

MASSAGE & MYOTHERAPY AUSTRALIA  
2020 NATIONAL CONFERENCE



# Mastery

The Path to Success

CONFERENCE BROCHURE

22-24 MAY 2020 AT THE STAMFORD GRAND  
GLENELG, SOUTH AUSTRALIA

# MASSAGE & MYOTHERAPY AUSTRALIA 2020 NATIONAL CONFERENCE



## Welcome to the Conference



It's Conference time again and, as usual, I look forward to the vibe that our Conference brings. A time where we as members can get together to celebrate and network and catch up with friends we see every year. If you are attending our Conference for the first time, this is your opportunity to see how Massage & Myotherapy Australia creates and delivers our pinnacle event of the year.

It only seems like yesterday that we were in Canberra celebrating our 15th Annual National Conference and here we are now looking forward to our 16th Conference - and our third visit to the beautiful state of South Australia in 2020. This year we are exploring a new location - the Stamford Grand hotel in the charming seaside suburb of Glenelg.

As usual, our line-up of presenters for 2020 is first class with plenty of variety and something for everyone. Once again, our Conference Committee has been hard at work putting together a Conference that I'm sure we will be proud of. This year's theme is **'Mastery - The Path to Success'** focusing on being the best we can be. Take this opportunity to register and join us for a weekend of education and celebration.

### Conference Committee

Garry Lavis (Chair)  
Ian Coward  
Elicia Crook  
Selena Hagan  
Sonya Leslight  
David Sheehan

**Garry Lavis**  
Massage & Myotherapy Australia,  
National Conference Committee Chair

## Keynote Speaker



### Gill Hicks (Saturday)

Gill Hicks is considered to be one of the most thought provoking, powerful and life affirming speakers in Australia and the UK. She is globally known as an advocate for sustainable peace and a valuable resource in countering violent extremism. Her devotion to making a personal greater contribution and positive difference to the urgency of building peace was realised when she was made permanently injured in the London terrorist bombings on July 7th, 2005.

## Pre-Conference Workshops

Friday 22 May 2020



### **Stuart Hinds** The Essential Self-Care Course for the Hands-on Therapist

Stuart Hinds is a leading Australian soft tissue therapist with close to 30 years' experience in professional practice. One of Stuart's keys to longevity in the industry has been his investment in self-care, a subject he is passionate about

and has recently written and filmed a comprehensive course on the subject titled "The Self-Care Therapist"

This one day workshop will highlight all the critical errors therapists make with their self care and an amazing environment to learn safe, highly effective, sustainable techniques for the hands-on therapist which are essential for the long game in this industry. So if you're serious about the most important person in your industry, YOU, this is a must for you, never before have we picked apart such an important factor!



### **Christine Knox** Abdominal Scar Tissue Treatment for Massage Therapists and Myotherapists

Discover effective, efficient, pain-free techniques to get results fast. Use these techniques immediately in your treatments.

This hands-on workshop with theoretical

pre-reading, supplies you with knowledge and skills you didn't even know you were missing.

You will learn:

- » Know when to treat and when to leave alone
- » Keep your clients emotionally safe
- » Treat abdominal scars confidently.

## Round Tables - Experts & Industry Leaders

**Imagine a casual round table experience to get up close and personal with Industry Leaders where you can ask them how they did it all while enjoying a drink or two!**

Come along and meet industry leaders over a drink and hear them share about the growth they have had in the industry. Talk to mentors, teachers, trainers, employers and therapists who have had lots of experience doing the things that many therapists only wish they could do. Eat, drink, connect, network and be merry in this interactive Welcome to Conference Evening – Hosted by Massage Champions.

**WHEN:** Friday 22 May 2020

**WHERE:** Grand Bar - Stamford Grand Hotel, Glenelg

**TIME:** 5:30pm - 7:00pm

**COST:** FREE to registered delegates  
(Drinks and nibbles included)

**ENTRY:** Conference Lanyard must be worn for entry

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## Conference Speakers



### Elicia Crook

Elicia Crook is an Experienced RMT Bowen Therapist who ran a busy regional clinic for 16 years. Four years ago she turned business coach to teach therapists the lessons she learnt along the way. Elicia is a best selling author and mindset coach who assists business owners all over the world on how to run their business with heart and soul, helping therapists become the hero of their own story.



