

2019 MASSAGE & MYOTHERAPY NATIONAL CONFERENCE

# The Matrix

The profession...where do I fit in?



DELEGATES PROGRAM



## Welcome to the Conference



**Whether you have experienced the Conference before or are trying it for the first time this year, I invite you to come and celebrate our 15 years of Conferencing with me.**

The program is very different this year as we celebrate the diversity of our profession from humble beginnings at our first Conference in Canberra. The bringing together of many views and opinions in these formative years has resulted in a dynamic program spanning the spectrum of practice. Please join me as Conference Chairperson to honour our achievements as an Association and your achievements as members and therapists – the people who make it happen.

**Garry Lavis**

Massage & Myotherapy Australia, National Conference Committee Chairman

## Keynote Speakers (9:00am-10:45am)



**Nadine Champion**  
*(Saturday)*

Nadine Champion is a truly inspiring keynote speaker, martial arts Sensei, author and entrepreneur. She is a thought leader on courage, inner strength and resilience. Her closing speech for TEDx Sydney 2015 is regarded as one of the most memorable, and she received a

standing ovation for an outstanding performance from a very natural and gifted communicator.



**Dr Francesca Panzironi**  
*(Saturday)*

Dr Francesca Panzironi is the founder and Chief Executive Officer of the Anangu Ngangkari Tjutaku Aboriginal Corporation (ANTAC). Dr. Panzironi is an international human rights academic who applied her knowledge and experience to assist the Ngangkari to maintain

and practice their traditional medicines within Australia's national health care system.



**Jeff Shearer**  
*(Sunday)*

Jeff Shearer (Cert IV MT, BHSc Acu) has been in private health practice for over 24 years. His practice styles have ranged from a small mobile massage business to operating a multiple-practitioner practice.

In that time, he says he made a lot of mistakes. Through experience,

he has learnt much about what it takes to develop a successful and sustainable practice. Ten years ago Jeff became strongly aware of how many practitioners fail to survive in practice and he developed Ethical Practice: an information-based service designed to help practitioners overcome the hurdles we all face in practice.



**Australasian Lymphology Association (ALA)**  
*(Sunday)*

ALA will be represented by Leonie Naumann and Susan Butcher. ALA President Leonie Naumann has worked with people with lymphoedema in her role as the Physiotherapy Cancer Care Team Leader at Royal Brisbane and Women's Hospital since 2007.

Massage & Myotherapy Australia member, Sue Butcher, a Director of ALA, has been a remedial massage therapist for 16 years.

Sue also works full time treating patients and educating health professionals on Lymphoedema/Lipoedema awareness.



## Conference Speakers



### Aran Bright

Aran has been a Remedial Massage Therapist since 2002. Since then he has completed training at Diploma, Degree and Post Graduate level, in Massage, Manual Therapies, Sports and Health Sciences. He currently teaches in the Myotherapy program at Q Academy in Queensland and two massage businesses in Brisbane.



### James Crook

James Crook is a speaker, author and marketer who has run a boutique digital marketing agency since 2003. Now a full-time business coach for massage therapists, James gives clarity on all things to do with websites, Google, Facebook and everything else online.



### Susan Davis

Susan is the director and senior practitioner of the Davis Health Centre in Sydney and has been practicing for over 40 years. She began her career training as a registered nurse working with children before moving into palliative care. Susan is passionate about research and the future of massage.



### Kym Finch

Kym Finch is the Founder of Finch Therapy, Director and practicing Remedial Therapist at Positive Pain Solutions. During her 20 year career, Kym has been published, presented nationally with TAFE institutions, private workshops and for Massage and Myotherapy Australia. Kym's session at the 2017 Conference was one of the most popular workshops!



### Haydn Gambling

Haydn Gambling is an Adelaide based physiotherapist with over 25 years' experience of treating clients with chronic pain and dysfunction. He has taught extensively in Australia and Europe since founding the Manual Therapy Institute in 2000. Haydn also teaches an Integrative Manual Therapy Series and Counterstrain courses.



### Andrew Gallagher

Andrew is a massage therapist, myotherapist and physiotherapist with a practice in regional Victoria. This multi dynamic focus of working and teaching across three professions ensures Andrew delivers a well-considered and reasoned approach to his teaching from a broad and deep knowledge base. He is also the Association's National President.



### Heidi Hadley

Heidi Hadley runs a thriving Natural therapy business in Adelaide and is the founder and creator of TotalSomatics.com, an online program which combines Somatic Movement, Mindfulness and Mindset skills to improve health and wellbeing.



