



Fred Samorodin RPT
Physiotherapist's Biography 2016

In 1976 I graduated from U.B.C. School of Rehabilitation Medicine with a combined degree in Occupational and Physiotherapy. However, my interest in manual therapy was bolstered in the concluding months of my final internship in physiotherapy while working in Nelson, my hometown, out of the Kootenay Lake General Hospital in its Physiotherapy Department. There, I had the opportunity to participate as a professional colleague in an E1/V1 (extremity 1/vertebral 1) workshop conducted by John Neville, RPT (blind physiotherapist). This solidified my work entry position at the W.C.B. Rehabilitation Clinic, then in Vancouver, as an "Orthopaedic" physiotherapist, having been hired by **Glenn Page**, Director of Physiotherapy Department at the W.C.B.!

I worked at the W.C.B. (1976-77) for about a year, enjoying the collegiality of such more senior staff physios like **Janie Cole-Morgan** who, with **Lynn Chapman**, came to share with us their Australian post-graduate Maitland training, **Barb Picton** and **Joan Black**, who was a central local organizer for physiotherapists interested in IFOMT and a recently conducted international gathering of manual therapists on the Canary Islands! Joan was also a great promoter of local post-graduate Orthopaedic / manual therapy workshops and, for many years always let me know and encouraged me to attend upcoming workshops—which I did, particularly in the E/V program.

As a proud Doukhorbor from the Kootenay's, I had taken 2 years of university-level, Russian Language and Literature courses to bolster my facility in my mother tongue. I was seeking to do some travelling and explore my "roots", when I was offered the opportunity by the Union of Spiritual Communities of Christ (Orthodox) Doukhorbor organization in the Interior to go study in the USSR. I left Vancouver for Moscow in September 1977, not really appraised of what (or where) I was destined to study in mother-Russia!

In Moscow, I was directed to the Central Institute of Traumatology and Orthopaedics (CITO), the leading Soviet research hospital in Orthopaedics. There, I was recognized as a foreign-trained physician and placed in the small research Department of BioEnergetics under the directorship of Professor Alexander Nechushkin, M.D, Ph.D. At that time, the colleagues of this group were offering their clinical services throughout the CITO using acupuncture and electroacupuncture based on the electroacupuncture

energy-balancing protocols of Japanese-based Ryudo-Raku acupuncture and German-based EAV (Electroacupuncture according to Voll). Approximately 2 months of my preceptorship, initially was in the company of about 30 Soviet-wide Paediatric Orthopaedic surgeons who were taking a mandatory (every 5 year) upgrading course. With them, I attended morning clinical rounds, clinical presentations, observing Orthopaedic surgery procedures, while, individually, I also attended weekly Russian language classes, along with an East German radiologist, as a prerequisite as a foreign language requirement for Master's Degree level further studies in medicine (had I so chosen!).

Ultimately, I spent the remaining 8 months of my preceptorship practicing acupuncture in CITO on an out-patient and in-patient basis, briefly visiting branch clinics of CITO like their Paediatric surgical department and the Central Institute of Acupuncture and Reflexology (another medical research facility in Moscow).

Upon my return to Canada, in September 1978, having gained an appreciation of the rich Russian heritage and history of the Arts (both visual and performing)—yes, the Bolshoi and Taganka, I returned to work at the W.C.B. Rehab Clinic, then relocated to Richmond. I was joined by fellow classmates, **Diane Lee** and **Trish Hopkins**, among others, at the new clinic. I was part of a founding nucleus of physiotherapists interested in sports “medicine”/physiotherapy at the time with aspirations to join the medical team in preparation for the 1980 Moscow Olympics, particularly as I was moderately fluent in Russian, not-to-mention, the streets of Moscow to boot! The boycott of these Olympics meant that that possibility was not to be! However, I purchased a private physiotherapy clinic from **Alexia Haslam** in 1980 and with **Clyde Smith's** business mentorship, I proceeded to establish myself in private practice. I helped found the Sports Physiotherapy Division with colleagues like **Clyde Smith**, **Nancy Flexman**, **Trish Hopkins**, **Judy Russell**, **Ron Mattison** and **Dave Laschuk**. This required that I resign my membership in the Part I (Chartered Physiotherapist) Section of the College of Physiotherapists and Massage Practitioners, and follow, **Joan Black's** lead into private physiotherapy practice becoming a Part II (Registered Physiotherapist) member of the same College!

The history of the Part II, Registered Physiotherapist origin was, up to the early 1980's, considered a fading vestige of professional physiotherapy licensing to “grandfather” physiotherapists in private practice in B.C. after WWII, who, as I recall, did not have their training through the British system of physiotherapy training and who, had established, within the B.C. medical care system, the opportunity to accept patients without a physician's referral.

Whereas, the dictates of the hierarchical British medical system model, codes of professional conduct, obliged Part 1, Chartered Physiotherapists to work only under medical “supervision”/prescription! The upsurge of younger graduates entering the physiotherapy profession that flowed into the private practice arena at that time allowed for a rapid growth in the membership of the Part II section of the APMP of BC

prior to amalgamation of all B.C. physiotherapists as Registered Physiotherapists under the College of Physical Therapists of B.C.

