorders, including planning, implementing, evaluating and recording a progressive treatment programme.
- being skilled in a wide range of manual techniques appropriate to the treatment of musculoskeletal disorders.
- being conversant with methods of treatment and management other than manual techniques and to understand the methods of prophylaxis related to musculoskeletal disorders.
- having knowledge of appropriate, current medical investigative procedures, and different philosophies and methods of manipulation.
- having a basic knowledge of research methodology and be informed of the current developments reported in the literature
- being informed of manipulative organisations internationally.

In the 1930s an applicant also had to meet more exacting pre-entry requirements than previously, before being allowed to sit the examination. He or she must be experienced in the management of musculoskeletal disorders covering:

(a) at least 1500 hours patient contact time,

(b) a minimum of two weeks full time (or equivalent part-time) of clinically supervised practical work with a recognised clinical supervisor,

(c) submit written case histories of 40 patients that they have treated and submit a collection of abstracts taken from articles on an approved list.

As from January 1987 Chartered Physiotherapists became first contact practitioners.

The 1990s — setting up of post graduate courses in universities

The late eighties and early nineties saw the upgrading of the MACP Newsletters to the Manipulative Physiotherapist Journal under the Editorship of Sarah Wickham with two short Newsletters published as necessary.

A one year post-registration course in manipulation - The "Long Course" entitled the Management of Musculo Skeletal Dysfunction was developed by a working party that included Carol Lewis, Jill Guymmer, Chris Marshall and Chris O'Donoghue. It was implemented in 1938 and ran successfully until the summer of 1992. It included both spinal and peripheral modules, together with adjunct modules, modules on prosthetics, ergonomics and culminated in an original piece of project work.

Regional branches of the MACP were set up and there were regional representatives. This ensured that regular discussions, presentations of case histories, lectures and workshops were an option to all members throughout the country.

In 1990/91 negotiations took place with Coventry Polytechnic, now Coventry university, to develop a

course based in Higher Education and capable of offering both full time and part time routes to a higher degree - a Post Graduate Diploma linked to an MSc programme in Manipulative Therapy. This course commenced in the new academic year beginning September, 1992.

The course planning team consisted of Agneto Lando, Jill Guymer, Alison Middleditch, on behalf of the MACP, together with members of Coventry Polytechnic's academic staff, Alan King, Julius Sim and Ann Moore With Chris Marshall as an external educational advisor. This exciting development was to be the first higher degree in Manipulative Studies in Britain and Europe.

Manipulation has become part of the standard curriculum for all physiotherapy students in the U.K. Manipulation/mobilisation is now practised widely by many qualified physiotherapists working in hospital practice, private practice and industry. There are over 16,000 fully qualified physiotherapists working in the NHS and in addition there are well over 2,000 Chartered or State Registered Physiotherapists working in private practice. Of this number, MACP membership amounted to over 400 members.

The MACP was the only Manipulation Group in the U.K. to have membership by examination only. The MACP is the United Kingdom Representative to the International Federation of Orthopaedic Manipulative Therapy (IFOMT) which is a clinical sub group of WCPT.

This article is largely based on the work of Mr. Leith Brown.

Ann Moore, Editor of Manipulative Physiotherapist

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Manipulative Physiotherapist (1992) Vol 24: No 2: 35-38*