### Garry Lavis

Garry Lavis is the founder of Platinum Training and has been a Remedial Massage Therapist for 12 years. Playing rugby league professionally and also competing in the Subaru Triathlon Series in Ontario Canada for four years, Garry has developed a keen interest in the shoulder. Garry has presented workshops and lectures both Nationally and Internationally and is the co-owner of a large multi-disciplinary rehabilitation clinic in the lower Hunter Valley in NSW and employs Physiotherapists, Remedial Massage Therapists and Podiatrists.



### Robert De Nardis

Robert De Nardis is an experienced practicing Melbourne Physiotherapist who received certification for dry needling from The Institute for the Study and Treatment of Pain (iSTOP) in Vancouver, British Columbia and has extensively utilised IMS/trigger point dry needling in his clinical practice in Melbourne, Australia. As Director of the Melbourne Whiplash Centre, Robert has been actively engaged in Whiplash evaluation, treatment and his paper with Dr Jenny Keating published in the Journal of Whiplash and Related Disorders reveals some of the world's best outcome results published for chronic neck pain.



### Paula Nutting

After completing her nursing certificate in 1980, Paula specialised in intensive care. She completed her Personal Training Certificate in 2001, a Diploma of Remedial Massage in 2002 and a Bachelors in Health Science Musculoskeletal Therapy in 2007. She has presented courses, seminars and workshops within the massage industry in areas of musculoskeletal dysfunction, instability of the core, acute and chronic muscle imbalance, and various muscle and joint techniques, establishing her expertise within the field.



### 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.



### Craig Quinlivan

Craig Quinlivan is a Myotherapist running his own successful practice in Albury for over 20 years. He is a trainer and assessor teaching the Diploma and Advanced Diploma of Remedial Massage. Craig specialises in functional analysis and structural correction using fascial release and joint mobility techniques, treating various injuries and dysfunctions.



### Stuart Hinds

Stuart Hinds is a leading Australian soft tissue therapist with close to 30 years' experience in professional practice. He has regularly lectured on remedial soft tissue techniques at Victoria University (Melbourne, Australia), and is internationally recognized for his work with the Australian Olympic Teams. Stuart is a renowned presenter and industry speaker at conferences and has created an online education platform which hosts a large range of online professional development resources to support and extend the skills of remedial massage therapists, physiotherapists, osteopaths, myotherapists, chiropractors and other soft tissue therapists.



### Steve Stahl

Steve is a sports physiotherapist who co-owns and runs a physiotherapy practice in Geelong. He has been teaching kinesiology taping and use of massage tools for nearly 10 years.



### Christine Knox

Christine Knox is a Remedial Massage Therapist with 10 years industry experience in the UK and Australia, who has had the opportunity to deliver massage treatments in many settings from rock concerts to hospitals. She also trains therapists in Australia and the UK in Remedial Hot Stones and Scar Tissue Treatments.

## Breakout Sessions



### **Craig Quinlivan** - Assessment: Why and what exactly are you testing?

In clinical treatment, time spent with a patient needs to be spent well. Any treatment offered should be done for a reason. The treatment process needs to be dictated by an accurate process of testing and assessment. The continuation of this should be guided by the success or failure of treatment shown by re-assessing.



### **Paula Nutting** - How the body can master postural anomalies and stress creating dysfunction

Fight or flight? Postural or phasic? We are designed to protect the organs at all costs. Let's delve into the masterful way the body alters clean biomechanics to save us from tragedy. A locked short body is created from stress and we need to correct that imbalance via the Relaxation Response. This presentation will reveal ways your clients are constantly adapting to stress and how we can change the cycle to get amazing outcomes to stability.



### **Stuart Hinds** - Peripheral Nerve Entrapments of the Upper Extremities

Stuart Hinds will show how to assess and treat the common types of peripheral nerve entrapment, including "pseudo entrapments". As therapists we place ourselves in the environments of increased neural load. As a very overlooked essential tool of treating musculoskeletal dysfunction, we will use the opportunity to assess our own neural tension and then plan a treatment sequence for it.