I was soon nominated to the Board of the Registered Physiotherapist's of B.C. in approximately 1983 and was thrown into the bilateral drive of both physiotherapists and massage practitioners to separate their professional governing bodies. This also drove the members of Part II, led by such stalwarts as **James McGregor** to seek an amalgamation of Part 1 and Part II Physiotherapist members into one unified and separate professional College. The following year (1984?) I was elected Chairman of the Registered Physiotherapist's of B.C. as well and served for a year.

In 1984 I was approached by the Canadian Physiotherapy Association to lead an Ad-Hoc Policy Committee on Invasive Techniques in order to assess the suitability of including acupuncture/dry needling as being within the scope of practice of Canadian physiotherapists. The issue probably arose as a result of the presence within the physiotherapy community of physiotherapists, like **Lesley Spinks, RPT**, then also trained and certified in acupuncture in Great Britain, who were experiencing the political discussions circulating at the time (at least within British Columbia). The discussions were around licensing of practitioners of Traditional Chinese Medicine and acupuncture that were coming in with the rising immigrant wave of Chinese trained practitioners from Mainland China, Japan, Hong Kong, etc. and who were offering their services locally, outside any public accountability. Serving on the Committee included **Lesley Spinks, Erl Petman**, and others locally and across Canada. The report from the C.P.A. Ad-hoc Committee on Invasive Techniques, released in 1986 was in support of including acupuncture/dry needling within the scope of practice of Canadian physiotherapists.

Starting in 1986, after, intuitively understanding that my body needed "unwinding" as a result of the comments of a workshop assistant at an Orthopaedic physiotherapy workshop, I made a commitment to learn all I could about "unwinding" through workshop(s) ASAP. I soon started on a twice/year participation in workshops conducted by the Upledger Institute in Craniosacral Therapy, Somato-Emotional Release and Visceral Manipulation. After completing a series of workshops on hands-on Craniosacral, I continued volunteering as a workshop assistant in Craniosacral Therapy, usually twice per year, to the point of becoming a Certified Craniosacral Therapy Workshop Assistant in 1996.

In addition, while operating a multidisciplinary Broadway & Granville Physiotherapy Clinic, in the mid-to-late 1980's, **Eva DiCasmirro** was my clinic associate for several years. After both of us then attended an introductory workshop in Vancouver on Biodynamic Therapy, she has ultimately specialized in working with clients as a physiotherapist certified in this area of mind/body management. [Eva was ultimately joined by fellow physiotherapists such as **Barb Picton, Gayle Robinson** and **Jane Williams**, in gaining certification in this field.]

I have experienced the denigration of complementary medicine/therapy by insurance agencies and skeptical medical colleagues over time. However, I was pleased to contribute to the demand for physiotherapists listing our services in the paper age of the PABC Physiotherapist Directory under “Complementary Therapies” in order to offer the public a provincially distributed resource to contact and select individual physiotherapists who could, and continue to offer complementary therapeutic techniques to their patients. I was happy to contribute to a submission supporting the inclusion of craniosacral therapy within the scope of practice of physiotherapy to an ICBC-initiated investigative commission (through **Janey Cole-Morgan**) in the 1980’s (?) where the “legitimacy” of “craniosacral therapy, etc.” as an appropriate physiotherapy “modality” was being questioned, while under the chairmanship of an S.F.U. professor who, also, headed the B.C. Society of Skeptics!

For approximately 2 years, in the mid-90’s I was part of a multidisciplinary study group on cranial osteopathy led by **Howard Jones, RPT**—a mentor and subsequently a clinic owner, in whose Richmond facilities I worked part-time, between approximately 1999-2003. I regret that Howard, in my mind, remains as probably one of the most significant contributors to the sophisticated growth and understanding of subtle, hands-on osteopathic-based therapy in British Columbia and Canada. Yet his extensive osteopathic knowledge base and mentorship has been passed on, mostly, to Registered Massage Therapists and bodyworkers, and has gone unrecognized by our professional associations, possibly due to the declining percentage of Registered Physiotherapists in B.C. who have advanced manual therapy skills who can best evaluate the remarkable benefits to which many of his patients can attest.

Although, in some quarters, my reputation appears to be associated with so-called “energy” medicine, my professional evolution has been into becoming a physiotherapist who uses and integrates a broad range of physiological and anatomical bases for my management of clients/patients with chronic pain conditions.

The recent explosion of information on brain plasticity and availability of research vehicles such as fEEG, fMRI, is confirming the utility of “body-based” therapy in dealing with the apparent rise in demand for treatment of chronic conditions such as PTSD, and addictions. The interpretation of “energy” medicine that I am most comfortable relating to is to describe mind/body/spirit approaches as psychoneuroimmunology. My primarily hands-on work involves the application of a range of biomechanical influences on the muscles, fascia, joints, organs and ligaments of the body to help optimize the central and peripheral nervous system and reinforced with self-treatment advice including exercises to consider at home.

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