

## Exploring the NICE Guidelines 2017 For Low Back Pain & Sciatica Applied Functional Medicine & Functional Active Release (FAR)

By Robin Lansman D.O.

Robin Lansman has been in practice since 1988, graduating at the *British School of Osteopathy*, London.

- He is Principal of Body Back-Up Osteopathy Health & Sports Injury Consultancy in London and Berkshire and writes regularly for the National and Medical press, speaks on **BBC Radio and BBC Television** and lectures in the UK and Europe.
- Robin has led post-graduate workshops on Inter-professional communications on behalf of the *General Osteopathic Council* as well as developing workshops on “**Functional Active Release**”, “*Muscle Chain Stretching*” and “*3D Bio-mechanics & Muscle chains*” for Osteopaths, Physiotherapists, Chiropractors, Doctors and Surgeons from across the UK, Europe and beyond.
- 2003-2016 **Senior Tutor Sports Injuries Clinic at the British School of Osteopathy** (now UCO University College of Osteopathy) where he taught undergraduates. Robin also supported several *London Marathons* working with charity sponsors giving practical support to runners.
- In January 2016 Robin was elected to the role of **President of the Institute of Osteopathy**.