



THE AUSTRALASIAN COLLEGE OF SOFT TISSUE THERAPY

"Excellence in Practice Series - 2009"

PRESENTS

**A POST GRADUATE COURSE FOR THERAPISTS INVOLVED IN SPORTS
REHABILITATION**

MULTI MODAL MOVEMENT: Systems Integration for Sports Performance and Rehabilitation



PRESENTED BY

**Performance consultant & Physiotherapist Joanne Elphinston
BPhy MA MCSP**

WHEN:

SATURDAY & SUNDAY NOVEMBER 28TH & 29TH 2009 9.00 AM – 4.00 PM

WHERE:

Melbourne – City CBD

The ACSTT is very proud to present Joanne Elphinston, internationally renowned performance consultant and author to present this unique two-day workshop. This is the first time that Joanne has conducted this course in Australia. Participants will soon learn that they are in the company of an exceptional professional who presents her unique view of movement analysis in a dynamic, focused and crystal clear context which is highly clinically relevant. This is an exceptional opportunity, not to be missed, only 16 places are available.

WHAT:

In order to move well, an athlete must be able to create and control forces effectively, and this is dependent upon multiple interdependent factors. The evidence base supports multimodal, neuromuscular programmes for rehabilitation and injury prevention, and the concept of "core

stability training ” as it is commonly practiced is appropriately being questioned in the light of new research.

This two day course puts the concept of stability back into context by addressing the overall objective of efficient, effective sports relevant movement. The course will focus on the interactions between different modalities including functional mobility, proprioception, balance and neuromuscular control, and examine them through testing procedures in order to establish baselines and appropriately reasoned treatment plans. It will also consider the context within which the athlete needs to perform and the additional issues such as beliefs and attitudes which can influence functional stability and therefore optimal movement.

The course is designed for therapists working in sports medicine settings.

COST: A\$400

COURSE PRESENTER: Joanne Elphinston.

Joanne Elphinston is an Australian performance consultant, physiotherapist, and author based in the UK.

An internationally recognised lecturer and consultant on technical movement enhancement for performance, injury prevention and rehabilitation, Joanne works with elite athletes in a wide range of sports, as well as professional dancers and musicians. Drawing from backgrounds in applied biomechanics and motor control, philosophy and psychology, Joanne addresses movement from a multimodal and holistic perspective.

A former coach herself, Joanne has one foot planted in the medical and the other in the training aspect of athlete management and development. This gives her a unique understanding of the challenges in sport from both perspectives, and an ability to build bridges between the two areas in her teaching, writing and consultancy.

Joanne’s detailed approach to movement has led her to work for the past nine years with professional contemporary dancers on dancer development, physical preparation and performance enhancement. Other performing arts clients include musicians from the BBC National Orchestra of Wales and the Welsh National Opera.

Joanne has a rigorous conference and workshop lecturing schedule in the UK and internationally, on subjects ranging from rehabilitation, profiling and performance enhancement to child development for sport, and physical preparation for technique acquisition in sports and the performing arts. She has been a lecturer for the University of Wales MSc in Sports Medicine as well as the Royal Welsh College of Music and Drama, and is a tutor for London Contemporary Dance School. Along with a regular lecturing schedule in Sweden, Joanne has written two bestselling books for the Swedish Sports Federation.

Joanne’s sporting clients include medallists in championships including World Athletics Championships, Olympics and Commonwealth Games, as well as Ryder Cup and Walker Cup golf championship winners. Also among her clients are professional footballers and international rugby players, World Cup triathletes, and elite athletes at national and international level in a wide range of sports. As well as individual clients, Joanne also works with organisations which have included British Triathlon, Royal Yachting Association of Great Britain, British Canoe Union, UK Athletics and England Badminton, providing individual athlete assessments for technical and biomechanical enhancement, professional mentoring for coaching and medical staff, programme design and long range developmental planning. Joanne is currently a consultant to the British Olympic Association.

RECOMMENDED READING:

Elphinston J (2008) Stability, Sport and Performance Movement.

Lotus: Chichester

Available from

<http://www.softtissuetherapyonline.com/category/products/books/> for

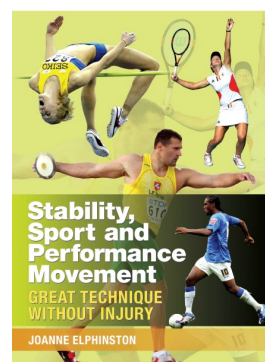
\$62.60 including free postage within Australia

FOR FURTHER COURSE DETAILS PLEASE CALL:

Rob Granter (B) 03 9459 1299 (M) 0417 542723 or email:

rgranter@optusnet.com.au

ACT AS SOON AS POSSIBLE:



To guarantee your place on the course return this registration form as soon as possible with full payment.



MULTI MODAL MOVEMENT:
Systems Integration for Sports Performance and Rehabilitation
PRESENTED BY
JOANNE ELPHINSTON BPhy MA MCSP

POST TO: CHRISTINE GRANTER ACSTT PO Box 128 HEILDEMBERG 3084

FAX: 03 9459 1299

NAME:.....

ADDRESS:.....

.....POSTCODE.....

PHONE: BUS AH

PROFESSION:

QUALIFICATIONS:

EMAIL:

I WISH TO ENROLL IN:

MULTI MODAL MOVEMENT: STABILITY IN CONTEXT

\$400.00

PAYMENT DETAILS:

CHEQUE: Please make cheques or money orders payable to "ACSTT"

CREDIT CARD

VISA MASTERCARD

Card no: _____ Expiry: ____ / ____ Payment \$ _____

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