



# **THE AUSTRALASIAN COLLEGE OF SOFT TISSUE THERAPY**

*“Excellence in Practice Series - 2010”*

**PRESENTS**  
**A POST GRADUATE COURSE FOR**  
**REMEDIAL MASSAGE THERAPISTS & MYOTHERAPISTS**  
**ASSESSMENT & TREATMENT OF NECK PAIN &**  
**HEADACHE**  
**THE SOFT TISSUE PERSPECTIVE**  
**PRESENTED BY**  
**ROBERT GRANTER (BSocSci AssDipAppSci)**

**WHEN:**

**FRIDAY**

**JUNE 18<sup>TH</sup>**

**6.00 PM – 9.00 PM**

**SATURDAY**

**JUNE 19<sup>TH</sup>**

**9.00 AM – 5.00 PM**

**WHERE:**

**MELBOURNE CBD, VICTORIA**

**WHAT:**

Do you want to provide the best possible service to your patients / clients?

Do you want to immediately advance your knowledge & skill in treating acute & chronic neck problems of a soft tissue nature?

Do you want more confidence in treating difficult cervical conditions?

Do you want to learn advanced techniques such as Muscle Energy technique to restore mobility to all the cervical joints if their function is restricted by soft tissue dysfunction?

Do you want more knowledge of surface anatomy of this region which will allow you to become much more specific with your treatment?

Do you want to advance your Soft Tissue treatment skills to include simultaneous spinal movement?

Do you want to learn in a fun, relaxed environment and get greater satisfaction from your clinical work?

Do you want the confidence that you can positively change all the layers of soft tissue from superficial to the deep.

If you answered YES to any of these questions then this course is for you.

***This course will significantly alter the way you see, assess and treat the head and neck region.***

**COST:**

**\$235**

**COURSE CONTENT:**

**Anatomy:** The 4 myofascial layers. Extrinsic to Intrinsic.  
Knowing our key surface anatomical reference points

**Subjective Assessment**

Clarification – When to treat when to refer (knowing the red flags)  
Irritability – a vital factor

**Objective Assessment**

Key postural reference points  
Active Range Of Motion – the best indicator of function / dysfunction  
The Scapula Offload test – gives clarity to the direction of treatment  
Passive Range of Motion – A window to assess segmental function

*Australasian College of Soft Tissue Therapy*

*PO Box 128 Heidelberg 3084 Victoria Australia 61 3 9459 1299*

*Providing Excellence in Consultation & Education to the Soft Tissue Therapy Profession*

<http://www.softtissuetherapyonline.com/>

## Strategy of Treatment

Addressing causative factors

Reducing Neuromuscular Holding Patterns - recognition of protective guarding

Extrinsic and Intrinsic

Addressing Dysfunction in Extrinsic Myofascia – adding functional movements

Upper Trapezius

Levator Scapula

Sterno-cleido-mastoid

Stretching: Purpose – Focus – Precision

Contract – Relax (Direct & Indirect) & Active Assisted techniques

Addressing Dysfunction in Intrinsic Myofascia

Clarification of terms C0 – C7

Segmental biomechanics – know the 3 categories A. (C0/1) B. (C1/2) &

C. (C2/3 – 6/7)

Intrinsic segmental assessment – to the 3 categories

Principles of Muscle Energy Technique

Application to the Cervico-thoracic junction

Application to assessed segmental dysfunction

Preparatory direct hands-on techniques

Group C (C2/3 to C6/7) & Group B (C1/2)

Introducing Intrinsic management - The suite of Treatment options

C0/1

C1/2

C 2/3 to C6/7

Patient exercises for consolidation of treatment

Extrinsic and Intrinsic

Upper cervical flexion supine

## Further considerations

Upper Cervical spine – TMJ relationship

Direct & Indirect treatment of the anterior cervical region

## Putting it all together

**COURSE PRESENTER:** Robert Granter.

Rob has had 23 Years experience in Remedial Massage / Soft tissue therapy within clinical sports medicine practice and currently teaches in the Myotherapy program at RMIT University. Rob is regarded as one of the key figures in seeing Soft Tissue Therapy integrated into the Australian Multidisciplinary Sports Medicine Model and was a contributor to the landmark textbook CLINICAL SPORTS MEDICINE by Drs Peter Brukner & Karim Khan, which has now sold over 40,000 copies worldwide.

Rob was head of Massage Therapy services to the Australian Olympic team in 1996 and 2000 and the Australian Commonwealth Games team for Kuala Lumpur in 1998. He co-coordinated Massage Therapy services for the Polyclinic and Competition Venues for the 2006 Commonwealth Games in Melbourne. Rob's courses are well known for their clear, concise and thorough approach and he regarded as one of Australia's most respected Massage Therapists and Educators.

## FOR FURTHER COURSE DETAILS PLEASE CALL:

Rob Granter (BUS) 03 9459 1299 or email: [rlgranter@optusnet.com.au](mailto:rlgranter@optusnet.com.au)

Participants must be qualified Remedial Massage Therapists / Myotherapists

## ACT AS SOON AS POSSIBLE:

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

*We look forward to working with you in June if you choose to join us.*

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**ONGOING PROFESSIONAL EDUCATION**

Courses qualify for ongoing professional education points with AAMT, IRMA, ATMS & AMT (NSW) (AAMT credit this Cervical course as 20 CPE points)

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**PLEASE POST TO:** ACSTT PO BOX 128 HEIDELBERG 3084

NAME:.....

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.....POSTCODE.....

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QUALIFICATIONS: .....

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**I WISH TO ENROLL IN:**

**NECK PAIN & HEADACHE SEMINAR**

**\$235.00**

**PAYMENT DETAILS:**

CHEQUE:  Please make cheques payable to "ACSTT"

CREDIT CARD: VISA  MASTERCARD

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