

ABOUT THE EVENT

Choose from 4 concurrent workshops -

A) Using Muscle Energy Technique to treat lower back pain with Rob Granter

Low Back Pain – a focus on the Facet joints - Symmetry, Mobility and Stability. This 3-hour presentation will examine the Lumbar Facet joints from an Anatomical and functional perspective and the role they play in generation of Pain. The session will focus on assessment of Symmetry, Mobility and Stability and the appropriate Treatment to restore pain free function with Direct Massage Therapy treatment and Muscle Energy technique.

B) Pilates for Massage Therapists with Eva Kovassy

During this session, you'll review the anatomy and biomechanics of good movement, then put that knowledge into practice with an invigorating and challenging workout. Comfortable clothes and a sweat towel is a must. Come and enjoy the session and take home practical knowledge to pass on to your clients.

C) A Chinese Medicine Approach to the Treatment of Neck and Back Complaints with Tino D'Angelo

Tino will demonstrate the use of Chinese medicine techniques such as cupping, moxabustion and guasha to treat various disorders of the neck and back. Case studies will be utilised to illustrate various Chinese medicine philosophies in this mostly practical workshop.

D) Understanding the Iliopsoas Workshop with Greg Morling (Morning only)

The Iliopsoas is sometimes described as the keystone of a balanced, well organised body. A dysfunctional iliopsoas muscle may be responsible for a range of musculoskeletal disorders including lower back pain, sciatica, hip pain, groin pain and even headaches. We will address many of these issues during this hands-on workshop and also present some groundbreaking research on the relationship between palpation of the Iliopsoas and the possibility of initiating a reactive (fear) response in your client.

E) Using Thermal (Hot) Stones in the Remedial Massage Clinic Workshop with Greg Morling (Afternoon only)

Thermal stone can be utilised as much more than a mere relaxation tool in your practice and this workshop will show you techniques to address several common musculoskeletal problems with carefully heated stones. It is also recognised that thermal stones reduce the stress a massage therapist may experience in their working hands and eliminate the discomfort your client may experience from deep frictions using finger and thumb frictions.

HOW TO BOOK

Completing Your Registration

1. Enter the date of payment.
2. Enter the attendee's details. Please include a list of extra attendees or a separate form (photocopies acceptable).
3. Complete the session details by ticking your rate entitlement and choose your workshop preferences by numbering all the boxes from 1 to 5 where '1' is your first choice. You will attend 2 workshops only on the day and although every effort will be made to ensure you attend your first 2 preferred workshops REGISTER EARLY as workshops will be allocated on a first come, first serve basis at the time of registering for this event.
4. Complete the payment details including the total payment.
5. Forward to AAMT.

Extra Information

- Your Registration Form is a Tax Invoice upon payment.
- Receipts are not issued so please retain a copy of your registration form as proof of payment.
- Cancellations made within 3 business days of the start of the session cannot be refunded but substitutes attending the same program will be accepted.
- No bookings or payments will be accepted by phone.
- By completing the registration form you may be providing the Australian Association of Massage Therapists Ltd (AAMT) with personal information. The information which AAMT collects on this form will be used for the purposes of registering you for the CPE event only. You may request access to any personal information we hold about you by contacting AAMT Office on 1300 138 872.

CONTACT

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**Australian Association
of Massage Therapists Ltd**

Melbourne Workshop Day 2010



PRESTON, VIC

**SUNDAY 21ST MARCH 2010
8.30AM—5.15PM**

20 CPE POINTS

WHEN & WHERE

Sunday 21st March 2010

8.30am—5.15pm

At Conference Rooms, Rydges on Bell

215 Bell Street PRESTON VIC 3072

Over 600 car parks available under the venue

ABOUT YOUR PRESENTERS

ROBERT GRANTER

Rob has 23 years experience in Soft Tissue Therapy within the Australian Sports Medicine Multidisciplinary Model and has delivered over 30 Conference presentations since 1992 within Australia, the UK & New Zealand. He has contributed to textbooks, worked with the Australian Olympic and Commonwealth Games teams as well as Essendon Football Club. Rob currently is in private practice in Melbourne and is a Teacher in the Myotherapy Dept at RMIT University Melbourne.