### **Elicia Crook** - Mastering your Massage Business (Saturday Only)

True "Mastery" takes time and experience. If you are driven and want to make a difference that will usually make you successful in the treatment room. But how do you replicate that OUTSIDE of the treatment room, consistently over time, to make you a master in your business? Many therapists make the mistake of just focusing on the hands-on skills and not looking at the leadership required for business. What if you could master "business" with heart and soul and become the hero of your own story? This session will look at business strategies that WORK and that also align with your head and your heart.

## **Four Approaches to the Assessment and Treatment of Shoulder Pain (Sunday Only)**

We are excited to present a condition-based breakout session bringing four successful and highly experienced presenters to offer their own specific approach to the treatment of shoulder pain. Both soft tissue and joints will be explored including the application of Instrument Assisted Soft Tissue Mobilisation (IASTM), Myofascial Dry Needling as well as other Manual Therapy techniques. An on stage camera will ensure you get close to the action.

### **Shoulder Pain - Garry Lavis**

Garry will discuss a brief review on anatomy and bio-mechanics of the shoulder. Focusing not just on the rotator cuff, but the whole shoulder girdle and emphasising why the scapula plays such a significant role in a fully functional shoulder. Garry will also demonstrate several taping techniques to address the causes and symptoms of acute shoulder pain.



### **A myofunctional approach to the treatment of chronic shoulder pain**

#### **Andrew Gallagher**

Andrew Gallagher will integrate the concepts of Vladamir Janda's crossed proximal syndrome with specific myofascial release techniques, as well as therapeutic exercise to achieve an effective multimodal approach to the management of complex shoulder dysfunction.



### **Approaches using Dry Needling**

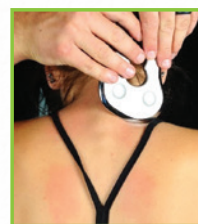
#### **Robert De Nardis**

Robert will present approaches to the assessment and treatment of common shoulder presentations from a GEMt Dry Needling perspective. The functional disturbances from both active and latent Trigger Points will be discussed and his presentation promises to challenge the way you view the human body and will take your understanding of Dry Needling to a new level.



### **Tools of the Trade - Steve Stahl**

This session will look at the assessment and some possible treatments for shoulder pain, with a particular focus on the use of massage tools and kinesiology tape. The session will demonstrate some assessment ideas and how this can direct you towards appropriate treatment and helpful home exercises.



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## Easy Registration

All breakout sessions fill on a **"first in first served basis"** so the earlier you register the greater chance you will receive your top two choices from the topics below. When you register online, please number all boxes from 1 to 5 (with 1 being your first choice).

- ☐ Assessment: Why and what exactly are you testing?
- ☐ Peripheral Nerve Entrapments of the Upper Extremities
- ☐ How the body can Master Postural Anomalies and Stress Creating Dysfunction
- ☐ Four Approaches to the Assessment and Treatment of Shoulder Pain
- ☐ Mastering your Massage Business

**EARLY BIRD  
CLOSES FRIDAY  
27 MARCH  
2020**

### Exclusive Events

Round Tables - Experts & Industry Leaders  
Friday 22 May 5.30pm-7.00pm  
Gala Celebration Dinner: Saturday 23 May 7.30pm

### Registration Times

Friday 22 May 3.00pm-5.15pm  
Saturday 23 May 7.00am-8.30am

### Registration Costs

Full Member Early Bird:	\$525
Full Member (After 27 March 2020):	\$575
Non Member Early Bird:	\$630
Non Member (After 27 March 2020):	\$660
Student (must provide evidence of enrolment):	\$300

## Register Online

Go to: [www.massagemyotherapy.com.au](http://www.massagemyotherapy.com.au) click on the Conference  
to review your options and click REGISTER NOW.

## Thanks to our Sponsors

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### Disclaimer

Please note that by registering for and attending this conference that some sessions will be filmed or photographed and there is potential for you to be in the vision of the camera. Your registration is consent that your image may be used for promotional or editorial purposes.