### Tricia Hughes

As the Association's Chief Executive Officer, for over 15 years' Tricia has witnessed it's growth in services, management and governance. Tricia has more than 35 years' experience in the management of not-for-profits, large and small, and has a realistic view of what is achievable within an organisation.



### Ronna Moore

Ronna is employed by EPC, a community-based specialist palliative care service. She has maintained a private practice for more than 30 years, 20 as a provider of post-surgical MLD at the Melbourne Institute of Plastic Surgery. She is an accredited service provider for Cabrini Health, Access Care and EACH community health services.



### Carrie Newbold

Carrie Newbold is a remedial massage therapist, Pilates instructor and co-founder of the self-treatment tool design and manufacturing company, Recharge Class. Carrie has been practising massage since 1997 and has extensive training in two styles of Hawaiian massage. With her PhD in medical engineering, Carrie has been an active medical researcher for over 18 years.



### Rob Orr

Rob Orr is a Myotherapist working in private practice focusing on musculoskeletal pain management, sports injuries, assessment and correction of altered biomechanics. He also lectures at Victoria University in the sport and science department. Rob has a Postgraduate Certificate in Musculoskeletal Pain Management, Advanced Diploma of Myotherapy, and a Diploma of Sports Science.



### Steven Wescott

Steven is both an experienced remedial massage therapist, myotherapist and a qualified educator. Steven has excellent communication skills working with LifeLine as a volunteer and is formally trained in Mindfulness which he integrates into clinical practice for clients' ongoing pain and for personal wellbeing.

## Pre-Conference Workshops

### Kym Finch – Understanding muscle tightness and referred pain. How to engage the CNS to reduce pain and muscle tightness



This one day workshop will explain how pain is often a symptom and not necessarily the place to start treatment. Delegates will explore how distal tight muscles and spinal joint hypomobility often go hand in hand through the involvement of myofascial slings. Objective orthopaedic testing will be discussed and demonstrated to identify the primary source of pain, as well as the interaction of myofascial slings on joint hypomobility. After this workshop, delegates will have a better understanding that pain and muscle tightness may not be what they seem and will also have some take home techniques to use immediately in their clinics. The concept is *working smarter not harder* to achieve your treatment outcomes.

### Haydn Gambling – Classic counterstrain for joint dysfunction in the spine and rib cage



While many clients' pain may originate from joint dysfunction, it's not typically been a focus for most massage therapists. Tender points in the myofascial tissue allow us to detect and precisely treat both muscle spasm and joint dysfunction using positioning to unload the tissues (classic counterstrain). Workshop participants will learn quick scan tests to identify joint dysfunction, commonly found associated tender points and their treatment positions for the cervical, thoracic and lumbar spine, sacrum and rib cage.

### Garry Lavis – Upper Crossed Syndrome



Patients experiencing upper crossed syndrome typically have overactive and strained muscles of the posterior neck, shoulder and back, while the anterior structures such as the pectoral muscles become shortened, tight and weak. This interplay of overactive and underactive muscles can result in pain, altered posture, reduced range of motion and biomechanical dysfunction of the neck and shoulders. With the evolution of sedentary workplaces, inactive social interactions and lack of physical activity, upper crossed syndrome is the new 'norm'. The new lifestyle the world has adopted is resulting in forward head postures, slouched shoulders and hyperkyphosis of the thoracic spine. How can we stop our patients becoming this new 'norm'? This hands-on workshop will identify the overactive and underactive muscles, how to return their function to normal and how to prevent ongoing biomechanical dysfunction. You will have skills to implement in your practice the next day.

## Breakout Sessions

### James Crook – Create a brand with personality



What does your business brand say about you? Your brand is far more than just your logo – in fact, a powerful and well-defined brand is a vital foundation to your marketing success. In this session you'll discover an easy framework for creating your brand so it represents your authentic personality and connects you with your ideal clients.

### Steven Wescott – Mindfulness: connecting with the client



During this session we discuss the importance of mindfully connecting with the client, from initial meet and greet to end of treatment. We look at ways to train in and practice Mindfulness: what is Mindfulness? Mindfulness in daily life; meditation for Mindfulness; Mindfulness is not tunnel vision; Mindfulness and awareness, are they the same?

Mindfulness training has been a part of Buddhist philosophy for centuries, and in more recent years psychologists and other health professionals study Mindfulness to help themselves and their clients to live a healthier, more productive life.