EVA KOVASSY

Eva Kovassy has combined her massage practice of 15 years with strength training and Pilates. As a qualified Pilate's instructor for mat-work and Reformer through STOTT, she regularly takes classes and has private clients. Knowing how important it is for massage therapists to be fit and healthy, Eva maintains that regular Pilates training keeps the body strong from the inside out. A strong core, awareness of postural muscles for upper and lower body, and a sense of the mind-body connection is key to the Pilates experience.

TINO D'ANGELO

Tino is a registered Chinese Medicine Practitioner and Musculoskeletal Therapist. Tino's extensive knowledge of Chinese medicine and his unique presenting style will ensure a dynamic and memorable workshop.

GREG MORLING

Greg is a past President AAMT and has been a remedial massage therapist for over 25 years. He has presented nationally and internationally on topics ranging from Parkinson's Disease, Adhesive Capsulitis, Thermal Stones and now, the role of the Iliopsoas. He is a published author and his articles can be found on the medline database.

CHOOSING YOUR WORKSHOPS

4 concurrent workshops will run throughout the morning and afternoon. You will attend 2 workshops only on the day. Although every effort will be made to ensure you attend your first 2 preferred workshops we recommend that you REGISTER EARLY as workshops will be allocated on a first come, first serve basis at the time of registering for this event.



PROGRAM

8.30am—8.45am	Registration & Welcome Cuppa
8.45am—9.00am	Welcome & Housekeeping
9.00am—12.30pm	Workshop 1
(10.15am—10.30am)	Morning Tea)
12.30pm—1.30pm	Lunch
1.30pm—5.00pm	Workshop 2
(3.15pm-3.30pm)	Afternoon Tea)
5.00pm-5.15pm	Closing Speech

PLEASE BRING ON THE DAY

- Massage Table, 2 Towels & Oil
- Yoga Mat, comfortable clothes & towel for Pilates workshop

Please note you can drive in and drop off Massage Table to Concierge at front door then find parking underneath venue.

PROVIDED ON THE DAY

- Welcome Cuppa
- Lunch
- Morning & Afternoon Teas
- Water & Lollies in workshop rooms all day

1 TAX INVOICE

This becomes a Tax Invoice (Receipt) when completed, please keep a copy.

Date of Invoice ____/____/____

2 ATTENDEE

Name _____

Address _____

Suburb _____

State _____

PCode _____

AAMT Member No (if applicable) _____

Phone No _____

Email _____

3 YOUR SESSION DETAILS

Available Rate	Fee Per Attendee	How to pay
<input type="checkbox"/> Members	\$165 Includes GST	AAMT
<input type="checkbox"/> Non Members	\$199 Includes GST	AAMT

Please choose your workshop preferences for Morning session (left hand side boxes) and Afternoon session (right hand side boxes) by numbering all the boxes from 1 to 4 where '1' is your first choice.

Morning	Afternoon	Workshop Name	Presenter
<input type="checkbox"/>	<input type="checkbox"/>	A) MET	Rob Granter
<input type="checkbox"/>	<input type="checkbox"/>	B) Pilates	Eva Kovassy
<input type="checkbox"/>	<input type="checkbox"/>	C) TCM	Tino D'Angelo
<input type="checkbox"/>	N/A	D) Iliopsoas	Greg Morling
N/A	<input type="checkbox"/>	E) Thermal Stones	Greg Morling

Dietary Requirements (pls specify) _____

4 YOUR PAYMENT DETAILS

Cheque Money Order VISA MasterCard

Credit Card No _____

Expiry ____/____ Name on Card _____

Signature _____