### Ronna Moore – Would you like some evidence with that?



The generation of high level evidence for the effectiveness of massage therapy remains challenging. There are, however, multiple avenues for evidence gathering which strengthen both the capacity of therapists at practice level and the validity of massage therapy in a broader context. Drawing on the presenter's own examples, this presentation illustrates the benefits of a 'practice

based evidence' approach to ensuring clinical responsiveness and excellence.

### Tricia Hughes – Q&A



This one hour Q&A is an opportunity to get into discussion about the Association going forward towards 2022, the new Strategic Plan and much more. Tricia Hughes, Chief Executive Officer, will be discussing the Board's plan for the future and answering members' questions about anything and everything. She will provide an understanding of how the Vision and Mission of the Association

convert into strategy, then implementation – identifying potential roadblocks along the way.



## Susan Davis – The most important element of successful therapy: a 40 year study



There has been an increasing focus of attention in recent years on specific therapies in response to specific issues which can move us away from a 'whole person' approach. This presentation explores the diagnostic and therapeutic potentials of incorporating the concepts of Complex Adaptive Systems when treating patients.

## Carrie Newbold – Me First: tooling up for self-treatment



Not too many years ago, our friends would chuckle if we suggested they do some 'self-massage'. Today, self-treatment tools are in clinics and studios around the world. This presentation will describe the science behind the development and use of self-treatment tools so we can help create effective and lasting change.

## Aran Bright – Movement therapy



Using movement as a therapeutic tool has two main benefits: it reduces the workload on the therapist and is an excellent way for clients to learn how to self manage. This session includes manual therapy as well as exercise and informs therapists how they can integrate movement approaches into their day-to-day practice.

## Aran Bright – Physical assessment for the whole body

Assessments can be a tricky area to understand and integrate into massage and myotherapy. This session will assist you to clarify what assessments are truly valuable according to science. Most complex physical assessments are of limited value and can probably be discarded for therapists; the trick is knowing which assessments matter.

## Kym Finch – Linking abdominal dysfunction to ITB pain



This hands-on workshop will explore myofascial interaction of the upper abdomen with ITB pain and dysfunction. Pelvic dysfunction and spine hypomobility often contribute to ITB dysfunction and pain: this will be discussed and demonstrated (as well as the interaction of myofascial slings). Treatment will include abdominal neuro-myofascial techniques to release ITB. This pain-free treatment

should be in every therapist's toolbox. It is quick, easy to perform and reduces pain in the ITB instantly!

## Heidi Hadley – Reduce pain and move freely with Somatics



This session teaches you what Somatics is, how applying the movement practise can help reset muscle length, reduce pain, increase mobility, improve posture and develop Mindfulness *without* stretching. You will learn how you can apply it in your clinical practice. The session will be interspersed with theory, assessment, movement practise and interaction.

## Andrew Gallagher – Assessment and treatment of neurogenic pain disorders in remedial massage and myotherapy practice.



This Masterclass is for experienced practitioners and will focus on the assessment and treatment of common neurogenic pain syndromes seen in clinical practice. Participants will be taught a standardised assessment protocol, explore myotherapeutic treatment options as well as develop a clear understanding of the criteria and circumstances that require medical referral.

## Haydn Gambling – Classic counterstrain for joint dysfunction in the lower extremities



While many clients' pain may originate from joint dysfunction, it has not typically been a focus for most massage therapists. Tender points in the myofascial tissue allow us to detect and precisely treat both muscle spasm and joint dysfunction using positioning to unload the tissues (classic counterstrain). Workshop participants will learn quick scan tests to identify joint dysfunction, commonly found associated tender points and their treatment positions for the foot, ankle, knee, hip and pelvis.

## Rob Orr – Stretching: a take home bag of tricks for your clients



Corrective exercises can decrease pain, enhance performance and improve posture, while reducing stress and improving daily living. This corrective stretching session will offer both stretches for your clients and you, the therapist! After a brief theory segment, we will investigate a series of corrective stretches both static and dynamic, followed by body weight exercises both loaded and unloaded.

This is mainly a practical session and you will be required to undertake these stretches in class.

## How to choose a Session

Review the 2019 Conference Program and make a note of which Presentation Group (A or B) you'd like to nominate and which Session interests you.

One day you will be participating in a Presentation Group (Red) and the other day you will be participating in a Session (Yellow).

### Choose ONE of the following Presentation Groups:

#### A Saturday

**Create a brand with personality** presented by James Crook

**Would you like some evidence with that?** presented by Ronna Moore

**Me First: tooling up for self-treatment** presented by Carrie Newbold

**The most important element of successful therapy: a 40-year observational study of the Davis Health Centre** presented by Susan Davis

#### B Sunday

**Mindfulness: connecting with the client** presented by Steven Wescott

**Would you like some evidence with that?** presented by Ronna Moore

**Me First: tooling up for self-treatment** presented by Carrie Newbold

**Q&A session** moderated by Tricia Hughes

### Choose ONE of the following Sessions for the other day (Sessions are repeated both days):

1

**Movement Therapy** presented by Aran Bright

*AND*

**Reduce pain and move freely with Somatics** presented by Heidi Hadley

2

**Linking abdominal dysfunction to ITB pain** presented by Kym Finch

*AND*

**Physical Assessment for the whole body** presented by Aran Bright

3

**Assessment and treatment of neurogenic pain disorders in remedial massage and myotherapy practice. Is it a case of mistaken identity?** presented by Andrew Gallagher

*AND*

**Classic counterstrain for joint dysfunction in the lower extremities**  
presented by Haydn Gambling

4

**Stretching: a take home bag of tricks for your clients** presented by Rob Orr



## An example of choosing a Session

Choosing is easy, you must choose one of the presentations marked in red (A or B) on either day, thereafter you may choose any other yellow session (1-4) for the other day.

### EXAMPLE A

If Mary chooses 'A' on the Saturday, her presentations are **James Crook** and **Ronna Moore** in the morning followed by **Carrie Newbold** and **Susan Davis** in the afternoon.

PRESENTATION STREAMS	
<b>A</b> 1130 – 1300	<p><b>James Crook</b> – Create a brand with personality (45 mins) <b>AND</b></p> <p><b>Ronna Moore</b> – Would you like some evidence with that? (45 mins)</p>
<b>A</b> 1400 – 1600	<p><b>Carrie Newbold</b> – Me First: tooling up for self-treatment (60 mins) <b>AND</b></p> <p><b>Susan Davis</b> – The most important element of successful therapy: a 40-year observational study of the Davis Health Centre (60 mins)</p>

On Sunday, as Mary has already chosen her presentation 'A', she can now choose any combination of the other Sessions (listed below) for the Sunday.

SESSIONS			
1 1130 – 1300	2 1130 – 1300	3 1130 – 1300	4 1130 – 1300
<p><b>Aran Bright</b> Movement therapy</p>	<p><b>Kym Finch</b> Linking abdominal dysfunction to ITB pain</p>	<p><b>Andrew Gallagher</b> Assessment and treatment of neurogenic pain disorders in remedial massage and myotherapy practice. Is it a case of mistaken identity?</p>	<p><b>Rob Orr</b> Stretching: a take home bag of tricks for your clients</p>
1400 – 1600	1400 – 1600	1400 – 1600	1400 – 1600
<p><b>Heidi Hadley</b> Reduce pain and move freely with Somatics</p>	<p><b>Aran Bright</b> Physical assessment for the whole body</p>	<p><b>Haydn Gambling</b> Classic counterstrain for joint dysfunction in the lower extremities</p>	<p><b>Rob Orr</b> Stretching: a take home bag of tricks for your clients</p>

### EXAMPLE B

If Bob chooses one of the Session streams (listed above) on the Saturday, he must then select to attend presentation 'B' on the Sunday.

## Easy Registration

**1**

Choose your  
**PRESENTATION GROUP**  
**A or B**

**2**

Choose your  
**SESSION**  
*(for the other day)*

**3**

**Register Online**  
Go to [www.massagemyotherapy.com.au/Home/Conference](http://www.massagemyotherapy.com.au/Home/Conference) to review your options and click **REGISTER NOW**

### Exclusive Events

**Delegate Meet & Greet**  
Friday 24 May 5.00pm – 7.00pm

**Celebration Dinner**  
Saturday 25 May 7.30pm

### Registration

Friday 24 May 3.00pm – 5.15pm, Saturday 25 May 7.00am – 8.30am

**Full Member Early Bird: \$525.00**

**Full Member (After 29 March 2019): \$575.00**

**Non Member Early Bird: \$630.00**

**Non Member (After 29 March 2019): \$660.00**

**Student: \$300** (must provide evidence of enrolment)

**EARLY BIRD  
CLOSES FRIDAY  
29 MARCH  
2019**

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